



IRENE NEWS

7 March 2016

No 10 - 2016



ACHIEVEMENTS

The following members were on the podium over the weekend:

Elsa Meyer	2 nd Lady walker – Sunrise Mini Monster 10 km (68:07)
Lucia Willemse	3 rd Lady walker – Sunrise Mini Monster 10 km (71:30)
Bernadette Buss	3 rd Lady – Battlefields New Castle 42 km (no time available)
Candice van der Spuy	3 rd Lady – Battlefields New Castle 21 km (no time available)

Congratulations!

PERSONAL ACHIEVEMENTS

Estelle Janse van Vuuren	PB – 32 km
Dalene van Vuuren	First Marathon
Zettie Malan	First 10 km

Well done!

Please let me know about your PB's etc. Don't be shy!



Congratulations also to Gerard van den Raad and Lucia Willemse who received their National colours at the AGN prize giving function last week.

THIS WEEK'S DIARY

Monday:

Training session at 17:30 - Club house
Morning run from Rhapsody's – 04:30 - 12 km easy route

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 – 12 km easy route

Saturday:

Om die Dam 5/10/21/50 at 06:00 - Hartbeespoort

Sunday:

Rock the run 5/10 – Johannesburg

CLUB 21KM WALKERS CHAMPIONSHIPS

The Budget Insurance 21 km on 19 March at the Kolonnade will serve as our walkers 21 km club championships. Trophies to all the category winners will be handed out on 5 April at the monthly social.

CARAVAN AND GAZEBOS

Please take note that the caravan and gazebo area at the races is a NON SMOKING area!!!!

COMRADES RUNNERS

Please read the info below and respond a.s.a.p. Marlene is one of our members and this research will benefit all runners. The first interviews will be done on Tuesday after the time trials.



COMRADES RUNNERS NEEDED FOR UCT RESEARCH STUDY

For a study that investigates lower limb running injuries in runners training for the Comrades Marathon.

Study outline

This is a study done for my Master's degree in Sports Physiotherapy. The study will investigate risk factors for injury for ultra-distance runners, specifically runners training for the Comrades Marathon. The study will be conducted in Centurion, from March 2016 up until the Comrades Marathon, and the first two months after the Comrades Marathon.

You will be required to fill in questionnaires based on your health and readiness for training prior to taking part in the study. You will also be required to sign an informed consent form. After that, musculoskeletal screening tests will be performed on you. In the 2 months up until the Comrades, as well as the first two months after the Comrades, you will be required to keep a training log book. When you sustain an injury, an injury report form must be completed.

To take part in this study, you:

-must have qualified for, or intend to qualify for, the 2016 Comrades Marathon

- must be between the ages of 18-65 years
- must be injury free for the last 6 months
- must not do any other exercise for more than 4 hrs per week

Why should you take part?

- You will learn about **your** risk factors for injury which may assist in preventing future injuries.
- You will be making history to participate, as this is the first study ever done on the occurrence of injuries amongst Comrades runners.
- You will receive feedback after the testing, which will provide you with valuable information on how to prevent running injuries when you are training for the Comrades.

DEADLINE FOR APPLICATIONS: 7 MARCH 2016

Please contact me to enroll, or for any queries:

Marlene Oosthuizen

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PRESS RELEASE - OUR NEXT RACE

Modern Athlete Irene Ultra and Half Marathon Perfect Comrades Marathon Qualifier on 10 April

[Irene, 1 March 2016] The Irene Athletics Club today announced that entries for their first ever Ultra Marathon, the *Modern Athlete Irene Ultra*, which will take place on 10 April 2016, are open. The Ultra marathon is regarded as ideally placed for Comrades Marathon hopefuls who still have to qualify, or hoping to get better seeding.

The organising committee of the Irene Athletics Club has decided to opt for the Ultra format, to give maximum benefit to the runners. The Ultra Marathon, over 48 kilometres, must be completed under 6 hours by those hoping to qualify. This race is perfectly timed, and allows qualifiers to comfortably accumulate essential mileage before the traditional taper period.

The route through Irene's suburbs and Midstream Estates is "*flat and fast*" with no significant climbs allowing runners to achieve better times. The 48km along with a 21.1km will start at 06:00 on Sunday 10 April 2016 at the Irene Agricultural Research Campus.

The thumbs-up from the Comrades Marathon association that participants in the Ultra can also submit their sub 5-hour 42.2km split time as an official qualifying or seeding time, has helped make next month's Ultra Marathon a highly anticipated event. This implies that whichever time best benefits the runner, as automatically captured and submitted on race day by ChampionChip, will be used as the Comrades Marathon qualifying time.

Louis Visser, Chairman of the Irene Athletics Club, said, “The Modern Athlete Irene Ultra Marathon is one of the most exciting additions to the local sporting calendar and we are thrilled to partner with Modern Athlete and develop this race into a South African favourite amongst long-distance runners.” Visser added that the club is committed to deliver a quality road race, in true Irene Spirit.

The race sponsor and organisers have selected The Heart and Stroke Foundation South Africa as its official charity, and athletes have the opportunity to donate an amount of their choice during online registration.

Pre-entries for the Modern Athlete Irene Ultra and Half-marathon can be done until the 4th of April 2016. Race-day entries will start at 04:30 on Sunday 10 April, and can also be done at Irene Athletics Club on Saturday 9 April 2016.

Organisers have also added an 8km fun-run, which will take place entirely in the Irene Agricultural Research Council campus, making it well-sheltered for younger runners. The 8km which can also be entered for on the day, starts at 06:15 and doesn't require a ChampionChip or temporary licence. There is a big picnic area, enclosed kiddies entertainment area with supervision, exhibitions and food stalls will keep the non-runners busy.

Tell your friends about it!!!!



OM DIE DAM - RIANA VAN NIEKERK

We support the following initiative from the Om die Dam organisers and encourage our members to be part of this:

Some athletes have that one race that is theirs to dominate, to win year in and year out... and Om Die Dam was Riana van Niekerk's race. She won the 50km ultra an incredible six times and holds the women's course record, but shortly after her last victory in 2015, she was faced with a different battle when she was diagnosed with pancreatic cancer. Typically, just as she had run all her races, Riana put up a brave fight, but this time the race proved too long for her, and she passed away on 13 February 2016, nine months after being diagnosed.

Riana holds a special place in the hearts of the Om Die Dam organising committee, which is why we have decided to honour her memory by making the 2016 race a tribute to her. All our

elite athletes will wear green ribbons, and we encourage all the other athletes to also wear a green ribbon to honour this remarkable woman, who was taken too soon.

In the lead up to the race we will, in these mailers, give you more insight into the runner Riana was, giving you a small glimpse into her life. "She was not a woman of many words, but she had such a presence about her, words weren't needed," says friend Richard Laskey of *Modern Athlete*.

The official colour for pancreatic cancer is purple, so along with your green ribbon we also encourage you to add that purple touch to your race outfit on the day. Seeing a sea of purple and green on race day will be a shining beacon to Riana as she looks down, running in the hearts of many.

Also present on the day of the race will be the Pink Drive, who will be offering free clinical breast examinations to participants and supporters on the day.

IN THE MAILBOX

Ek wil net graag my woord van dank en waardering oordra na een van julle klub lede wat my gister so mooi by gestaan het op die Deloitte Marathon vanaf 32 km, ek het gehoor mense groet hom met die naam Pierre (Koch) ek kan hom nie genoeg dankie se vir sy hulp nie ek wou onder 5 ure inkom en hy wou kwalifiseer, ongelukkig het ek hom gemis by die einde en ek hoop van harte dat hy sy kwalifisering gemaak het. Ek het toe op 4:56 dit gemaak.

Dan ook vir Steve met sy bus dis altyd lekker om by hulle in te val as die kop en bene nie meer wil saamwerk nie, Bronkhorstpruit was net so lekker om die laaste 6km saam met hulle te hardloop.

Met groot waardering
Akasia Klublid.

Naomi Janse van Rensburg



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TWO OCEANS SHIRTS

Thank you to Johann van der Walt from Knowledge Integration Dynamics and Charles Jacquire from Mugg & Bean Midstream for coming aboard to sponsor the Two Oceans shirts.



PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Markus	van der Westhuizen	07 Mar
Martin	Walshaw	07 Mar
Iain	McFadyen	08 Mar
Noel	Banda	09 Mar
Annette	MULLer	10 Mar
Kobus	Oberholzer	10 Mar
Leon	Venter	10 Mar
Hermien	Bezuidenhout	11 Mar
Johan	van Heerden	11 Mar
Bernadette	Buss	12 Mar
Chris	Marlin	12 Mar
Sikhumbuzo	Zuma	12 Mar
Roelof	Beukes	13 Mar
Ying	Cao	13 Mar
Mathews	Maponopono	13 Mar
Yolanda	Meintjes	13 Mar



Giel Cillié, part sponsor of the Irene T shirts for the last 3 years with his quantity surveying firm in 10 Lenchen Park, 2029 Lenchen Ave South, Zwartkops x 4, Centurion. (Opposite Glasfit)

NOTICE BOARD

League Race

Saturday 19 March

Budget Insurance (Virseker) 3 in 1 21.1 / 10km / 5 km

Race Organisers: Overkruin Athletics Club

Venue: Kolonnade Shopping Centre, c/o Sefako Makgatho Drive & Dr van der Merwe St.,
Montana Park

GPS: S 25.40.49 E 28.14.53

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Entry fees 60+	Free		
Start time	06h00		06h15
Time Limit	03h00	02h00	

No pets allowed

Pre-entries at: Run-Away Sports; Running Inn; Runners Store; Sweat Shop: Southdowns;
Kolonnade info desk; Wellness World

www.enteronline.co.za

Monday 21 March

Sunnypark Right to Run/Walk 21.1 / 10km / 5 km

Race Organisers: Arcadia Running Club

Venue: Sunnypark, c/o Steve Biko & Robert Sobukwe Streets, Sunnyside

GPS: S 25.45.2 E 28.12.11

	21.1 km	10 km	5 km
Entry fees	R 70	R 60	R 40
Start time	07h00		
Time Limit	??h00	??h00	

T-shirts & caps for the 1st 300 entrants at Sunnypark Goodie bags to the 1st 500 finishers. No pets allowed

Pre-entries at: Run-Away Sports; Running Inn; Runners Store; Cross Trainer & Sports
Scene, Sunnypark

www.enteronline.co.za

2016 AGN LEAGUE FIXTURE LIST				
<i>EVENT</i>	<i>DIST</i>	<i>DATE</i>	<i>LEAGUE</i>	
			RR	RW
Budget Insurance Kolonnade	10/21	19 Mar	X	X
Ford	10/21	9 Apr	X	X
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

18 and 19 March	KZN Masters Championships	Durban, Kings Park
26 and 27 February	EP Master Championships	NMMU Athletics Stadium
2 April	AGN Masters Championships	Pretoria LC de Villiers Tuks
9 April	CGA Masters Championships	Gauteng Germiston
13 and 14 May	SA Masters Championships	Pretoria LC de Villiers Tuks
13 Augustus	Claude Sterley byeenkoms	Pilditch
? Oktober	SWD	Oudtshoorn
12 November	Vrystaat	Bloemfontein

THOUGHT FOR THE WEEK

Don't look to become a person of success, look instead to become a person of value.



Photo Corner (monthly social)



Johan & Wilrien Coetzee



Thea van Helden with Jan and Dalene van Vuuren



Old timers Henriette Mitchell and Madeleine Vorster with Linda Krause



Vanessa White & André Rudolph with André & Heidi Oosthuizen



Piet Phalahadi, Noel Banda and Marks Mathebula enjoying themselves



The way to do it



Ilana Marais, Chantelle Zowitzkey, Lani Botha & Amber Klaas



The light of the party, André Rudolph, lighting a candle

Sunrise Monster



New member Zetti Malan who ran her first 10 km



Tony Gomes had a good run



Merchandt Le Maitre



Johan Nel



Leon Venter



Rosemary Brink finishing with a smile



Riaan Prinsloo looking fresh after 32 km



Estelle (PB) Janse van Vuuren. Podium winners at New Castle, Candice vd Spuy & Bernadette Buss