

Irene News

19 May 2014

No 20 - 2014

Achievements

Congratulations to the following members who earned podium positions at the Road Safety Run 10 km

Victor Phetoe	1 st Master
Mike du Bruto	1 st GM
Ansie Breytenbach	1 st Master lady
Lyn de Bruin	1 st GM lady
Lucia Willemse	1 st Lady walker
Jaap Willemse	3 rd Walker

The following members earned medals in their respective age categories at the cross country meeting held on 10 May:

Henk Moen	Silver
Rob Hudson	Silver
Bennie Roux	Bronze
Isabel Roux	Silver
Emmarie Theunissen	Silver
Thea van der Merwe	Bronze

Well done!

Personal achievements

None received

Don't be shy to let me know about your personal achievements. It can be anything.

Personalia

Congratulations to everybody celebrating their birthdays during the week.

Stephen	Mee	19-May
Kiara	Nizetich	19-May
Hein	Venter	19-May
Grant	Young	19-May
Niel	Marais	20-May
Louwrens	Smit	20-May
Pierrette	Whitmore	21-May
Brendes	Gresse	22-May
Brian	Marais	23-May
Frances	Lezar	24-May
Monica	Delpert	25-May
Grazyna	Koornhof	25-May
Bertha	Van Den Raad	25-May

Coach's corner

You've trained hard and sacrificed a lot, and now the Comrades is only two weeks away! During the next two 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.

- Cut your toenails and do not go for any pedicures, especially if you have never been for these before. Leave this till after race day.
- Enjoy our club's Comrades function on the 24th of May
- No matter who you chat to or how nervous you feel, always say to everyone you are ready for the big day and feel good
- DO NOT listen to how much more hard training and how many hundreds of kilometers more your club buddies or friends have done in their preparation for Comrades
- Keep on visualising the race - from getting up and lining up, through running to crossing the finish line
- Go to bed early, keep up your healthy eating habits and go for your vitamin B injection
- If you take supplements on the run, buy them now and put them aside with all your other race day goodies
- Prepare two checklists, the first for everything you need to pack and take with to Durban, and the second for everything you need to remember on race morning.
- 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

Chairman's bit

Dear Irene,

Comrades 2014 is finally upon us and for many of our members the next two weeks is the last of the great anticipation. Many members have been looking forward to get "revenge" for their 2013 Comrades heartaches while others are looking forward to put their training and hard work to the ultimate test. There are also many first-time runners nervously awaiting the culmination of the training programs, many of whom under the guidance of Coach Jacques. One thing that however remains certain is that the start of Comrades 2014 is only "13 slapies" away. Let's hope that all those struggling with injuries make a complete recovery and those struggling with colds and flu, like me, get well in time. In fact, may we already be blessed with good health by Saturday, so that we can complete our last league race before Comrades. Now is the time to get our heads right for the big day. Let's be positive influences to our friends and those comrades who are gearing towards the same goal.

I look forward to seeing all of our Comrades runners at the traditional pre-comrades function on Saturday. The day promises to be an event full of friendship, fun and excitement. There is no greater motivation for an Irene member than to see and feel the support of fellow club members. Use this great opportunity to come and unwind and prepare mentally, come and chat to and support a fellow "comrade" this Saturday.

Yours faithfully, Chris

League race

The Love Run on Saturday is a league race. We want to appeal to all our members to participate. We need you there because we need your points. No matter how slow you are, all finishers score at least one point.

We really need all our faster runners to participate to score points in the super league.

As always there will be something to eat afterwards and yet another birthday cake! The cake boss(es) this week, is Alan Hyson and his wife. We are looking forward to it.

Please see the attachments to familiarise yourself with the league points once again.

Comrades goody bags

Thank you to all our members for the fantastic response! We can look forward to another great goody bag. We will obviously still accept more articles to go into the bag at this stage.

The goody bags will be packed on Thursday evening 22 May at 18:00 at the clubhouse. As always we need a few hands to assist. Please let me know if you will be there.

To ensure you receive your clothing order, all outstanding monies for the Comrades garments must be paid no later than Thursday 22 May.

Comrades pre-function

The Comrades pre-function will take place on Saturday 24 May at 12:00 at the club house. It is a family affair and we want all our Comrades runners to attend. More details of the function will be sent out during the week.

Comrades accommodation

1. 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
2. Cabana Beach in Umhlanga Rocks from 31/05/2014 till 03/06/2014, 10 Lagoon Drive, Umhlanga Rocks.
1 bedroom, sleep two, max 4
R1750.
Ronelle van Niekerk: ronelle@rrconsulting.co.za
082 7805 783

Comrades church service

Everybody is invited to the annual Comrades church service. The special service, which had long been a Comrades tradition, is led by the well-known gospel singer Jan de Wet. Jan also holds a permanent Comrades number.

Date: 25 May
Time: 18:00

Venue: NG Church Valleisig
Cnr Mayo Ave & Tipperary Rd
Faerie Glen

GPS Co-ordinates

S 25° 47' 35.9"
E 28° 19' 01.3"

In the mailbox

Dear IAC members,

On Tuesday evenings at the weekly time trial there are a number of club members who run the 4km / 6km & 8km route prior to the official start time of 17:30.

Over the past few weeks I have also decided to run the time trial route earlier and during these occasions I have noticed that there are a number of vehicles / persons driving along the road at excessive speeds.

This mail is a request all IAC members to please be mindful of their speed and of the pedestrians / IAC members who are also using the road during that time.

Regards,

Quintin Walker

Notice board

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 www.mccarthyvw.co.za 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 and 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 athletes	Free		
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

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
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

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

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