



BY AIR MAIL
PAR AVION



Irene News

27 January 2014



No.4-2014

Achievements

Congratulations to the following members who were on the podium at the Akasia race on Saturday.

Sandra Steenkamp 1st Lady walker – 21 km
Lyn de Bruin 1st GM lady – 10 km
Mike du Bruto 1st GM – 10 km

Personal achievements

Heleen de Bruin PB – Marathon
Johann Jonck PB's – 15 km & 21 km
Elfra Visser First 10 km
Philip Breytenbach PB - Marathon

Please let me know about your personal achievements. Don't be shy.

Personalia

Condolences to Liza Smit and her family, her mother in law passed away last week.

Congratulations to everybody celebrating their birthdays during the week.

NEELS	JANSE VAN VUUREN	28-Jan
KIM	McKENZIE	28-Jan
ATTIE	TALJAARD	28-Jan
DEVRON	ABDOLL	29-Jan
CHRIS	OLIVER	29-Jan
CHRIS	CLOETE	31-Jan
NICO	FERREIRA	31-Jan
ANTON	JOOSTE	31-Jan

HELEEN	DE BRUIN	01-Feb
MMAMOSE	SELOANE	01-Feb
RACHELLE	VISAGIE	01-Feb
CHRISTINE	VORSTER	02-Feb

Chairman's bit

Dear Irene,

Time sure flies. We're already in the last week of January. I would like to extend my sincere thank you to the management committee members for all their hard work and effort in managing this great club so far. A special thank you to Zelna and her team for managing a smooth registration process and for working so hard to ensure that all members receive licence numbers and t-shirts. Thank you for keeping up the hard work in serving our members.

To our members, do not forget to save the date – Saturday 15 February 2014. The Irene Birthday Bash promises to thrill.

Yours faithfully, Chris

Electronic timing

Members are requested to please use their Racetec chips at the time trials. If you don't have one then you can buy one from the Racetec team on a Tuesday. They have card facilities for your convenience.

Spar Irene Lantern Night Race

Our lantern race takes place on Wednesday 12 February. This is one of the most popular 10 km races in the

country. To host such a great event we require the help of at least 300 members. This is the ideal opportunity for our new members to become part of everything. We expect about 5000 participants.

We require help in the following areas:

- Entries
- Finish area
- Road marshals
- Traffic marshals
- Lantern marshals
- Marshals to split the runners

If you can help in any way please let me know ASAP. Please remember: **No Irene member is allowed to run the race.** We will have our helpers run where you will be able to earn your medal.

Generators required

We require a number of generators to provide lighting in the dark areas of the route at our Lantern race. If you are in a position to lend us a generator, it will be highly appreciated. Please contact me at info@irenerunner.co.za in this regard.

Comrades and Two Oceans Clothing

As always we want all participants to these two major events to receive something special from the Club. Please let us know about your ideas and suggestions in this regard.

Celebrating 20 years: what's next?

Within this week the official Birthday Bash Invitation will be circulated to all members, so check your inbox regularly. Together with the invite you can expect details about the event and information on the booking procedure. This is the one event this year you do not want to miss out on.

What's new at the club?

Runners and walkers can quench their thirst after time trials on Tuesday evenings, and after Saturday races. Energade/ Game sports drinks will be available outside the clubhouse on Tuesday evenings and at the club

caravan at Saturday races. Our members are welcome to help themselves. Thank you to Oom Gerard for managing this initiative.

Catering Manager's Corner

Irene AC Cake Competition

After the birthday cake at the George Claassen Race, it was decided that we will have a Birthday Cake at various meetings during the course of 2014 in line with our 20 year celebrations.

Elna started the year off and is already working on the birthday cake for the Bash next month.

The emphasis is on "FUN" and to celebrate the 20 year milestone.

With this in mind we are recruiting 10 volunteers to take up the challenge and create a cake for one of the ten slots listed below.

The committee is searching for sponsors to each donate R800 per cake. If you feel like volunteering to bake, and sponsoring a cake, that will be fantastic.

Date Required	Race/Function	Cake Maker	Sponsor
January 18 th	GC League Race	Elna Mee	IAC
Feb 16 th	Birthday Bash	Elna Mee	IAC
Feb 23 rd	Deloitte League Race	Dorette	
March 29 th	Denel League Race	Bertha & Maryke	
April 12 th	SM League Race	Volunteer TBC	
May 24 th	Hatfield League Race	Volunteer TBC	
June 10 th	Social Evening @ Clubhouse	Volunteer TBC	
July 5 th	R4F League Race	Jacqui Burn	
August 9 th	Castle Walk League Race	Volunteer TBC	
September 6 th	AFB Swartkop League Race	Volunteer TBC	
October 25 th	CSIR League Race	Vanessa & Andre	
November 11 th	AGM @ Clubhouse	Volunteer TBC	
December 6 th	Year End Function	Elna Mee	Seeff Centurion

The cakes will be judged at each race by Elna and Steven, the catering managers, Isabel Koch, Wynand, the General Manager and Chairman Chris Koch,

The winner will be announced and a prize awarded at the Christmas Function in December.

The criteria, to make the playing field even, are as follows:

Produce a round, square, or novelty shaped sponge on a cake board, large enough for 100 portions.

The theme can be anything related to running/athletics, or in line with the time of year of the specific league race or function. For example Easter, Spring, Super 15 Rugby, World Cup, Currie Cup etc.

The cake must be decorated with butter icing or fondant (plastic icing). Figurines/displays can also be made, however store bought decals are not allowed. Cakes must be made from scratch (no packet mixes allowed).

Cakes from commercial outlets, such as Cake Factory, are strictly forbidden.

No cupcakes are allowed in the competition.

Ingredient lists are to be provided to Stephen, who will buy the products and arrange to get them to the relevant volunteer well ahead of the race/ function.

Elna's cakes WILL NOT be entered into the completion!

Members can work as a team, as a pair or individually if they wish!

The competition is open to all club members!

Names of volunteers to Stephen on 0746600833 or steve.mee@seeff.com



The cake that Elna made for the first league race

From the coach

Everyone is back on the road, just in time for the 21 km club championships this coming Saturday. It does not matter how fit you are, just come and do your best on the 1st of February – please keep in mind that the 21 km is a pre-entry event.

The club will be hosting a race on the 12th of February – please come and support your fellow runners and earn your medal on the 18th with the helper's race. Our next talk on injury prevention will take place the 25th of February just after the time trials – please diarise.

I will be at the McCarthy race on Saturday and the Bronkhorstspuit 32 km on the 8th of February if you want to chat, or run with me.

Gibba Gibbons and I have been running together since the late 1990's. After his terrible accident, he will be missing a couple of runs. Fortunately we get to see him at all the races as an advisor – please come and speak with him and get some insight into running that you will treasure for ever.

Lastly I would like to congratulate everyone that finished the Johnson 42 km yesterday, with a special word of congratulations to Heleen de Bruin on running a personal best (PB).

Jacques



Gibba with his daughter Lindsey at the Akasia race

Did you know?

For half of the year Mark Adams has only one square kilometer where he has to do all his training. This is his story:

Running through thick or thin – Mark Adams

Why do we run? Everybody will have their own unique answer as to what motivates us to do it. To keep fit or to keep in shape but the bottom line is ***we love to run***. Some use the run to socialize, some are highly competitive, and some do it just for fun. Some do it because it takes you to different venues, and let's be honest, some races in South Africa are amongst the most beautiful in the world.

I was asked by Wynand to write something about my situation as a runner as half of my year is very challenging. I have lived most of my life in Centurion and still do. I work as a Fire Chief on a small Island off the coast of Abu Dhabi. The Island's name is Das Island and it is one of the major hubs for supplying oil and gas to most parts of the world, predominantly Asia.

The Island is surrounded by four Super Complexes that pipe the oil and gas to the Island. On the Island we receive it, process & refine it, store it and ship it. We also have a number of blends and are considered to have one of the highest quality natural oils in the world.

I work 21 days and then I am off for 21 days. Sounds brilliant, but not really, it is quite a major sacrifice, time wise and for my family. I fly to Abu Dhabi by Airline, take a smaller plane to Das Island, and work for 21 days, 12 hours a day, every day. The travel is considered to be in my own time, so really there is only 19 days off if you think about it. This is one of the reasons I am rarely at the club house and that you might occasionally see me at races.

Ok, so that's mildly interesting, but what has that got to do with running? The island is 2 square kilometers in size. 1 kilometer is industrialized and therefore cannot form part of my running route, therefore I am left with only 1 square kilometer to run in. The airstrip is 1 kilometer long so the option is there to run up and down. Running around the airstrip on the surrounding road gives me 3.7 kilometers and I have managed to plot a figure of eight route that is 6 kilometers long. There is absolutely no elevation.

The Manager of the Island is an Emirati and is aware that I am a long distance runner, therefore with permission I can use Fridays to do my long runs. Those who are familiar with the Middle East, Friday is the holy day and part of the weekend (Friday and Saturday). On the Island we do not officially have a weekend, it's supposed to be all work and no play...and what did they say about Jack "All work and no play makes Jack a dull boy". At least I have some latitude to play.



Me (left) With Dirk Cloete and Phil Waudby at the start of the 250 km self-sufficient Kalahari Augrabies Extreme Marathon. 10th place finish

I consider myself an Ultra runner, running Comrades and beyond, so you need to put in the kilometers, at the same time as human beings we do prefer variety. Before I ran my first "Om die Dam", I was told that there is a part of the route that is one very long never ending piece of road that is very boring. Well try doing your comrades long run on a tiny Island, believe me after passing the same palm tree for the umpteenth time, it can almost make you lose your mind. The "Om die Dam" route, including the long strip of 'boring' road is fabulous.

So the lack of variety of running routes and finding the time to run, based on the hours left in a day to rest and sleep, is part of the challenge. But let us not forget the temperature. In summer time we consistently encounter temperatures in the high forties that often hit fifty degrees Celsius. On a day that I do a long run, in summer, in fifty degrees Celsius, it is rare to be able to make it past 20 kilometers due to the 90 percent plus humidity that sucks you dry and the sun that burns you up. There is no way that you could possibly not carry water on you, however once a year it is the Holy Month of Ramadan. During this time it is considered highly disrespectful to eat or drink in public whilst the majority

are fasting, therefore I normally have two strategic locations whereby I can drink water discreetly.



Above: 250 km Self Sufficient Lycian Way Ultra Marathon, Turkey

Occasionally we encounter a 'Shamal' which is a high wind that blows in from the empty quarter of Saudi Arabia, across the sea, and believe it or not, it carries sand with it. The occasional sand storm makes running unpleasant.

So to come back to the question at the beginning, *why do we run?* And why in such harsh conditions and circumstances? I run because I love to run, I love the alone time with my thoughts. When home I love to run amongst the crowd. I love the beauty of the route and the serenity of the trail. I love to challenge myself on many different levels. *Simply put, I love to run!*

Notice board

Saturday, 01 February - McCarthy Toyota - 21.1/10/5 km

Race Organisers: Magnolia Road Runners

Venue: Rietondale Park

S 25° 43,980 E 28° 13,239

	21.1km	10km	5km
Pre-entry Fee	R70	R50	R30
Race Day Fee	N/A	R60	R30

Athletes 60+	R30	R30	R30
Start Time	06h00	06h15	06h20
Time Limit	3hrs	2hrs	1hr

Pre-entries: Run-A-Way Sports, Running Inn, Sweatshop
Southdowns, McCarthy Toyota Gauteng branches
On-line

entries: www.enteronline.co.za and www.saactive.com

Saturday, 08 February - Bronkhorstspuit - 32/10/4 km

Race Organisers: Bronkhorstspuit Athletics Club

Venue: Erasmus High School, Bronkhorstspuit

	32km	10km	4km
Entry Fee	R100	R50	R10
Grand Masters	Free		
Start Time	06h00	06h15	06h30
Time Limit	04:30hrs		

Pre-entries: Run-A-Way Sport

First 200 pre-entries for 32km at Run-Away Sport will receive a T-shirt

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

Masters athletics fixture list

NWN	22 Feb 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

Don't blame people for disappointing you, blame yourself for expecting too much from them.

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Photo Corner (Action from the Akasia race)



