

rene News

14 July 2014

No 28 - 2014

Achievements

Congratulations to the following members who were podium finishers at the Springbok Vasbyt race on Saturday:

Nadine Breytenbach	3 rd Lady – 10 km
Jaap Willemse	1 st Walker – 10 km
Sandra Steenkamp	1 st Master lady – 25 km
Elsa Meyer	1 st GM lady – 25 km
Lucia Willemse	1 st Lady walker – 25 km

Congratulations also to the following members who completed the Washie 100 miler over the weekend:

Johnny van der Walt
Fanie Naude
Travers Snyman

Well done to Gerard van den Raad who completed the Rhodes Run as a walker.

Personal achievements

Fanie Naude	1 st 100 Miler
Mark Adams	10th position, 7th Man at the 230km Al Andalus Ultimate Trail over 5 days in a time of 33 hours 58min (Mountain Ultra Marathon, Granada, Spain)

Well done!

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Enzo	Dlamini	14-Jul
Machiel	Engelbrecht	14-Jul
Willie	Marais	14-Jul
Petro	Smit	14-Jul
Lindie	Steenkamp	14-Jul

Johan	Ferreira	15-Jul
Lydia	Kardara	17-Jul
Rikus	Strydom	17-Jul
Annatjie	Richter	18-Jul
Hesmari	Fourie	19-Jul
Marlene	Koekemoer	19-Jul
Derick	Mostert	19-Jul
Zaskia	Vrey	19-Jul
Danel	Geldenduys	20-Jul
Johannes	Mare	20-Jul

Chairman's bit

Dear Irene,

This past weekend I saw some great members doing great things. Congratulations to our 3 Washie heroes who completed the grueling 100 miler [Johnny, Travers and Fanie], and a special note to Oom Gerard who managed to 'walk' the Rhodes run and showing many a hardened runner that it can be done. Congratulations also to the rest of our Irene members that completed the Rhodes run and in the process getting some white "snow" [or kapok, not sure what it was] on the route as a big bonus.

The Management of Irene Athletics Club will meet this Thursday – and I want to appeal to our members to bring any club issues under my attention in order for those to be addressed by management. We also welcome any suggestions or proposals which could assist us in improving our services and facilities to our members.

Finally, please keep on supporting our 20 Year Serious Fun Run team in their fundraising efforts with the focus on our charity JUMPING KIDS and help in any way you can in the raising of funds for these great kids who simply dream of having the ability to walk/run, something we all just take for granted every day.

Yours faithfully, Chris

Green leaf project

Thank you all for the clothes donations. The sport shirts will go to the schools and church in Olievenhoutbosch. The other clothes will go to the Margaretha Ackerman Home.

We call on our members to continue donating all clothing items as well as toiletries, sweets and cookies. The residents also need towels, linen, magazines, wool and needles. There are 168 people in the Ackerman Home and they need our help. There will be a donation box at the bar again for your small and larger change. All other donations can be placed in the big white box in the clubhouse. We will visit the Ackerman Home in July.

League results

We managed to move up one position after the Friendship race. As you can see we are now in 13th position. Thank you to everybody who participated in the race.

Geo Cl	<i>Deloitte</i>	<i>Denel</i>	<i>Solomon</i>	<i>Love Run</i>	<i>F'ship</i>	<i>Div 1</i>	<i>Points</i>
Pos	Pos	Pos	Pos	Pos	Pos	<i>Club</i>	<i>League</i>
2	1	1	1	1	1	Pmmc	111
1	3	2	3	3	2	Vtm	110
4	1	3	2	2	3	Post Office	105
5	6	4	4	4	4	Npo	92
6	5	5	4	5	5	Ace	90
8	4	7	6	6	6	Resbank	88
9	7	11	8	7	7	Aurecon	69
7	7	9	7	7	8	Csir	66,5
15	17	17	14	12	9	Agape	60,5
14	10	6	9	9	9	PvR	60,5
17	11	9	11	10	11	Enduro	59,5
3	11	8	10	11	12	Overkruin	52
13	15	12	11	14	13	Irene	51
10	13	14	11	12	14	Phobians	50
19	18	18	18	17	15	RWFL	44
12	15	15	15	15	16	Hqh	39,5
11	14	16	17	18	17	Zwakala	36,5
16	7	13	16	16	18	Arcadia	36
18	19	19	19	19	19	Arete	28
20	20	20	20	20	20	Fsb	11

Super league

Well done to our men who moved up from 7th to 5th position on the log. It was indeed a great effort. Our ladies came 2nd on the day but remain in the 3rd position on the log, congratulations!

Men

Geo Cl	<i>Deloitte</i>	<i>Denel</i>	<i>Solomon</i>	<i>L Run</i>	<i>F'ship</i>	<i>Male</i>	<i>Points</i>	<i>F'ship</i>
Pos	Pos	Pos	Pos	Pos	Pos	<i>Club</i>	<i>Log</i>	<i>Log Pts</i>
3	1	1	1	1	1	NEDBANK	291	48
1	9	4	4	3	2	PMMC	279	50
5	3	2	2	2	3	NEW BALANCE	277	45
2	2	6	4	6	4	TRANSNET	274	49
4	5	6	7	7	5	IRENE	259	44
14	6	4	6	5	6	TUKS	251	25
10	14	10	8	8	7	ACE	247	46
6	4	2	3	4	8	POST OFFICE	228	

7	10	14	9	9	9	AURECON	217	38
15	12	11	12	11	10	RUNNING INN	193	37

Ladies

Geo Cl	Deloitte	Denel	Solomon	Love R	F'ship	Female	Points	F'ship
Pos	Pos	Pos	Pos	Pos	Pos	Club	Log	Log Pts
5	2	2	1	1	1	NEDBANK	289,5	48
1	1	1	2	2	2	NEW BALANCE	287	50
8	5	4	5	3	3	IRENE	279,5	49
10	9	8	6	5	4	CSIR	261,5	45,5
3	3	3	3	7	5	MAGNOLIA	259	47
13	8	9	9	8	6	RUNNING INN	246,5	44
12	11	10	6	9	7	LOVE RUNNING	240	42
2	3	5	3	4	8	TRANSNET	225	
8	7	6	6	6	9	HQH	213	
	24	15	12	11	10	RWFL	170	27

Congratulations to the following members who earned super league points:

POS	NAME	AGE	TIME	POINTS
Men 10 km				
40	M DU BRUTO	65	00:39:50	21
43	R HUDSON	50	00:40:20	18
48	C BOTHA	43	00:41:30	14
57	J VAN TONDER	36	00:42:53	8
59	J JONCK	38	00:42:56	6
61	L PAGE	55	00:43:11	4

Men 21 km

21	M VAN DEVENTER	37	01:27:30	37
62	D STEYN	34	01:39:30	7
63	D CORNELISSEN	44	01:39:32	6
72	J VAN WYK	50	01:41:46	3

Ladies 10 km

100	A BREYTENBACH	50	00:46:51	23
134	S SCHEEPERS	50	00:48:43	19
180	B VAN VUUREN	45	00:50:42	13

181	L DE BRUIN	61	00:50:44	12
217	A VAN DEN HEEVER	34	00:51:47	3

Ladies 21 km

48	A VORSTER	42	01:36:30	22
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Walkers league

Our walkers are not having it easy this year. They were beaten on Saturday by Run Walk for Life and also share the 1st position on the log with them.

<i>Geo Cl</i>	<i>Deloitte</i>	<i>Denel</i>	<i>Solomon</i>	<i>Love Run</i>	<i>F'ship</i>	<i>Div 1</i>	<i>Points</i>	<i>L'gue</i>
<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Pos</i>	<i>Club</i>	<i>L'gue</i>	<i>Points</i>
1	1	1	1	1	1	IRENE	116,5	19
2	2	2	1	2	1	RWFL	116,5	20
3	3	3	3	3	3	PMWC	99	18
4	4	4	3	4	4	RWFL B	97	17
11	7	6	5	5	5	PHOBIANS	73,5	9,5
17	11	8	6	6	6	TRANSNET	71	9,5
5	6	5	7	7	7	ACRW	70	16
6	10	6	9	10	8	IRENE B	58,5	11,5

Golf day

I want to appeal to all our members once again to support our golf day to be held on 1 August. The purpose is to raise funds for the relay to Laingsburg in order to raise funds for Jumping Kids. We are so privileged to be able to run/walk but here are many kids without legs. This effort from us can change the world for a kid.



Here is another story of one of the jumping kids:

Megan Croucamp

Born / 1 April 2004

School / Brits Primary, South Africa

Lives in / Wolwekraal, South Africa

Story

After a long struggle with bacterial infection and more than 17 operations, young Megan insisted that her right leg be amputated through-knee on September 18th 2012.

This young lady from the Brits-area received her Jumping Kids walking leg in October 2012 and her running blade at a hand-over event in November 2012 with Paralympic star – Arnu Fourie.

Megan is working very hard at achieving her academic & sports goals. She is a case in point that under-going amputation can be the start, instead of the end of something

Since becoming a Jumping Kid Megan has...

- been awarded an honorary gold medal for participating in her first athletics event (January 2013)
- taken up sprinting, long jump and netball
- represented the Jumping Kids Prosthetic Fund at various events including the Ro3 Oasis Water4Good event (2012), Warrior Race Series, the StepUp500 Challenge and the Celebrity Cycle Tour (2013)

Watch this amazing video: <https://www.youtube.com/watch?v=pkXYe9yFYhc>



Clothing

Running Inn received new stock of the blue “skorts” (with pocket and zip). The cost is R350 each. Stocks are limited. Contact Riaan at 012 362 7322 if you need more info.

Skukuza numbers wanted

Piet Ackerman is seriously looking for two Skukuza numbers. Please contact him on 083 411 1842 if you can help.

Gibba's race

Gibba Gibson is organizing a race in Brits on 4 October to celebrate his recovery after the accident he was involved in. Frances Lezar will sell entries for it on Tuesday evening.

See the attached flyer for details.

Stretch therapy



At stretch therapy SA www.stretchingsa.co.za Or like us on www.facebook.com/stretchtherapysouthafrica we have a special interest and expertise in working with marathoners and has become the referral centre in the Pretoria area for marathon runners with chronic pain and injuries as well as athlete's that are looking for performance enhancement and injury prevention. We treat marathoners every week of the year, but see a

significant increase in the number of marathoners we treat in the months running up to the more popular events in South Africa, like the two oceans and comrades marathon.

Marathoners place tremendous force on their feet. Most of the foot, ankle and leg problems we see are due to increased force from repetitive running. In some people this is due to abnormal biomechanics of their feet and in others it is because they simply weigh too much. In marathoners, problems occur due to the repetitive pounding over the months of training. In fact, during a 10-mile run, the feet make 15,000 strikes, at a force of three to four times the body's weight. Even if you have perfect foot mechanics, injuries are common with this much stress being exerted on the relatively soft and tender tissues of your lower limbs.

Before Training

Whether you are training for your first marathon or your fortieth, make an appointment to see us for a complete pre-marathon lower extremity evaluation prior to starting your training. This is to make absolutely sure all the muscles are in a fine balance with each other, and to drastically reduce your chances of injury. Be sure to bring your running shoes and any orthotics or arch supports you wear to this appointment. Also, bring some running shorts. We will evaluate your biomechanics, muscular balance, flexibility, injury history, foot structure and shoes. Be prepared, we'll be stretching your muscles in all sorts of isolated positions and you will be amazed to see how many of these structures are not functioning optimally. On your own you can only stretch the bigger muscle groups, this will help you too endure an Active isolated stretching session on all the smaller muscle groups as well. After the first session we will provide you with the information and treatment you need to allow injury free training and marathons.

Injuries during Training

If you are already training and are having foot, ankle, knee or leg pain, make an appointment to see us right away. Tell our receptionist that you are training for a marathon and we will try to get you in right away so we can help you avoid interrupting your training schedule.

Orthotics for Marathoners

Custom orthotics can help prevent injuries by decreasing the extreme forces placed on the feet in people training for marathons. In most cases, orthotics for marathoners should conform almost perfectly to the arch of the foot. These are called total contact orthotics and act to spread force over the entire bottom surface of the foot in order to prevent excessive pressure on any one part of the foot. Orthotics are definitely not the answer for everybody, and only in certain foot structure problems can it be recommended.

It is worth mentioning that recent studies show that moving muscles into the end range of movement leaves to a neurological response causing the muscles to be stronger afterwards as well. (Immediate effect of Grade IV Hip Joint Mobilisation on Hip Abductor Torque Makofsky et al; 2007, The Journal of Manual and Manipulative Therapy) so no need to think that if I stretch I will become weaker. Bad running posture and technique lead to injury, mostly this is due to muscles groups being overactive in compensatory functions. During a Stretch therapy session these compensations will come to light very quickly, and we will provide you with the necessary solutions for it.

Visit us and get a complete new insight on stretch therapy.

Telephone : 012 9918710

Notice board

Saturday 19 July

Mooikloof Realtors Winter Road Race 5/10 km
Race Organisers: Wingate Road Runners & Dutch Reformed Church, Garsfontein
Venue: Garsfontein Primary School, Zita Street, Garsfontein
GPS: S25°47'24,44" E 28°17'43,22"

	10 km	5 km
Entry fees	R 50	R 20
Start Time – Runners	07h00	07h20
Start time – Walkers	07h15	07h20
Time Limit	2h30hrs	

Pre-entries at Garsfontein DR Church, Emmie Hartmann St, Garsfontein; Garsfontein Primary School;
Run-A-way Sport; Running Inn

On-line entries: www.nggars.org.za

Saturday 26 July

Zwartkop Road Race - 5/10/21.1km
Race Organisers: Gereformeerde Kerk Wierdapark/Alpha Centurion Runners & Walkers
Venue: Zwartkop Lapa, Centurion
S 25°50'14.25 E 28°07'28.46"

	21.1 km	10 km	5 km
Entry fees	R 60	R 40	R 25
Race day entries	R 70	R 50	R 30
GGM / Blind & wheelchair athletes	Free		
Start Time	07h00		07h10
Time Limit	03hrs		

Come early – only one entrance gate
R55 upgraded – use to avoid congestion on R101

Pre-entries at Running Inn, Run-a-Way Sport, Sweat Shop Southdowns & Dunkeld, Sportmans Warehouse Centurion, Wannabee Clothing, UP Campus and Groenkloof Campus

On-line entries: www.enteronline.co.za

Saturday 9 August

Castle Walk Road Race - 5/10 km

Race Organisers: Fusion Sports & Fit 2000

Venue: Castle Walk Shopping Centre, c/o Nossob & Swakop Street, Erasmuskloof

GPS: S25°47'24,44" E 28°17'43,22"

LEAGUE RACE

	10 km	5 km
Entry fees	R 40	R 30
Start Time	07h00	07h15
Time Limit	??	

Goody bags to all finishers & a chocolate to all pre-entry WOMAN

Pre-entries at: Run-A-Way Sport, Running Inn, The Sweat Shop Southdowns & Dunkeld West & Fourways Crossing

Castle Walk Shops: Engen, Curves, Coco Bistro/ Stationers, DFC

On-line entries: www.enteronline.co.za

Useful Links:

www.raceresults.co.za/flyers.php for the latest race pamphlets

www.agn.co.za/#League for the latest league logs and the league points you earned

www.agn.co.za/#RW Agn 2011 RW qualifying standards and selection criteria

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.

2014 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

Some people always throw stones in your path. It depends on you what you do with them – build a wall or a bridge? Remember you are the architect of your life.

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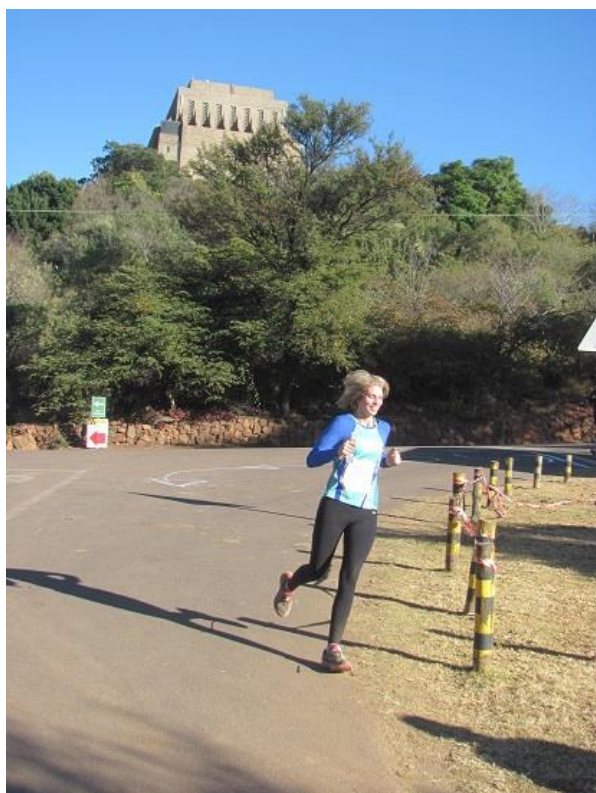
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Photo Corner





Mark Adams (red shirt, blue cap) in action in Spain



Johnny and Fanie in action at the Washie