



11 March 2024 10/24

EDITORIAL

Our members are requested once again to make use of our facilities at the AGN races. Your tog bag is safer at the Cara-Fun than in your car. Enjoy a free cup of coffee and a rusk. Buy something cold after the race and get to know each other. Be part of the Irene family.

ACHIEVEMENTS

The following members were on the podium over the weekend:

| | |
|-----------------------|--|
| Annatjie Greyvenstein | 1 st Female GGM – Bobbies 10 km |
| Mike Gibbons | 1 st Male GGM – Bobbies 10 km |
| Lucia Willemse | 1 st Female walker – Bobbies 10 km |
| Elsa Meyer | 1 st Female walker – Bobbies 21 km |
| Holger Hedelt | 3 rd Male master – Bienwald Marathon |
| Sandra Steenkamp | 1 st Female GM – Race to Gender Equality – 21 km |
| Ansie Breytenbach | 3 rd Female SAMA GM – SA 10 km championships & Member of the winning GM team |

Annatjie Greyvenstein received the prize for the oldest participant in the Cansa Relay 2024

Congratulations!

REGISTRATIONS 2024

Another 7 members registered during the week of whom 5 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 5 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.



Arné Marais



Corné Pohl



Jackson Manasoe



Michael Egen



CAPTAIN'S CORNER

Weekly Time Trials

Time Trials on Tuesday 12 March 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 Run

This Wednesday the LSD run will be from ECHT Coffee in Pierre van Ryneveld. Please join and show your support afterwards.

Sunday Long Run

This Sunday we will all complete 1 lap of the 48km Irene Festival Ultra Marathon – 24km. Everyone must please join, runners and walkers. There will be sufficient support along the route as well as groups to ensure everyone is safe. More details to follow in the week.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene

Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Saturday is The Moo'se Race from Irene Mall as well as the popular **Om Die Dam** from Hartbeespoort High School.
Sunday is a club run where we all will complete **1 lap** of the **48km Irene Festival Ultra Marathon**.

| | Mornings | Afternoons |
|----------------------|--|--|
| Tue 12 Mar |  | Time Trial @ Irene Clubhouse 17:30 4 6 km 8 |
| Wed 13 Mar | ECHT | Midweek LSD @ ECHT Coffee Pierre van Ryneveld 17:30 10 - km 15 |
| Thu 14 Mar |  | Speed Session @ Irene Clubhouse 1:30  |
| Sat 16 Mar | The Moo'se Race @ Irene Mall 6:00 5 10 km 21 | Om Die Dam Ultra Marathon @ Hartbeespoort High School 6:00 8 50 km |
| Sun 17 Mar | Irene Festival Long Run Join for 1 lap of the 48km. @ Irene Race Venue 6:00 24 km |  |

For More Information

| | |
|--------|--------------|
| Johan | 081 851 3864 |
| Nelius | 072 248 7698 |

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 4 March to 31 March 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 | 04-Mar | Core and Strength Training | | Hour long session |
| Tue | 05-Mar | Time Trial | B = 4km. I & A = 8 km | TIME TRIAL - Refer Legend |
| Wed | 06-Mar | Midweek Long Run | B = 30 Mins, I = 60 Mins A = 90 Mins | LSD - EASY |
| Thu | 07-Mar | Hill repeats | B = 6 x 300m, I = 6 x 400m, A = 8 x 400m | Warm up before the session |
| Fri | 08-Mar | REST | | REST |
| Sat | 09-Mar | BUCO Bobbies 3-in-1 | 5/10/21km | Race Day |
| Sun | 10-Mar | LSD | B = 60 Mins, I = 90 mins, A = 120 Mins | Long Run |
| Mon | 11-Mar | Core and Strength Training | | Hour long session |
| Tue | 12-Mar | Time Trial | B = 4km. I & A = 8 km | TIME TRIAL - Refer Legend |
| Wed | 13-Mar | Midweek Long Run | B = 30 Mins, I = 60 Mins A = 90 Mins | LSD - EASY |
| Thu | 14-Mar | Speed session | W/U, (400m Sprint, 200m jog) x 4-6, CD | Warm up before the session |
| Fri | 15-Mar | REST | | REST |
| Sat | 16-Mar | ODD and Moo'se Race | 8/50km : 5/10/21km | Race Day |
| Sun | 17-Mar | LSD | B = 60 Mins, I = 90 mins, A = 120 Mins | Long Run |
| Mon | 18-Mar | Core and Strength Training | | Hour long session |
| Tue | 19-Mar | Time Trial | B = 4km. I & A = 8 km | TIME TRIAL - Refer Legend |
| Wed | 20-Mar | Midweek Long Run | B = 30 Mins, I = 60 Mins A = 90 Mins | LSD - EASY |
| Thu | 21-Mar | Right to Run/Walk | 5/10/21km | League Race |
| Fri | 22-Mar | REST | | REST |
| Sat | 23-Mar | Overkruin Race | 5/15/32km | Race Day |
| Sun | 24-Mar | LSD | B = 60 Mins, I = 90 mins, A = 120 Mins | Long Run |
| Mon | 25-Mar | Core and Strength Training | | Hour long session |
| Tue | 26-Mar | Time Trial | B = 4km. I & A = 8 km | TIME TRIAL - Refer Legend |
| Wed | 27-Mar | Midweek Long Run | B = 30 Mins, I = 60 Mins A = 90 Mins | LSD - EASY |
| Thu | 28-Mar | Hill repeats | B = 6 x 300m, I = 6 x 400m, A = 8 x 400m | Warm up before the session |
| Fri | 29-Mar | REST | | REST |
| Sat | 30-Mar | Revolution Run @ Clubhouse | B = 60 Mins, I = 90 mins, A = 120 Mins | Long Run |
| Sun | 31-Mar | City 2 City | 50km | Race Day |

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/002998513864)

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 :-

8km - Sub 30:15 Minutes
21.1km - Sub 1h25 Minutes
42.2km - Sub 3 Hour

Bill Rowan Guidelines :-

8km - Sub 35:35 Minutes
21.1km - Sub 1h39 Minutes
42.2km - Sub 3:30 Hour

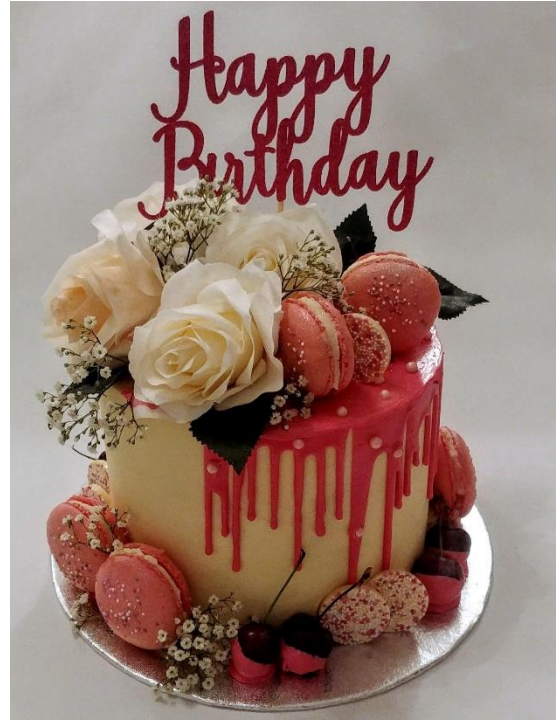
Bronze Guidelines :-

8km - Sub 45 Minutes
21.1km - Sub 2h05 Minutes
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.

| | | |
|---------|--------------|--------|
| Kevin | Rodwell | Mar 13 |
| Sune | Van der Walt | Mar 14 |
| Marleen | Rolland | Mar 15 |
| Moagisi | Mathekga | Mar 15 |
| Joy | Dekker | Mar 16 |
| Yolande | Cowley | Mar 16 |



THOUGHT FOR THE WEEK

Action may not always bring happiness, but there is no happiness without action.

BAR NEWS

There will be fires for those who want to braai.



NOTICE BOARD

ARC IRENE RUN/WALK
16 MARCH 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

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Discovery
Vitality

REVOLUTION
TRAILS



Irene
Athletics Club

**CLUB
RUN
WALK**

06:00

**24
km**

17 MARCH

1 LAP OF 48KM ROUTE



The Moo'se Race

5km, 10km or 21,1km

16 March '24

Join us at **Irene Village Mall** for a
Moo'se Road Race, with
Wingate Road Runners!

Saturday, 16th March '24 | 06h00 - 09h30

Online entries available at

www.entryninja.com

Entries close Tuesday, 12th March 2024.



Proudly brought to you by:


WINGATE



Irene
Village Mall



Onthysake



ATHLETICS

GAUTENG NORTH

IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET

28th RIGHT RUN WALK

proudly brought to you by



ARCADIA
RUNNING CLUB



Athletics
Gauteng North
LEAGUE RACE

the grove
mall

Cnr. Lynnwood & Simon Vermooten, Equestria, Pretoria

21
March
2024

5 km
10 km
21.1 km

STARTING TIME 07:00

**PRE ENTRIES FROM
8 FEB 2024**



Enquiries

☎ Race office James 082 566 1595 Paul 082 200 4219

verkruin
ATLETIEKLUB
2024 BEAST RACE

5KM | 15KM | 32KM

23 MARCH 2024

15KM & 32 KM 06:00 | 5KM FUN RUN 06:15

HOËRSKOOI OVERKRUIN
127 BRAAM PRETORIUS
STR
SINOVILLE

ENTRY FEES:

5 KM R50
15KM R160
32KM R200

TEMPORARY LICENSE FEES: R60
SECURE SCHOOL PARKING R20



ENTER NOW!

1. Online entries: www.entryninja.com/events/80011-overkruin until 19 March 2024
Online entries can be collected on 22 & 23 March at Hoërskool Overkruin
School sport grounds Lapa
No Temp license is required for the 5km.
2. Run-A-Way sport, 302 Freesia str, Lynnwood, Pretoria (Tel: 012 361 3733) until 22 March 2024
3. Tshwane Running, shop 192 Vinko str, Sinoville, Pretoria (Tel: 076 929 7384) until 22 March 2024
4. Hoërskool Overkruin Lapa on main sport fields on 22 March from 15:00 - 18:00
5. On race day at Hoërskool Overkruin Lapa on main sport fields on 23 March from 04:30 - 06:00



ENTRIES CAPPED AT 2500



**Athletics
Gauteng North**



CHOC

Childhood Cancer Foundation
South Africa

"Keeping more than hope alive"



IRENE RUNNING FESTIVAL

6 & 7

April 2024

Entries close Sunday,
31 March 2024

Irene Athletics Club presents

Limited to 3000 entries per event
Electronic Timing, Staggered start

MEDALS TO ALL FINISHERS

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za

Tel: 082 331 2236

Ideal seeding opportunity.
Qualifying time is **5 hours 50 minutes** (same as for 50km),
but with 2km less to run.
Mat to mat timing

5km

10km

21km

**21km AGN
championships
6 April**

**Irene Ultra
48km
#TheQualifier**



Online entries only
www.entryninja.com

**T-shirt available to
purchase @R260**

**PRE- ORDER
ONLY!**

Mat to Mat Timing



PRE-ENTRIES ONLY

- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Decathlon Bryanston: 076 874 7789
- Decathlon Centurion: 010 880 1845
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

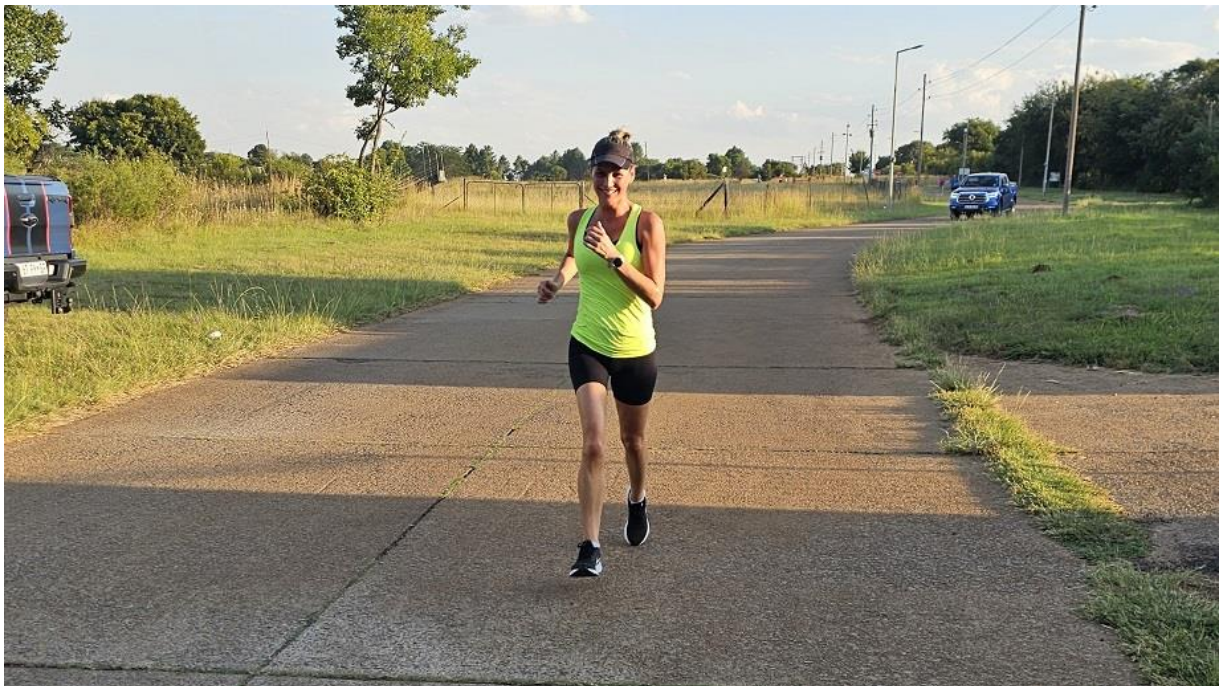


**Dry fit
material.**

PHOTO CORNER



The start of the time trials last week



Amy Bridger in action



Arné Marais Renette Prinsloo and Tjaart van Wyk



Corné Pohl



Lisinda van Zyl



Martin Motaung



Linky Makgahlela



Social evening is free burger evening



Everybody in a relaxed mood



A beautiful evening once again



Corné Pohl and Arné Marais enjoying their first social evening



Amy Bridger with her dad Tony



Amy's daughter was the dancing sensation at the social evening



Willie Jordaan and his family. This what we want to see on the social evenings



The Gottschalk family at the Bobbies race



Laurinda Koch and Lynette Gough



Podium winners Annatjie Greyvenstein and Lucia Willemse



The 3 Irene members representing AGN at the SA 10 km championships: Anna Harris, Ansie Breytenbach and Jacquie van der Waals