

# Irene News

1 September 2014

No 35 - 2014

## Achievements

Congratulations to the following podium winners at the Spar Ladies 10 km

Sandra Steenkamp	4 <sup>th</sup> Lady walker
Lyn de Bruin	2 <sup>nd</sup> GM lady
Jeanette Loots	3 <sup>rd</sup> GGM lady

Irene had two relay teams at the 100 mile circuit race at Dawn2Dusk. The team comprising Henk Moen, Diederick Steyn, Andre Knoop and Christopher Marlin won the race. Well done!

Namaqua Quest 4-stage 120 km trail race:

Bennie Roux	1 <sup>st</sup> overall
Dirk Cloete	1 <sup>st</sup> Vet & 2 <sup>nd</sup> overall
Philip & Nadine Breytenbach	1 <sup>st</sup> Team

Congratulations!

## Personal achievements

Belinda de Bruin – 1<sup>st</sup> 100 miler (first female to ever complete the Dawn to Dusk 100 Miler)

Well done!

## Personalia

Congratulations to everybody celebrating their birthdays during the week.

Herald	Smit	01-Sep
Ludwig	Venter	01-Sep
Pieter	Coetzee	02-Sep
Annelies	Cramer	02-Sep
Karen	Ludick	02-Sep
Kobus	van As	02-Sep
Gerhard	Laurens	03-Sep
Debbie	Van Rensburg	03-Sep

Lydia	Fibiger	04-Sep
Dalene	Viljoen	05-Sep
Paul	Kruger	07-Sep
Henk	Moen	07-Sep
Telanie	Venter	07-Sep

## **Chairman's bit**

Dear Irene,

I want to congratulate each one of our members that participated in the Dawn 2 Dusk circuit race on Saturday. Congratulations to every individual for their achievement and thank you for all the friendship, camaraderie and fun we were able to have on the day with our fellow club members, family and friends. A special "hat's-off" to Johann and Belinda who made us very proud on the 100 miler. Belinda was the first ever female to complete the D2D 100 miler, a feat which is made even more remarkable when considering that this was her first attempt at a 100 miler.

Finally, it is spring, and today will probably see the start of a fresh running season for a few of us who have not started running again after comrades 2014. Please look out for our training programs, and please feel free to come and join our training group at our club house during the week.

Have a great and wonderful week  
 Yours faithfully,  
 Chris

## **Running Inn specials**

Please see the attachment for some excellent specials. Don't miss out.

## **League race & Club championships**

The Spirit of Flight 10 km taking place on Saturday is the next league race. As always there will be something to eat and the next birthday cake will be enjoyed.

**The race will also serve as our 10 km club championships.**

## **Time trials 2 September**

Spring is in the air and as always the first time trial in September is very special and different. We request all our members to start at the same time (17:30) it will also be our monthly social evening. The menu will be: Chicken Korma with Naan Bread @ R30! Bring the whole family along.

The starting time of the time trials is back to 17:30 again.

# **Spring is in the air**

**Come and join in the fun at our  
Annual Spring Handicap time trial  
Tuesday 2 September 2014  
17:30**

**No watches allowed. Predict your time and win a Prize!  
There will be cocktails and something to eat on sale afterwards**

**Wear something bright and colourfull!!**

**See you there!!**

## **Lucky draw prizes**

We have run out of prizes for our lucky draw at our social evenings. If you are in a position to assist us in this regard it will be highly appreciated

## **Bar – New arrangements**

Our catering/social manager Stephen Mee has taken over the responsibilities of the bar as from today. Please note that it will be a cash bar only tomorrow evening at the social.

Please also take note that no more spirits will be sold from now on.

## **Fund raising events**

All members are requested to support our current three fund raising events i.e. the mandjiedans, lucky draw and spin-a-thon. Get your friends and family involved as well. As you all know it is for a great cause.

## **Irene ladies day**

Dear Irene ladies,

Please join us for our annual ladies function which takes place at the Barnyard in the Parkview Centre, Moreleta Park on the 10<sup>th</sup> of Sept. We have front row seats for a show called Best Days of our Lives. See the attached flyer. There will be complimentary pizza and wine. Their normal cash bar will also be open should you prefer something else. It promises to be an evening of great fun. The address is Cnr Garsfontein and Netcare Street, Moreleta Park.

Tickets cost R100 each, limited seats available! Cutoff date is 7 September.

Money should be paid into the Irene Athletics Account with your name and Barnyard as reference. Kindly send an email to [frances@mfcreations.co.za](mailto:frances@mfcreations.co.za) with your proof of payment to secure your seat no later than 7 September. A mail will be sent out once we have reached the total seats, so please book early to avoid disappointment.

As part of our 20<sup>th</sup> birthday celebrations we as the ladies of our club will also be supporting the Jumping Kids foundation. Let us all join together for this great cause.

Kind regards

Frances Lezar

Ladies Captain

## In the mailbox

Ek en Johann Jonck het die naweek die Dawn2Dusk 100 miler saam gehardloop en klaargemaak in 24:25:43, overall 3de en ons was 2 van net 5 wat klaargemaak het, 13 het begin.

Dit het soos meeste dinge begin met n gesprek oor n paar wyne en biere na n time trial op n Dinsdag.. Ja ek sal graag EENDAG n 100 myler wil doen.... Johann het aanhou karring en die ou worteltjie voor my neus geswaai... Geen vrou het hierdie 100 myler al klaargemaak nie... en sy woorde... MOENIE Worry nie, ek sal jou help. Later het ek ingestem dis n goeie idee... ons moet dit eendag doen! Twee weke later op my verjaarsdag gee Johann my n koevert... HY het my ingeskryf... dit is my verjaarsdag geskenk! Ons het begin om saam te hardloop by die time trials, die Sandton to Soweto saamgedoen net om seker te maak ons maak mekaar darem nie dood so met die saam hollery nie.... Beide van ons verkies om alleen te hardloop en ek is notoriously bekend as die grumpy runner. Met die hulp van Johann en Coach Travers Snyman het ons, ons pacing regekry. Baie het kop geskud en gese ek sal dit nie maak nie, na net 2 jaar se running kan mens nie n 100 myler aanpak nie, en al wat Johann bly se het vir my is ... MOENIE WORRY nie.... Coach Travers en Oom Johnny van der Walt het bank vas agter my gestaan, raad gegee en aanhou se JY KAN!

Vrydag 4 uur het die skoot geklap, dit was koud, die wind het gewaai, die lug was droog en vol stof, die nag was vrek lank, rondte vir rondte het ons die kilometers afgetel. Goals gestel... 42 eerste marathon klaar, 50 Om die dam gedoen, 56 Two Oceans klaar, 87 Comrades up run, 89 Comrades Down Run, 90 verste wat ek nog gehardloop het, my eeste 100km, daarna het dit begin moeilker raak vir my... Daai gevoel.. We going nowhere fast! Maar Johann het deurgedruk.. hou net aan beweeg, kilometers gaan verby... nog net n Two Oceans oor, Nog net n om die dam, nog net een marathon, n Jackie Meckler, n half marathon, n 10, n time trail, net eenhand se vingers.... Die laaste 30km van die 161km was die moeilikste en langste ooit! Ek het 3 Major dips gehad gedurende die hele 100 miler, om en by 3 uur die oggend, wind het opgekom, dit was vrek koud, baie donker en ek was dood moeg... en al wat Johann se is aanhou beweeg, die mense gaan nou begin inkom dan het ons nuwe support en dis n nuwe dag! N Ruk later na ongeveer 100km het ek weer n dip gevang, emosioneel oorweldig begin tjank, moeg, honger en vuil! Ons het gestop, ek het vars klere aangetrek, Tannie Bertha het vir ons broodjies gegee, Coach Trav het met my kop gesmokkel en ons was terug op die baan... Stadig hou aan beweeg.... 30km om te gaan het my bloedsuiker lelik geval, ek het gevoel asof ek nie een voet voor die ander meer kan sit nie, emosioneel en baie baie moeg... Weer spring Coach Trav in... hou aan beweeg... op die stadium luister ek nie meer na Johann nie, ek is moeg en wil nou met hom baklei want dis alles sy skuld! En Couch Trav se kom, ons gaan stadig n draffie vat... net so Riek Tiek Tiek, Riek Tiek Tiek... en daar gaan ons...ek voel bietjie beter, maar daar speel hulle EK WIL HUISTOE gaan na MAMMA toe... en my wiele kom weer af.... Riaan ons sekond skakel my sus en laat haar weet hulle beter my ma bring! Sy is oppad en ons gaan weer aan. Ek kan nie beskryf die gevoel toe ek om die draai kom en my gryse oue moeder daar sien staan nie! Nuwe lewe.. ek het haar belowe ek doen die een vir haar! Sy het my styf gedruk, ons het lekker getjank en aangegaan. Nie seker hoeveel rondtes verder, daar is my Beste Vriendin Dell, weer trane en drukkies, nog n paar rondtes my 'drinking' buddy Saloshnee .... Nog drukkies en trane.

Op stadiums kon ek sien Johann sukkel ook baie, en as ek hom vra of hy ok is dan is dit altyd ja, amper op die einde se ek hom .... ag Johannkie se net vir my jy suffer ook dan sal ek beter voel, maar nee Johann was sterk! Geen woorde kan beskryf die gevoel toe Stephan vir my die vlag gegee het om my laaste rondte te doen nie! Reg om die baan het almal opgestaan en ons toegejuig... My gryse moeder wat juig en huil! Die geraas van die Irene tent was oorverdwend.... Toe ons om die laaste draai kom en hulle speel Chariots of fire het ek amper ingekonk, emosioneel totaal oorweldig! Ons het dit gemaak.. 161 keer het ons om daai baan gehardloop, geloop soms gedans, soms gevoel of ons wil kruip, ons het gelag, gehuil, gesels en vir mekaar gegrom en soms was ons net stil... Dis verby.. We Made it!

Ek wil eerste vir Johann Jonck se..Parra JY IS DIE BESTE! Dankie vir al jou hulp! Ons was n team... en hoewel ek op stadiums baie baie swaar gekry het was daar nie een oomblik wat ek vir jou gese het Johann ek gaan

nou ophou nie... We started this .. we were going to finish it! Ek kan niemand beter in die wereld dink om n 100 myl saam mee te doen nie! JY IS N YSTER!! Aan Travers en Cari Snyman... GERHARDSVILLE RULE!!! Johanny en Martie van der Walt.... Dankie dat julle in my geglo het! Tannie Bertha en Oom Gerhard, julle het so mooi na ons gekyk! Tannie Bertha jy is die BESTE!!!! En nou wil ek nie een persoon vergeet nie, en ek weet ek gaan, want n honderd myl is flippen ver en later word alles n see van gesigte en stemme, maar aan ELKE Irene lid wat die naweek by Dawn2Dusk was... Dankie! Julle ondersteuning het die wereld vir my en Johann beteken! Elke saamdraffie... ok op stadiums het julle langs ons geloop en ons het so hard gehardloop om by te hou hahaha, elke vra is julle ok, het julle iets nodig, julle lyk goed, elke go B, go Jonkie as ons verby die tent kom, dit het my verseker aan die gang gehou! Elke een wat kom geluk wens het. Ons is deel van een groot family! Ek het saterdag bevooreg gevoel om deel te wees van hierdie klub! Julle is almal n klomp stunning mense! Baie baie dankie!

14 April 2012 het ek besluit ek dink ek wil maar n bietjie draf om gesond en fiks te bly.. My oorlede Pa het so bietjie gedraf, n paar marathonne gedoen... wou altyd Comrades doen maar nooit daarby uitgekom nie. Die draf storie klink soos iets wat lekker kan wees... Min het ek geweet dit gaan my hele lewe totaal verander! My medaljes hang in huis, my Dawn2Dusk trofee staan hier voor my.... Maar die GROOTSTE impak wat die 'hollery' op my lewe gehad het, is die ongelooflike mense wat ek ontmoet het langs die pad en die vriende wat ek gemaak het.

Baie baie dankie julle almal! Julle is elke een so baie spesiaal!

Sien julle Dinsdag by die Time Trials J

Belinda de Bruin

## Notice board

Saturday 6 September

Spirit of Flight 10 / 5 km

Race Organisers: PMMC

Venue: Air Force Base Zwartkop, Old Johannesburg Road, Northern Entrance, Valhalla  
GPS: S25.47'58.75 E 28.09'51.49

### **LEAGUE RACE**

	10 km	5 km
Entry fees	R 50	R 20
Start Time – running	07h00	07h15
Start time - walking	06h50	
Time Limit	02h00	01h30

Saturday 13 September

Ou Voetpad Berg 10 Myler  
Race Organisers: VTM Club  
Venue: Tshwane University of Technology, Staatartillerie Road, Pretoria West  
GPS: S25.732633 E 28.161844

	10 miler (16km)	10 miler (9.6km)	3 Miler (5km)
Entry fees	R 70	R 60	R 30
Entry fees (GM & Disabled athletes) race day only	R 30	R 30	
Entry fees (GGM) race day only	Free	Free	Free
Start time		07h00	07h15
Time Limit		03h00	

**10 miler is not suitable for baby strollers or wheelchairs**

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

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

Wednesday 17 September

Lester Mills Memorial Night Race 5/10 km  
Race Organisers: Tuks Athletics  
Venue: University of Pretoria Sports Campus, High Performance Centre  
GPS: S25.74538 E 28.24718

	10 km	5 km
Entry fees	R 55	R 30
Entry fees – grandmasters		½ price
Entry fees – Great grandmasters and blind runners		Free
Start Time		18h30
Time Limit		01h30

Pre-entries at: Run-A-Way Sport, Running Inn, Sweat Shop Southdowns

Saturday 20 September

Clover Irene Spring Race 21.1/10/5km

Race Organisers: Irene Athletics Club

Venue: Irene Village Mall, c/o Nellmapius Drive & van Ryneveld Avenue, Irene  
GPS: S25.51.683 E 28.16.044

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Entry fees Grandmasters	R 30	R 30	
Entry fees Great grandmasters		Free	
Start time	06h00		06h10
Time Limit		03h30	

**The route is suitable for wheelchairs**

Pre-entries at: Run-A-Way Sport, Running Inn Pretoria and Bedfordview, Sweatshop Southdowns; Dunkeld and Fourways, Centre Management – Irene Village Mall

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

**Irene members are not allowed to participate**

Wednesday 24 September

Great Run Series III - 10/6km

Race Organisers: Global AC

Venue: Weskoppies Hospital, Pretoria West

	10 km	6 km
Entry fees	R 50	R 30
Start Time	07h00	
Time Limit		02h30

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Dunkeld and Fourways, AGN Office

On-line entries: [www.enteronline.co.za](http://www.enteronline.co.za) & [www.greatrun.co.za](http://www.greatrun.co.za)

Saturday 27 September

Andrew Greyling Road Race - 21.1/10/5km  
Race Organisers: Pretoria Marathon Club  
Venue: Brooklyn Mall, c/o Veal & Bronkhorst Street, Brooklyn

	21.1 km	10 km	5 km
Entry fees	R 70	R 50	R 30
Start time	06h00	06h10	06h30
Time Limit		03h30	

**No wheelchairs unless arranged with organiser before the event**

Pre-entries at: Run-A-Way Sport, Running Inn, Sweatshop Southdowns; Southdowns & Fourways

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

Saturday 18 October

Jacaranda City Challenge 42.2/21.1/10/5 km  
Race Organisers: Agapé Athletics Club & Sportsvendo  
Assisted by Armscor Athletics Club  
Venue: SABS Grounds, 1 Dr Lategan Road, Groenkloof  
GPS: S 25° 46' 10" E 28° 12' 42"

	42.2km	21.1km	10 km	5 km
Pre-entry fee (until 7 October)	R 80	R 60	R 50	R 30
Entry fees 60 – 69	R 40	R 30	R 30	
Late entry fees (17/18 October)	R 100	R 80	R 70	
Jardine Joggers	Free			
Start Time	06:00		06:15	06:30
Time Limit	05h:30	03h00	2h00	

Pre-entries: Run-A-Way Sports, Running Inn Pretoria, Sweatshop Dunkeld, Bedford & Southdowns, Randburg Runner

Enter on line: [www.entrytime.co.za](http://www.entrytime.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.

2014 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
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

Masters Athletics Fixture list

15 October 2014 Rassies Blitsbyeenkoms – Bronkhorstspruit

? October 2014 Claude Sterley – Pilditch

15 October 2014 Rassie Blitsbyeenkoms - Bronkhorstspruit

25 October 2014 SWD - Oudtshoorn

8 November 2014 Bloemfontein - Free state

**SA Masters Championships**

1/2 May 2015 KZN - Durban

**Thought for the week**

Only those who dare to fail greatly can ever achieve greatly.

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## Photo Corner



Taking a break at the Dawn to Dusk



Claudia Cockcroft still looking fresh



Adri van den Heever concentrating on the may kilometers ahead



It was anew experience for Rajesh Biswas



Our 100 miler finishers, Johann Jonck and Belinda de Bruin



Two members of the winning relay team, Henk Moen and Diederick Steyn with Gibba Gibbons



Gibba with Johnny and Martie van der Walt



Trophies donated by Gibba



Justin Woolven, Jaco van Tonder and Maureen Mossop after a Triathlon



Our trail champions, Dirk Cloete and Bennie Roux