

Irene News

7 April 2014

No 14 - 2014

Achievements

Congratulations to the following members with their podium positions at the Ford race on Saturday;

Lyn de Bruin	1 st GM lady – 21 km
Elsa Meyer	1 st Lady walker – 21 km
Lucia Willemse	2 nd Lady walker – 21 km
Jaap Willemse	2 nd Walker – 21 km
Jeanette Loots	1 st GGM lady – 10 km

Personal achievements

Lydia Bond	First 21 km
Douw van Zyl	First 21 km
Miné van Zyl	PB – 21 km
Lydia Bond	First 21 km
Maruette Erasmus	PB – 32 km
Theuns Strecker	PB – 21 km
Cassie Calaca	First 10 km
Ann Calaca	First 10 km
Murray Steenkamp	PB – 21 km
Coenie van den Bergh	PB – 21 km
Lucia Willemse	PB – 21 km

Well done!

Congratulations to the following members who completed the Iron Man yesterday:

Neels Janse van Vuuren
Rinaldi Botes
Norbert Hannweg
Adri van den Heever
Jan van Wyk
Jaco van Tonder
Johan van Vuuren



The start of the Iron Man

Personalia



Peter van Heerden, a former member of Irene passed away due to organ failure. Our condolences go to his family.

Congratulations to everybody celebrating their birthdays during the week.

Travers	Snyman	07-Apr
Coenie	van den Bergh	07-Apr
Rinaldi	Botes	09-Apr
Ronel	Jooste	09-Apr
James	Eayrs	10-Apr
Lydia	Bond	11-Apr
Angela	Pottinger	12-Apr
Christa	Spoelstra	12-Apr
Alet	Fourie	13-Apr

League race

The Solomon Mahlangu race this coming Saturday is the next league race. With many of our members away for the Loskop race, the onus is now on the rest to ensure that we get ample league points. Please be there in big numbers. It is a well organised and safe race.

As always there will be something to eat after the race. With Belinda de Bruin also going to Loskop, her birthday cake will now stand over.

Mugs 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 this year's fourth talk entitled 'Acute infections in marathon athletes' on Tuesday the 15th of April at 19h00. Dr Anri van Tonder, a sports physician, will address the members on ways and means to prevent/treat acute infections. With increased mileage there is always the risk of contracting viral infections – come and support this activity.

The PVM sample packages promised to the members who attended the last talk, can be collected at the admin counter on Tuesday evening.

Please see the attachment on recovery

Happy running.

Jacques

Chairman's bit

Dear Irene,

After the closing date of applications for our 20 Year Serious Fun Run, scheduled for September 2014, we are still a few athletes short. I want to use this platform to

appeal to our great athletes to take up this once in a lifetime opportunity. Any athlete interested in taking part in the 7 day race, now formatted for each running pair to do only 20km of running every 20 hours or so, must please e-mail me or Wynand today, to have their names added to our list. I want to urge our members to help us make this event possible and a highlight in our 20 year Birthday celebrations.

On another topic, I want to congratulate all our Ironman competitors and finishers, what a great achievement. To all our Comrades runners – there is just a few more weeks of hard training left. Hang in there and keep going, especially with the last few high mileage weeks. Have a great week. Yours faithfully, Chris

In the mailbox

END OF AN ERA

I did 27 Consecutive Comrades runs. The dream/goal was 30 which ended on the 21st August 2013, but really blessed to have completed 27.

This 30 goal/dream all started during my 2nd run in 1988, where a runner in front of me was going for about his 20th, those days the amount of runs done were not all that clear on the race numbers, just there I decided to set my target for 30.....almost made it. Moral of the story is to set goals and go for it

I also just want to thank the club Irene for the support and friendliness I have experienced over the last 5/6 years that I have been a member, this has easily been the best years of my running career. Thanks guys

I wish you all a strong build up and enjoy the last couple of weeks of distance training, all going well I will look out for you at the Irene "pit stop" usually at Cowies.

Remember the saying "It's never over until the Fat Lady sings." Matfield against all odds has made a comeback, who knows Gibba could be back to complete the dream of 30.

Train, don't strain,

Gibba



Gibba's Comrades medals

Away weekend

Please note that the away weekend in May will not take place. One of the reasons is the recent flooding of Klein Kariba.

The away weekend for November however is something to look forward to. We will keep you informed about it.

Blind runner's request

Francois Jacobs is a blind runner who has been an Irene member over the past years. He hasn't renewed his membership this year because his running guide Allan Williamson has moved to Cape Town.

He is urgently looking for someone in the Doringkloof area who is prepared to run with him in the mornings or afternoons and the occasional race.

Francois is an example to all of us. Despite his handicap he tried to do another Iron Man yesterday.

Anyone who can help can contact him at 071 350 5278

Two Oceans after party

We will be having a Two Oceans after party at Blue Peter in Bloubergstrand on Saturday 19 April at 19:00.

Members who are interested in attending must please mail me at: training@irenerunner.co.za or sms me on 083 284 4884 so that I can make the booking.

Thank you

Joy

Notice board

Please take note that the Exxaro race scheduled for 26 April has been cancelled.

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
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

Monday, 21 April - Pick 'n Pay - The Grove Mall Run - 21.1 / 10 / 5 km

Race Organisers: Run Walk for Life

Venue: The Grove Mall, c/o Lynnwood & Simon

Vermooten Roads, Equestria

	21.1km	10km	5km
Entry Fee	R60	R50	R30
Start Time	07h00		07h10
Time Limit	03:00hrs		

Pre-entries at Total Sports at the Grove Mall

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

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 25o50' 58.60" E 28o09'54.32"

	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

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
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

Be kind to people on your way up because you are going to meet them again on your way down.

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Photo Corner
(Action from the Ford race)







Rainer Ludwig and his son did the Paris Marathon yesterday



Aiden Lundie receiving his prize as the youngest participant at the Zwartkop race