



# ***IRENE NEWS***

*8 June 2015*

*No 22 - 2015*



## ***ACHIEVEMENTS***

Elsa Meyer	2 <sup>nd</sup> Lady walker – Great Run 10 km (61:00)
Jacque van der Waals	1 <sup>st</sup> Vet lady & 2 <sup>nd</sup> lady – Silver Oaks 10 km (40:18)
Schalk Liebenberg	3 <sup>rd</sup> Man – Silver Oaks 15 km (59:08)
Jaap Willemse	3 <sup>rd</sup> Walker – Silver Oaks 15 km (1:29:32)
Gerard van den Raad	1 <sup>st</sup> GGM walker – Silver Oaks 15 km (1:39:13)
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> master – Silver Oaks 15 km (1:27:39)
Elsa Meyer	1 <sup>st</sup> GM lady walker & 2 <sup>nd</sup> lady – Silver Oaks 15 km (1:33:30)
Angela Pottinger	3 <sup>rd</sup> Lady walker – Silver Oaks 15 km (1:47:55)
Ansie Breytenbach	2 <sup>nd</sup> Master lady – Durban Spar Ladies 10 km (44:28)

Congratulations!

## ***PERSONAL ACHIEVEMENTS***

None received

Please send me the info about all your personal achievements, don't be shy.

## ***COMRADES 2015***

Congratulations one again to all our Comrades finishers. Our results were not particularly good. Unfortunately we can't establish how many starters we had. There were 174 finishers who received the following medals:

Silver	3
Bill Rowan	12
Bronze	70
Vic Clapham	89

Congratulations to Belinda Skinner and Rod Stocker who finished their 20<sup>th</sup> run and received their double green numbers.

Well done also to Isabel Koch, Johan de Klerk, Holger Hedelt and Riaan Prinsloo who all did their 10<sup>th</sup> run to become members of the green number club.

We will have an in depth look as to why so many of our members did not finish the race. We will work together to put a programme in place to ensure that it won't happen again. More details about it will be communicated soon to everybody.

## ***SOCIAL EVENING***

Tomorrow (Tuesday) evening will be our monthly social evening. It will be more of a Comrades aches and pains evening. Please attend and bring your family along. Come and share your Comrades stories with your fellow club members. Everybody is invited.

For only R30 you will be able to buy Irish Stew with Rice and Tossed Feta Salad.

Don't miss out!

## ***LEAGUE RACE***

The race this Saturday is the next league race. Please be there in numbers. As always there will be something to eat for all our members.

Please find the details of the race attached.

## ***CAPTAIN'S CORNER***

Comrades 2015 done and dusted and some members reached their desired goals and some didn't. This doesn't mean the end but the beginning of what we can prepare for COMRADES 2016. This would be a great time to focus on your 10km and 21km races where you can improve on your times over these distances.

There are various fun and different races to do over the winter period like trail running, cross country, relay races to name a few. Check the race calendar to see what you fancy doing and maybe we can do it as a club.

The idea is to stay fit and healthy and when the running season is in full swing you won't feel like you're struggling again to get fit. The club program is there for everyone to do and to assist you in reaching your desired goals. The program is and will always be for everyone. Please come and join the training group every night at the clubhouse. We start from 5h15pm onwards over the winter period.

If anyone needs assistance I will be at the club every Tuesday night from 5h15 pm onwards and we can have a chat on what your focus is for the ensuing year.

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

**NOTE: SUMMER BODIES ARE MADE IN WINTER.**

Proud IRENE Greetings

Linley



**SIZWE MEDICAL FUND**

Caring for the health of the nation

## ***SPECIAL GENERAL MEETING***

Just a reminder about our special General Meeting scheduled for 23 June. Please diarize it.

## ***TIME TRIALS 16 JUNE***

Please take note that there will be no time trials on 16 June. There Alpha Centurion race taking place at 14:00 in the afternoon and therefore it won't make sense to have the time trials just after that.

## ***COMRADES STORIES***

Thank you to those of you who have sent in your Comrades stories to share. We need more for next week's newsletter.

Enjoy the following stories:

### **No 1**

As a Comrades supporter for the very first time I salute each runner who started the Ultimate Human Race. I saw most of the runners about 32km into the race, the commitment, the focus, the determination was amazing. Our next stop was Camperdown and my heart broke for the runners coming up that hill with tired legs, pale faces, tears and muscles cramping, they looked a lot different at this point than earlier in the day, but yet they wiped the tears, spoke a few words to their committed supporters and they continued for the last 21 – 24km. The determination and the focus was still within them with tired and sore bodies. They left their supporters behind at Camperdown in tears as we felt for them, our biggest wish for all of them was to finish.

We then went to finish waiting in anticipation for our runners to come in – this was the most stressful part of the race, they are so close but so far. Our prayers for our runners at this point was not silent anymore as we praying out loud for them. It was amazing to see how our runners came in, some still stopped and had a chat others, waved or gave us a smile and some just cried a very emotional day for all on the road. We are proud of each runner that crossed the finish line in time or not in time, the determination, commitment and focus that each one of you showed on the road is admirable – I salute all of you.

A very special salute to my brother Danny and my sister Michelle – I am proud of you guys!!!

Teresia Stander

### **No 2**

Where do you start with this unbelievable journey? Oh yes, I remember No questions, No regrets just an absolute thankfulness for the blessed lifestyle of being a runner and having perks like a well organised club, superb supporters, mind like fellow runners and a maker that smiles each time we challenge ourselves.

Jan van Wyk

### **No 3**

Dit was n groot voorreg om na 'n breuk van 20 jaar weer Comrades te kon hardloop op 68 .... Hierdie keer saam met my seun Gerhard. My 12 de en Gerhard se 1ste. Vir ons hele familie was dit 'n groot eer. Dankie aan almal vir hul ondersteuning en liefde.

Jan van Vuuren

### **No 4**

At 02:00am I woke up, had some race food, and grabbed a banana. By 03:15am we were on our way to the centre of Durban where the start of one of the hardest days in my life would start with a bang (literally).

Having found my way to my seeding pen, almost in front of the 17 000 strong field due to the contributions made to Pink Drive Charity (R6620.00), I spend an hour or so quietly contemplating my fate, wondering what the heck I got myself into. The mayor of Durban spoke; please don't ask me what he was saying followed by a powerful rendition of the National Anthem. The best version of Sholsaloza ever performed by a crowd in a street, and then the spine chilling Chariots of Fire. This was capped off by the Cock crow, and with a loud canon fire we were set on our way.

I spend the first hour being chased down by the faster runners in D, E & F batches. An amazing experience, feeling lost for a while almost like taking a leisurely stroll in the midst of the annual great migration in Kenya. The first 3 hours passed without incident, I found myself content with my situation soaking up the atmosphere and looking at all the supporters as if trying to memorize every scene, every face, and every cheer. This kept me going - passing Cowies Hill almost as if it wasn't even there. I had to "work" a little harder through Pinetown. But with Fields Hill I started to realise what I really had before me.

Passing through Hillcrest around 4 hours I really started to doubt myself, how the hell will I survive the rest of the day having had to work so hard on the last 8 km's. The route markers counting backwards did not help at all, it's tough to see 56Km to go after running 4 and half hours. I focused on my first meeting point coming up just before Botha's Hill. I managed to force myself to that point. As I saw my wife and daughter I almost broke down in tears, feeling overcome with emotion and self-doubt, answering "How are you feeling" was just about impossible. All I could manage was "this is F'ed up" I grabbed my new waist band - stocked with all kinds of boosts and hydration etc. turned my back on them and forced another step towards the monster in front of me – Botha's Hill

Botha's Hill was from another world. It just never ended. I battled on walking just about the whole way, and set my target on reaching the 50km – still trying my best to ignoring the route markers which counts backwards.

Having reached Drummed within 10 minutes of my planned time according to my pacing chart of 05:35 I started to relax again, I realised the plan was working which I had spent so many hours working out – doing trial runs, adjusting, revisiting and refining. This gave me a truck load of confidence. Halfway up Inchanga I spend about 10 minutes walking alongside an experienced runner busy with his 14<sup>th</sup> attempt (#53838 – Theunis Jacobus Hanekom) he talked me over the rest of the route and what to expect, that the worst was behind us, and that I have enough energy left in the bag to make it to the finish. And that I should just keep counting down the miles. The difference this made to the day I will never know but I am sure glad that we had our hart to hart. I felt a million bucks after this, felt like I had a bit of spring in step. I was ready to conquer the beast.

I then reached the 50Km mark – I was now in no man's land, never had I run further than this. The loneliest place on the route was upon me, Harrison Flats - Scary stuff I tell you! Next target was 56 Km (Two oceans distance) then 60 Km which would mean Cato Ridge is would have flashed past. From here it was time to focus on the next support point.

Camper down here I come. Running into the Nedbank Green mile was absolutely out of this world – the best experience on the day. I stepped onto the green carpet and the band started playing the theme song from Rocky Balboa – I was him, I was running up those stairs. Air boxing, and high fiving the 15 foot tall super heroes. And it just kept on coming - A few minutes of my life I will never forget. – I reached my family again, and I think they would have thought what the heck is going on here, where's that miserable soul we saw 3 hours ago? But al to soon I was on my way again. And All I wanted now was to get to less than 20 Km to go, the going started to get tougher again. Jolanda

Looking at my watch with 25Km to go I still had about 3.5 Hours in the Bag, and the thought of I can do this in 2 and a half crossed my mind. But by the time I reached Lion Park I realised that that was just a pipe dream – I needed to work hard to make the 12 hour cut off.

My saving grace was the long down hills leading to Pollys and Little Polly's because getting up those two hills having done just about 80Km's was hard work.

But just like that the feeling of triumph started to grow, I was in Pietermaritzburg. I had made it. Just a few kilometres to go. There was enough time to take it easy. The sight of the thousands of runners filling the roads as it waved ahead was absolute amazing. A quick right, downhill from here. Let's just run to the next traffic lights. Time for a walk. No no - lets go. A few hundred meters another left. The stadium lights are in front of us. You can hear the announcer. Another 5000 meters. Then right. We are running behind the stadium now. Then a left, pass the club tents and hundreds of supporters lining the passage created as a gateway to the field of dreams just a few seconds away. As I turn to pass the bridge to the field - My family is shouting, waving and crying. They blitz past and I am in the final stretch. We hold hands high in the air. Fist pump. And the clock is stopped at 11:55:28. Loads of time left, why is everyone so stressed. Haha.

I received the biggest small medal I have ever received and I realized I am broken. I was running a few seconds ago. And now I cannot even walk. I vow to never do this again. And say thank you for having made it.

As I am sitting here today the old story is so true. I cannot wait to get running for the next one. 29 May 2016 here I come.

**Thank you to everyone who supported, encouraged, helped, donated and ran with me over the past 11 months. I can never really express how grateful I am.**

Pierre Rousseau

 <p><b>SHORT TERM BROKERS</b> Value. Service. Trust</p> <p>Tel: (012) 663 5551 • Fax: (012) 663 4306 • Email: stb@mweb.co.za</p>	<p><b>We're there for the long run</b></p> <p><small>Short Term Brokers is an authorised financial services provider – FSP no. 10670</small></p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------

## No 5

Een van Winston Churchill se kortse, maar kragtigste toesprake was toe hy in sy kenmerkende aksent gesê het: “Never give up! Never, never, never, never give up!” Wêl, na die afgelope Comrades wedloop is ek nog meer oortuig oor die waarde daarvan.

Laat ek kortliks my storie vertel: “Ek het die eerste deel van die wedloop baie goed gevoel en hier op ongeveer 30 km by ‘n persoon verby gegaan wat erg gesukkel het met krampe. Omdat ek goed gevoel het, gee ek toe my anti-krampe pille vir hom!! Op 60 km begin ek toe self sukkel met krampe en moes elke kort-kort stop vir ‘n ys masering by die wonderlike fisio-terapeute langs die pad. Ek het al stadiger begin hardloop en die tyd om klaar te maak het al hoe minder geraak.

Toe ek bo-op Pollyshorts kom, net na ek oor die mat is waar jou tyd gemeet word, kry ek die ergste krampe ooit! So erg dat ek val en nie kan opstaan nie. Altwee bene is in spasmas! Een vd toeskouers probeer my help. Hy strek my en moedig my aan om klaar te maak, maar ek besef dit is (menslik) onmoontlik om betyds die laaste 7 km te voltooi met sulke erge krampe. Net daar maak ek een vd moeilikste (en domste) besluite ooit en dit is om in die bussie te klim en nie klaar te maak nie. Toe ek by die bussie kom gebeur my eerste wonderwerk. Die bestuurder sê ek kan nie inklim nie want die bussie is vol!!!. Ek het toe nie ‘n ander keuse nie as om maar voort te strompel nie. Daar kom toe n jong fisioterapeut en sy masseur my bene en moedig my aan. ‘Nog net 7 km. Jy kan nie nou ophou nie. Probeer, daar is nog n kans.’ Maar die krampe is erg en ek kan skaars regop staan. Dis toe net hier waar ek my tweede wonderwerk beleef. Ek bid dat die krampe sal ophou en begin stadig draf. Sowaar, ek begin beter voel. Vol pyne, maar geen krampe nie en ek doen die laaste 7 km teen 7 min per km. Dalk die vinnigste van my hele wedloop en maak klaar in 1h56 min!! Die laaste 3 km kon ek saam met “Vlam se bus” hardloop en saam met hulle klaarmaak. Dankie Vlam!!

Dit is met groot dankbaarheid dat ek kan terugkyk en weet, met die hulp van vriende en die krag van God is Winston Churchill se woorde waar: “Never give up!”

Hendrik Saayman

## No 5

Double Journey

Comrades has always been a two sided journey. Preparation is the one half of the journey, the other being the race itself.

This year the first part of my journey was definitely different from other years. Training started almost normally in January and was going to schedule. I ran the Akasia marathon so at least I had a qualifier in the bag, albeit close to 20 minutes slower than what I had aimed at. Walking was going well and I had won every race I had participated in for the year.

All was well until the day we filled lanterns for the Irene Valentines race. All the lanterns had been filled and stacked and the only job left was to park the trailer the team got together and all was going well until the last ridge we needed to go over into the shed. A few attempts were made before somebody called me out to put my back into it. I literally did that. I crossed my right arm over my chest, leaned against the trailer and with a great shove, supported by the other guys the trailer was finally parked. Unfortunately in the process I

managed to crack a rib. Training was on hold for a while as it was rather uncomfortable to breathe.

I managed to get my training back on track and on 1 March I competed the Vaal Marathon in a comfortable 3:15. Feeling good I entered the Sunrise Monster the following week. I decided to walk the 32km event so that I could keep on building on my mileage. During the race I felt like I had a bit of a cramp in my stomach throughout the event. This turned out to be some kind of a stomach virus and on the following Tuesday I went to the doctor. On Wednesday the symptoms still hadn't cleared and I was referred to a specialist at the hospital for treatment. The specialist checked me and stated I looked healthy enough not to worry. After some discussion I was admitted to the hospital to go on a drip to replace lost fluids and undergo a few tests to determine what kind of virus I had. The results did highlight a few minor abnormalities but none too serious. I was discharged the next day.

I did some light training for the week following the hospital visit and went along to the CSIR interclub challenge a week later. The walk went well and despite the rain and missing marshall which put us on a shorter route, All seemed to be back to normal. With a renewed hope, I entered the Om-Die-Dam ultra. I missed and probably ignored many early warning signs that things were not going to go well later in the race. An elevated heart rate at the beginning, excessive sweating and a slight "stich" in my side were all "explained" away and I went through half way right on schedule. The short of it was that I finished the race but collapsed some time later. Thanks to support of Cori and Travers I (and other Irene members) I eventually got home where I was immediately taken to hospital where I spent the next 2 days. My body had not recovered from the previous virus. My sister (Deborah) then suggested that I complete Comrades with her as she was aiming at 10 hours. I put the idea on the backburner.

Needless to say, training took a back seat. I cautiously entered the Wally marathon and fortunately that race went through without incident and I finished in a comfortable 3:30. The next week while in Pinetown I got to run parts of the Comrades route on training runs. Things were looking up again.

On the following weekend I started showing signs of a cold and it was back to the doctors to sort out whatever it was in time for Comrades. A week later, while in Cape Town I had to call the doctor for a second round of antibiotics. My race was in doubt as I had developed Bronchitis and the medication would only be completed on the Thursday before Comrades.

On Monday I was back at the doctor with my daughter who was now also battling with bronchitis. He checked my lungs and stated that I would be ok to run. The next day I felt my lungs tighten up again but decided to go for a light run as a way to open them up. The 4km run was my first outing in 16 days – I coughed and splutter for 2km before finally getting any kind of rhythm going. This was followed up with another 4km run on Thursday which was a little more comfortable. The final run on Saturday morning went well with a bit of coughing in the first half km but felt good for the rest. In the end, I had trained around half the distance I would normally have targeted.

On race day I met up with my sister in the C area (she had her fifth CC seeding), the furthest from the starting line I had ever been. I could not join in with the national anthem or shosholoz. I had become very emotional, realising just how lucky I was to be in good

enough health to attempt to race but also realising that I may have to withdraw if anything started going wrong.

We ran along quite comfortably keeping an eye on the pace to make sure we didn't go out too fast. All went quite well but I felt that I was not getting enough air in my lungs on the steep hills and would walk whenever my heart rate went above 145. After fields hill I was already telling my sister that she didn't have to hold back for my but she insisted that we at least run to halfway together. We got there comfortably in 4:52 and continued together till the base of Inchanga before parting ways. I knew by then that I would be able to get to the finish as long as I did not put any unnecessary effort into the race. My legs were sore from the lack of training but I knew that I could deal with that.

Throughout the race I was sending WhatsApp messages to my wife so that she know where I was and how I was getting along. I noticed the temperatures were climbing and started putting more water over myself than what I was drinking. I had consigned myself to just finishing when Werner reminded me that a bronze medal was "not negotiable" (old school – comrades cut off 11 hours). I knew I had been walking too much and this gave me something to focus on. At that stage I had to complete 7km per hour to get to the target. As we covered the "easier" part of the course, I found I could put in a steady run on some of the sections. By the time we got to the Lion Park interchange, we were close to 6 ½ km/h to make the time. With 18 to go I relaxed a little more as we had just under 3 hours to make the time. Along the way I kept bumping into Jerry, an American from Minnesota, one of the three places I have been to in the USA. It was his first race and we encouraged each other whenever we passed by, which was quite often. We ended up running the final 3km together and finally crossed the line in 10:42:30. I soon discovered that my sister had finished with a PB of 9:48

I am very grateful to have been fortunate enough to finish the race this year without any issues. While the road to Comrades was tough this year it was full of valuable lessons. I am now grateful for having learned many new thing about myself in the lead-up to the race as it was these lessons that ensure my safe passage on the day. Despite the 27 previous successful runs, I would have been in trouble on the day had it not been for the lessons learned throughout this year.

Congratulations to all who participated in the event this year.

All the best to all intending to run in 2016.

See you on the road.

Keith Reynolds





## ***PERSONALIA***

Congratulations to everybody celebrating their birthdays during the week.

Joubert	Krugel	08-Jun
Liza	Smit	08-Jun
Lucia	Willemse	08-Jun
Marius	Booy	09-Jun
Andrew	Higgins	09-Jun
Jacqueline	van der Waals	09-Jun
Bridgette	Elk	11-Jun
Riaan	Jordaan	11-Jun
Phineas	Mojapelo	11-Jun
Maria	Harper	12-Jun
Pieter	Wiese	12-Jun



Tuesday 16 June

Winter Warmer Road Race 21.1/10/5 km

Race Organisers: ACRW

Venue: ACRW Club House, Edinburgh Road, Clubview East, Centurion

GPS: S 25 50'13.3 E 28 10'32.4

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees GGM, Wheelchair & blind athletes	Free		
Start time	14h00		14h35
Time Limit	??h00		

**Wheelchairs athletes welcome**

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns

Saturday 27 June

Run & Walk for Bibles 21.1/10/5 km

Race Organisers: ACRW

Venue: Hoërskool Zwartkop, c/o Mopani & Old Johannesburg Road, Centurion

GPS: S 25 50'58.60" E 28 09'54.32"

	21.1 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees – Great Grandmasters	½ price		
Entry fees - Wheelchair & blind athletes	Free		
Start time	07h30		07h35
Time Limit	??h00		

**Wheelchairs athletes welcome**

Pre-entries at: Running Inn; Run-away-Sports; Sweatshop Southdowns

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

<b>2015 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
Race Against Drugs	10 km	13/06/15	X	X
Mooikloof Realtors Winter Road Race	10 km	18/07/15	X	X
A4A Women's Rights Run/Walk	10 km	08/08/15	X	X
Value Log Ou Voetpad		12/09/15	X	X
Capital Classic		10/10/15	X	X
Muller Potgieter		28/11/15	X	X

## **Masters Athletics Fixture list**

### **Local meetings**

18 July 2015	Claude Sterley meeting – Pilditch - <b>only if sponsored</b>
16 October 2015	Rassiebyeenkoms – Bronkhorstpruit
31 October 2015	SWD Champs – Oudtshoorn
14 November 2015	Vrystaat Champs - Bloemfontein

You are regularly informed about league meetings, please support these meetings. Results are taken into consideration when choosing the GN team for SA's

### **SA Masters Championships**

15/16 May 2015	Nelson Mandela Metropolitan University – Port Elizabeth
----------------	---------------------------------------------------------

### **International Championships**

4 – 16 August 2015	WMA Championships, Lyon, France
--------------------	---------------------------------

<http://www.lyon2015.com>

26 Oct – 6 November 2016	MA Championships, Perth, Australia
--------------------------	------------------------------------

<http://www.perth2016.com>

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



## Photo Corner (Comrades and Post function)































It wasn't a pretty sight to see the two cars burning in the parking area at Camperdown