

Frene News

17 June 2014

No 24 - 2014

Achievements

Congratulations to the following members who were on the podium at the Mamelodi 10 km race on Saturday:

Sandra Steenkamp	1 st Lady walker & 1 st
Master Lucia Willemse	1 st GM lady walker & 3 rd Lady
Suné Jordaan	2 nd Vet lady walker
Bertha van den Raad	1 st GGM lady
Jaap Willemse	2 nd Master walker

Well done also to the following members with their achievements at the Winter Warmer Race yesterday:

Leon Page	1 st Master – 10 km
Sandra Steenkamp	1 st Master lady & 2 nd lady – 21 km
Lucia Willemse	1 st Lady walker & 1 st GM – 21 km
Jaap Willemse	1 st Master walker & 2 nd man – 21 km

Gerald Kroukamp was the 2nd GM at the Ice Breaker in Witbank – Well done!

Dirk Cloete was the winner at the Rhino 50 km trail run -
Congratulations

Personal achievements

None received

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Juan	du Toit	16-Jun
Rob	Siegrist	17-Jun
Alexander	van der Walt	18-Jun
Rodney	Stocker	20-Jun
Nicole	Hoffman	22-Jun



Chairman's bit

Dear Irene,

With Comrades 2014 done, dusted and ticked off, some members are taking some much deserved and much needed rest whilst others have already moved on to winter trail running and other events. We wish all of you safe, happy and warm training the next few months until we can all "fully awake" and look forward to our next big challenge this year. Some will train for Dawn-to-Dusk in August, others for the great anticipated "20 Year Serious fun run to Cape Town" in September, and hopefully for many of our members, the Kaapse Hoop 42km at the end of October 2014. The Kaapse Hoop weekend also promises to yet again be an awesome and unforgettable IRENE away weekend. Please look out for our formal training programmes which will be communicated soon.

With reference to our 20 Year Serious Fun Run, for which the organizing and planning is now in full swing, we will be sending out various pieces regarding our team members, requests for sponsorships and donations, information about the charities which will benefit from this mission and much more. This event is positioned to be an unforgettable highlight in the celebrations of our club's 20th anniversary.

Yours faithfully, Chris

Away weekend

Bookings for our away weekend are now open. It is the weekend of 31 October – 2 November. The Kaapse Hoop race takes place on 1 November. We have the same accommodation as last year at Bushveld Lodge and Lakeview Lodge just outside Nelspruit. It promises to be yet another memorable weekend.

Please note the following regarding the accommodation:

- The cost is R200 pp per night (same as last year)
- Small children not occupying a bed – free
- First come first serve
- Booking must be done for both nights (Friday and Saturday)
- All monies must be paid by the end of August – no exceptions
- All booking must be done at info@irenerunner.co.za
- More information about the lodges at www.bushveldlodge.co.za

The following accommodation is available:

Bushveld Lodge 56 People

5 x 4 Sleeper - (1 Double, 2 x Single)

3 x 6 Sleeper - (1 x Double, 4 x Single)

9 x 2 Sleeper - (3 Chalets with Double Beds, 6 Chalets with 2 x Single Beds)

Lakeview Lodge 36 People

Lv 1 - 2 people (1 x Double)

Lv 2 - 2 people (2 x Single)

Lv 4 - 3 people (1 x Double, 1 x Single)

Lv 8 - 10 people (1 x Double, 8 Single)

Lv 10 - 4 people (1 x Double, 2 x Single)

Lv 9 - 3 people (3 x Single)

Lv 11 - 12 people (3 x Double, 6 x Single)

Hurry before it is too late.

Rhodes number

Anybody looking for a Rhodes entry can contact me at info@irenerunner.co.za.

League results

We moved down to 14th position after the Love Run. We have to try harder!

Geo Cl Pos	<i>Deloitte</i> Pos	<i>Denel</i> Pos	<i>Solomon</i> Pos	<i>Love Run</i> Pos	<i>Div 1</i> Club	<i>Points</i> League
2	1	1	1	1	Pmmc	92
4	1	3	2	2	Post Office	91
1	3	2	3	3	Vtm	90
5	6	4	4	4	Npo	74
6	5	5	4	5	Ace	73
8	4	7	6	6	Resbank	72
9	7	11	8	7	Aurecon	57
7	7	9	7	7	Csir	57
14	10	6	9	9	PvR	54
17	11	9	11	10	Enduro	51
3	11	8	10	11	Overkruin	47
10	13	14	11	12	Phobians	46
15	17	17	14	12	Agape	46
13	15	12	11	14	Irene	40
12	15	15	15	15	Hqh	38
16	7	13	16	16	Arcadia	33
19	18	18	18	17	RWFL	31
11	14	16	17	18	Zwakala	30
18	19	19	19	19	Arete	20
20	20	20	20	20	Fsb	10

Super league

Well done to our ladies who jumped up to 3rd position on the log. We are proud of you! Our men remain in the 7th position.

Ladies

Geo Cl	Deloitte	Denel	Solomon	Love R	Female	Points
Pos	Pos	Pos	Pos	Pos	Club	Log
5	2	2	1	1	NEDBANK	241,5
1	1	1	2	2	NEW BALANCE	237
8	5	4	5	3	IRENE	230,5
2	3	5	3	4	TRANSNET	225
10	9	8	6	5	CSIR	216
8	7	6	6	6	HQH	213
3	3	3	3	7	MAGNOLIA	212
13	8	9	9	8	RUNNING INN	202,5
12	11	10	6	9	LOVE RUNNING	198
4	6	7	10	10	PHOBIANS	165

Men

Geo Cl	Deloitte	Denel	Solomon	L Run	Male	Points
Pos	Pos	Pos	Pos	Pos	Club	Log
3	1	1	1	1	NEDBANK	243
5	3	2	2	2	NEW BALANCE	232
1	9	4	4	3	PMMC	229
6	4	2	3	4	POST OFFICE	228
14	6	4	6	5	TUKS	226
2	2	6	4	6	TRANSNET	225
4	5	6	7	7	IRENE	215
10	14	10	8	8	ACE	201
7	10	14	9	9	AURECON	179
11	7	8	10	10	WINGATE	162

Congratulations to the following members who earned super league points at the Love Run:

NAME	AGE	CAT	TIME	POINTS
Ladies 10 km				
A BREYTENBACH	50	mas	00:47:14	15
S SCHEEPERS	50	mas	00:53:08	1
Ladies 21 km				
A LOTHERINGEN	44	vet	02:02:59	13
A WEBER	40	vet	02:04:16	9

K SANDERMAN	44	vet	02:05:33	4
A GREYVENSTEIN	69	gm	02:05:34	3
Men 10 km				
M DU BRUTO	65	gm	00:44:06	20
Men 21 km				
B ROUX	36	snr	01:23:24	44
D CLOETE	46	vet	01:23:28	43
V PHETOE	54	mas	01:35:12	27
P THERON	31	snr	01:41:26	10

Comrades stories

Thank you for the following two Comrades stories. It is not too late to send yours.

No 1

My Comrades story is a quick one, and will involve more “Thank you’s” than an actual description of my race. On the race: it is the most amazing event I have had the privilege to take part in, and it is true that the last stretch of the race is run in your mind! That brings me to my Thank You’s:

To **Heleen de Bruin** who ensured that I got out of bed every morning to run and for taking me out of my comfort zone by running much quicker than what I was used to ☺. This is still very noticeable when you compare our finishing times ☺. Oh, and for allowing me to walk more during those sessions that what she is used to.

To **Hennie van der Walt**, who took me under his wings in terms of knowledge sharing, listening and advising, and of course running a few PB’s leading up to Comrades!

To Irene for accepting me with open arms into the club!

To all the runners, known and unknown, who I had the privilege of walking, talking, running with during the day and helping me emotionally. A few names come to mind, but definitely not all inclusive, apologies if I miss you here! **Peter Nicksch; Nicole Hascka; Roland Hallquist; Haupt Benecke; Mike Lundie; Melanie Saayman.**

The biggest thank you is to my wife Christien and children who allowed me the time to train, and supported me, AND, for the Minion figurine the bought for me on Margate beach Friday prior to the race, that kept me sane and reminded me of why I am doing this to myself.

You are all the reason why, Deo Volente, I will line up in Durban next year!

Coenie vd Bergh

No 2

My Comrades story – Jacqui Burn

After having a disastrous Comrades in 2013 – I had made up my mind that I had to finish number 9 (the down run) with a bronze medal. Training started really almost straight after Comrades and after running the Gauteng marathon and City 2 City ultra marathon in September 2013, I set my sights on qualifying at the Kaapsehoop marathon in November 2013 with a G seeding if I could get it. I managed to finish the Kaapsehoop marathon in 4hrs 31 minutes which then gave me my “G” seeding for Comrades.

At the same time, I had taken up the challenge of swimming the Midmar Mile in February 2014 and kept up swimming once a week thereafter. I also took up a 31 day plank challenge as well as a 30 day ab challenge. I also upped my training and did more kilometres in January to May 2014 than I had done before any Comrades. I only realised about two weeks before Comrades when I added up training distances and race distances how much I had done for the 5 months. Both the challenges and the swimming certainly helped me on the day of Comrades.

It took me over 6 minutes to cross the line even though I was right in front of the G seeding batch. The weather was considerably warmer than I expected, in 2012 – I remember sitting at the start wrapped up in a blanket and was still cold after halfway, this time round I took off the throwaway long sleeved shirt already before Polly shorts and then my short sleeved shirt on the way to Umlaas road. I felt great and was running well within myself, I had initially thought that I wanted to be at half way around 5 hours, but then realised that was not achievable so set my goal at between 5h10 and 5h15 for halfway. Maureen Mossop and I posed for a photo on Harrison Flats and she then went on ahead (strong woman that! As I know she was running with a painful shoulder), she had asked me there whether I was on target for the sub 11 and I said to her I hope so – I need to focus on getting to half way in the time that I had wanted. On my way down Inchanga to halfway I passed Justin Woolven, who was battling with cramps, said to him to just keep moving, caught up with Dorette Muller, saw Arno Smit and Frikkie Loubser at halfway on the side and was surprised to see both as they should have been running (later heard both had battled with nausea, injury, etc and had decided to call it a day quite early). Climbing up after Drummond to Botha's Hill was really tough, passed Arthur's seat and saluted him as I had no flowers to add to the pile that were there. Think that is where I caught up with Esme and Charl Celliers, Marius Booy, Johan de Klerk, Linley September, Chris Marlin and, then to my amazement, also Kobus van Aswegen, who was looking very dejected (Kobus if I could have I would have taken your hand and forced you to run with me), I knew I had to focus on myself (I had to be selfish), as I wanted that bronze medal. I also think that is where I saw Lani Botha, was so awesome to see so many Irene people on the road. After Botha's Hill, was so happy to get a bit of a downhill going down to Kearnsey College, I always love that part of the race, as the boys always compliment you, call you mam. I think we forget that even on the down run, there is a lot of uphill. Going through the Nedbank Green mile, I had some green Energade which was ice cold and very refreshing. Just before Fields Hill, I saw a lady with Marie biscuits, told her she was a life saver as I had started to feel hungry, I caught up with Frances Lezar and Isabel Koch (both also focused on that sub 11 finish). Belinda Skinner, passing me there, looking so strong, wanting that bronze medal as well. Fields Hill, was great, met up with fellow runners, Kobus Botes from Coal Dust, Estelle Lourens and Tobie Reyneke from Magnolia cautioned me to take it easy but I love the downs, am always strong going downhill. Then Hillcrest, Gillitts (saw Newton Cockcroft and wondered how Claudia was doing as I had not seen her at all), Kloof, all passing in a blur. Now I was on my way through Pinetown, that part was over too quickly as I can recall on previous Comrades, that particular part always seemed to take forever.

Cowie's Hill – always a difficult part of the race as well, the only thing that kept me focused was knowing that I was going to see the Irene supporter's tent on the hill and they are always so excited when they see the Irene runners. Bertha and Gerard van der Raath, Eddie and Elrica Gillmore, Wynand and Ansie Breytenbach, was great to see you all (I know I have missed scores of people here), I knew that I had to keep going. Getting to the top of Cowies and the knowledge that the next named hill being 45th cutting meant I was getting closer to the end. Caught up with Riaan Prinsloo, who just waved me on. Next I caught up with Magda Vermaak, she and I ran together for a while, one going ahead and then the other.

I passed numerous Irene runners who were going through their own difficulties with the race and I greeted and ran on. 45th cutting, took some ice and wet my lips and also went under the shower, I very rarely do this but it was quite humid and hot there, that was when I looked at my watch and thought that sub 11 is in my sights, but that I had to keep going, every kilometre from there on was checking the watch, doing the calculations, I restricted myself to walking one pole only every now and again as I knew that any more walking would cut into the tiny surplus that I had left to finish. Onto the highway 6kms to go, then 5kms, 4kms, 3kms, 2kms, checking the watch, I had 17 minutes to do the 2kms left over, I think that is when I knew I was going to get my bronze medal, I could feel the goosebumps all over, the last kilometre, people banging on the sides of the barriers, egging us on, I heard people call my name, friends who were watching us coming down the final strait, into the

stadium, heard Lindie Steenkamp shout my name, looked up and she was jumping up and down, cheering me on, as I ran towards the timing mats, the announcers saying “put your hands up in the air”. I did that as did most runners finishing. I knew I had done it, I had finished in 10h58m09s and got my bronze medal, the tears were welling up in my eyes and all I could think of was “no, don’t be silly, no crying now, take two calming breaths and you will be fine.

Coming out on the other side, Belinda asked me did you do it to which I replied yes and we hugged each other, a sub 11 is always a wonderful achievement. Getting to the Irene club tent, everyone congratulating me I was filled with pride and felt so awesome.

This was certainly one of the more emotional Comrades I have ever run and I congratulate all my fellow Irene runners those that finished and those that had the courage to try, you all showed the truth spirit of Comrades.

PS. I read Claudia Cockcroft’s story of Comrades and am deeply humbled by her mention of me, Claudia despite all her challenges that she has had to deal with finished her number 9 this year as well, thank you, I look forward to doing number 10 with you next year.

Notice board

Saturday 28 June

Run & Walk for Bibles 5/10/21.1km + 2hr walk

Race Organisers: Alpha Centurion Runners & Walkers

Venue:

Hoërskool Zwartkop, c/o Mopani & Old Johannesburg Road, Centurion
S 25°50’58.60” E 28°09’54.32”

	21.1 km	10 km	5 km	2 hr walk
Entry fees	R 70	R 50	R 30	R 60 p/p or R300 p/t of 6
Entry fees – GGM	Half price			
Wheelchair & blind athletes	Free			
Start Time	07h30		07h35	08h30
Time Limit	??hrs			

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

Pre-entries at Running Inn, Run-a-Way Sport, The Sweat Shop

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

Saturday 5 July

Race for Friendship 5/10/21.1km

Race Organisers: Run Walk for Life

Venue: The Fields, c/o Hilda & Burnett Street, Hatfield
S 25°45'0" E 28°14'0"

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Start Time	07h00		07h10
Time Limit	03hrs		

Wheelchair athletes are welcome

Free T-shirts for the first 300 pre-entries

Pre-entries at: The Fields Centre Management Office from 2 June

On-line entries: www.enteronline.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

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	

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

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
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

Always leave loved ones with loving words, it may be the last time you see them.

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Photo Corner (taken at the Winter Warmer – Thanks to Jacqui Burn)

