

Irene News

30 June 2014

No 26 - 2014

Achievements

Congratulations to the following members who were podium finishers at the Run for Bibles race on Saturday:

Myrna van Wyk	1 st Vet lady – 10 km
Sheren Naidoo	1 st Vet walker – 10 km
Tillie Kamper	1 st GM lady walker – 10 km
Sandra Steenkamp	1 st Master lady & 2 nd lady – 21 km
Jaap Willemse	1 st Master walker & 2 nd man – 21 km
SP Botha	1 st GM walker – 21km
Lucia Willemse	1 st GM lady walker & 3 rd lady – 21 km
Angela Pottinger	1 st Master lady walker – 21 km

Bennie finished 2nd in the Highveld 17 km trail run. Well done!

Personal achievements

None received

Personalia

Derek Oldnall will undergo a brain operation this week and Giel Cillié a foot operation. Keep them in your thoughts please.

Congratulations to everybody celebrating their birthdays during the week.

Julie	Munnik	30-Jun
Danie	Oosthuizen	30-Jun
Daleen	Venter	30-Jun
Pieter	Reynecke	02-Jul
Werner	Liebenberg	03-Jul
Maureen	Mossop	03-Jul
Isabel	Roux	04-Jul
Pierre	van Deventer	04-Jul

Helene	Liebenberg	05-Jul
Robert	Mataruse	05-Jul
Willem	Botha	06-Jul
Nadine	Breytenbach	06-Jul
Mpho	Netshiombo	06-Jul
Marlene	van Zyl	06-Jul

Chairman's bit

Dear Irene,

I had the privilege to be part of a small "7 member bus" on Saturday in which we helped a member to her 21km PB, thereby also breaking 2 hours for the first time. Congratulations Kirsten, very well done. What was especially great about this was, when there was that sudden realisation that a PB is on the cards, all the other members suddenly responded to help that this long awaited PB is achieved. The help and the compassion were unbelievable, and it yet again made me so proud and happy to be part of IRENE. Thanks again to all our members who always just go about being friendly on the road and always care for and look out for our members; that is the true IRENE spirit.

As for our IRENE golf day to raise funds for our 20 Year Serious Fun Run, I would like to thank all those who have already helped with bookings, prizes and sponsorships. More than half of the field is already booked and a great IRENE golf day is in the making. Please take up this opportunity to be part of this amazing event on 1 August 2014. Another Irene feast to look forward to is the Kaapse Hoop away weekend on the weekend of 14 October. Within 3 days, all of the accommodation was fully booked.

Have an awesome week. Hope to see you all at our social tomorrow, and more importantly, at our upcoming league race this Saturday where Sandra will treat you with our next edition 20 Year birthday cake.

Yours faithfully, Chris

Social evening

Time is really flying and it is time for our next social function again. It will take place tomorrow (Tuesday) evening after the time trials. Bring the whole family along. As always there will be a few lucky draw prizes to be won. The menu will be Lasagne & Garlic Bread at R30 pp.

League race

The Race for Friendship in Hatfield coming up this Saturday is the next league race. Please try to be there. We need as many members as possible to participate. Every finisher will earn points. We need our faster runners to make an impact in the super league. If all our faster ladies turn up they can still move to the top of the log.

As always there will be something to eat and we will also be able to enjoy this month's birthday cake. Sandra Steenkamp will be responsible for it.

Please see the notice board for the race details.

Irene "permanent" numbers

Please note that the permanent number badges for those members with 10 year membership or more, are available at the admin desk on Tuesday evenings.

Golf day

I want to appeal to all our members once again to support our golf day to be held on 1 August. The purpose is to raise funds for the relay to Laingsburg in order to raise funds for Jumping Kids. We are so privileged to be able to run/walk but here are many kids without legs. This effort from us can change the world for a kid.

Here is a story of one of the jumping kids:

Emile Burgers



Born / 22 October 2003

School / Sonitus School, South Africa

Lives in / Pretoria, South Africa

Story

Described as the extrovert between him and his twin brother, Emile Burgers was born with a right leg slightly shorter than the left, as well as no right foot. His leg was amputated below the knee at birth and he was fitted with his first advanced prosthetic when only eight months old.

Despite this, Emile is as active as his twin brother and participates in numerous sporting codes such as Softball, Athletics, Swimming and Golf.

You are no different to others. You can make a difference so, do not be afraid to be daring.

Since becoming a Jumping Kid Emile has...

- participated in rugby, cricket, swimming, athletics and horse riding
- been selected for his school's softball team. His team won the league in 2013

Visit their website at www.jumpingkids.org.za for more stories.

Comrades stories

No 1 – Nadene Visser

At the risk of sounding like an AA-introduction, my name is Nadene and I'm a swimmer. As a provincial level swimmer with 10 Midmars and 2 x Sabrina Love Ultra swims under my belt, running was a MAJOR move out of my comfort zone. I only started running in August 2011 and can honestly say that for a long time, could count the enjoyable training runs on less than two hands. Having a very experienced and passionate runner husband

at my side, training has been sensible and consistent from the start and my first marathon was the 2013 Kosmos in Secunda. At last year's Comrades Expo I (secretly) bought a Champion Chip and started working on getting my mind set right over the fact that running is just plain more strenuous on your body than swimming, even when you're swimming hard.

So putting the plan of action into place, I entered Kaapse Hoop, Two Oceans and Comrades all in one evening, printed out the confirmations and gave them to Louis. He's been nudging me for years to join him on the road so he was thrilled. Convincing my Mom that I wasn't set on killing myself was a significant hurdle that we tackled over a few cocktails on the beach in Lamu in December. Fortunately, Louis isn't a cowboy trainer and I do believe we managed to reassure her.

So training started in earnest early January and I diligently followed every single instruction I was given. Hills, time trials, LSD, sprints . . . you all know the drill. One afternoon on our way down from Klapperkop, Louis miss-stepped on a steep driveway and pulled the plantar fascia on his one foot. A little rest and back to the training and despite the pain, ran and finished the Two Oceans in the time he planned for us. However, on the Wally Hayward 21km, he finally picked up tears in the tendon that just couldn't heal before Comrades. We were both bitterly disappointed because it meant we wouldn't be running my first Comrades together! After all the kilo's put in, I couldn't give up and Pieter Reynecke, also not a cowboy, just as experienced, and our regular training buddy, was the one to take me through the 89ks.

Strangely, the actual race day was more awesome than awful. Make no mistake, it's flippin' far but there are so many things that made it WOW! As a novice, running with a green number at your side is quite cool and other runners often commented on it. The crowds are super and it was a treat to see familiar faces from many years ago on the route!

The abilities I have are God-given and without these, many prayers and His grace, it would have been impossible to finish. Then for Pieter who never gave up on me and literally ran every step at my side. Louis and Louise Reynecke performed a magnificent support job and I do believe with the experience Louise and I have, she had excellent advice for Louis! Just when you needed to see a familiar and special face, they were there and knowing how challenging it is to rush from spot to spot, I'm eternally grateful. Our three children became my "kamp-vegters" and were absolutely convinced it would be a great race. And most significantly, Louis has never given up on me, surreptitiously pushed me that little harder to outside of my comfort zone, trained me perfectly and believed in every kilometre I could run. Next year we're crossing that line hand-in-hand!

No 2 – Willie Marais

My Comrades – To be or not to be

Hierdie jaar het ek die Comrades ervaar met 'n ander perspektief. Ek het eers nie gedink dat ek hierdie storie moes deel nie, maar na aanleiding van 'n paar dinge wat gebeur het en ander mense se ervarings, het ek tot die slotsom gekom dat dit dalk nodig is.

My voorbereiding vir Comrades het heel gemiddeld gegaan. My doelwit was eenvoudig: Hardloop die Comrades in 11:00:05. Ek wou graag my versameling voltooi met 4 verskillende medaljes van die wedloop. En boonop het ek gespeel met die gedagte om daardie laaste rondte om die veld te voltooi met my seuntjie, van 6 maande, op my skouers. Dit was die plan. En alles het heel mooi verloop tot so 2 weke voor die wedloop.

Dit was op hierdie stadium dat ek net eenvoudig moeg was. Die tapering het heel volgens plan verloop. Maar net om nog seker te maak het ek nog so bietjie stadiger en so km of wat minder gehardloop. Die laaste week voor die tyd, die Maandagaand was 'n ligte 6 km. Wat my gevang het was, al het ek daardie 6km in amper 40minute gehardloop, het ek pootuit by die huis op die bank neergeval en aan die slaap geraak. Dit het my laat dink dat iets ernstig verkeerd was. Die Woensdag het ek besluit om met my hartmonitor te sien wat aangaan.

Die gedagte was om teen Comrades pas, $\pm 7:00/\text{km}$ te hardloop, vir 30 minute, met die verwagting dat die hart lekker sal galop teen $\pm 130/\text{min}$. Wat egter gebeur het was dat na 18 minute het hy gehardloop teen 80% van my max, oftewel 155/min. Toe stop ek, want toe weet ek hier is iets fout.

letwat in 'n toestand van paniek het ek vir Jacques Rossouw gebel om sy opinie te kry. Sy antwoord was eenvoudig: "Moenie Comrades gaan doen nie. Volgende jaar is nog 'n jaar!". En nog twee dokters verder, wat dieselfde vir my gesê het, was die besluit maklik, maar verseker nie lekker nie. Dit is nogal vreemd om te sê jy kan nie gaan hol nie, want jou gesondheid is belangrik, alhoewel ek geensins siek was nie. So gesond soos 'n vis in die water! Maar ek het geweet, jou hart is die een ding waarmee jy nie kan kanse vat nie. En die ding van Comrades is, dit is bitter, bitter moeilik om handdoek in te gooi ...

Toetse by die dokter twee later het niks opgelewer nie. Ek is nog steeds gesond soos 'n vis in die water. Ek raak nog steeds net maklik moeg wanneer ek gaan hardloop.

Maar ek weet dit: die besluit was die regte een. Ek kan nog vir jare die storie vertel. Die dr het wel vir my gesê dat indien ek wel sou besluit het om die Comrades te gaan doen, sou ek heel moontlik nie nou hierdie storie kon skryf nie. Gisteraand, toe ek my seuntjie hoor lag, toe weet ek, dat die lewe meer werd is om self te ervaar as die mooi herrinneringe aan jou van die wat agterbly indien die lewensdraadjie vir my geknip sou word.

Ek sal maar my medalje volgende jaar moet kry ...

Notice board

Saturday 5 July

Race for Friendship 5/10/21.1km
Race Organisers: Run Walk for Life
Venue: The Fields, c/o Hilda & Burnett Street, Hatfield
S 25°45'0" E 28°14'0"

	21.1 km	10 km	5 km
Entry fees	R 60	R 50	R 30
Start Time	07h00		07h10
Time Limit	03hrs		

Wheelchair athletes are welcome

Free T-shirts for the first 300 pre-entries

Pre-entries at: The Fields Centre Management Office from 2 June

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

Saturday 12 July

Afriforum Springbok Vasbyt 5/10/25 km

Race Organisers: VTM AK

Venue: Voortrekker Monument Picnic area

S 25.77690⁰ E 028.17747⁰

	25 km	10 km	5 km
Entry fees	R 80	R 60	R 30
Entry fees – GM – only on race day at the tables	R 40	R 40	
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 at 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 5/10 km

Race Organisers: Wingate Road Runners & Dutch Reformed Church, Garsfontein

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S25⁰47'24,44" E 28⁰17'43,22"

	10 km	5 km
Entry fees	R 50	R 20
Start Time - Runners	07h00	07h20
Start time - Walkers	07h15	07h20
Time Limit	2h30hrs	

Pre-entries at Garsfontein DR Church, Emmie Hartmann St, Garsfontein; Garsfontein Primary School; Run-A-way Sport; Running Inn

On-line entries: www.nggars.org.za

Saturday 26 July

Zwartkop Road Race - 5/10/21.1km

Race Organisers: Gereformeerde Kerk Wierdapark/Alpha Centurion Runners & Walkers

Venue: Zwartkop Lapa, Centurion

S 25°50'14.25 E 28°07'28.46"

	21.1 km	10 km	5 km
Entry fees	R 60	R 40	R 25
Race day entries	R 70	R 50	R 30
GGM / Blind & wheelchair athletes	Free		
Start Time	07h00		07h10
Time Limit	03hrs		

Come early – only one entrance gate
R55 upgraded – use to avoid congestion on R101

Pre-entries at Running Inn, Run-a-Way Sport, Sweat Shop Southdowns & Dunkeld, Sportmans Warehouse Centurion, Wannabee Clothing, UP Campus and Groenkloof Campus

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
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

No man in this world is rich enough to buy his own past. So live each moment of life.

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