

# Irene News

12 May 2014

No 19 - 2014

## Achievements

Congratulations to the following members who earned podium positions at the Jackie Mekler:

Victor Phetoe	1 <sup>st</sup> Master – 25 km
Zelda Breytenbach	2 <sup>nd</sup> Vet lady – 25 km
Lyn de Bruin	1 <sup>st</sup> GM lady – 25 km
Ansie Breytenbach	1 <sup>st</sup> Vet lady – 10 km

Congratulations also to SP Botha who was the 1<sup>st</sup> walker in the Nylstroom to Warmbad 28 km walk.

The following members earned medals at the cross country meeting held on 3 May:

Emmarie Theunissen	Gold
Thea van der Merwe	Silver
Isabel Roux	Silver
Bennie Roux	Bronze

Well done!

## Personal achievements

None received

## Personalalia

Congratulations to everybody celebrating their birthdays during the week.

Talana	Prinsloo	12-May
Cindi	Tregoning	14-May
Johan	Van Vuuren	14-May

Lani	Botha	15-May
Murray	Steenkamp	15-May
Dianne	Hoffman	16-May
Mike	Schmid	16-May
Rene	Lloyd	18-May
Danie	Van Wyk	18-May

## Coach's corner

You've trained hard and sacrificed a lot, and now the Comrades is only three weeks away! During the next couple of weeks your Comrades dream can be made or lost - no matter how hard you have trained, what you do from now until race day will help determine what happens to you come 1 June 2014.

- Study the route: no need to know it inside out, but know where the hard parts are and where you can ease up.
- Decide now at which points you want to be within what time, and decide where you are going to take in your nutrition or special muty.
- Keep up your faster, shorter weekday runs.
- Make sure you get enough sleep.
- Stay away from family, friends or colleagues who are sick or have colds/flu.
- If you get sick now, consider not going to the Comrades - next year there will be another Comrades!
- Support the training sessions organised by the club and dress warmly after training.

Happy running.

Jacques

## Mugs for sale

There are still beer mugs, coffee mugs and wine glasses available for sale. The 20 year logo is engraved on all the articles. It can be bought at the club house on Tuesdays at only R20 each or R100 for 6.

## Chairman's bit

Dear Irene,

With three weeks to go to Comrades '14, there are, as expected, a number of members battling with injuries or fighting colds and flu which is tough to deal with at this late stage. For all our members affected in one way or another, please know that we are thinking of you and hope and pray that all will be healthy and ready by the time we head off to Durban. Just hang in there and rest and do all you can to ensure a recovery. Let's keep on supporting and motivating each other and help where we can.

As part of our "social and development programme", Irene is assisting four (4) of our members with transport and accommodation to comrades this year. Be on the look-out for more information regarding these athletes and their prospects for Comrades 2014.

Have a great week, and if you are a Comrades runner, remember to rest and take it easy as per the coach's advice.

Yours faithfully, Chris

## Comrades goody bags

Thank you to those of you who have responded to the request for Comrades goody bag items. We however require many more items.

If you are in any position to donate something, it will be much appreciated. It can be anything, no matter how small. For the self-employed and entrepreneurs, this represents a great opportunity to advertise your business, service or product by donating something with your business card attached.

For those of you in the corporate world, please use all your contacts to see if there are companies willing to contribute towards this project.

Feel free to contact me with any queries regarding the goody bags.

There are 278 Comrades entries from our club, but we are working towards 230 goody bags. The items must be available no later than 21 May.

## In the mailbox

I am desperately looking for a Skukuza number. Please contact me if you can help,

Thank you.

Steve Holtshousen

[sholtshousen@gmail.com](mailto:sholtshousen@gmail.com)

## Comrades accommodation

Accommodation to share: Room for two. Luxurious flat right on the beach in Balito. Available from Friday 30 May till Monday 2 June (4 nights). Only R200 pp per day. Contact Colin at [ColinT@drivecon.net](mailto:ColinT@drivecon.net)

## Notice board

### Saturday, 17 May - Road Safety Run - 10 / 5 km

Race Organisers: Aerobics 4 All

Venue: Eco Boulevard Shopping Centre

GPS: S 25°52'35" E 28°10'34"

	10km	5km
Entry Fee	R50	R30
Start Time	07h00	
Time Limit	??hrs	

Pre-entries: Run-A-Way Sport, Running-Inn, The Sweatshop (Southdown Irene)

Entries will be accepted on the race day from 05h00 - 06h45

### Saturday, 24 May - The Love Run - 21.1 / 10 / 5 km

Race Organisers: Love Running

Venue: Hatfield Christian Church, 551 January Masilela Drive, Menlyn, Pretoria East  
GPS: S 25.797282° E 28.277395°

	21.1km	10km	5km
Pre-Entry Fee	R50	R40	R20
Entry Fee	R60	R50	R30
Entry Fee (GGM)	Free		
Start Time	06h45 (W) / 07h00 (R)		07h10
Time Limit	??hrs		

Free T-shirts to the first 1000 participants who enter at the Dealerships, Running Inn & Run-A-Way Sport (T's & C's apply)

**No wheelchairs allowed**

On-line

entries: [www.entrytime.com](http://www.entrytime.com) [www.mccarthyvw.co.za](http://www.mccarthyvw.co.za) [www.mccarthyaudi.co.za](http://www.mccarthyaudi.co.za)

## Saturday, 31 May - Great Run - Series II - 10 / 5 km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	10km	6km
Entry Fee	R40	R30
Start Time	07h00	
Time Limit	??hrs	

Pre-entries: The Sweat Shop, Irene, Dunkfeld and Fourways Crossing,  
Run-A-Way Sport, Running-Inn & AGN offices at Pilditch  
On-line

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

## Monday, 16 June - Winter Warmer Road Race - 21.1 / 10 / 5 km

Race Organisers: Alpha Centurion Runners & Walkers

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

GPS: S 24°50'13.3 E 28°10'32.4

	21.1km	10km	5km
Entry Fee	R70	R50	R30
Entry Fee (GGM)	R35	R25	
Wheelchair & blind	Free		

athletes		
Start Time	07h30	07h35
Time Limit	??hrs	

**No baby strollers or dogs on leashes will be allowed on the 10 and 21.1km**

Pre-entries: Running Inn, Run-A-Way Sport, Postnet Quagga Centre, Pretoria West

On-line entries: [www.entrytime.co.za](http://www.entrytime.co.za)

## Saturday, 12 July - Afriforum Springbok Vasbyt - 25 / 10 / 5 km

Race Organisers: VTM AK

Venue: Voortrekker Monument Picnic Area

GPS: S 25.77690° E 028.17747°

	25km	10km	5km
Entry Fee	R80	R60	R30
Entry Fee (GM Only on Race Day)	R40	R40	
Wheelchair & blind athletes	Free		
Start Time	07h30		07h40
Time Limit	04hrs		

**10 & 25km is not suitable for baby strollers or wheelchairs**

**More than half of the race is run on gravel roads and mountain tracks**

**The fun run is suitable for baby strollers and wheelchairs**

Pre-entries: Running Inn, Run-A-Way Sport, Postnet Quagga Centre, Pretoria West

On-line entries: [www.entrytime.co.za](http://www.entrytime.co.za)

## Saturday, 19 July - Mooikloof Realtors Winter Road Race - 10 / 5 km

Race Organisers: Wingate Road Runners & Dutch

Reformed Church, Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 25°47'24,44" E 28°17'43,22"

	10km	5km
Entry Fee	R50	R20
Start Time - Runners	07h00	07h20
Start Time - Walkers	07h15	07h20

Time Limit	02:30hrs
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Pre-entries: Garsfontein DR Church, Emmie Hartmann  
St, Garsfontein; Garsfontein Primary School  
Run-A-way Sport, Running-Inn  
On-line entries: [www.nggars.co.za](http://www.nggars.co.za)

#### Useful Links:

[www.raceresults.co.za/flyers.php](http://www.raceresults.co.za/flyers.php) for the latest race pamphlets

[www.agn.co.za/#League](http://www.agn.co.za/#League) for the latest league logs and the league points you earned

[www.agn.co.za/#RW](http://www.agn.co.za/#RW) Agn 2011 RW qualifying standards and selection criteria

[www.wildtrail.co.za](http://www.wildtrail.co.za) For all your trail running info

<http://www.sportsinjuryclinic.net/symptom-checker>

By clicking where it hurts then ticking which symptoms most apply to you we can give you an indication of what injuries may apply.

<b>2014 AGN LEAGUE FIXTURE LIST</b>				
<b>EVENT</b>	<b>DIST</b>	<b>DATE</b>	<b>LEAGUE</b>	
			<b>RR</b>	<b>RW</b>
The Love Run	10 & 21.1 km	24/05/14	x	x
Race 4 Friendship	10.8 & 19 km	05/07/14	x	x
Castle Walk 10	10 km	09/08/14	x	x
Spirit of Flight	10 km	06/09/14	x	x
CSIR 10/21	10 & 21.1 km	25/10/14	x	x
Great Run IV	10 km	06/12/14	x	x

### Thought for the week

**Never frown, even when you are sad, because you never know who is falling in love with your smile.**

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## Photo Corner

(Taken at Jackie Mekler)





