

Irene News

28 April 2014

No 17 - 2014

Achievements

A number of our members were selected for the AGN Masters team to participate at the SA Masters Championships that took place in Rustenburg over the weekend. Congratulations to the following members who earned medals in their respective age categories:

5000m Walk

Gold

Elsa Meyer
Lucia Willemse
Sandra Steenkamp
Ray Patterson
Gerard van den Raad

Silver

Annatjie Greyvenstein
Jaap Willemse

10km Walk

Gold

Elsa Meyer
Lucia Willemse PB
Sandra Steenkamp
Annatjie Greyvenstein
Ray Patterson
Gerard van den Raad (new SA record)

Silver

Jaap Willemse PB

20 km Walk

Gold

Elsa Meyer
Lucia Willemse PB

Silver

Jaap Willemse PB

Personal achievements

None received

Personalia

John Ward's mother passed away last week. Our condolences to him and his family.

Paul Nel has been diagnosed with leukemia. Paul Nel ran the Two Oceans half Marathon last weekend. He then went to Durban for work where he fell ill. He was diagnosed with leukemia and hospitalised immediately. He will probably spend the next 8 weeks in Durban to receive treatment. Please keep him and his wife Sarie in your prayers.

Congratulations to everybody celebrating their birthdays during the week.

Natacha	Brand	28-Apr
Luitha	Dafel	29-Apr
Braam	Luies	30-Apr
Adri	Van den Heever	30-Apr
Elbie	Louw	01-May
Noxolo	Mbana	01-May
Gilles	Raffle	01-May
Rajesh	Biswas	02-May
Lizelle	Benade	03-May
Kelebogile	Kgosikoma	03-May
Wilmi	Spoelstra	03-May

Ina	van As	03-May
Johan	Nel	04-May
Kobus	van Schalkwyk	04-May

Coach's corner

Five weeks to go to Comrades 2014! You have done all the training and it is now time to taper and sharpen yourself for the big race. Make sure you are all sleeping enough and maintain your immunity. Visualize the race at every opportunity you have.

Identify one or two short races and run them at 30 seconds faster than your anticipated Comrades pace. If you haven't done any speed training, take it easy so that you do not injure yourself. You can still do hill repeats on a Monday with the club and two Klapperkop runs on a Sunday just to get the final heat exposure you need. We have the Wally race on Thursday – please come and support/run this well-organised event. The Jackie Mekler 25 km run should be an easy run though. Please support the training sessions organised 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,
Finally all the hard work is done for Comrades 2014. Thank you to all our members who have supported and motivated one another during the last few weeks of high mileage and long hours on the road. There were "support" groups, small and big, all over and it was great to see how the Irene spirit worked in all our members in our efforts to get ready. It is/was truly amazing to see how our members cared for each other and kept on motivating one another on the road. Irene members are just awesome.

Please enjoy your "easier" days, and remember spend special time with your family and friends to make up for the long hours spent away from them while training. We hope to see you all this Thursday at Wally for a great "family" day and lots of fun on the road.

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.

Wally Hayward hat race

Thursday is going to be a fun day at the Wally again! As always, our drinks trolley will be pushed on the 21 km. Ensure that your hats are ready for the occasion. It is also our monthly social and therefore there will be something to eat afterwards.

More details about the occasion will follow in a separate e-mail

In the mailbox

Comrades accommodation

Comrades akkomodasie beskikbaar 31 Mei tot 7 Junie in Cabanna Beach, Umhlanga. Slaap 4 grootmense (2 kamers) en 2 kids op sleeper couch. Lekker warm swem weer nog en reg op strand! R 6500.

Kontak Maggi - 082 094 8081

Notice board

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 25°50' 58.60" E 28°09'54.32"

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

Thought for the week

Most of the shadows of this life are caused by standing in one's own sunshine.

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Photo Corner



Pierre Marais, Christa Visagie and Alan Hyson after they Completed the London Marathon



The Breytenbach trio at the water point



The Irene water point on Sunday at the Magnolia long run was the best as always



The team who manned the water point



When Gerard van den Raad's grandson was asked to dress up like his grandfather, this is what he came up with.