



22 April 2024 16/24

EDITORIAL

Our Comrades runners have been spoiled in the past with fantastic goodie bags. To do it once again we need your help. Thank you to those of you who have already indicated that you will contribute towards it. However, we still require many more items for the goodie bags.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goodie bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 100 goody bags.

We need it not later than 1 June, the evening when the goodie bags will be packed.

Make use of this opportunity and support our Comrades runners please.

Reply to this email if you can assist in any way.

PEPSI FOR SALE

There are only a few six packs left. It is available at only R80 per six pack. Get yours at the club house on Tuesday evening. Cash or card. First come first serve.

ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

Victor Phetoe
Sandra Steenkamp

2nd Male GM – Tshwane North 50 km
1st Female GM – Tshwane North 21km

PERSONAL ACHIEVEMENTS

Izaak van Niekerk
Janine Rädell
Tau Kgomongwe

Permanent number – Loskop Ultra
PB – 5000m Walk
PB – 10 km

Well done!

REGISTRATIONS 2024

Another 5 members registered during the week of whom all 2 were first time members. Welcome to all of you.

Members who haven't done so yet are requested to collect their new running vests/shirts on Tuesday. Come and make sure it fits. The licence numbers will also be available.

NEW MEMBERS

A warm welcome to the 2 members who joined last week. May you enjoy every moment with us. Be active members of this great family. We want to see your face as often as possible.

We would like to meet you personally and invite you to attend the time trials on Tuesday.



Vincent Perrier



Richard Reynolds

CAPTAIN'S CORNER

Congratulations to everyone that have completed the Loskop and BNAC Marathon. We hope everyone had a great race and the goals you have set were achieved. Please remember to share your PB's and stories.

Weekly Time Trials

Time Trials on Tuesday 23 April 2024 at 17H30 at the club, everyone must please start together. The time trial book will be available, please write your time in once you are done. Last week's results will be published soon.

Wednesday LSD

In celebration of the pink moon on 23 April 2024, the LSD for this week will be from the clubhouse on the ARC farm. There will be a road and trail run hosted. Please wear your pink Irene shirts.

Saturday Revolution Trail Run

There is no AGN race scheduled for Saturday, therefor we will run with Revolution at the clubhouse. You can run any distance you would like and for those preferring a trail run, there are various marked trail routes as well. We will start with Revolution Trails at 6:30. Please wear any Irene AC T-shirt.

Sunday Long Run

Magnolia Road Runners are hosting their annual long run. There are a planned 15km route which you can do 1, 2 or 3 times. It is a social long run, so no time keeping, no marshals and no medals. A flyer will be shared on WhatsApp.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene

Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Wednesday's LSD will be from the clubhouse. This is to celebrate the pink moon from the previous night.

Sunday's long run will be from Magnolia RR with their planned long run.

Mornings

Afternoons

Tue 23 Apr		Time Trial @ Irene Clubhouse 17:30	4 6 8 km
Wed 24 Apr		Midweek LSD @ Irene Clubhouse 17:30	10 - 15 km
Thu 25 Apr		Speed Session @ Irene Clubhouse 17:30	
Sat 27 Apr	Revolution Trails @ Irene Clubhouse 6:30	5 - 21 km	
Sun 27 Apr	Magnolia Long Run @Magnolia Road Runners 6:00	15 30 45 km	

For More Information

Johan
Nelius

081 851 3864
072 248 7698



TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 1 April to 28 April 2024

Short Term Goal: To achieve short term goals over the next few months. Complete the Two Oceans

Long Term Goal: To improve fitness, Attain Goal distance/PB, Complete Comrades 2024

DAY	DATE	Activity	Distance/Time	COMMENT
Mon	01-Apr	Core and Strength Training		Hour long session
Tue	02-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	03-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	04-Apr	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	05-Apr	REST		REST
Sat	06-Apr	Irene Running Festival	5/10/21km	Work Day
Sun	07-Apr	Irene Running Festival	48km	Race Day / Work Day
Mon	08-Apr	Core and Strength Training		Hour long session
Tue	09-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	10-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	11-Apr	Speed session	W/U, (400m Sprint, 200m jog) x 6-8, CD	Warm up before the session
Fri	12-Apr	REST		REST
Sat	13-Apr	Two Oceans / The Green Mile	56km : 4/8/16 Miles	Race Day
Sun	14-Apr	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	15-Apr	Core and Strength Training		Hour long session
Tue	16-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	17-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	18-Apr	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	19-Apr	REST		REST
Sat	20-Apr	Loskop / Tshwane North	50km : 5/21/50km	Race Day
Sun	21-Apr	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	22-Apr	Core and Strength Training		Hour long session
Tue	23-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	24-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	25-Apr	Speed session	W/U, (600m Sprint, 400m Jog) x 6-8, CD	Warm up before the session
Fri	26-Apr	REST		REST
Sat	27-Apr	Revolution Run @ Clubhouse	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Sun	28-Apr	Magnolia Long Run	15/30/45km	Long Run

LEGEND :

TERMINOLOGY

W/U	Warm Up - Easy Jog
C/D	Cool Down - Easy Jog
LSD	Long Slow Distance
(55 - 65% of max HR - Max HR estimate is Men:220 - age ; Women 228 - real age)	
Min	Minutes-Time not Distance
Easy	As in Long Slow Distance (LSD) - HR below 65%
Hills Repeats	(70-80% of max HR)
Quality session (Sprints)	85-95% of Max HR
Tempo	65-75% effort level
for Dist/Time - B= Beginner, I = Intermediate, A = Advanced	

For All Enquiries Regarding Training :

[Call/whatsapp on 081 851 3864 or 072 248 7698](https://www.whatsapp.com/channel/00299800000000000000)

This program is a guideline that can be followed for whatever your goal is for the year. It has the basic elements that are required in a training program. Contact us if you have a more specific requirement. The general program leads up to the major events like Two Oceans and Comrades and some adaptation will be required if these are not your goals.

If you are targeting the Akasia or other Marathon in January or early February, then I presume you have already built up a good base. Should you not be properly prepared for a January marathon then don't stress as there is still plenty time to work up to and achieve a qualifier.

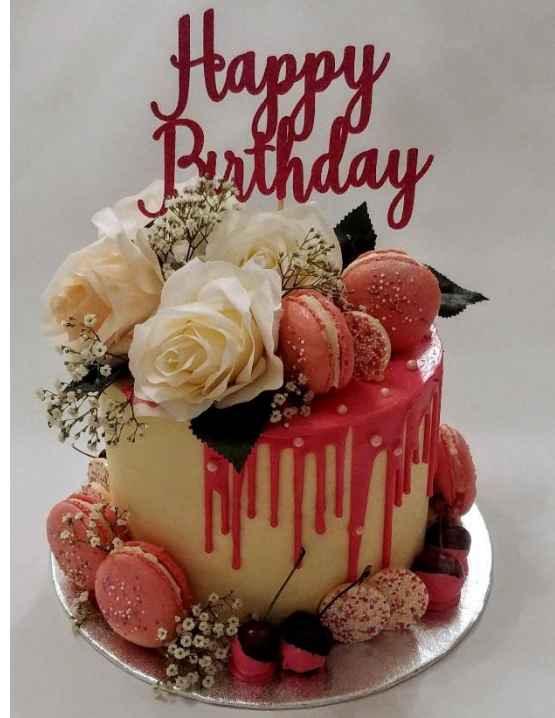
If you are looking at your first marathon, the focus must be on getting through it and enjoying it. The outcome will be the baseline to work from for future goals. Learn from it and adjust accordingly - seek advice from trusted sources. Below is a guideline that you should be achieving if you are intending to complete Comrades 2024.

Silver Training Guidelines :-	Bill Rowan Guidelines :-	Bronze Guidelines :-
8km - Sub 30:15 Minutes	8km - Sub 35:35 Minutes	8km - Sub 45 Minutes
21.1km - Sub 1h25 Minutes	21.1km - Sub 1h39 Minutes	21.1km - Sub 2h05 Minutes
42.2km - Sub 3 Hour	42.2km - Sub 3:30 Hour	42.2km - Sub 4h25 Hour

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week. Wishing you a very happy birthday and a splendid year ahead.

Sebongile	Chidi	Apr 23
Alan	Hyson	Apr 24
Lengosane	Modiba	Apr 24
Chester	Kirkwood	Apr 24
Matome	Ramachela	Apr 25
Nicole Kim	Mitchell	Apr 25
Renette	Prinsloo	Apr 26
Margaux	Lim Ah Tock	Apr 26
Retha	Knoetze	Apr 27
Nelisiwe	Mthembu	Apr 27
Willem	Landman	Apr 28
Leon	Els	Apr 28



IN THE MAILBOX

We are overwhelmed with gratitude for the generous donation from Irene Athletics Club of R 32,388.00 to CHOC Childhood Cancer Foundation South Africa, received on 2024/04/15. Your donation is an incredible show of support that will make a real difference in the lives of children and teenagers diagnosed with childhood cancer or life-threatening blood disorders, and their families.

Your kind-heartedness has already started to make a positive impact in the lives of our beneficiaries. Your donation helps us to provide patient-facing, psychosocial and emotional support, as well as early detection programmes, which we could not do without your generosity. We thank you from the bottom of our hearts for giving these brave warriors the opportunity to holistic care needed throughout their journey.

We understand that this is a difficult time for our children, teens and their families thus your donation enables us to provide the necessary care and support needed to make their journey less burdensome. Your generous donation is a true testament to your commitment in making a positive impact on our community.

"My name is Belinda, and I am a cancer survivor. I was diagnosed with Hodgkin's lymphoma when I was 11 years old. I received 6 cycles of chemotherapy treatment. There are so many fears you face and often we ask why. Today I am much much older, I have two boys of my own and have been working as registered nurse in the paediatric oncology ward for almost 18 years. I absolutely love the work I do and the kids that I work with. Every single one is such an absolute blessing and special. I love their bold heads and their smiles even when it is hard and even when it hurts, they still smile. The other day one of the kids told me "I am too blessed to stress". How many people when they ask why things happen to them have the privilege to have the answer. Why did I have to get cancer and go through chemotherapy? Well, the answer is simple. So that I can understand what the little ones in our ward go through so that I can understand the battle they face every day, the pain they endure sometimes with big crocodile tears and sometimes even with a smile. We must keep hope alive every day in the lives of these little fighters and their families." - Belinda Austin, Paediatric Oncology Registered Nurse at Netcare Unitas Hospital

Once again, we express our sincere gratitude for your generous donation. You have given hope to so many children and their families, who now have a better chance of getting through this difficult time with support from CHOC Childhood Cancer Foundation South Africa.

To learn more about CHOC, visit our website at www.choc.org.za

THOUGHT FOR THE WEEK

Today, many will choose to leave the ghost of yesterday behind and seize the immeasurable power of today. Why not you?

BAR NEWS

There will be fires for those who want to braai.



NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

27 APRIL 2024



ROAD RUN OR TRAIL RUN



2KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 06H30
ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT: 083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM



MAGNOLIA ROAD RUNNERS PRESENTS

THE LONG RUN

SUNDAY 28 APRIL | 6:00

- 1 LAP - 15KM
R100
- 2 LAPS - 30KM
R120
- 3 LAPS - 45KM
R180

ENTER TODAY

WWW.MAGNOLIAROADRUNNERS.CO.ZA

Live your way



Wednesday, 1 May 2024

Centurion Rugby Club

270 West Ave, Die Hoewes,
Centurion,
Next to SuperSport Park



	EARLY BIRD ENTRY FEE:	CAPPED ENTRIES:
42.2 km	R 300	4 000
21.1 km	R 200	3 000
10 km	R 150	2 000
Fun Run	R 50	1 000
Kiddies Dash	R 20	-

Early Bird Entry Fee (NO increase from 2022)
1 January 2024 to 29 February 2024

Online registrations at
www.active.com
or scan the QR code



ONLINE ENTRIES ONLY
NO 10km, 21.1 km or 42.2 km entries on
race day (unless the entry cap has NOT
been reached).
Online entries close on 15 April 2024.

10x
R10 000
Cash
Prizes!



Last Comrades Qualifier
in Gauteng

www.wally.co.za



Wally Hayward

www.finishline.co.za

www.active.com



Enter the Wally and get an obligation free quote to get
into the draw. T's and C's apply.

Click the button or visit
www.miway.co.za/campaign/miway-wally-hayward-marathon-2024
to get your obligation free quote and for the T's & C's.



40th Commemorative Jackie Mekler Memorial Race 2024



25
kms

10
kms

5
kms

04 May 2024

**ATHLETICS GAUTENG NORTH
ROAD RUNNING RACE/WALK**

Hosted by -
Pretoria Military Marathon Club

Venue - Pretoria Military Sportsground
Thaba Tshwane (Voortrekkerhoogte)





AGN LEAGUE



Love to Run 5/10/21 KM

11 May 2024

New Venue !!!

The Glen High School
Garstfontein Road, Pretoria

PRE-ENTRIES from 15 March 2024 – 7 May 2024

Online entries: <https://www.entryninja.com/events>
Run-Away-Sport: 012 - 361 3733

Late entries: On collection dates or race day at an additional cost of R20

Entry Fees	21.1km	10km	5km
All categories	R240	R150	R70
70+	Free	Free	Free
Temporary licences	R60	R60	N/A

RACE NUMBER COLLECTION

Hatfield Christian Church

9 May 9h00 - 17h00 - 10 May 9h00 - 13h00

The Glen High School

10 May 14h00 - 18h00 - 11 May 5h00 - 7h00

PHOTO CORNER



Anna Harris and Magda Brits at the time trials on Tuesday



The start of the time trials



Joy Dekker, Liesel Anderson and Henk Basson relaxing before the Loskop



A very proud Izaak van Niekerk with his permanent Loskop number