



# IRENE NEWS

4 July 2016

No 27 - 2016



## ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Race for Friendship on Saturday:

Liza Maritz	1 <sup>st</sup> Lady – 10 km (41:00)
Elsa Meyer	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GM – 10 km (1:05:31)
Conita van Rensburg	1 <sup>st</sup> Vet lady walker – 10 km(1:12:41)
Jaap Willemse	1 <sup>st</sup> Walker & 1 <sup>st</sup> Master – 21 km (2:12:33)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master – 21 km (2:13:39)
Lucia Willemse	1 <sup>st</sup> GM lady walker & 3 <sup>rd</sup> lady – 10 km (2:33:46)

Conita van Rensburg	1 <sup>st</sup> Vet lady walker – Run Walk for Bibles 10 km
Annette Muller	1 <sup>st</sup> Master lady walker – Run Walk for Life 10 km

Well done!

Congratulations to Dawie Roodt who has been assigned as the economist of the year. A great achievement indeed!

## THIS WEEK'S DIARY

### Tuesday:

Time trials at 17:15 - Club house

Social evening after the time trials

### Saturday:

Garsfontein Ice Breaker at 07:00 – Garsfontein Primary School



## ***SOCIAL EVENING***

Don't miss out on the social evening Tuesday evening after the time trials. Bring the whole family along.



**Remove the winter chill**

**With a Tacos fill**

**And a tequila or two ...**

**No more winter's blue**

**A Mexican evening will take place**

**Come on rock up and show your face!**

**When: Tuesday 5 July**

**Where: Irene Club House**

**Chilli Beef Tacos and 2  
salads only R40**



**A few games we will play**

**At the end of your busy day**

**A chilling eating champ will be crowned**

**With musical chair sombrero's a few  
drinks will be downed**

**And before you lie down to rest**

**Your lemon catching skills we will test**

**So remember after your run**

**To enjoy some food and fun!**



## ***COMRADES STORY – ROG HODGKISS***

The most fun I have ever had..

I spent the best part of 9 months preparing for the 2016 Comrades Marathon – a good number of marathons in the later half of 2015, qualifier at Kaapsehoop and then....a pain across my hip sent me to the Doctors for help. It came out that I simply do not have any intervertebral cushion left in the lower section of my spine, the bones have fused together (saving me a fortune in operations) and the prognosis was that I would have to drastically reduce my distance running to around 10km...where I heard that before ☺, so I would need to scale down from the 56kmat Two Oceans to the 21km because according to the Doc, I would not make the 21km mark.

So off I go to Two Oceans, had to sign a medical disclaimer there but what the hell – got my number for the 56 because they luckily could not do any downgrades ☺

Started out on the 56 to see if I could reach the 21km mark – this goal changed to the 28km (halfwaymark) then to the 42km mark and finally to the 56km mark. I made it. I really wanted to go to the Doc and show him my medal but that could have gone so wrong!! Anyway, end result is I was in hectic pain for the next month, so I guessed it was indeed time to hang up my long distance shoes.

I ended up not running a single km after that.

I was determined to go support at Comrades since I had already entered, booked accommodation (twice)..old age...and planned the whole trip.

All was fine until we reached Warden / Harrismith at that huge stop with all the restaurants and fuel station. I watched all the runners getting out of their cars and buses with a mix of awe and envy – they looked so ready and so fit – I was so fat and unfit...then the madness hit me – my mind went AWOL...I turned to my Brother in law and declared – Stuff this Bro – sorry for you, you are now a mobile supporter....I am running!

I think everything suddenly went silent – it was as if I had just handed down a death sentence – nobody spoke in the car until we reached Comrades House – I marched in, got my goodie bag, got the Wildlands charity vest that I was to run for – but it was way, way too small for me, looked at Shorts and socks (luckily I was wearing a pair of retired shoes) and grabbed my race pack, and off to go find one of the two accommodation places I had booked in Toti...luckily I accidentally booked two because I could not find the one at all!

The next morning we all trundled off to the Expo, my sister was highly amused...she had predicted this would happen...At the Expo in Durban I managed to find a pair of shorts, socks, gel inserts for my shoes and some plasters. I also managed to swop the vest for one of the 2015 Comrades, even though that one was still too small but at least a little bigger....sorted!

I lined up the next morning and could not contain my emotions as I realised that this would most probably be the last Comrades line up in my life – It was a bitter sweet moment – Joy that I could have one more stab at it, but sad that it was to be my last.

The gun fired – I realised this was really ridiculous, my last run was Two Oceans, I did not stand a hope in hell! My mission was to go out there and enjoy...and boy did that happen! I was surprised to get through the first cut off – not bad I thought...My whole run was dominated by a gigantic smile on my face – I was running Comrades again ☺ The Doctor would absolutely soil himself if he saw me on TV I thought...this was really fun.

Well I only reached the 45km mark – I was cut off by a gigantic traffic officer – arms outstretched to block me, but I knew I had missed cut off and that my family were at the halfway waiting for me – I had already phoned them to say I would be about 3 minutes too late... I was still having the best day of my life though, so when I saw the traffic cop, I ran up to him and asked – What's wrong? I'm not speeding – I'm actually going too slow...well that went straight over his head...

I ended up getting a beer from one of the supporters on the roadside, and then together with my family went up to a really run down beer terrace called the Rats Hole – I remember remarking I can see why they called it that name, one of the patrons followed me into the bar and quickly ordered a beer for me – and then welcomed me to the bar- informing me that it was in fact the club house for the Hells Angels – I nearly bent over with laughter that I had stirred that one up – they also saw the funny side and we had a few drinks together – them vowing to join me on the next Comrades, and me thanking them for their hospitality...it was really fun.

We drove back the next day – on reaching Warden / Harrismith, I told my family – Okay, next Year I put in a proper run again! I just heard a heavy sigh – which means –oh alright - accepted - go for it.

I must say, on reflection, that this was one of the most fun runs I have ever done in my life.

My lesson learnt out of this was – go out and have fun...it will take you at least half of the way. You must however train properly to get through the second half!

 <p><b>SHORT TERM BROKERS</b> Value. Service. Trust Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p style="font-size: 24px; margin: 0;">We're there for the long run</p> <p style="font-size: 10px; margin: 0;">Short Term Brokers is an authorised financial services provider – FSP no. 10670</p>
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## PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Pierre	van Deventer	04 Jul
Nadine	Breytenbach	06 Jul
Alfred	Matema	06 Jul
Mpho	Netshiombo	06 Jul
Marlene	van Zyl	06 Jul
Andrew	Heuvel	07 Jul
Stephan	Olieman	07 Jul
Michael	Trewin	07 Jul
Helen	Griesel	08 Jul
Janine	Siebrits	08 Jul
Martin	Struwig	09 Jul
Roche	Vermaak	09 Jul
Yvette	van der Westhuizen	10 Jul



## ***CLOTHING SHOP***

Now is the time to buy your long ski pants and long sleeve shirt to ensure that you are well clothed for the cold weather on Saturday mornings. Visit The Shop in the club house to find out about the specials on offer.

## ***NOTICE BOARD***

### **Saturday 9 July**

### **Garsfontein Ice Breaker 21.1/10/5 km**

Race Organisers: Wingate Road Runners & Dutch Reformed Church Garsfontein

Venue: Garsfontein Primary School, Zita Park, Garsfontein

GPS: S 25 47'24,44 E 28 17'43,22

	21.1 km	10 km	5 km
Entry fees	R 70	R 60	R 30
70+	Free (if not registered must buy license)		
Start time	06h30 – Walk 07h00 - Run		07h20
Time Limit	03h30		

**No pets**

Pre entries at: Run-Away-Sport; Running Inn; The Runners Store; Garsfontein Church

[www.nggars.org.za](http://www.nggars.org.za)



**Saturday 16 July****Afriforum Springbok Vasbyt 25/10/5 km**

Race Organisers: VTM Atletiekklub

Venue: Voortrekkermonument piekniekterrein

GPS: S 25.77690 E 28.17747

	25 km	10 km	5 km
Entry fees	R 120	R 80	R 40
60 +	R 50		
70+ – race day entries only	Free		
Start time	07h30		07h40
Time Limit	04h00		

Pre entries at: Run-Away-Sport; Running Inn; PostNet Pretoria West; Sportsmans Warehouse – Centurion, Kolonnade, Atterbury Value Mall; Runner's Store; Outdoor Freedom (Mall @ Reds)

[www.entrytime.co.za](http://www.entrytime.co.za)**LEAGUE RACE****Saturday 30 July****Zwartkop Road Race 21.1/10/5 km**

Race Organisers: Denel Athletics Club

Venue: Zwartkop Lapa, Wierda Road, Centurion

GPS: S 25 50'14.25 E 28 07'28.46

	21.1 km	10 km	5 km
Entry fees	R 90	R 70	R 40
60+, blind runners, wheelchair athletes – race day entries only	Free – only pay for temporary license if applicable		
Start time	07h00		07h10
Time Limit	??h00		

**No pets or baby strollers on the 10 & 21.1km races****Come early – only one entrance!**

Pre entries at: Run-Away-Sport; Running Inn; Sweat Shop Southdowns & Dunkeld; Sportmans Warehouse Centurion

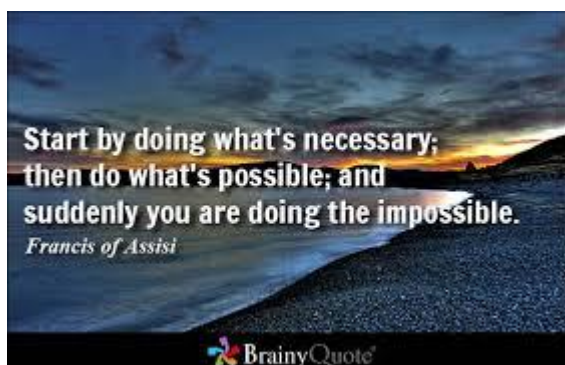
[www.enteronline.co.za](http://www.enteronline.co.za)

2016 AGN LEAGUE FIXTURE LIST				
<i><b>EVENT</b></i>	<i><b>DIST</b></i>	<i><b>DATE</b></i>	<i><b>LEAGUE</b></i>	
			<b>RR</b>	<b>RW</b>
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 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

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





## Photo Corner



Dirk and Amanda Cloete at the social trail run on Saturday that they organised.



Club Captain Linley September enjoying the trail run





Kerry Trentham making a comeback after Comrades



Wynand Breytenbach doing his last training run before the Rhodes next Saturday