



IRENE NEWS

4 December 2017

No 48 - 2017



THIS WEEK'S DIARY

Tuesday:

Time trials at 17:30 - Club house

Saturday:

Nedbank Skosana 5/10 at 06:30 – Pretoria Correctional Services

NEW CARAVAN

Our new caravan has been registered and is on the road. Martin Webber from Spar South Rand came up with the outstanding amount to personalise the number plate. Thank you!

After going through all the suggested name for our new vehicle, it was decided that we will call it the "Cara-Fun" in the future. Congratulations to Dee Donaldson who suggested the name. She has won herself free membership for 2018.

REGISTRATIONS FOR 2018

Registrations for 2018 are going very fast. Remember only the first 500 members to register will receive a T-shirt. Just a reminder about the registration process:

All members who register for 2018 will be required to submit a signed ASA registration form at the club in order to receive a 2018 license number. The ASA website is unfortunately not programmed to handle any registrations at this stage.

Despite this, members can register in one of the following ways:

- Send your proof of payment together with the attached ASA form (completed and signed) to admin@irenerunner.co.za. Our admin manager will then complete the form on the website on your behalf once it is programmed for 2018. (The forms can also be submitted at the club house)
- Send your proof of payment only to admin@irenerunner.co.za. You can then complete the form on the website yourself once it has been programmed for 2018, print it, sign it and submit it to the club.
- Hard copies of the form will also be available at the admin counter from Tuesday, 5 November 2018.

First 500 members receive free t-shirts

Remember only the first 500 members to register will receive a T-shirt. Your proof of payment will ensure that you will be part of the 500. Avoid disappointment, pay your fees a.s.a.p. and send your t-shirt size along with your proof of payment.

We are pleased to announce that the membership fees for 2018 will remain the same as for the previous two years. The pro-rata fees at the end of the year have been reduced slightly. (please note that membership fees are pro-rated if you join from June 2018 onwards):

Membership fees for 2018 (please note that the fees are prorated if you join from June 2018 onwards):

Category Member	If you join between Jan – May 2018	If you join between Jun – Jul 2018	If you join between Aug – Sep 2018	If you join between Oct – Nov 2018
Full member	630	530	430	330
Spouse / life partner	530	430	330	230
Social member (not a full member – no licence, cannot vote, but can use facilities. Normally for members that run less than 10km or supports a runner / walker)	300	300	200	200
Junior (under 20 years old for the year)	100	100	100	100

Irene Bank Account

Determine how much your membership fees for 2018 on the above table will be. Add the amount for the family together.

After you have determined the membership fees, pay the full amount into the Irene bank account:

- Bank account Name: Irene AC
- Bank: Standard Bank
- Branch: 012645
- Account number: 032183186
- Reference: Your name

The fee includes the 2018 license, name tag and one windscreen disc. Additional discs will be available at R10.00 each.

CAPTAIN'S CORNER

2017 is almost over and we have had some challenging and some successful times. Whatever it was, it was another tick in our box of life experience. Although the running season is over, it doesn't mean you now stop training completely. You must maintain and manage your training during the holiday seasons. The program is there as a guide for you but please do not forget to enjoy the time with your loved ones. Wind down and enjoy the time as next year is going to be a busy year. Things we are going to do next year, is we will continue with the strength and core sessions and this will be on Mondays for an hour from 17h30 to 18h30. Suzelle Engels and I is in talks with getting Sports Massages done on some Tuesdays at the club in the Lapa at a fee. We going to have the nutritionist to come and talk to us and give some advice. The Peptosport will be available to purchase at the clubhouse from Suzelle and I. The new year my focus will be on injury prevention and how we can improve on our times. This past few months I have personally seen improvement of members who are training in the group and doing the core strength sessions. We are fortunate to have Suzelle a biokentecist on board assisting us with the training and helping with injuries prevention and rehabilitation. I want to urge everyone one of you to join in at the weekly evening group training sessions at the clubhouse if possible. These sessions are from Mondays to Thursdays from 17h30 onwards. It is in a safe environment and remember the club is **YOURS**. The IRENE WHATSAPP is also there for you to be part of should you wish to be on the group. Send me your name and surname and I will add you to the group. Remember to plan your races for 2018 and stay committed to it.

All the FAQ's is here for the PEPTO products

http://www.atlife.co.za/content/fag_pepto.html . Any questions you might have regarding we will attempt to answer them. Please contact us so we can assist you. We have tried and tested the products and a few other members are using it and the feedback has been phenomenal.

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

Suzelle Engels details is 082 415 5019 and her email is suzelleengels@gmail.com

REMEMBER – Running is a privilege ...Never take it for granted.

From my side, I want to wish each and everyone one of you HAPPY HOLIDAYS and safe travel mercies wherever you may go.

Proud IRENE Greetings

Linley

YEAR-END FUNCTION

The year-end function was a huge success! Thank you to Joy Nicholl, our social manager and her team for a job well done. Congratulations to all our trophy winners:



Bets and Chantelle Botha
Best Supporters



Johan de Klerk
Most injured athlete



Ansie Breytenbach
Blood Buddy



Marks Mathebula
Socialiser of the year



Nelius van Rooyen
Friendliest member



Nadene Visser
Dummy of the year



Carla Hartmann
Best attitude & loyalty



Amanda Cloete
Ladies 10 km champ



Phumlani Mabophe
Men 10 km champ



Amanda Cloete
Ladies 21 km champ



Philip Breytenbach
Men 21 km champ



Amanda Cloete
Ladies 42 km champ



Alfred Matema
Men 42 km champ



Rinaldi Botes
Lady & man Beyond Comrades athletes



Holger Hedelt
Comrades athletes



Elsa Meyer



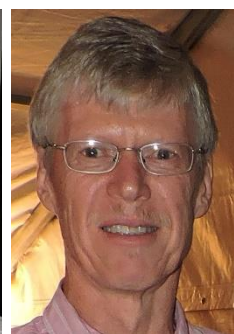
Joey Cloete



Letha Kotze



Gerard vd Raad



Jaap Willemse

Most league points – ladies

Most league points – men



Heleen de Bruin



Nelius van Rooyen

Most super league points



Sandi Cloete



Roger Brown

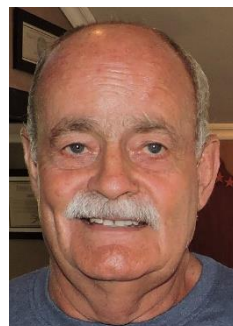
Most improved athletes



Nelda Smith
Rooky walker



Mariet Louw
Golden shoe – lady



Fanie van Wyngaard
Golden shoe – man



Elsa Meyer
Lady walker



Jaap Willemse
Male walker



Elsa Meyer
Walker of the year



Tania Thompson
Ultra walker



Elsa Meyer Gerard vd Raad
Great grand masters of the year



Joey Cloete Jaap Willemse
Grand masters of the year



Ansie Breytenbach Rob Hudson
Masters of the year



Joy Nicholl Philip Breytenbach
Veterans of the year



Nadine Breytenbach Nelius van Rooyen
Seniors of the year



Elsa Meyer Jaap Willemse
Athletes of the year



Alfred Matema – Achiever of the year Linley September – Chairman's trophy

All the trophy winners also received a gold certificate. Those not present can collect it at the admin counter.

The following members received silver and bronze certificates. It can also be collected at the admin counter:

	Silver	Bronze
10 Km Championships		
Ladies	Ansie Breytenbach	Mariet Harper
Men	Nelius van Rooyen	Schalk Liebenberg
21 km Championships		
Ladies	Ansie Breytenbach	Joan van Wyngaard
Men	Nelius van Rooyen	Michael Mokwala
42 km Championships		
Ladies	Nadine Breytenbach	Ansie Breytenbach
Men	Philip Breytenbach	Michael Mokwala
Most League Points		
Men		Michael Mokwala
Most Super League Points		
Ladies	Ansie Breytenbach	Nadine Breytenbach
Men	Michael Mokwala	Phumlani Mabophe
Most Improved Athlete		
Ladies	Chantelle Botha	Minnette Nel
Men	Michael Mokwala	Jaco van Rooyen
GGM of the year		
Ladies	Annatjie Greyvenstein	
Men	Iain McFadyen	
GM of the year		
Ladies	Lucia Willemse	Letha Kotze
Men	Danie Labuschagne	Johan Nel
Master of the year		
Ladies	Sandra Steenkamp	Susan Maree
Men	Leon Page	Noel Banda
Veteran of the year		
Ladies	Rosemary Brink	Bernita Bornmann
Men	Dirk Cloete	Alfred Matema
Senior of the year		
Ladies	Amanda Cloete	Heleen de Bruin
Men	Michael Mokwala	Phumlani Mabophe
Athlete of the year		
Ladies	Joey Cloete	Ansie Breytenbach
Men	Philip Breytenbach	Nelius van Rooyen



“ADOPT A RUNNER”

We all love running and walking, some of us are very fortunate to be able to participate, every weekend, at races. There are some of our current members that can't even afford the membership fees.

We decided to start a new project for the coming year. It is called “Adopt a Runner”.

You, as member, can decide to adopt a runner, either by yourself or a group of friends or as a family. Our aim for this project is for members to adopt a runner, sponsor their membership fees and their race entries during the year. It is up to the “guardian” to decide what races they are prepared to sponsor. We were thinking of suggesting to the “guardian” to sponsor the league races. Adopting a runner and only sponsoring, membership fees and league races, it will work out to roughly R1 800.00 for the year.

We will provide a list with the names of our less fortunate members to those of you who are interested in adopting a runner. Then you can decide who you want to adopt.

Please e-mail me on bets@ecbaccounting.co.za or kwagga5@hotmail.com if you are interested and require more information.

Let us make 2018 a special year for our less fortunate members.

Thank you,

Bets Botha



CHRISTMAS LIGHTS RUN/WALK

IRENE CHRISTMAS LIGHTS RUN

Bring the whole family and join us for a short 6km run to see the "famous" xmas lights on Lawley Street

When: 6 December 2017

Where: Jan Celliers Park, Groenkloof

Time: 18:30

Entrance Fee: Small toy / non-perishable food for Charity

Water and bubbly will be provided on route
Bring own drinks for afterwards

Remember to wear some reflefecting gear!!!

The Journey from the ICU to Parkrun Tourist Status and Beyond

Written by Zoe Scholtz, one of our Irene members, who shares her incredibly inspiring story of fighting the odds to overcome adversity and emerge stronger for it. I am honoured and privileged that she has allowed me to share her story.

I contracted a viral infection in July 2015. The doctors ran every test in the book, but up until today, I still have no definite answer of what was actually wrong with me. Encephalitis, meningitis, septicaemia, jaundice, and probably a whole host of other scary sounding illnesses, are some of the adjectives used to describe what was potentially wrong with me. I ended up in the Intensive Care Unit and was in a coma for about 10 days. I remember waking up in a normal ward in the hospital, looking around me and wondering what had happened. I have absolutely no recollection of the preceding 10 days. No memories, nothing. It was weird, I had no idea what time of the day it was, nor what day of the week, date of the month even.

Shortly after waking up, the Doctors came along to see how I was doing. I will never forget the first meeting I had with the Neurologist. I was still pretty confused, and probably still doped up on some or other strong stuff when he walked to my hospital bed. He had some long story about my illness – lucky to be alive blah blah. Then he turned to me and said to me *“You will probably only ever be 70% of what you used to be.”*

What??? What just happened now? I remember thinking to myself, “NO”.

Not having any recollection of my days in ICU, I couldn't really empathise with my friends and family who had been to hell and back. In fact, in my head, there was nothing wrong with me really, just feeling a bit on the weak side. We won't go into depth the part where, initially, I could barely make it from my bed to the toilet and back again. Rather let's skip ahead to a day or two later, when I eventually became pretty competent at going to the toilet on my own, however, in order to be released from hospital I apparently had to be able to walk around the nurse's station. From my hospital bed to the nurse's station and back again couldn't have been much further than a couple of hundred metres, if that.

One morning, a friendly blonde lady (I think she was a physiotherapist) arrived and helped me get out of bed. Armed with my “beepy” machine with all those scary bags attached, and clutching the back of my hospital gown (trying not to moon anyone), I managed to walk from my bed all the way around the nurse's station and back. Having never run very far in my life, my framework of reference is limited in this regard, but I remember thinking to myself – wow – it feels like I just ran a marathon.

I made it around the nurse's station, and I was now free to go home. Awesome, now my life can go back to normal. Um, no not quite.

The start of the road to recovery

I was booked off work for another 2 (maybe 3) weeks. I apparently had some sort of seizure in the hospital, so I was not allowed to drive. There was also a very irritating ringing in my ears (no, not my mobile phone, but a bad case of tinnitus).

Then for the bit that was particularly tough on all those who loved me. Something up there in my ears seemed to have gone loopy, and this impacted my balance badly (I could walk backwards fine, but forwards was a challenge – kind of like life in a way). I also didn't take

kindly to assistance, so my family had to watch me walk (actually more like stumble) around like a very drunk person.

Next, I was off to step down care for one week. One week is what I promised my husband I would do, and then we could discuss my return to work plans. Step down care started off with a whole bunch of stuff, including occupational therapy (my handwriting has never been beautiful, but now it was horrendous), hearing specialists, and physiotherapy. After the first two days of my one week commitment, the various specialists decided I was on the mend and would be fit to take my place back in society. I ended up spending the rest the week with the physio. Each morning I had to take a walk, either with the physio, or with her helper. I remember having a spectacular pity party on the Tuesday. I have always been an advocate of allowing yourself one of those days when you feel like you really need it. But only one, mind you, after that you need to deal with whatever it is that made you feel sad and sorry for yourself. Life moves on, whether you are present or not.

A walk becomes a run

After this week of physio therapy I was referred to a bio-kineticist, who also required me to walk every day as part of a series of exercises designed to improve my balance issues. I very diligently went for my walkies (about 3km) every day, rain or shine, cold or hot. It didn't help that it was July, so in South Africa, the weather tended to be on the cold or very frosty side. A big jacket, beanie and gloves became my standard uniform for my sojourns out of the house. I had a little routine going, and made sure that my walk and my prescribed exercises were done early in the morning. I loved watching the sun come up, it almost seemed like a special reward for getting out of bed early. This left me with the rest of the day to do productive stuff like reorganise the spice cupboard and filing, until everyone (including my very worried husband) agreed that I was able to return to work on 3 August 2015.

Ever competitive with myself, I eventually became frustrated with walking and decided to try jogging (having detested running, at school I was usually last or close to last in athletics, and generally pretty uncoordinated). Initially I could only jog about 500 metres before I wanted to die and had to walk again. I persisted though and eventually was able to jog the entire 3km of my walking route. I then aimed to be able to run 5km, which I managed to achieve towards the end of last year, albeit very slowly!

In May 2017 I attended my very first parkrun. I am now a very loyal and dedicated parkrunner and recently achieved parkrun tourist status (that's for having run at least 20 different parkrun events in South Africa). One of my most treasured memories of 2017 is running the whole of the inaugural Lanseria parkrun with the legendary Comrades marathon runner, Bruce Fordyce. I have a way to go to achieve the 50-parkrun club status (you get a red T-shirt for that) and I am aiming to achieve that early next year. I am also pretty proud of my latest PB for 5km (25:21) achieved at Victoria lake parkrun. One of my goals is to do a sub 25-minute 5km, and I am training hard to get this right.



The journey continues

Around April of 2017 I started running 10km and have recently entered a 21km, let's see how that goes. I am a bit concerned about 21km (its far, and I have no idea what I am doing), I joined the local running club, and have been training very hard the last couple of weeks. One day I hope to be able to complete a full marathon, perhaps next year.

So, after this long story, what did I learn from it? There are a couple of things that I would like to share:

- Life is about balance and focus. If you lose your focus point, you will fall over (try standing on one leg with your eyes closed and see how long you stay upright).
- Running has taught me about setting goals, commitment and dedication. This is the one sport where you are competing against no one but yourself. That is quite scary actually as I never realised how much I was capable of. Perhaps I was too scared to find out.
- Never allow other people to label you. That neurologist that told me I would probably only ever be 70%. No, I will not allow that to be the case, I want to be more than 100% of what I can be.
- Running and life are very similar. Keep putting one-foot in front of the other.

The gift of health is something we take for granted until it is gone. There is no price for good health, or for the honour to be able to get out of bed early in the morning. I love my morning runs, watching the sun come up will forever remind me of how blessed I am and how precious life is.

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Neels	Grobbelaar	05 Dec
John	May	05 Dec
Willem	du Plessis	06 Dec
Miles	Saxby	06 Dec
Johann	Van Zyl	06 Dec
Marietjie	Wanland	06 Dec
Nokwanda	Dlamini	08 Dec
Michelle	le Roux	08 Dec
Paul	Nel	09 Dec
Johann	van de Venter	09 Dec
Christa	Visagie	09 Dec



MODERN
athlete



NOTICE BOARD

Saturday 9 December

Nedbank Skosana Road Race 10/5 km

Race Organisers: Nedbank

Venue: Pretoria Correctional Services, Kgosi Mampuru St, Pretoria

	10 km	5 km	Kids mile
Entry fee	R 80	R 60	R 60
Entry fee 70+	Free		
Start Time	06:30		08:30
Cut-off	02:00		

1st 600 entries on 10km and 1st 250 on 5km and 1st 50 in the kiddies mile receive a free t-shirt

Pre-entries at: Run-away Sport; Sweatshop Southdowns; AGN office

Saturday 16 December

The Wonderful Run 21.1/10/5 km

Race Organisers: Wonderpark Athletics Club

Venue: Bundu Inn

GPS: S 26.2035 E 27.6855

	21.1 km	10 km	5 km
Jardine Joggers & 60+	R 40		
Start Time	06:00		06:15
Cut-off	04:00		

1st 200 athletes to register receive a free t-shirt

Pre-entries at: Run-away Sport; Sweat Shop Centurion; Tshwane Running Shop

Late entries 15/12: Wonderpark Virgin Active entrance 14h00 – 18h00 www.entrytime.com

THOUGHT FOR THE WEEK

It's not what you gather, but what you scatter that tells what kind of life you have lived

PHOTO CORNER



Congratulations to Adeliën du Toit, a new member who was the second lady at the Sani Stagger Marathon



Candice van der Spuy and Joy Nicholl waiting for the guests to hand out the cocktails



Wynand and Ansie Breytenbach enjoying their cocktails at the “beach party”



The kiddies' sand pit before they started playing



The van Rooyen twins enjoying themselves on the beach



It was beach decorations all over



Joy succeeded in creating a relaxing beach atmosphere



It was only the sea that was missing



Our new "Cara-Fun" was on display



The moment the kiddies were waiting for



Carla Hartmann receiving the Belinda's Bell trophy



Amanda Cloete receiving one of her three trophies



10 Km champion Phumlani Mabophe



Rinaldi Botes, 3rd lady in the Washie 100 miler – beyond Comrades trophy



Jaap Willemsen, male athlete of the year



Club captain Linley September, a worthy winner of the Chairman's trophy