



IRENE NEWS

27 July 2020

No 29 - 2020



IN THE MAILBOX (Buks van Deventer)

So those of you who know me, knows I don't normal. I think my normal gene is hybrid and defective...I just can't normal...I barely get it right to adult from time to time.

Today was no different!

Today, on my 42nd birthday, I decided to spoil myself with a birthday marathon. Yuup!
Simple plan, run 42.2km in 4hours 22min.
Problem is, the start time was 14h00.

Nuff said!

Off I go then..

HR was high right out the gates with the heat being high and shade being non existent..

The route was not a tough route by any standard...I think...I've had worse...
Hydration was a little low, should have planned an extra stop. As it were, at the 24km mark, I stopped at Engen John Vorster and grabbed 500ml Magua and a 440ml coke...I'll have to go back tomorrow and apologise to the very awesome cashier..shêm...the money I used to pay came from the money pocket at the back of my pants...it was so wet, water was visibly dripping from the R50 note. Bless her heart, she took it in her stride, obvious a runner herself, I would never have done what she did had I not been a runner.

On 27km, running on the bridge at Bosvelder in Hendrik Verwoerd Road, Russel Boyd came past and saw me. Hooted and greeted, if he only knew...I was at a really slow pace for me...running at 5:55/km, but I had time in the bank, so all good.

Heading up Rooihuiskraal Road, roughly about 17h00 in the afternoon was not fun, the tar was so hot, cars were swerving into the yellow lane...and a serious run / walk started.

Made it into our estate with 8km to go, but I was already walking more than running...at 18h00 I was reduced to a final walk as I was in too much pain to run. But I walked that 4km with such pride! Despite the incredible cold that was creeping in and my body literally going

into shock. Reminded me of the final 3km at Comrades 2017...the final walk, the last push, the near death experience of almost getting pneumonia...tonight came bitterly close.

With my last step, I stopped in front of my garage, absolutely amazed...the gps is stopped at exactly 42.2km...good thing too, I had no steps left to give!

I ran this marathon for myself...my birthday present to me. No medals, no seeding, no money...just me, walking the last 4km, my shoulders never sagged, my head never dropped. I had chin up and all smiles, despite the immense pain I was in, not caring about the time, just proud of me...with every step.

Not my fastest marathon, not even pretty, but it was mine. It was worse than my 1st marathon, but it was mine...and I'm proud of me.

And the cherry on top? Having not done much for the running club during lockdown, I was super proud to have run my own marathon in my club kit.



PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

| | | |
|----------|-----------|--------|
| Jaco | Du Toit | 27 Jul |
| Hanru | Koch | 27 Jul |
| Andrea | Koen | 27 Jul |
| Lorna | Mojapelo | 27 Jul |
| Mamogale | Ranta | 29 Jul |
| Lesiba | Baloyi | 30 Jul |
| Ockert | Hartslief | 30 Jul |
| Jacqui | Burn | 01 Aug |



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THOUGHT FOR THE WEEK

Happy people plan actions, they don't plan results.



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

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PHOTO CORNER



Mark Forbes, Rosemary Brink, Corné Johnstone and Linley September warming up for their morning run



Zoë Scholtz not behind the camera this time



A colourful group indeed