



12 August 2024 32/24

EDITORIAL

The number of entries for the 2nd edition of the Irene Winter Series last Wednesday was very disappointing. Let us all work together and put in a big effort to make the third one a big success. We need your support please.

SERIOUS about our run
Flexible start times
irene

IRENE WINTER NIGHT SERIES

70 years
IRENE

Event 3
4 Sep '24
@ Irene AC
17:30 - 18:00

5KM & 9KM FUN RUN

Headlamps Advisable

Enter for any 2 of the 3 events:

- Receive a **FREE** entry for the birthday bash
- Stand a chance to win amazing prizes (at the bash)
- Receive a special IAC birthday medal (at the bash)

Contact: Johan van Vuuren
081 851 3864

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Quagga Road Race on Saturday:

Melani Swart
Retha Knoetze
Keith Reynolds

1st Female master – 10 km
1st Female walker – 10 km
1st Male walker – 21 km

SOCIAL EVENING

Irene Social 13 August

**PANCAKE
EVENING!**

**Come and enjoy a savory or
sweet pancake made by our own
Irene Male Cooks!**

And then...



**IT'S
KARAOKE
TIME!**



**Free shooter before you sing,
just to warm your voice box!**

**LOTS OF PRIZES!
LOADS OF FUN!**

CAPTAIN'S CORNER

Thank you to everyone who has joined for our 2nd Winter Night Series Event. Unfortunately, the numbers have reduced from our first event. We please request from each member to make an effort to join in our last event on 4 September 2024.

Please diaries the following important events for the rest of the year.

- PVR Night Race – 28 August 2024 (**10km Club Champs**)
- Irene Winter Night Series Event 3 – 4 September 2024
- Irene 30th Birthday Bash – 4/5 October 2024
- Cape Town Marathon – 20 October 2024
- Irene Farm Road Race – 26 October 2024
- Kaapsehoop Marathon – 2 November 2024
- Soweto Marathon – 3 November 2024
- Jacaranda Marathon - 9 November 2024 (**42.2km Club Champs**)

Weekly Time Trials

From this week onwards, the time trial book will fall away and only the QR Code will be available to log your time trial result. There will be a few QR Codes available at the clubhouse. Please scan and record your results as you finish. Results will be published weekly.

Cross Country

This week is the AGN Cross-Country Championships at Lavender Kontrei Market. You are welcome to run should you want to see what the Cross-Country is all about.

Please fill in the form attached by 12 August 2024 before 12pm and pay your registration fee as per details on the form.

<https://forms.gle/mbf3PUA1h3aFxKwA9>

You are also more than welcome to support the Irene members who will be running and then attend the market afterwards.

- 17 August AGN Cross-Country Championships
- **7 September ASA National Cross-Country Championships**

Sunday Long Run

Join us for the Sunday Long Run at Castle Gate Shopping Centre from 6:30am.

10km Club Championship

This year our 10km Club Championships will be at the PVR Dorpsfees Night Race. The Championship is for all ages.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene

Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Tuesday Time Trials.
Saturday is the Cross-Country AGN Championships and a run with Revolution Trails at the clubhouse.
Sunday we will return to Klapperkop for a hilly run.

Mornings		Afternoons	
Tue 13 Aug		Time Trial @ Irene Clubhouse 17:15	4 - 6 km 8
Wed 14 Aug		Social Run @ Centurion Theatre 17:15	8 - 10 km
Thu 15 Aug		Hill Repeats @ Irene Clubhouse 17:15	7 - 9 km
Sat 17 Aug	AGN XC Championships @ Lavender Kontrei Market 7:00 	Revolution Run @ Irene Clubhouse 7:00 	
Sun 18 Aug	Klapperkop Long Run @ Castle Gate Mall 6:30		10 - 15 km 

For More Information

Johan	081 851 3864
Nelius	072 248 7698

PERSONALIA

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

Pieter	Jordaan	Aug 12
Mark	van Deventer	Aug 12
Anita	de Jager	Aug 13
Cuthbert	Mamabolo	Aug 16
Byron	Forsberg	Aug 17
Merinda	Kamfer	Aug 18



BAR NEWS

Don't miss out on the pancake evening!!!



THOUGHT FOR THE WEEK

Taste your words before you spit them out.

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 5 August to 8 September 2024

Short Term Goal: Build-up some speed during the next 8 weeks.

Long Term Goal: Build up endurance to run a marathon at the end of October and/or beginning of November.

DAY	DATE	Activity	Distance/Time	COMMENT
Mon	05-Aug	Core and Strength Training		Hour long session
Tue	06-Aug	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	07-Aug	IRENE WINTER NIGHT SERIES	5/9km	Race Day
Thu	08-Aug	Speed session - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	09-Aug	REST		REST
Sat	10-Aug	QUAGGA ROAD RACE	5/10/21.1/32km	Race Day
Sun	11-Aug	Long Run	15km	Long Run
Mon	12-Aug	Core and Strength Training		Hour long session
Tue	13-Aug	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	14-Aug	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	15-Aug	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	16-Aug	REST		REST
Sat	17-Aug	RUN WITH JAC (SWARTKOP LAPA)	5/10/21.1km	LEAGUE RACE
Sun	18-Aug	Long Run	10km	Long Run
Mon	19-Aug	Core and Strength Training		Hour long session
Tue	20-Aug	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	21-Aug	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	22-Aug	Speed sessions	Interval Training	Warm up before the session
Fri	23-Aug	REST		REST
Sat	24-Aug	Long Run	20km	Long Run
Sun	25-Aug	ABSA RUN YOUR CITY	10km	Race Day
Mon	26-Aug	Core and Strength Training		Hour long session
Tue	27-Aug	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	28-Aug	PVR NIGHT RACE	5/10 km	10KM CLUB CHAMPS
Thu	29-Aug	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	30-Aug	DAWN TO DUSK	100Miler / 24hour	Race Day
Sat	31-Aug	DAWN TO DUSK	12hour	Race Day
Sun	01-Sep	Long Run (For those not doing D2D)	15km	Long Run
Mon	02-Sep	Core and Strength Training		Hour long session
Tue	03-Sep	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	04-Sep	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	05-Sep	Speed sessions - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	06-Sep	REST		REST
Sat	07-Sep	BROOKLYN ROAD RACE	5/10/21.1/33km	Race Day
Sun	08-Sep	Long Run	20km	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)

Winter is almost over and it is definitely time to dust off the running shoes.

The 10km Club Championships is on 28 August, which is all about speed.

The next few months are a great opportunity to work on some speed while you are preparing for your marathon towards the end of October and beginning of November. Our 42.2km Club Championships is also on 9 November 2024.

Tuesday's are time trials, which is an ideal opportunity to work in some speedwork and interval training.

Wednesday's we have our social runs for your weekly easy session.

Thursday's we have quality sessions which will focus on speed and hill training.

Saturday's are race days which you can either use as a fast short or long run.

Sunday's we have our social runs which will focus on endurance.

Join in the weekly training sessions and let's all work together towards our goals.

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

NOTICE BOARD

ARC IRENE
SUNSET RUN/WALK
2KM, 5KM & 10KM
ROAD RUN OR TRAIL RUN
You choose which one
14 AUGUST 2024
GROUP START @ 16H30
OR REGISTER AND START ANYTIME BETWEEN
16H30 TILL 18H00
Discovery
Vitality
BUY TICKETS ONLINE
WWW.REVOLUTIONTRAILS.CO.ZA
or ON-THE-DAY
VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT:
REVOLUTIONTRAILS@GMAIL.COM | 083 264 3931

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS



ARC IRENE RUN/WALK
17 AUGUST 2024
ROAD RUN OR TRAIL RUN
3KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 07H00
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

Discovery
Vitality

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Athletics
Gauteng North

PvR DORPSFEES NIGHT RACE

WEDNESDAY
28 AUGUST 2024
Entries open 1 July 2024
www.entryninja.com

Temporary license required for
non-registered athletes on the 10km
- R 60

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	CUT OFF TIME	LATE ENTRIES
10km	R140	18:30	14 yrs	20:30	R150
5km	R60	18:30	9 yrs	20:30	R70

- The race will take place under the rules of WA, ASA and AGN and all participants must wear club colours, except when participating with a temporary license.
- Athletes who do not adhere to the rules will be disqualified.
- All athletes in the 10km race must wear a valid 2024 license number, front and back.
- If issued with a race number, this must be worn on the front of the vest and may not cover the sponsor's logos on the license number. Temporary license must be worn on the back of the running top.
- No license required for the 5km race.
- Athletes participating without buying a race entry will be disqualified.
- No seconding is allowed.
- All traffic officers and officials instructions must be obeyed.
- Timing for Discovery Vitality Points.
- Time limit is two (2) hours for all athletes. Last runner / walker must finish by 20:30.
- Dogs and prams allowed on the 5km route only, with a water point provided.
- No blades, cycles or mechanically operated devices are allowed in the race.
- No iPods or listening devices are allowed in the race.
- Head lamps are advisable.
- All athletes participate solely at their own risk and the organisers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during, or as a result of the race
- Medical support will be available.

Online entries at www.entryninja.com

Entries close 26 August 2024

No prize money - medals for all finishers

Race number collection & late entries

Pierre van Ryneveld Geloofs familie

14 Baltimore Road, Pierre van Ryneveld

- 27 August 2024 strictly from 16:00 until 19:00

- 28 August 2024 strictly from 15:00 until 18:15

Secure parking for all athletes:

cnr Mustang Ave & Blenheim Road

Pierre van Ryneveld (Open field)

No athletes will be permitted to drive in Baltimore Road

Athletes with club gazebos need permission to drive to the finish in Baltimore Road and must be set up before 17H30

Race enquiries: Johan van Vuuren - 081 851 3864

In case of unforeseen cancellations,
no refunds will be granted



Start collecting your
PvR Night Race
Airplane Medalals

Athletes, join us for a "braai & kuier" afterwards
Wood for the braai will be provided

A festival not to be missed

Hosted by Mad Monkey Adventures in partnership with Irene Athletics Club.

This race will serve as our club 10 km championships

Trene



Athletics Club

10KM CLUB CHAMPIONSHIPS



28 August

@

18:30



PVR NIGHT RACE

10KM





ULTIMATE FAST CHALLENGE RACE

5KM | 10KM

RACE STARTS AT 7:00



@ KOLONNADE
RETAIL PARK

Don't Miss It

31 AUGUST 2024

Online Entries @
www.entryninja.com

ENTRY FEE:
Temporary License: R60
5KM: R80
10KM: R150

Enquiries: Lesetja (076 120 2388) / Concelia (082 342 8076)



RUN & WALK
STARTING TIMES
33km 6.00am
21km 6.00am
10km 6.00am
5km 6.10am

BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

7 SEPTEMBER 2024

START IN DEY STREET & FINISH IN BRONKHORST STREET, BROOKLYN MALL

www.entryninja.com



IN MEMORY OF ANDREW GREYLING

SCAN TO REGISTER ONLINE



BROOKLYN MALL  BROOKLYN SQUARE
Tel: 012 346 1063 | www.brooklynmall.co.za

PRETORIA MILITARY

Marathon Club

Presents

Spirit of Flight Race

10 KM RUN/5 KM Fun Run

600 VITALITY POINTS ONLY FOR 10KM

NO POINTS FOR 5KM

1500 SPECIAL MEDALS



24 SEPT 2024 @ 06:30
AIR FORCE BASE SWARTKOP, VALHALLA



Athletics
Gauteng North

ONLINE ENTRIES FROM 10 JULY - www.entryninja.com (Until 17 SEPTEMBER 2024)



LEBO NKU - 072 331 8586/JACKIE MOTIMELE - 076 348 9440

KATLEGO PHENYA - 083 701 1046/MODISE MADIKAZI - 083 472 4453

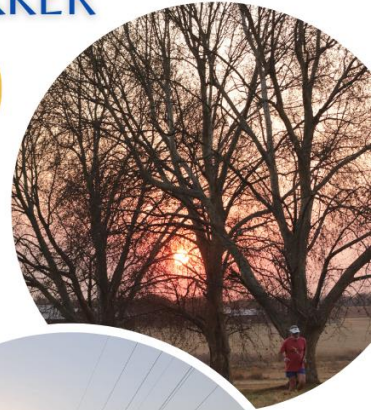
IRENE FARM BACKYARD ULTRA

"Geniet dit!"
It's like
"LEKKER"

28 SEPTEMBER 2024

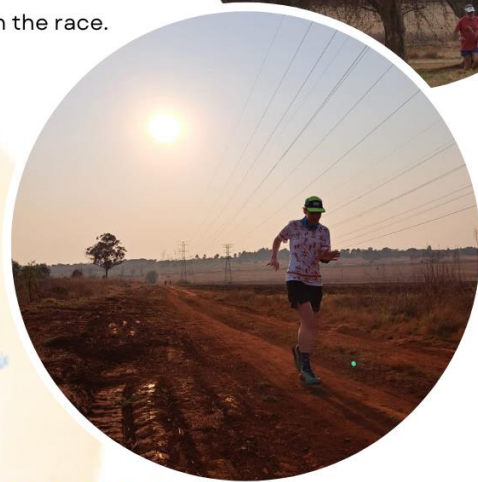
Race details

- Last man / woman standing race:
 - There is only one winner, the last person to complete a lap.
 - All other competitors are a DNF.
 - In the instance that nobody goes any further than any other, there is not a tie, there is no winner.
- 3 / 6 / and 12+ Loop races:
 - Only the competitors that run until the last lap, finish the race.
 - All other competitors are a DNF.



Loops

- Except for restrooms, competitors may not leave the course until each loop is completed.
- No non-competitors on the course.
- No personal aid during a loop (common aid station at the Race Village).
- Each loop must be completed within an hour to be counted, including the final loop.
- Loop distance: 6,7km (4,16miles)



Venue

- Race Village, Irene Athletic Club House ARC Grounds, Nellmapius Road.
- Competitors and their supporters are allowed to "camp" with their gazebos or tents.
- Set up at Race Village, Friday 27 Sept 2024 from 16:00.

Entries includes:

- 12+ Loop entrants receive T-shirt & buff (entries must be in by 23 Aug 2024)
- 3 / 6 Loop entrant receive buff
- Race number
- Grab and go items
- Medal

Entries

- 12+ Loop race till last runner @ R 750.00
- 6 Loop race @ R 350.00
- 3 Loop race @ R 150.00
- T - Shirt (order before 23 Aug 2024) @ R 180.00
- Entries at www.entryninja.com, close on 25 Sept 2024.
- Late entries at venue, 27 Sept 2024 from 16:00.

Registration, Briefing and Start:

- Registration for all races will take place 27 Sept 2024 from 16:00.
- Briefing for each race will be 30 minutes before each race starts.
- Races start as follow:
 - Last man / woman standing, 28 September 2024 at 06:00.
 - 3 / 6 / 12+ Loop races, 28 September 2024 at 06:00.
- Each loop starts precisely 1 hour after the last, on the hour.
- Warning of 1 - 3 minutes prior to the start.
- All competitors must start at the gong (no late start).

Compulsory Gear:

These are compulsory for all three races:

- Long sleeved thermal top
- Waterproof jacket with hood
- Waterproof pants
- Cap / Hat
- Headlamp with spare set of batteries

Presented by Mad Monkey Adventures (contact Johan: +27 81 851 3864)



Athletics
Gauteng North

26 OCT '24



Discovery
Vitality



IRENE

Irene Farm Race

with Discovery Vitality

21.1
KM

10
KM

5
KM

QR Code



ENTRY FEES

Entry Fee	21.1km	10km	5km
70+	Free	Free	Free
40 - 69	R200	R100	R50
Late entries (18 - 40)	R250	R150	R80
All other categories	R230	R130	R60

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Waterpoints at ± every 3 km cut-off times:
10 km - 2 hours, 21 km - 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 5000 entries
- (Pre-entries close on 20 October or when cap is reached).
- Online entries: www.entryninja.com
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 24211
- Decathlon Bryanston Tel: 076 874 7789
- Decathlon Centurion: 010 880 1845
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

RACE NUMBER COLLECTION

Friday 25 October: 09:00 till 18:00 - at the Decathlon Centurion Tel: 010 361 3733

Race day (Saturday 26 October):
04:00 till 06:00 - at the venue



ARC Campus, Nellmapius Drive, Irene

JACARANDA CITY CHALLENGE

EARLY COMRADES & TWO OCEANS QUALIFIER

5KM

10KM

21.1KM

42.2km

09
NOVEMBER
2024

INCORPORATING
AGN MARATHON
CHAMPIONSHIP



Athletics
Gauteng North



sportsVendo
READY TO RACE

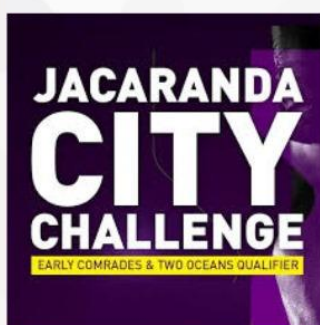


Trene



Athletics Club

MARATHON CLUB CHAMPIONSHIPS



9 November

@

5:30am



JACARANDA CITY CHALLENGE

42.2KM



PHOTO CORNER

No Photos received