

Irene News

17 March 2014

No 11- 2014

Achievements

Congratulations to the following members who were on the podium at the Om die Dam Race:

Zelda Breytenbach	1 st Vet lady – 50 km
Keith Reynolds	1 st Walker – 50 km
Sandra Steenkamp	1 st Lady walker 50 km
Jaap Willemse	1 st Walker – 21 km
Elsa Meyer	1 st Lady walker – 21 km
Lucia Willemse	3 rd Lady walker – 21 km
Tillie Kamper	3 rd Lady walker – 10 km
Audrey Smit	2 nd Lady – 10 km

Well done also to Dirk Cloete who was the 3rd Vet in the Weskus Marathon

Personal achievements

Anese Badenhorst	1 st Ultra Marathon
Lindie Steenkamp	1 st Ultra Marathon
Celeste Thiart	PB 10 km
Nadine Breytenbach	PB 50 km
Philip Breytenbach	PB 50 km

Congratulations!

Please let me know of your personal achievements, don't be shy.

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Nkosinathi	Ndlovu	17-Mar
Marli	Jooste	18-Mar

Steve	Sackett	18-Mar
Christoff	Snyman	18-Mar
Werner	Du Toit	19-Mar
Annette	Mueller	19-Mar
Lizelle	Bester	20-Mar
Chantal	Heuvel	20-Mar
Egmond	van Niekerk	20-Mar
Johan	Janse van Vuuren	21-Mar
Emmarie	Theunissen	21-Mar
Charine	van Niekerk	21-Mar
Heinrich	Beukman	22-Mar
Nicholas	Southey	22-Mar
Eulaine	Arendse	23-Mar
Marius	Mc Alpine	23-Mar
Izaak	van Niekerk	23-Mar

For sale

All members now have the opportunity to buy some beer mugs, coffee mugs and wine glasses to celebrate the club's 20th birthday. The 20 year logo is engraved on all the articles. It can be bought at the club house from this Tuesday at only R20 each or R100 for 6. Stocks are limited so don't miss out.

Catering Manager's corner

Thanks to the members who have volunteered thus far for the cake competition. We still have one slot available, that being the Hatfield League Race on the 24th May 2014. Dorette started the competition off in fine form and we now look forward to Bertha & Maryke's entry at the

Denel Race later this month. There are still slots available for sponsors!

Coach's corner

Congratulations to everybody who finished the Om die Dam.

Supplements talk

Don't miss out on the talk about supplements tomorrow evening after the time trials. It will start at 18:30 in the lapa. It promises to be very interesting.

Everybody is welcome to attend, whether you are a Comrades runner or not.

Also please remember about the talk by Dr van der Merwe on 15 April. The topic will be 'Acute infections in marathon athletes.'

Comrades programmes

Attached please find the two Comrades programmes. Although the one programme says sub-10, one can run a Bill Rowan on it depending on your talents. The finisher programme targets the runners between 10 and 12 hours. The few silver candidates already have a programme.

Both these programmes can be followed as from today.

OPTIMAL NUTRITION FOR COMPETITION AND RECOVERY

Jacques Rossouw (DSc Biochemistry; Hons Pharmacology; MBA).

INTRODUCTION

Too often it occurs that runners neglect the importance of consuming the right meal at the right time, be it before, during or after a competition.

Underestimating the impact that optimal nutrition has on performance could adversely affect the desired level of participation. This is especially true for those

participating in endurance events, since the very nature of these endurance races pushes the human body to its limits. Establishing and then adhering to "sound" nutritional practices could assist the runner in improving previously impaired performances.

It is imperative to ingest the correct amount of carbohydrate in order to race effectively. Carbohydrates, more commonly known as sugars and starches, are the primary nutrients used for the production of energy during running events and participants should therefore ensure that the muscle glycogen stores are full before the race.

It is important that all runners follow a balanced diet in their build-up to running events and consider supplementing their diets with a good multi-vitamin/mineral and an antioxidant. Optimizing their magnesium levels could further enhance their performance.

PRE-RACE MEALS

If possible, the pre-race meal should be consumed three to four hours prior to competition and is based on body-weight. It should consist of four to five grams of carbohydrate per kilogram body-weight, i.e.: a man of 75 kg would require 337.5 grams of carbohydrate. These carbohydrates should be in the form of **low to medium glycaemic index** foods. Due to the impracticability of eating a meal at three o'clock in the morning, runners have the option of consuming a liquid meal. However, research indicates that the combination of a carbohydrate meal and carbohydrate-electrolyte drink is more effective in improving endurance capability than a carbohydrate drink alone.

Example of a pre-race meal:

Glass of orange juice

Bowl of oatmeal

Two pieces of toast with jam

Sliced peaches (Williams, 1995).

Foods with a high glycaemic index should be avoided within 45 minutes before the start. High glycaemic index foods rapidly increase the level of glucose in the blood, resulting in an insulin response. This leads to an uptake of sugar by the cells, and inevitably a lower level of blood glucose at the start of the race and thus earlier fatigue.

NUTRITIONAL INTAKE DURING COMPETITION

Maintaining adequate levels of carbohydrates during an endurance event will enable the runner to sustain a faster pace and/or higher intensity for a longer period. However, it should be noted that optimizing the nutritional intake during the race may delay fatigue but won't prevent it. Approximately 30-60 grams of carbohydrate should be consumed every hour during prolonged events. More specifically, drinks containing a 5-10% solution of carbohydrates in the form of glucose polymers should be ingested at predetermined frequencies. Because of the lower intensity at which endurance runners participate, they could tolerate higher solutions (15-20%). Runners who become hungry during prolonged events should consume a carbohydrate food with a **medium glycaemic index**. Also, remember that it is vital to train with the carbohydrate source you are going to consume on the race-day, to prevent any surprise gastrointestinal upsets (experiment with different foods during your training prior to the big event).

POST- RACE NUTRITION

The primary function of post-race nutrition is to replenish the nutrients lost during the event. Directly after the event a meal containing 50 grams of **high glycaemic** foods, (or a drink containing the same amount of carbohydrate), should be consumed. This should be continued every two hours until consumption of the first meal. In order for rehydration to be effective, caffeine and alcoholic drinks should be avoided as they promote a diuretic effect.

TABLE 1: GLYCAEMIC INDEX (GI) OF FOODS COMMONLY USED BY RUNNERS

HIGH GI	MODERATE GI	LOW GI
Glucose	Bananas	Fructose
Sugary drinks	Honey	Porridge
Sweets	Rice	Pasta
White rice	Bread	Lentils
Potatoes	Potatoes	Apples
(mashed/baked)	(boiled)	Baked
Cornflakes	Sultanas	beans

Adapted from Burke (1995)

References:

- Burke L. 1995. Food for Sports Performance – Peak Nutrition for your Sport. Second edition. Australia: Allen & Unwin.
- Williams, M.H. 1995. Nutrition for Fitness and Sport. Dubuque: Brown & Benchmark.

Chairman's bit

Dear Irene,

What a spectacular event and unforgettable experience to run in the sub 6 hour Irene bus on Saturday during the "Om de Dam" ultra-marathon. Thank you to every single one of you who made this such an amazing experience, including the big finish with literally only seconds to spare. A special word of thanks to the bus driver, Diederick Steyn, who was a true inspiration in the way he kept us all motivated and moving forward. As is often the case, we unfortunately "lost" a couple of our runners from the bus along the way, but to everyone who was part of the bus, I want to extend a special thank you for making our journey so memorable and sticking with us as long as possible – it's always hard to leave a runner behind.

Our bus's most exceptional moment was to meet up with Gibba Gibbons along the way and having a group photo session. Gibba, we love you ...thank you for being an inspiration and for your friendship, support and passion for Irene.

Have a great week. Yours faithfully, Chris



20 Year birthday What's next?

We are currently busy working on the 20 year birthday commemorative history book. Watch this space for more details.

Green leaf project

Members are requested to donate their small change to the Green Leaf project. A box for this purpose will be placed at the bar counter.

CSIR Invitational run

The annual CSIR invitational run will take place on 19 March at the CSIR grounds. Thank you to everybody who provided me with their chip numbers. The organisers are now also going to do manual timing for participants who do not have a Champion Chip.

Cows Corner

The caps in the bottle competition is something of the past. There were two winners who share the prize of R1200. Both of them were only 15 caps out. Congratulations to Brian Bownass, who estimated an amount of 1269, and Linda Krause who guessed 1299, the total obviously being 1284. Thank you to everybody who participated.

In the mailbox

Two Oceans accommodation

Ons het 'n woonstel in Greenways sekeriteitskompleks in Gordonsbaai met 3 slaapkamers en 2 badkamers - slaap 6. Koste is R250/per persoon/nag. Prys onderhandelbaar wanneer groep van 6 die woonstel wil gebruik.

Kontak Celna by 078 830-2515

Comrades accommodation

Umhlanga Cabanas
26 Mei tot 2 Junie
2 Slaapkamers – 4 Volwasse persone en 2 kinders mag slaap.
R 550 per nag.
Kontak Joan 082 328 2851

Iron man – By Belinda Skinner

So, 18 months ago, we set out on a journey we thought we knew the destination, but had no idea of how to get there. It was something that had been brewing in the back

of my mind many years, but I had never had the courage or confidence to tackle. IRONMAN.

At the time Elaine was living in Dubai. True to form and in fear of missing out, she started training on her own in the heat of the Middle East. Sam and I did not own bicycles. We bumbled around and settled on bikes which we have named Daisy and Enzo. In 2012 we did 94.7. We were seeded in the last batch, and by the time we finished most people had gone home. This became a regular pattern.

The next step was to overcome open water swimming. Sam and Elaine are very good swimmers, I on the other hand have no passion for being in water, unless it is soaking in a hot bath. By Feb 2013, Elaine was back in SA, and we tackled the Midmar Mile. It was with huge pride and sense of achievement to reach the other side of the dam, and all of us in under an hour. Wow. Swimming non-stop for 1.6km! Who would have thought?

In November last year we did our first half Ironman event. 1.9km swim, 90km cycle, 21.1km run. We finished together in under 7 hours, filled with what can only be described as a HUGE sense of accomplishment. Our combined age is 143. (Me being only 21 makes the other two 61 years old each!!!). Why we have waited so long to do this I have no idea, it can only have been far easier 20 years ago.

In less than 4 weeks' time, on the 6 April, at 7.00am, we will be throwing ourselves into the sea for a 3,8km swim. In under 2hr20min, we will be on our bikes cycling 180km. By 6 that evening at the latest, our familiar running shoes on our feet, we will run, walk or crawl 42.2 km to the finish. And finish we will. By midnight on 6 April, we wish to call ourselves IRON MAIDENS.

To all the Irene people participating in this year's, the tenth Ironman, I wish you all the best of luck and may all your ambitions be fulfilled. But a very special thank you to my mates who have helped me reach this point. Good luck, may the force be with you, to infinity and beyond!



Notice board

Friday, 21 March - Sunnypark Right to Run/Walk - 21.1 / 10 / 5 km

Race Organisers: Arcadia Running Club
Venue: Sunnypark, c/o Steve Biko- & Robert Sobukwe Streets, Sunnyside
GPS: S 25°45'2" E 28°12'11"

	21.1km	10km	5km
Entry Fee	R60	R50	R30
Start Time	07h00	07h15	07h30
Time Limit	03:00hrs		

T-shirts to first 50 entries at the following shops at Sunnypark: Cross Trainer, Sport Scene and Virgin Active

Goodie bags to the first 250 finishers – 5km 50; 10km and 21.1km 100 each

Pre-entries at Sunnypark from 3 March: Cross Trainer; Sport Scene and Virgin Active

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

Saturday, 22 March - Great Run Series 1 - 10 / 5 km

Race Organisers: Global A C
Venue: Weskoppies Hospital, Pretoria West

	10km	5km
Entry Fee	R40	R30
Start Time	07h00	
Time Limit	02:30hrs	

Pre-entries: Run-A-Way Sports, Running Inn, Sweat Shop: Irene,

Dunkeld & Fourways, AGN Offices

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

Masters athletics fixture list

NWN	22 March 2014	Rustenburg
WP	13 – 15 March 2014	Green Point
KZN	21 & 22 March 2014	Durban
GN	8 March 2014	Pilditch
CG	12 April 2014	Germiston
SA's	25 & 26 April 2014	Rustenburg

Thought for the week

You should do something nice to someone every single day, even if it simply to leave them alone.



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Photo Corner
Action from Om die Dam (thanks to Giel Cillie and Jacqui Burn for some of the photos)







