



# *IRENE NEWS*

25 May 2015

No 21 - 2015



## *ACHIEVEMENTS*

The following members did us proud over the weekend:

Ansie Breytenbach	1 <sup>st</sup> Master lady & 3 <sup>rd</sup> lady – Virseker 21 km (1:33:42)
Elsa Meyer	1 <sup>st</sup> Lady walker – Virseker 21 km (2:16:59)
Elsa Meyer	1 <sup>st</sup> Lady walker – Africa run 21 km (2:29:04)

Congratulations!

## *PERSONAL ACHIEVEMENTS*

Helen Griesel PB – 21 km

Congratulations!

Please send me the info about all your personal achievements, don't be shy.

## *COMRADES 2015*

**There is a lot of very important info for all our Comrades runners attached today. Please ensure that you read it all.**

## *SUPPORT STATION*

The official Irene support station will be at Camperdown, about 25 km from the finish. Gerard and Bertha van den Raad will be in charge. They will require additional help during the day. Please assist them.

You are welcome to hand in your special “muti” that you will require at the tent when passing. You can hand it in on Tuesday evening at the club house and on Saturday at 12:00 at the Expo. Please mark it properly with your name and race number.

Everybody is welcome to attend the quick get together at 12:00 at the Expo on Saturday. Apart from handing in your “muti” it is a last time opportunity to wish your fellow club members good luck.

 <b>SHORT TERM BROKERS</b> Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za	<b>We're there for the long run</b> <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
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## ***FINISH AREA***

Attached please find the finish layout so that you can see where our tent will be. Please note that it will not be an Irene gazebo. It will be clearly indicated with our Irene teardrops. Werner van der Merwe will be in charge. There will be coffee, soup and snacks available.

## ***POST FUNCTION***

The after party will take place at the ski boat club in Durban from 10:00 on Monday 1 June. There is a map attached for directions. This will be a bring and braai. There is a cash bar at the club of which we will make use.

Please join us for this very special function

## ***CHAIRMAN'S COLUMN***

When we prepare for Comrades we often forget other events and more specifically the achievements of athletes not taking part in Comrades.

Last weekend, Irene had 10 athletes representing Gauteng North at the South African Masters Athletics Championships held in Port-Elizabeth.

Of the 10 athletes, 7 took part in walking events. Between these 7 athletes, they won 14 medals, of which 9 were gold!

It does not stop there, our athletes broke 3 SA records!

We had 3 other athletes taking part in track and field events where they won 5 medals of which 3 were gold!

In total Irene athletes came home with 19 medals.

Irene is by far the strongest walking club in Gauteng and most probably in South Africa. This achievement is only possible due to groundwork that was laid by Gerard van den Raad over the years and the excellent training sessions instituted by our Walkers Captain Ray Patterson.

Congratulations to all our stars at the Masters Championships, you make us proud!

Louis Visser

## ***CAPTAIN'S CORNER***

Comrades buzz is here and most athletes is asking the all too familiar questions "DID I DO ENOUGH, DO I HAVE ENOUGH KILOS TO COMPLETE THE COMRADES".

Well there is nothing you can do about it now but to go with what you have and grind it out and get to the finish in time. We have done the hard work, put in the efforts as best as we could. Now is the time to focus on race day and prepare you for what lies ahead.

You all have been excellent. Your commitment you showed at training and the camaraderie that was built up was nothing short of **AMAZING**. This coupled with the fun and laughter added to making the sessions a refreshing experience. The friendships forged and the group training runs was great to see. Our Sunday runs at Klapperkop were our early morning outing where members came out in their droves.

**THANK YOU TO EACH AND EVERYONE WHO ATTENDED THE TRAINING SESSIONS. IT MEANT A LOT TO ME.**

Enjoy **COMRADES 2015**

Proud IRENE Greetings

Linley

***LEAGUE RESULTS***

We managed to improve our position on the log from 12<sup>th</sup> to 11<sup>th</sup> at the Jackie Mekler race. Thank you to all of you who participated.

<b>Global Pos</b>	<b>BHS Pos</b>	<b>Sun Pos</b>	<b>Sol Mah Pos</b>	<b>Jmek Pos</b>	<b>Div 1</b>	<b>Points League</b>
					<b>Club</b>	
1	1	1	1	1	Vtm	96
7	4	3	2	2	Pmmc	90
2	3	4	3	3	Ace	86
3	2	2	3	4	Npo	84
10	7	5	5	5	Resbank	74
5	9	8	7	6	Hqh	63
8	8	6	6	7	PvR	60
9	11	9	10	8	Csir	53
12	10	11	9	8	Overkruin	53
16	13	9	12	10	Agape	52
13	5	7	12	11	Irene	51
4	5	11	7	12	Post Office	49
11	14	13	11	13	Love Running	43
6	11	14	14	14	Arete	39
18	18	16	14	15	RWFL	37
14	17	18	18	16	Enduro	33,5
19	15	15	17	17	Runavation	31
14	16	17	16	18	Aurecon	28,5
17	19	19	19	19	Zwakala	17
20	20	20	20	20	Phobians	10

***SUPER LEAGUE***

Our ladies are the best! For the 5<sup>th</sup> consecutive time this year they came out tops. They are now leading the log with 25 points. They must just keep the momentum now. Our men are still in 7<sup>th</sup> position.



**SIZWE MEDICAL FUND**  
Caring for the health of the nation

## Ladies

<i>Grt Run 1</i>	<i>BHS</i>	<i>SunRise</i>	<i>Sol Mah</i>	<i>Jmek</i>	<i>Female</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
1	1	1	1	1	IRENE	250
16	8	4	3	2	NEDBANK	225
3	2	2	2	3	MAGNOLIA	224
8	6	5	5	4	OVERKRUIN	218
14	5	3	4	5	RUNAVATION	216,5
11	9	7	6	6	CSIR	203,5
17	12	9	8	7	PHOBIANS	196
5	3	8	7	8	VTM	181
	19	18	11	9	PMMC	165
15	10	6	10	9	RUNNING INN	165

## Men

<i>Global</i>	<i>BHS</i>	<i>SunRise</i>	<i>Sol Mah</i>	<i>Jmek</i>	<i>Male</i>	<i>Points</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>Log</i>
3	2	1	1	1	PMMC	247,5
2	1	2	2	2	NEDBANK	244
5	4	4	3	3	ACE	237
1	3	3	4	4	TRANSNET	233
12	7	7	5	5	CORR SERV	223
3	6	8	6	6	RUNAVATION	201,5
6	5	6	7	7	IRENE	199
10	8	5	8	8	TUKS	190,5
24	16	11	9	9	VTM	166,5
	22	15	10	10	AURECON	144

Congratulations to the following members who earned super league points:

POS	NAME	AGE	CAT	TIME	POINTS
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### Ladies 10 km

22	L MARITZ	36	snr	00:41:51	24
27	A BREYTENBACH	51	mas	00:43:19	22
110	A NORTMAN	32	snr	00:51:58	4

### Ladies 25 km

85	A VORSTER	43	vet	01:53:37	22
143	A KRUGER	45	vet	01:58:46	18
174	N BREYTENBACH	37	snr	02:00:47	16
219	B ELK	29	snr	02:04:27	11
236	Z BREYTENBACH	47	vet	02:05:59	10

**Men 10 km**

23	S LIEBENBERG	29	snr	00:42:28	17
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**Men 25 km**

31	B ROUX	AGN	37	01:43:22	34
35	P BREYTENBACH	AGN	39	01:45:22	31

***WALKERS LEAGUE***

Well done to our walkers who are still on top of the league. The competition is tough this year.

<i>Grt Run 1</i>	<i>BHS</i>	<i>Sol Mah</i>	<i>JMek</i>	<i>Div 1</i>	<i>Points</i>	<i>L'gue</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>L'gue</i>	<i>Points</i>
1	1	1	1	IRENE	79	20
2	2	2	2	RWFL	76	18
4	4	4	3	PMWC	67	19
3	3	3	4	ACRW	61,5	10,5
8	8	5	5	LOVE RUNNING	54,5	13,5
9	6	6	6	AGAPE	53	15,5
6	5	7	7	VTM	50	13,5
10	6	10	8	PHOBIANS	43,5	15,5
6	10	7	8	SOLIDARITEIT	43,5	7
11	12	9	10	AURECON	40	8,5

***SOMETHING SPECIAL (BY ZELNA BLACK)*****A look at runners and their styles:****The Elite:**

Secretly admired by all - the lean, running machine with not an ounce of fat. The Elite's heels touch their bum cheeks when they fly past on their second loop of the 21k and it looks like they run on hot coals - what a beautiful site.

**The Fast One**

The Fast One is not quite an Elite, but have potential and is someone to watch. They have slightly more meat on their bones, make wind when they pass and are clever runners - they start slow and end strong.

**The Dasher:**

The Dasher is a code word for a newby that needs to get there faster than everyone else. This person dashes in front of you without warning, nearly tripping everyone behind him and is overtaken after 2 km's anyway.

**The Show Stopper:**

This runner suddenly stops in front of you, normally in the middle of the road, without warning. The Show Stopper has the potential to stop fellow runners in their tracks or turn other into gymnasts, when they have to perform creative manoeuvres to avoid a collision.

**The Cross Over:**

This athlete has a vicious swing of fists that crosses over their torso and they have seen several Rocky movies and is now trying to combine the 'Rocky boxing' motion in one clever move with running. Clever, but difficult to manage and avoid the punches in crowded 10km starts.

**The Tip-toer:**

This athlete is unique. Like a true sprinter, they apply their skills to long distance running by jogging on their toes and they normally have amazing calves. Always wondered how these guys maintain this running style over a 42km distance -truly mind boggling.

**The Space All-rounder Runner:**

These runners are lean, but have started out many years ago being a bit overweight and had a habit to keep their arms several centimetres from their sides and torso to accommodate the extra meat around their body. Now that they are lean running machines they have but one action to add their impressive running skills: that is to drop their arms and swing them closer to their leaner figure.....we all have stuff to learn.

**The Water Sachet Tosser:**

Tossers are busy exercising their dropping skills and will (HOPEFULLY) still learn to cross-train by swiftly lifting their arms to aim and shoot the water sachet into a dustbin or acquire more muscles by carrying the empty sachet to the next water station.

**The Chinge-Ma-Ling Runner:**

They have special musical talents. Since it is not legal to run a race with head phones of any sort, they make us listen to their keys or small change making rhythmical sounds as they jog along. What a pleasure.

**The Lone Ranger:**

This runner loves garlic or rum and has learned that this comes with added running benefits (expect for giving food a wonderful taste or raising happiness levels). The only thing that a Lone Ranger must do is to stand around at the start and the rest of the running community respects the Lone Ranger's wishes and gives him space, immediately.....very effective.

**The Eager Beaver:**

This athlete has a vivid imagination and a futuristic view - they imagine the beer, good friends' company and high-fives at the end of the race. They are focused and will not let anything derail them from getting to the end. Unfortunately these techniques may include rushing in front of others at a water station or not encouraging a fellow runner that needs it. Luckily, most long distance haulers convert as time passes, so the condition is (hopefully) temporary.

**The Corner Cutter:**

Cutting corners is the way to go, because your GPS will be accurate - I mean, the GPS also measures and reads straight lines. The challenge, however, is when a few thousand people at the same time want to cut the same corner. I guess all runners are corner cutters, but some like the inner part of the corner much better - annoying the rest.

**The Ponders:**

This runner has a roaming mind. They ponder about getting a medal, about finishing and so on. The Ponders are good to boost your speed work - putting distance between yourself and them is the way to go.

**The Critiques:**

All communities have Critiques, and we need them...even if it is just to appreciate life and the hardworking volunteers more at the races. This runner critiques everything about the race (mostly negatively), from the start to the temperature of the water sachets to the medal design. Critiques make us see the real life in multicolour - so we can appreciate them... even if it is a little bit.

### **The Backpacker:**

The Backpackers is one of the most beloved running groups and always welcomes new runners. There are no special rules to be in this group - except for just making the cut-off in time, to socialise with fellow runners and to enjoy the road. Anyone can belong to this group: from the injured faster runners to the real working classes that run and have less time to train. The backpackers know the road and a lot of people, as they spend many hours running and during Comrades they get a lot of support, representing a dream for those that cannot run or still want to run.

### ***LIFT REQUIRED***

Ek soek 'n "lift" vanaf Amanzimtoti na Durban die oggend van die race. Ons is in Stella Maris – seker is daar ander Irene atlete wat ook in Toti tuis gaan...?

Baie dankie byvoorbaat,  
Johan Nel - [NelJ@iemas.co.za](mailto:NelJ@iemas.co.za)

### ***COMRADES TRANSPORT***

I would like to know if there is anyone going to comrades that would like to take my place on the Comrades bus, the cost is R1650 and includes transport and accommodation, they can contact me for further info,

Kind Regards,  
Candice van der Spuy  
082 807 1128

### ***IRENE ATHLETICS CLUB FACEBOOK***

Only 22 more likes and we will be on 600. Thank you to all of you who have liked our Facebook page



## **PERSONALIA**

Congratulations to everybody celebrating their birthdays during the week.

Hannelie	Collatz	25-May
Grazyna	Koornhof	25-May
Bertha	Van Den Raad	25-May
Karen	Langenhoven	26-May
Vanessa	McClure	26-May
Donny	Thebus	26-May
Mary-Ann	Henning	28-May
Stephan	Uys	28-May
Stefan	Snyders	29-May
Barney	Van Heerden	29-May
Adriaan	Wooding	29-May
Willem	De Klerk	31-May
Vhonani	Masiavhula	31-May



## **NOTICE BOARD**

Saturday 30 May

Great Run Series 2 – 10 / 6km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	10 km	5 km
Entry fees	R 60	R 40
Entry fees 70+	Free	
Start time	07h00	
Time Limit	02h30	

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns, The Runners Store

[www.enteronline.co.za](http://www.enteronline.co.za)

Saturday 6 June

Silver Oaks Race of Faith 15 / 10 / 5.5km

Race Organisers: Run Walk for Life

Venue: Silver Oaks Crossing, c/o Von Backstrom Boulevard & Solomon Mahlangu Drive,  
Willow Acres

GPS: S 25 45 57,57 E 28 21 31.80

	15 km	10 km	5.5 km
Entry fees	R 60	R 50	R 30
Start time	07h00		07h10
Time Limit	??h00		

**There will also be a kiddie's race at 09h30 & 09h45 (500m & 1km)**

**T-shirts to the 1<sup>st</sup> 100 pre-entries, 50 per outlet**

**Wheelchair athletes and prams welcome on the 5.5km**

Pre-entries at: Silver Oaks Mediabox Northern Loft and SPAR at the MRK installation/DSTV desk – between 11 May and 5 June

[www.enteronline.co.za](http://www.enteronline.co.za)

Tuesday 16 June

Winter Warmer Road Race 21.1/10/5 km

Race Organisers: ACRW

Venue: ACRW Club House, Edinburgh Road, Clubview East, Centurion

GPS: S 25 50'13.3 E 28 10'32.4

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees GGM, Wheelchair & blind athletes	Free		
Start time	14h00		14h35
Time Limit	??h00		

**Wheelchairs athletes welcome**

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns

<b>2015 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Race Against Drugs	10 km	13/06/15	X	X
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

### **Masters Athletics Fixture list**

#### **Local meetings**

- 18 July 2015                      Claude Sterley meeting – Pilditch - **only if sponsored**
- 16 October 2015                Rassiebyeenkoms – Bronkhorstpruit
- 31 October 2015                SWD Champs – Oudtshoorn
- 14 November 2015              Vrystaat Champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

#### **SA Masters Championships**

- 15/16 May 2015                      Nelson Mandela Metropolitan University – Port Elizabeth

#### **International Championships**

- 4 – 16 August 2015                WMA Championships, Lyon, France

<http://www.lyon2015.com>

- 26 Oct – 6 November 2016      MA Championships, Perth, Australia

<http://www.perth2016.com>

#### ***THOUGHT FOR THE WEEK***

**Inhale confidence, exhale doubt.**



## Photo Corner (Goody bags packing)





## Comrades Pre-function



Lucia Willemse and Ray Patterson receiving their Irene "SA jackets"



“Siener” Steenkamp in action



Alan Robb showing the shoes he was wearing when winning his record breaking Comrades



A picture of Alan's seconds at Comrades 40 years ago



What a privilege it was to listen to Alan Robb



The shoes that he was wearing when breaking the record in 1978







Proud Irene Comrades runners



Green number runners



Husband and wife teams running Comrades