

Irene News

21 April 2014

No 16 - 2014

Achievements

The following members were on the podium at the Pick 'n Pay Shoshanguve race:

Ansie Breytenbach	1 st Master lady – 10 km
Sonia Scheepers	2 nd Master lady 10 km
Bertha van den Raad	1 st GM lady – 10 km
Victor Pheto	2 nd Master – 10 km
Sandra Steenkamp	1 st Lady walker – 21 km
Lucia Willemse	2 nd Lady walker

There were no category prizes at the Grove race on Monday. The following members received prizes:

Sandra Steenkamp	1 st Lady – 21 km
Elsa Meyer	1 st Lady walker – 21 km

Congratulations!

Personal achievements

John Hoffman	PB – 56 km
Heleen de Bruin	PB – 56 km
Nadene Visser	First 56 km
Michael Freeman	First 56 km
Lance van der Merwe	First 56 km
Donnevan Espag	First 56 km
Jurie Venter	First 56 km
Anese Badenhorst	First 56 km
Dorette Muller	PB – 50 km
Marius Smit	PB – 50 km
Nicole Haschka	PB – 50 km

Well done!

Personalia

Joseph Moagi's mother passed away last week. Our condolences to him and his family.

Congratulations to everybody celebrating their birthdays during the week.

Shalati	Maponopono	21-Apr
Narina	Mare	21-Apr
Karen	Meyer	21-Apr
Itumeleng	Kgosikoma	22-Apr
Emily	Van der Schyff	22-Apr
Philip	Breytenbach	24-Apr
Alan	Hyson	24-Apr
Gerhard	Koekemoer	24-Apr
Nel	Kotze	24-Apr
Anelle	Vorster	24-Apr
Adele	Weber	24-Apr
Karen	Botha	25-Apr
Renette	Prinsloo	26-Apr
Dendre	Theunissen	26-Apr
Gabsile	Khoza	27-Apr

Coach's corner

The run on the Easter week-end was the last real long run – we are now going to start tapering in distance with the Magnolia run (45 or 30 km) the last official longish run. Make sure you are all sleeping enough and maintain your immunity. Visualize the race at every opportunity you have. In two weeks' time we will start with speed training to ensure that you all peak 1 June! Please support the training sessions organized by the club.

Happy running,
Jacques

Mugs for sale

There are still beer mugs, coffee mugs and wine glasses available for sale. The 20 year logo is engraved on all the articles. It can be bought at the club house on Tuesdays at only R20 each or R100 for 6.

Chairman's bit

Dear Irene,

Heartfelt congratulations to all our athletes who completed the Two Oceans marathon over the Easter weekend – you have once again served our Irene name proudly.

It is now about five months since the 2014 Irene management committee has been elected and serving you. I want to invite all our members to please let me now if we are successfully fulfilling our mandate or whether there are any areas where we have failed you and, if so, what do you suggest we do to address these? Please feel free to mail or phone me or Wynand on any matter you believe needs to be attended to. As committee, we need your inputs in order to continuously improve our beloved club. I am very proud of all our committee members, and I sincerely thank each of them once again for all the hard work and commitment in serving our members.

Have a great week.... and to our Comrades runners, just one more week of hard training. Hang in there... Have a great week.

Yours faithfully, Chris

Comrades goody bags

In the past we've always enjoyed a wonderful response from our members to make the Comrades goody bags extraordinary, and I trust that it will be the same again this year.

If you are in any position to donate something, it will be much appreciated. It can be anything, no matter how small. For the self-employed and entrepreneurs, this represents a great opportunity to advertise your business, service or product by donating something with your business card attached.

For those of you in the corporate world, please use all your contacts to see if there are companies willing to contribute towards this project.

Feel free to contact me with any queries regarding the goody bags.

There are 260 Comrades entries from our club, but we are working towards 230 goody bags. The items must be available no later than 21 May.

Green Leaf project

Two donations were made recently. After receiving a lovely donation of sport clothes from one of our members, the clothes was donated to 30 members of the Buffalo Stars netball team. They are from the Philana and Orifilwe schools in Olievenhoutbosch.



Last week packets with toiletries, Easter eggs and sweets were handed to all the children of "Hasie se Holte" nursery school in Danville. Clothing was also donated to the Danville feeding project.



In the mailbox

Always wear a smile and always wear the correct Club attire

Last weekend we went down to Middelburg to run the 50km Loskop Ultra Marathon, on arrival on Friday after collecting my race number I decided to buy the local newspaper called Middelburg Observer just to catch the vibe of the race and –Walla- page 5 on the Supplement for the Loskop, there was my picture captured in 2012 at Kranspoort water point.

2 points in line to with the Title

- **Always wear a smile** and enjoy the race irrespective how hard the hills are, photographers love capturing cheerful runners. Remember our slogan is = **Serious about Fun/Run**
- **Always wear the correct club colours**, just imagine if I was wearing a red or white short = I would have been a bad ambassador for the club, so no matter how far from Pretoria the race is, let us continue to be good ambassadors for Irene Athletics Club.

Musa Nkosi

(See the attachment for the article)

Thank you to all the members who contributed.

Wally Hayward hat race

We will be pushing the drinks trolley again on the 21 km this year. As always it promises to be a fun filled event, and is for a good cause. More info about it in next week's newsletter. In the meantime, start preparing your hats for the occasion. There is a floating trophy for the best hat.

Magnolia long run

As in the past, we will be manning a water point again this year. We need a few members who won't be running to assist at the water point. Please let me know if you will be able to help.

Dankie

Saterdag by die Two Oceans het dinge lekker seker geloop vir my na 52Km. Ek het n ou niggling injury en het toe maar besluit om wel te gaan hardloop, na 52km kon my linkerbeen toe nou heeltemal in met wat ek nou weet is Peroneal Tendonitis. Ek gaan vir 'n hele rukkie uit wees maar is steeds hoopvol dat ek betyds beter sal wees vir Comrades.

Ek wil net graag in die nuusbrief baie baie baie dankie sê vir al die hulp en ondersteuning van my klub maters, elke persoon wat gestop het om te check of ek ok is, wat 'n "word of encouragement" gegee het. Spesifiek wil ek baie dankie sê aan Lynette September, wat gestop het my hand gegryp het en saam met my geloop het vir 'n hele end, Charmaine Janse van Rensburg, Maureen Mossop, Marike van Rensburg, Jacqui Burn en al die

ander maters wat by die klub tent kom hoor het of ek ok is! Oupan Henk en Arno Smith wie se skouers wat ek sponat gehuil het, dankie julle is almal dierbaar!

In uitsondering wil ek vreeslik baie dankie se vir Stefan Mueller, voor Saterdag het ek hom nog nooit eens ontmoet nie, ek moes sy van gaan opsoek op die uitslae so ek hoop ek het die van reg. Stefan het my arm geneem en saam met 'n jong man van wie weet waar wat ek van geen kant af ken nie het hulle my water gegee, ys in my pippie lankous kouse gestop, ice spray op my been gespuit en my letterlik oor die finish gedra. Stefan baie baie dankie, wat jy vir my gedoen het was nie nie nodig nie, jy het heeltemaal van jou eie wedloop vergeet en my letterlik gedra, moed ingepraat terwyl ek snot en trane gehuil het. Woorde het ek nie om genoeg vir jou dankie te sê nie.

Groete
Belinda de Bruin

Research study: Recovery Methods used by Endurance Runners

Dear Endurance Runner

AN INVITATION TO PARTICIPATE IN A RESEARCH STUDY ABOUT RECOVERY MODALITIES

I am a physiotherapist currently busy with my Masters in Sports Physiotherapy at the University of Cape Town, (UCT). I am conducting a study to investigate the use of recovery methods by endurance runners. This study has been granted ethical approval by the University of Cape Town, Faculty of Health Sciences Human Research Ethics Committee with the reference number: HREC REF 379/2013.

Recovery modalities are techniques used by athletes that increase the rate and quality of their recovery after races or training. Recovery after training and races is important to reduce fatigue, limit muscle damage and for allowing minor injuries time to heal. Recovery is a significant component of any training program in order to reduce or prevent injury and to optimize performance. Recovery methods include nutritional substances for example

protein, carbohydrates, vitamins and caffeine or activities and techniques for instance light exercise, stretches, ice and heat therapy, massages, water immersion, compression garments or simply rest.

Unfortunately it is difficult to establish a clear recovery protocol for endurance runners as there are few published studies about recovery modalities. The purpose of this study is to gain a greater understanding of the current practices of endurance runners in their choices and usage of recovery modalities. This knowledge combined with scientific evidence may help to educate runners, change behaviour and influence safe participation in sport.

Any runner, running at least 30km per week, can be part of this study. If you agree to take part in this study, we will ask you to please complete an online questionnaire, which is available through a link on ©FluidSurvey, a Canadian-developed electronic survey tool that will be used to collect the data electronically.

The link is:

<http://fluidsurveys.com/s/endurancerunners>

All data collected through FluidSurvey is confidential and secure. Alternatively a hard copy version may be requested by contacting the research team utilising the contact details below.

The questionnaire should take you 10-20 minutes to complete. There will be no risk to you, as the questionnaire will be coded such that your answers remain anonymous and kept in the strictest confidence. There is no remuneration for taking part in the study, however you will be provided with a useful information leaflet on the latest research on recovery methods.

This study is being supervised by Dr Theresa Burgess, Prof Mike Lambert and Prof Andrew Bosh of the University of Cape Town. If you have any questions about the study please feel free to contact any of the individuals listed below.

Researcher: Hanette Lemke hanettelemke@gmail.com

Supervisor: Dr Theresa Burgess
theresa.burgess@uct.ac.za

Co-Supervisors: Professor Mike Lambert
mike.lambert@uct.ac.za

Professor Andrew Bosch: andrew.bosch@uct.ac.za

You may also contact the Faculty of Health Science Human Research Ethics Committee in case you have any questions or concerns about your rights or welfare as a research participant.

Faculty of Health Sciences Human Research Ethics Committee:

Chair: Prof Marc Blockman Telephone: 021 406 6492

Thanking you in advance for your enthusiasm to support research within the field of Sports Physiotherapy.

Kind Regards

Hanette Lemke

Bsc. Physiotherapy (University of the Free State)

Notice board

Please take note that the Exxaro race scheduled for 26 April has been cancelled.

Thursday, 01 May - Wally Hayward Marathon - 42.2 / 21.1 / 10 / 4.9 / 1 km

Race Organisers: Alpha Centurion Runners/Walkers
Venue: Hoërskool Zwartkop, Mopani Road, Centurion
GPS: S 25o50' 58.60" E 28o09'54.32"

	42.2km	21.1km	10km	4.9km	1km
Entry	R100	R70	R60	R20	R10

Fee					
Start Time	06h30	06h46	07h00	07h30	
Time Limit	??				

Free t-shirts to 1st 3000 participants in the 42.2 & 21.1km run/walk

A pair of New Balance running shoes to ALL 80 year + finishes, completing 21.1 or 10km race

Pre-entries at Sportmans Warehouses: Centurion, Atterbury Value Mart,

Kolonnade, Fourways, Woodmead Value Centre, Boksburg, Roodepoort, Cresta

On-line entries: www.entrytime.com

Saturday, 10 May - Jackie Mekler - 25 / 10 / 5 km

Race Organisers: Pretoria Military Marathon Club

Venue: Pretoria Military Sport Ground, Thaba Tshwane (Voortrekkerhoogte)

	25km	10km	5km
Entry Fee	R60	R40	R20
Entry Fee (GM & GGM)	R30	R20	Free
Start Time	06h00	06h30	06h45
Time Limit	04:00hrs	02:30hrs	01:30hrs

Pre-entries: Sportsman's Warehouse (Princess- & Montana Crossing), The Sweat Shop, Run-A-Way Sports, Running-Inn

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
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

Masters athletics fixture list

SA's 25 & 26 April 2014 Rustenburg

Thought for the week

It is better to be alone than to be in bad company.

Photo Corner



Louis and Nadene Visser finishing the Two Oceans Ultra



Podium winners at Shoshanguve



Sunrise at The Grove

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