



IRENE NEWS

9 July 2018

No 27 - 2018



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Garsfontein Ice Breaker:

| | |
|-------------------------------|---|
| Jacquie van der Waals | 1 st Vet lady – 10 km (41:28) |
| Hestha Conradie | 1 st Master lady – 10 km (50:29) |
| Jaap Willemse | 3 rd Walker – 10 km (62:17) |
| Ansie Breytenbach | 1 st Master lady – 21 km (1:44:47) |
| Iain McFadyen (social member) | 1 st GGM – 21 km (1:58:59) |
| Elsa Meyer | 1 st Lady walker – 21 km (2:25:18) |

Magretha Pierce 2nd lady - iSimangaliso trail Challenge in KZN

PERSONAL ACHIEVEMENTS

| | |
|-------------------|-------------------------|
| Buks van Deventer | PB 10 km |
| Nadene Visser | Permanent Rhodes number |

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:15 – Club house

Saturday:

Springbok Vasbyt @ 07:30 – Voortrekker Monument



LEAGUE RACE

Thank you to all our members who braved the cold to participate on Saturday. Thank you also to Bertha and Gerard for the soup and sherry that kept us warm afterwards.

Speed Work For Dummies

18 February 2015

By Kim & Richard Woolrich

Image by Karin Schermbrucker



No matter what type of runner we are, most of us would like to run faster. Including speed work into your training will not only help you run faster, but also improve your overall running fitness. Everyone can benefit from speed work – it's not just for the elite. If it is integrated into your training correctly, you will see substantial improvements in your performance.

The different types of speed work:

Tempo Runs: These are run at 80-90% of maximum heart rate or at about 10km race pace. A tempo run consists of about 20-40 minutes of running at this pace. Example: running your local 5km or 8km time trial.

Intervals: These can consist of longer (800m-2000m) or shorter (200m-400m) intervals. Intervals are run at about 85-95% of maximum heart rate. Longer intervals: run at about 5km race pace, with recovery time equal to or slightly less than the interval running time. Shorter intervals: run

slightly faster than 5km race pace, with longer recovery periods, 2-4 times as long as the repetition time.

Fartlek: Means 'speed play' in Swedish. The speed of running varies by alternating surges of high intensity running with periods of easy running. It differs from interval training in that it is unstructured; intensity and/or speed can be varied whenever the athlete wishes. This is great if you don't have access to a track, or if you are introducing speed work into your training for the first time. You can use time or even lamp posts as markers.

Benefits of speed work

The most important benefit of speed work is that the working muscles learn to tolerate the build-up of lactic acid. Lactic acid and other byproducts are produced during exercise (especially high-intensity exercise), and cause fatigue, at which point you will need to slow down. During moderate exercise the lactic acid is dissipated quickly, but in high-intensity exercise it is produced quicker than it can be removed. Due to the intensity of speed work, the body becomes more efficient at shuttling these byproducts out of the working muscles. Speed work therefore increases your lactate turn point, which is the point at which lactic acid build-up exceeds removal. Presumably if an athlete has a higher lactate turn-point, they can continue at a higher intensity of effort with a longer time until exhaustion.

Speed work also has a greater cardiovascular training stimulus, which improves your endurance capabilities.

Guidelines

- Speed work can increase your chance of sustaining injuries. Ensure you've developed a substantial running base (ie 2-3 months of running at least 3 times a week). Surface is important: grass is more forgiving than road.
- Start with longer intervals (eg 1000m); closer to race day, include shorter intervals (eg 400m).
- Always warm up: at least 10-15 mins easy running, followed by dynamic stretching or running drills, and a couple of short bouts of faster running before your speed session.
- Always cool down: about 10-15 mins light jogging and static stretching post-workout.
- Speed work improves bio- mechanics and efficiency, so focus on your technique.
- Schedule your speed workouts prior to an easy/rest day.
- Include max 1-2 speed workouts a week; if you are new to speed work, every 10 days.
- If you are carrying any niggles or injury, avoid speed work until completely healed.

4 Great Speed Sessions

For Beginners:

Fartlek: 6 x 1 minute, with 2-3 minutes of light jogging

3-4 x 1000m with 2-4 minutes recovery (depending on the speed of your interval)

For the more experienced or advanced runner:

5-6 x 1000m with 2-3 minutes recovery (depending on the speed of your interval)

4 x 800m with 2-3 minutes recovery (depending on the speed of your interval), followed by 4 x 400m, with 1-2 minutes recovery (depending on the speed of your interval)

LEAGUE RESULTS

We are in 11th position on the log after the Run for Bible race. Thank you to

| Wonderpark Akasia | Denel | Morula | Race of Hope | Riana van Niekerk | Div 1 | Points |
|--------------------------|--------------|---------------|---------------------|--------------------------|--------------|---------------|
| Pos | Pos | Pos | Pos | Pos | Club | League |
| 1 | 1 | 1 | 1 | 1 | Vtm | 99 |
| 2 | 2 | 2 | 2 | 2 | Pmmc | 95 |
| 4 | 4 | 3 | 3 | 3 | Ace | 87 |
| 8 | 8 | 5 | 4 | 4 | Hqh | 70 |
| 5 | 3 | 6 | 5 | 5 | Overkruin | 68 |
| 6 | 6 | 4 | 6 | 6 | Resbank | 59 |
| 15 | 12 | 8 | 6 | 7 | Aurecon | 57 |
| 14 | 11 | 11 | 9 | 8 | Rwfl | 56 |
| 12 | 15 | 8 | 8 | 9 | Pmwc | 52 |
| 10 | 8 | 13 | 10 | 10 | Agape | 51 |
| 16 | 10 | 11 | 10 | 11 | Irene | 48 |
| 7 | 5 | 6 | 13 | 12 | Ppmk | 43 |
| 17 | 13 | 17 | 16 | 13 | PvR | 42 |
| 3 | 6 | 10 | 10 | 13 | Magnolia | 42 |
| 9 | 14 | 18 | 15 | 15 | Affies | 35 |
| 11 | 16 | 14 | 14 | 15 | Csir | 35 |
| 20 | 17 | 15 | 17 | 17 | Arete | 33 |
| 18 | 19 | 19 | 19 | 18 | Love Running | 24 |
| 13 | 17 | 16 | 18 | 19 | Bmw | 23 |
| 19 | 20 | 20 | 20 | 20 | Npo | 22 |

SUPER LEAGUE

Our men are in 25th position after bad attendance at the Morula and Race of Hope races.

Our ladies are in 3rd position after losing their 1st position at the Morula race when only one of the fast runners turned up and unfortunately couldn't complete the race due to a bad fall at the start. Well done to them for winning at the Race of Hope and Run for Bibles.

Women's log

| <i>Wonderpark Akasia</i> | <i>Denel</i> | <i>Morula</i> | <i>Race of Hope</i> | <i>Riana van Niekerk</i> | <i>Female</i> | <i>Points</i> |
|--------------------------|--------------|---------------|---------------------|--------------------------|---------------|---------------|
| <i>Pos</i> | <i>Pos</i> | <i>Pos</i> | <i>Pos</i> | <i>Pos</i> | <i>Club</i> | <i>Log</i> |
| 4 | 4 | 1 | 1 | 1 | VTM | 239 |
| 7 | 10 | 3 | 3 | 2 | RUNAVATION | 200 |
| 3 | 1 | 8 | 4 | 3 | IRENE | 198 |
| 1 | 3 | 10 | 5 | 4 | MAGNOLIA | 192 |
| 10 | 7 | 2 | 2 | 5 | PMMC | 191 |
| 17 | 14 | 6 | 8 | 6 | KPMG | 160 |
| 23 | 18 | 7 | 9 | 7 | CSIR | 158 |
| 43 | 33 | 17 | 12 | 8 | CORR SERV | 156 |
| 20 | 11 | 21 | 13 | 9 | RWFL | 153 |
| 25 | 20 | 29 | 18 | 10 | FIT PTA | 136 |

Congratulations to the following members who earned super league points at the Run for Bibles race:

| POS | NAME | TIME | POINTS |
|-----|------|------|--------|
|-----|------|------|--------|

| | | | |
|------------------|-------------------|---------|----|
| Men 10 km | | | |
| 27 | NELIUS VAN ROOYEN | 0:41:04 | 32 |
| 62 | HANDZU | 0:44:59 | 9 |
| 77 | LEON PAGE | 0:46:46 | 2 |
| Men 21 km | | | |
| 44 | ANDRE FOURIE | 1:39:50 | 33 |
| 74 | GREG USHER | 1:47:52 | 19 |
| 78 | CLAUDE TRUTER | 1:48:05 | 16 |

| | | | |
|--------------------|-----------------------|----------|-----|
| Woman 10 km | | | |
| 20 | MAGRETHA PIERCE | 00:40:24 | 49 |
| 21 | JACQUIE VAN DER WAALS | 00:40:28 | 48 |
| 88 | MARIET HARPER | 00:48:06 | 36 |
| 141 | JOEY CLOETE | 00:51:55 | 27 |
| 191 | ANJA VLOK | 00:55:13 | 15 |
| 226 | LINDIE PRETORIUS | 00:56:48 | 7,5 |

| Woman 21 km | | | |
|-------------|-------------------|---------|----|
| 53 | ANSIE BREYTENBACH | 1:42:18 | 47 |
| 104 | NADENE VISSER | 1:54:02 | 44 |
| 185 | MARINDA GATHERER | 2:03:49 | 36 |
| 198 | ZOE SCHOLTZ | 2:04:48 | 34 |
| 199 | CORNE JOHNSTONE | 2:04:50 | 33 |
| 230 | CORETHA USHER | 2:08:04 | 26 |
| 305 | LYDIA FIBIGER | 2:15:51 | 14 |

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

| | | |
|---------|---------------|--------|
| Martin | Struwig | 9 Jul |
| Corné | Johnstone | 12 Jul |
| Rita | Liebenberg | 13 Jul |
| Machiel | Engelbrecht | 14 Jul |
| Werner | Van Der Merwe | 14 Jul |



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NOTICE BOARD

Saturday 14 July

Afriforum Springbok Vasbyt 25/10/5 km

Race Organisers: Voortrekker Monument Atletiekkklub

Venue: Voortrekker Monument, Pretoria

GPS: S 25.77690 E 28.17747

| | 25 km | 10 km | 5 km |
|-------------------|-------------------------------------|-------|-------|
| Entry fee | R 130 | R80 | R40 |
| Entry fee 60+ 70+ | Race day only & with age tag R50 | | |
| Start Time | 07:30 | | 07:40 |
| Cut-off | 04:00 | | |

No pets

No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Postnet Quagga Centre, Pretoria West; Sportmans Warehouse – Centurion, Kolonnade, Atterbury Value Mart

www.entrytime.com

Saturday 21 July

Long Walk/Run to Freedom 21.1/10/5 km

Race Organisers: Run/Walk for Life

Venue: Atterbury Value Mart, Atterbury Road, Faerie Glen

| | 21.1 km | 10 km | 5 km |
|------------|---------|-------|-------|
| Entry fee | R 80 | R 60 | R40 |
| Start Time | 07:00 | | 07:15 |
| Cut-off | ?? | | |

Wheelchairs and strollers welcome **No pets**

No iPods or listening devices are allowed

Pre-entries at: Sportsmans Warehouse Atterbury Value Mart;

www.entrytime.com

Saturday 28 July**Zwartkop Road Race 21.1/10/1 km**

Race Organisers: Gereformeerde Kerk Wierdapark in conjunction with 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 | 1 km kiddies race |
|---------------|----------------------------|-------|-------------------|
| Entry fee | R 100 | R70 | Free |
| Entry fee 70+ | Race day only 50% of above | | |
| Start Time | 07:00 | | |
| Cut-off | 04:00 | 02:00 | |

No pets No iPods or listening devices are allowed

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns & Dunkeld; Sportmans Warehouse Centurion; Natural Runner Highveld

www.entrytime.com

| 2018 AGN LEAGUE FIXTURE LIST | | | | |
|-------------------------------------|-----------------|-------------|---------------|-----------|
| EVENT | DISTANCE | DATE | LEAGUE | |
| | | | RR | RW |
| SMU Half Marathon | 21.1/10 km | 25/08 | X | X |
| Clover Irene Spring Race | 21.1/10 km | 29/09 | X | X |
| CSIR Road Race | 21.1/10 km | 20/10 | X | X |
| Tom Jenkins | 21.1/10 km | 17/11 | X | X |

Masters Athletics Fixture list

- **Local meetings**

4 Augustus 2018 FSMA Throws and jumps Pelliespark, UFS

27 October 2018 SWD Oudtshoorn

10 November 2018 Free State Bloemfontein

THOUGHT FOR THE WEEK



PHOTO CORNER



Belinda de Bruyn and Rob Hudson taking a break during the Knysna Marathon



Braving the cold at the Garsfontein Ice Breaker



Sherilyn van Wyk and Annemarie Breytenbach



Marks Mathebula and Lani Botha



Gerard and Bertha van den Raad did a great job once again



Suzelle Engels, Lani Botha, Buks van Deventer and Elmarie Ackerman enjoying a glass of sherry



Jaap Willemse, Gerard van den Raad and Johan Janse van Vuuren



Ansie and Wynand Breytenbach



Pieter van der Westhuizen, Walter Strydom and Nadene Visser at the Rhodes Trail Run.
Nadene was the 11th lady to finish



Pieter van der Westhuizen enjoying the famous Rhodes Prairie Oyster



Nadene Visser with her permanent Rhodes number