

Irene News

5 May 2014

No 18 - 2014

Achievements

Congratulations to the following members who earned podium positions at the Wally on Thursday:

Annemarie Kruger	2 nd Vet lady/4 th lady – 42 km
Sandra Steenkamp	1 st Lady walker – 42 km
Zelda Breytenbach	1 st Vet lady – 21 km
Jaap Willemse	2 nd Walker/1 st mast – 21 km
Gerard van den Raad	1 st GGM walker – 21 km
Elsa Meyer	1 st Lady walker/1 st GM
Lucia Willemse	1 st Mas lady/2 nd Lady – 21 km
Mike du Bruto	1 st GM – 10 km
Ansie Breytenbach	1 st Master lady – 10 km

The following members were on the podium at the Jakaranda race on Saturday:

Ansie Breytenbach	1 st Master lady – 10 km
Thea van der Merwe	2 nd Master lady – 10 km
Mike du Bruto	1 st GM- 10 km
Lucia Willemse	1 st Master lady walker 10 km
Sheren Naidoo	1 st Vet walker – 10 km
Sandra Steenkamp	1 st Lady walker/1 st M – 21 km
Elsa Meyer	2 nd Lady walk/1 st GM - 21km
Gerard van den Raad	1 st GGM walker/3 rd Man

Well done!

Congratulations also to Lyn de Bruin who was the 1st GM lady at the Wilge 21 km in Frankfort

Personal achievements

Marulette Erasmus	PB – 42 km
Jaap Willemse	PB – 21 km

Lucia Willemse	PB – 21 km
Nadine Breytenbach	PB – 21 km
Zelda Breytenbach	PB – 21 km
Martin Breytenbach	PB – 21 km
Bennie Roux	PB – 21 km
Gustav Botha	PB – 21 km
Nadene Visser	PB – 21 km
Peter Niksch	PB – 32 km
Annemarie Kruger	PB – 32 km



Annemarie Kruger, a new member, performed very well at the Wally Hayward race

Personalia

Tillie Kamper's mother passed away last week. Our condolences to her and her family.

Congratulations to everybody celebrating their birthdays during the week.

Carl	Viljoen	05-May
Simone	Du Plooy	06-May

Geoleen	Engelbrecht	06-May
Cobus	Engelbrecht	07-May
Caroline	Less	07-May
Clinton	Nicholl	07-May
Haupt	Beneke	09-May
Sheren	Naidoo	09-May
Marius	Smit	09-May
Nozitha	Nxumalo	10-May
Jaco	van Tonder	10-May
Werner	Zandberg	10-May
Johann	Jonck	11-May
Sarah	Munnik	11-May

Coach's corner

Four 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 one Klapperkop run on a Sunday just to get the final heat exposure you need. The 25 km run coming Saturday 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,

We had a fantastic day at the Wally on Thursday. Thank you to each and every member who assisted in creating another awesome Irene event, with a specific mention to all our "bus runners" running along with the trolley. Fun was had by all and to top it off, we also managed to collect quite considerable cash donations along the route with a traditional "blikkie skud", the proceeds of which will benefit our two charities. Thank you to Diederick who, I think, managed to collect the most cash.

Unfortunately all did not end well for Annemarie Breytenbach, who at the very end of the journey "clashed" with the trolley – as we entered the finish area. Our sympathies go to Annemarie, who required stitches after sustaining quite serious wounds on her legs. We hope and pray for a fast recovery and that this doesn't get in the way of your Comrades training. Annemarie, you were amazing along the route, and it was awful seeing you injured in such a way, but despite this all, you kept on being the friendly and energetic person we all know and love.

Yours faithfully, Chris

Comrades goody bags

Thank you to those of you who have responded to the request for Comrades goody bag items. We however require many more items.

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

Comrades garment

This year's Comrades garment, a beautiful and high quality Puma sweater, will be available at the club house on Tuesday evening to fit for size. Please make use of the opportunity. It is quite a large cut and may be too big for the small-framed ladies. There will be an alternative jacket available as well. Come and make sure you get what you want.

League results

With the Loskop and the CGA Masters Championships held on the same day as the last league race (Solomon Mahlangu), the attendance was obviously not very good. However, we managed to improve our position on the log and are now in 11th position. Thank you to all of you who participated.

Geo Cl Pos	Deloitte Pos	Denel Pos	Solomon Pos	Div 1 Club
2	1	1	1	Pmmc
4	1	3	2	Post Office
1	3	2	3	Vtm
6	5	5	4	Ace
5	6	4	4	Npo
8	4	7	6	Resbank
7	7	9	7	Csir
9	7	11	8	Aurecon
14	10	6	9	PvR
3	11	8	10	Overkruin
13	15	12	11	Irene
10	13	14	11	Phobians
17	11	9	11	Enduro
15	17	17	14	Agape
12	15	15	15	Hqh
16	7	13	16	Arcadia
11	14	16	17	Zwakala
19	18	18	18	RWFL
18	19	19	19	Arete
20	20	20	20	Fsb

It didn't go as well with the Super league. Both our men and ladies dropped with one position on the log.

Men

Geo Cl Pos	Deloitte Pos	Denel Pos	Solomon Pos	Male Club
3	1	1	1	NEDBANK
5	3	2	2	NEW BALANCE
6	4	2	3	POST OFFICE
1	9	4	4	PMMC
2	2	6	4	TRANSNET
14	6	4	6	TUKS
4	5	6	7	IRENE
10	14	10	8	ACE
7	10	14	9	AURECON
11	7	8	10	WINGATE

Ladies

Geo Cl Pos	Deloitte Pos	Denel Pos	Solomon Pos	Female Club
5	2	2	1	NEDBANK
1	1	1	2	NEW BALANCE
3	3	3	3	MAGNOLIA
2	3	5	3	TRANSNET
8	5	4	5	IRENE
10	9	8	6	CSIR
8	7	6	6	HQH
12	11	10	6	LOVE RUNNING
13	8	9	9	RUNNING INN
4	6	7	10	PHOBIANS

Well done to the following members who scored points in the Super league:

Men

NAME	CAT	TIME	POINTS
W NGWARIRA	snr	00:38:30	17

Ladies

A BREYTENBACH	mas	00:44:05	21
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Our walkers managed to hang on to their 1st position but are now joint leaders with Run Walk for Life.

Geo Cl	Deloitte	Denel	Solomon	Div 1
Pos	Pos	Pos	Pos	Club
1	1	1	1	IRENE
2	2	2	1	RWFL
3	3	3	3	PMWC
4	4	4	3	RWFL B
11	7	6	5	PHOBIANS
17	11	8	6	TRANSNET
5	6	5	7	ACRW
8	13	13	8	PPMK
6	10	6	9	IRENE B
9	8	9	10	MAGNOLIA

In the mailbox

Ek wil graag vir die Irene BUS sê baie dankie vir 'n wonderlike prettige FUN-RUN wat ons gehad het. Ons het rêrig soveel pret gehad, baie gelag en lekker gesing.

Na die kleine ongelukkie wil ek net vir almal baie dankie sê vir hul omgee en ondersteuning. Al die boodskappies en selfs op Facebook.

Frances, Cari en Hennie het my so mooi gehelp, hul was die hele tyd by my en het daar gebly tot die paramedic my wonde skoongemaak en verbind het. Ek wil net vir hul sê dit was great en ek waardeer hul hulp en ondersteuning so baie. Daar is voorwaar nie nog 'n klub met sulke cool runners soos Irene nie.

Beste groete

Annemarie Breytenbach

Comrades accommodation

UMHLANGA ROCKS (Noordkus)

Umhlanga Cabanas

26 Mei 2014 tot 2 Junie 2014

Maandag tot Maandag

2 Slaapkamers

2 Badkamers

4 Volwasse persone en 2 kinders mag slaap.

R550 per nag

Kontak: Joan 012 644 0575 of 082 328 2851

Post Ironman

WOW, WOW, WOW!!!! So the 2014 Ironman event is over. Have the memories faded yet? No ways! What an absolutely amazing experience. The entire city of PE is dressed up for the event. The locals come out in their thousands. They camp out on the beach front street and they are scattered along the 180km cycle route. What a beautiful city...and what amazing support.

We set out in the morning with what were apparently perfect conditions. I say "apparently" because for me the swim was just a little short of a nightmare. The sea had a current as well as chop. But, almost everyone made it out the water in the cut-off, so I guess I will have to take the organisers' word for it that it was good sea conditions. I think I swallowed half the sea and I suppose I will be back next year to swallow the other half! What makes it worse is you find out later that some people were actually vomiting in the water...and being at the back I must have swum through it!

Once on the bike the wind started to pick up, and BLOW it certainly did! They don't call PE the Windy City for nothing. After riding the full 180km, both I and my fellow training partners were cut off at the dismount and were unable to continue onto the run section. I must confess at the time I thought "thank goodness", but of course now the dust has settled I know I have to go back and get it right next time.

Despite the fact we did not make it, it was an awesome experience. To all the other Irene members, well done on an excellent performance in tough conditions. I turn 50 next year...I still want to hear those words, "YOU ARE AN IRONMAN". Cheers to 2015...

Belinda



Notice board

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

Saturday, 24 May - The Love Run - 21.1 / 10 / 5 km

Race Organisers: Love Running

Venue: Hatfield Christian Church, 551 January Masilela Drive, Menlyn, Pretoria East

GPS: S 25.797282° E 28.277395°

	21.1km	10km	5km
Pre-Entry Fee	R50	R40	R20

Entry Fee	R60	R50	R30
Entry Fee (GGM)	Free		
Start Time	06h45 (W) / 07h00 (R)		07h10
Time Limit	??hrs		

Free T-shirts to the first 1000 participants who enter at the Dealerships, Running Inn & Run-A-Way Sport (T's & C's apply)

No wheelchairs allowed

On-line

entries: www.entrytime.com www.mccarthyvw.co.za www.mccarthyaudi.co.za

Saturday, 31 May - Great Run - Series II - 10 / 5 km

Race Organisers: Global Athletics Club

Venue: Weskoppies Hospital, Pretoria West

	10km	6km
Entry Fee	R40	R30
Start Time	07h00	
Time Limit	??hrs	

Pre-entries: The Sweat Shop, Irene, Dunkfeld and Fourways Crossing,

Run-A-Way Sport, Running-Inn & AGN offices at Pilditch
On-line

entries: www.enteronline.co.za and www.greatrun.co.za

Monday, 16 June - Winter Warmer Road Race - 21.1 / 10 / 5 km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: ACRW Club House, Edinburgh Road, Clubview East, Centurion

GPS: S 24°50'13.3 E 28°10'32.4

	21.1km	10km	5km
Entry Fee	R70	R50	R30
Entry Fee (GGM)	R35	R25	
Wheelchair & blind athletes	Free		
Start Time	07h30		07h35
Time Limit	??hrs		

No baby strollers or dogs on leashes will be allowed on the 10 and 21.1km

Pre-entries: Running Inn, Run-A-Way Sport, Postnet
Quagga Centre, Pretoria West
On-line entries: www.entrytime.co.za

Run-A-way Sport, Running-Inn
On-line entries: www.nggars.co.za

Saturday, 12 July - Afriforum Springbok Vasbyt - 25 / 10 / 5 km

Race Organisers: VTM AK

Venue: Voortrekker Monument Picnic Area

GPS: S 25.77690° E 028.17747°

	25km	10km	5km
Entry Fee	R80	R60	R30
Entry Fee (GM Only on Race Day)	R40	R40	
Wheelchair & blind athletes	Free		
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: 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 - 10 / 5 km

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

Venue: Garsfontein Primary School, Zita Street, Garsfontein

GPS: S 25°47'24,44" E 28°17'43,22"

	10km	5km
Entry Fee	R50	R20
Start Time - Runners	07h00	07h20
Start Time - Walkers	07h15	07h20
Time Limit	02:30hrs	

Pre-entries: Garsfontein DR Church, Emmie Hartmann St, Garsfontein; Garsfontein Primary School

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

Obstacles are those frightful things you see when you take your eyes off your goal.

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Photo Corner (Fun at the Wally)





It was the first time in 7 years that Danie Joubert participated in an official race



Lucia Willemse on the podium at the Jakaraanda race



Sheren Naidoo on the podium also at the Jakaranda race

Joy Nicholl received the prize for the best hat