



IRENE NEWS

2 May 2016

No 18 - 2016



ACHIEVEMENTS

Congratulations to the following members who were on the podium during the past 8 days:

Johan Nel	1 st GM – Cradle 32 km (2:37:48)
Elsa Meyer	1 st Lady walker & 1 st GM – Freedom Run 21 km
Johan Nel	1 st GM – 21 km (1:38:24)

Wally Hayward 10/21/42

Johan Nel	3 rd GM – 42 km (3:35:51)
Mike du Bruto	1 st GM – 21 km (1:33:06)
Rita le Roux	2 nd Master lady – 10 km (50:54)
Annatjie Greyvenstein	1 st GGM lady – 10 km (1:06:26)
Jaap Willemse	1 st Walker & 1 st Master – 10 km (61:01)
Gerard van den Raad	1 st GGM Walker – 10 km (1:07:44)
Jan van de Venter	1 st 80+ Walker – 10 Km (1:55:44)
Lucia Willemse	1 st Lady walker & 1 st GM – 1:08:04)
Elsa Meyer	1 st GM lady walker & 2 nd lady – 21 km (2:20:05)

The following walkers won medals in their respective age categories at the 21 km AGN walking championships at the Solomon Mahlangu race:

Lucia Willemse	Gold
Annatjie Greyvenstein	Gold
Elsa Meyer	Gold
Sandra Steenkamp	Gold
Jaap Willemse	Gold
Danie Labuschagne	Gold
Gerard van den Raad	Gold

Congratulations!

PERSONAL ACHIEVEMENTS

Liezel van Achterberg	PB – 32 km
Teresia Stander	PB – 21 km
Cassie Calaca	PB – 21 km
Estelle Janse van Vuuren	PB – 21 km
Dieter Meyer	PB – 42 km
Anne Calaca	First 21 km (and that at the age of 60)

Well done!



THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Wednesday:

Long run at 17:30 - Ridgebacks

Morning run from Rhapsody's – 04:30 – 15 km hilly route

Thursday:

Training session at 17:30 - Club house

Friday:

Morning run from Rhapsody's – 04:30 – 15 km easy route

Saturday:

Jackie Mekler 5/10/25 at 06:30 – Pretoria Military Sports Grounds

Sunday:

Adrienne Hersch Challenge 5/10/21 – Randburg Sports Complex

Wings for Life World Run at 13:00 – Supersport Park

TIME TRIALS

Please take note that the time trials will start at 17:15 from Tuesday. This will be the starting time until the end of August.

WALLY HAT RACE

Thank you to everybody who made the race such a huge success. Everybody had great fun pushing the trolley. Many of our members also put in a great effort with their hats. It was a difficult task for the panel of judges to choose a winner. At the end the prize winners were:

Rens Bester 1st, Schalk Liebenberg 2nd and Hennie van der Walt 3rd. Well done guys, you were great!

Well done to the Mee family for a wonderful plate of food they prepared. They are the best!

A total of R600 was raised for the children's blankets project. Anyone who still wants to make a donation towards this worthy project can do so at the club house.

CARAVAN FACILITIES

I want to call on all our members to help Gerard and Bertha to keep the area clean. Please do not leave any rubbish on the table, the rubbish bin is usually not more than two meters away.

It is also impossible to cater for all different tastes and preferences.



COMRADES JACKET

A high quality body warmer will be available to all Comrades runners at a subsidised price. They come in both mens and ladies cut. They will be available at the club house at the time trials to fit for size. Please make use of the opportunity. Orders will then be taken.



CAPTAINS CORNER

Dear Fellow Club Members,

Comrades 2016 are upon us - **IZOKUTHOBA – IT WILL HUMBLE YOU!** After months of hard work and dedication it is finally here. Start planning your race strategy, know what socks you will wear, get your stuff you will eat on the road, make sure you accommodation is booked and confirmed. **REMEMBER** to put your **champion chip** on your shoe etc. In other words make sure you kitted out and prepared for RACE DAY.

Leave nothing for the last minute

Carbo Loading hints and tips:

A few points to note:

- You will feel like eating more since you tapering and training less **DON'T DO THIS.**
- You will pick up weight and will feel flat and sluggish at the start or during the race.
- When you Carbo load, drink lots of water to rid yourself of that flat sluggish feeling.
- Eat enough protein.
- A good tip is to stay off caffeine for about a week before race day and say from around Thursday/Friday you can start drinking coffee again.
- It has been proven that caffeine-loading also add value.

For the Novice runner a few points to ponder:

- Know what you in for where COMRADES 2016 is concerned (see attached notes from Barry Holland)
- Do not micro manage the race but run your comfortable pace.
- Settle into a comfortable rhythm and maintain your race plan.
- If you start to fast you **WILL** bear the brunt later on in the race.
- Last but not least **ENJOY YOUR FIRST COMRADES** and have fun on the road.
- Let it be a race you remember for the rest of your life.

I have added the down run pacing chart that we at the club have used and it has been tried and tested over the years and it **WORKS**. All you need to do is put in your predicted finishing time and it calculates everything for you. You will also notice I have added Barry Holland's down run notes and it is something for the novice and the old hands to read. You will get an idea what to expect on COMRADES day.

Keep the focus a little longer as we nearly there. See you on the training ground.

Should you have any questions please drop me a mail at training@irenerunner.co.za or call me on 082 345 5343 and I will assist where possible.

Proud IRENE Greetings

Linley

THE LOVE RUN

As The Love Run, a league race, takes place on 14th May, the same day as the South African Masters Championship at Pilditch, our Helper's Race, which takes place on Sunday 15th May, will be open to all the masters athletes taking part at Pilditch, runners and walkers alike. The details are as follows:

DATE: Sunday 15 May 2015

- VENUE: Hatfield Christian Church.551 January Masilela Drive, Waterkloof Glen.
- DIRECTIONS: Enter at Corobay St or January Masilela Drive, and drive up to the Hatfield Christian School sports field area. Entries can be purchased from 6:30 at the Love Run Gazebo on the School Sports Field.
- TIME: 7:00
- DISTANCE: 10km
- COST: R60.00
- START: Gary St Gate.

Kind Regards,

Winnie Koekemoer

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PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Ina	van As	03 May
Johan	Nel	04 May
Portia	Ravhuhali	04 May
Nadia	Smith	04 May
Glen	Ho	05 May
Tania	Thompson	05 May
Simone	Du Plooy	06 May
Clinton	Nicholl	07 May



NOTICE BOARD

Saturday 7 May

Jackie Mekler Race 25/10/5km

Race Organisers: PMMC

Venue: Pretoria Military Sportsgrounds, Thaba Tshwane

	25 km	10 km	5 km
Entry fees	R 70	R 50	R 30
60+	R 40	R 30	R 30
Entry fees 70+ (no t-shirt)	Free	Free	Free
Start time	06h30		06h45
Time Limit	04h00	02h30	01h30

T-shirts are limited and therefore no guarantee that you will receive the correct size! 1st come 1st serve

No prams or wheelchairs due to traffic conditions

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns & Dunkeld West;
Runner's Store www.enteronline.co.za

 SHORT TERM BROKERS Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za	Gold medal service <small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small>
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MUGG & BEAN
Midstream - 012 940 9229



League race

Saturday 14 May

The Love Run 21.1/10/5km

Race Organisers: Love Running

Venue: Hatfield Christian Church, c/o January Masilela Drive & Garsfontein Road, Menlyn

	21.1 km	10 km	5 km
Pre-entry fees	R 70	R 60	R 50
Race day entry fees	R 90	R 80	R 50
Entry fees 70+	Free	Free	
Start time	07h00 run 06h45 walk	07h15 run 06h45 walk	07h30
Time Limit	When last athlete crosses the finish line		

T-shirts to the 10/21.1km races in shops/dealerships only while stocks last

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Audi Centre, Arcadia; McCarthy VW Wonderboom; Audi Centre Menlyn; McCarthy VW Menlyn; McCarthy VW Silver Oaks

www.mccarthyvw.co.za www.mccarthyaudi.co.za

Saturday 21 May

Race of Hope 21.1/10/5km

Race Organisers: Run Walk for Life

Venue: The Grove Mall, c/o Lynnwood & Simon Vermooten, Equestria

	21.1 km	10 km	5 km
Pre-entry fees	R 70	R 60	R 30
Start time	07h00		
Time Limit	03h00		

No animals

All distances are wheelchair friendly

www.enteronline.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
The Love Run	10/21	14 May	X	X
Race 4 Faith	10/15	4 Jun	X	X
Zwartkop	10/21	30 Jul	X	X
Wierie	10/21	13 Aug	X	X
Andrew Greyling	10/21	17 Sep	X	X
King Price Irene Farm	10/21	29 Oct	X	X
Tom Jenkins	10/21	19 Nov	X	X

Masters Athletics Fixture list

13 and 14 May	SA Masters Championships	Pilditch
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK

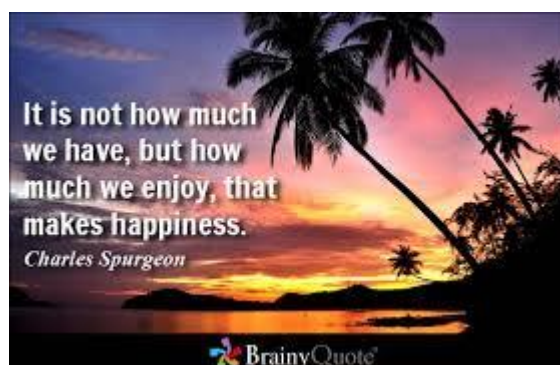


Photo Corner (Wally Hayward)



The trolley pushers taking a break for a photo



Posing for a photo afterwards



The finalists of the hat competition



Rens Bester, the 2016 winner



The hats were colourful indeed



Pieter van der Westhuizen is wearing blue shorts these days!



Uida Enslin and Magda Wilcocks



The Prinsloo family



Liesel Anderson, Sandra Faber and Jenny Prinsloo



Cassie Calaca was the winner of the challenge between him and André Rudolph



It was blood sweat and tears to train Cassie for the Challenge. It also prepared his wife Anne to do her first 21 km at the age of 60



A sprint to the finish of the 42 km by Hanno and Nadia Barnard



Willmott Mogodi finishing the Marathon



The face of a tired man. Travers Snyman qualified for Comrades with less than a minute before cut-off