

Irene News

31 March 2014

No 13- 2014

Achievements

Congratulations to the following members with their podium positions at the Denel race:

Zelda Breytenbach	1 st Lady & 1 st Vet lady – 21 km
Johannes Liebenberg	1 st Master – 21 km
Sandra Steenkamp	1 st Lady walker – 21 km
Elsa Meyer	2 nd Lady walker – 21 km
Lucia Willemse	3 rd Lady walker – 21 km
Jaap Willemse	3 rd Walker – 21 km
Mike du Bruto	1 st GM – 10 km

Well done also to Dirk Cloete who was the 1st Vet and 2nd overall in the Wild Dog Extreme 50 trail run.

Personal achievements

John Hoffman	PB – 21 km
Lydia Bond	first 1 km

Well done!

Please let me know of your personal achievements, don't be shy.

Personalia

The daughter of Chris and Isabel Koch won the 100 m hurdles event at the ASA National Schools Championships held in Polokwane over the weekend. The son of James and Zelna Black finished 5th in both the discus and hammer throw. Congratulations!

Congratulations to everybody celebrating their birthdays during the week.

Magriet	Marais	31-Mar
Marinda	Surridge	31-Mar
Cathy	van der Merwe	31-Mar
Charine	van Niekerk	31-Mar
Mike	de Wit	01-Apr
Holger	Hedelt	02-Apr
Simon	Nare	02-Apr
Lemao	Motaung	03-Apr
Vanessa	White	03-Apr
Tandile	Msiwa	04-Apr
Elaina	Munnik	04-Apr
Nic	Botha	05-Apr
Hendrik	Steynberg	05-Apr
Helen	Charalambous	06-Apr
Barend	Taljaard	06-Apr

Catering corner

A big BZ to Bertha and Maryke for the stunning Birthday Cake at yesterday's league race! The gauntlet has seriously been thrown down given the entries thus far. The next cake was pencilled in for the Solomon Mahlangu League Race in Mamelodi on the 12th April, with Belinda de Bruin volunteering to make it. However due to Loskop taking place on the same day, this will not be feasible. It has been decided to move the cake to the Exxaro race @ the Voortrekker Monument on the 26th April.

We do hope to see you at the social on Tuesday, and given the school holidays are upon us, there will be a separate menu for the kids, and a Bouncy Castle (weather permitting) as well, so please bring the whole family. Yours in Irene Elna & Stephen



For sale

All members now have the opportunity to buy some beer mugs, coffee mugs and wine glasses to celebrate the club's 20th birthday. The 20 year logo is engraved on all the articles. It can be bought at the club house from this Tuesday at only R20 each or R100 for 6. Stocks are limited so don't miss out.

Coach's corner

The club will be hosting the fourth talk entitled 'Acute infections in marathon athletes' on Tuesday the 15th of April at 19h00. Dr Anri van Tonder, a medical doctor will address the members on ways and means to prevent/treat acute infections. With increased mileage there is always the danger of getting viral infections – come and support this activity.

The week-end of the 5th of April is very important for Comrades runners to do their first real long run. This run should be done at your Comrades pace plus 30-45 seconds. The week-end of the Two Oceans the second long run should be planned. While doing the long runs, experiment with energy supplements in order to find the combination that works for you.

Happy running.

Jacques

Chairman's bit

Dear Irene,

Today's message is a very personal one, of a matter close to my heart. It was with tears in my eyes on Friday that I again realised that extreme hard work, unbelievable commitment, and faith in God can result in huge dreams being fulfilled. A very special young lady, my youngest, Lindie, fulfilled her great dream when she became the SA School champion in the u/19 100 meter hurdles. Apart from being a very proud parent and being so happy for Lindie, this joyous occasion made me take another look at how I approach my own "running" and the commitment I see daily in our great Irene members on the road/trails, in the gym, on the cycles and in the swimming pools.

With this new "spirit" in me, I took great pride in once again seeing the hard work and commitment during this weekend's races with so many of our members running and walking their hearts out. Let's all keep on supporting each other and let's all share in one another's dreams. I know that we are going to see great achievements and many fulfilled dreams in this year, especially at Comrades 2014. Just believe and get it done...

Have a great week. Yours faithfully, Chris

In the mailbox

Marisa Oosthuizen is looking for someone that she can run with in the mornings. Please contact her at marisa@nnr.co.za or 083 410 7612

Biokinetics services

Stephanie van Vuuren will be at the club on Tuesday evenings to render her services to interested club members. The fee will be R50 per 15 minutes. Make use if the opportunity.

WASHIE 2014

I am finalizing accommodation bookings at correctional services in East London tomorrow morning. Anyone interested should contact me today, otherwise you will have to make alternative arrangements.

The house sleeps 6 persons, and costing is approximately R80.00 p/p/per night.

Please forward me your name, tel No, email address and total number of beds needed.

Regards
Johnny van der Walt
081 428 1944

Loskop entries

A few of our members missed the cut-off to enter for Loskop. If there is anybody in the position to help with extra or unwanted numbers, please contact Wynand.

Comrades substitutions

The substitutions can be done from 1 April until 30 April. Members who indicated that they need entries will start getting info from tomorrow to finalize it.

Did you know?

Ryno Griesel, well known adventure racer, joined our club recently. He intends to run the Comrades for the first time this year. He and his partner broke the record of the Drakensberg Grand Travers last week.



The Drakensberg Grand Traverse, one of the world's great multi-day hikes, is set across some of South Africa's wildest mountain terrain. On Tuesday afternoon, exactly 41 hours 49 minutes after setting off Ryan Sandes and Ryno Griesel crossed the finish line having

shaved almost 20 hours off the previous record. They had run 204km non-stop.



Ryno is on the left of the picture

The pair set off from Sentinel Car Park at midnight local time on Sunday and crossed the line at Bushman's Neck Border Post some 41 hours and 49 minutes later on Tuesday afternoon.

As there is no set route for the DGT, one can choose any route, as long as it passes eight checkpoints along the way including The Chain Ladders, the Mont-aux-Sources summit at 3,282m and the highest of all the summits (and the highest point in Southern Africa) Thabana Ntlenyana Summit at 3,482m.

Both the athletes cited the sunrise from this summit as something that would stay with them forever. As Griesel said, "It was a special moment and we both stopped for a few seconds to appreciate the view. It was both inspiring and humbling to greet the day from such a vantage point."



Notice board

Saturday, 05 April - Ford - 21.1 / 10 / 5 km

Race Organisers: Ford Athletics Club

Venue: Ford Sports & Recreation, Silverton

GPS Coordinates: S 25°43'36.00" E 28°19'58.00"

	21.1km	10km	5km
Entry Fee	R70	R50	R30
Entry Fee (60+)	R35	R25	R15
Start Time	06h30	06h45	
Time Limit	03:00hrs		

Pre-entries: Run-A-Way Sport, Running Inn & Sportsmans Warehouse (Kolonnade & Atterbury Value Mart)

On-line

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

Entry Fee (GGM 70+)	Free	
Start Time	07h00	07h15
Time Limit	03:00hrs	

Pre-entries: Soshanguve PnP, Run-A-Way Sport, The Sweat Shop & Running Inn

On-line entries: www.entrytime.com

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.

Saturday, 12 April - Solomon Mahlangu - 10 / 5 km

Race Organisers: AGN

Venue: Moretele Park, Mamelodi

	10km	5km
Entry Fee	R50	R20
Entry Fee (60+)	R30	R20
Start Time	06h30	
Time Limit	02:00hrs	

Pre-entries: Run-A-Way Sport, Running Inn

On-line entries: www.entrytime.com

This is an AGN league race

Saturday, 19 April - PnP Soshanguve Morula Half Marathon and Fun Run - 21.1 / 10 / 5 km

Race Organisers: Morula Running Club

Venue: Soshanguve Pick n Pay Centre

	21.1km	10km	5km
Entry Fee	R60	R40	R20

2014 AGN LEAGUE FIXTURE LIST

EVENT	DIST	DATE	LEAGUE	
			RR	RW
Solomon Mahlangu	10 km	12/04/14	x	x
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

CG

12 April 2014

Germiston

SA's

25 & 26 April 2014

Rustenburg

Thought for the week

Happiness is enhanced by others but does not depend on others.

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Photo Corner
(Action from Denel)



