



**12 February 2024    6/24**

### *EDITORIAL*

One of our goals is to reach out to our community. Over the years the Irene Athletics Club has donated a lot of money to various charity projects. At the end of last year, we donated R10 000 towards a motorized wheelchair for one of our members, Andy Crawshay-Hall. Please read the letter from his family under “In the Mailbox.”

### *ACHIEVEMENTS*

Congratulations to the following members who were on the podium at the ACE 10 km Race on Saturday:

Jacquie van der Waals	1 <sup>st</sup> Vet lady and 2 <sup>nd</sup> lady overall
Blanche van Vuuren	1 <sup>st</sup> Master lady
Ansie Breytenbach	1 <sup>st</sup> GM lady
Mike Gibbons	1 <sup>st</sup> GGM
Maryke Gradwell	1 <sup>st</sup> Lady walker
Wynand Breytenbach	1 <sup>st</sup> Male walker

The following walkers received medals in their respective age categories at the AGN 10 km championships on Saturday:

Janine Rädél	Gold
Retha Knoetze	Gold
Elsa Meyer	Gold
Jaap Willemse	Gold
Ilse Merrick	Silver
Lucia Willemse	Silver
Annatjie Greyvenstein	Silver

Keith Reynolds                      Bronze  
Sandra Steenkamp – open 20 km    Bronze

Well done to all.

### *PERSONAL ACHIEVEMENTS*

Miné van Zyl                      PB – 21 km  
Craig Potter                      PB – 10 km  
Tasha Pretorius                      PB – 10 km  
Janine Rädcl                      PB – 10 km walk

Well done!


Please let us know about your achievements.

### *PROMOTIONAL TALK*

A **CHAT** WITH  
**EMMA RAUTENBACH**

COMRADES GOLD  
MEDALLIST

**TUESDAY EVENING**  
**13th FEB: 16:30 for 17:00**  
**IRENE ATHLETICS**  
**CLUB**



**nutr8DELI**  
international

Emma runs a very successful on-line fitness, nutrition and lifestyle coaching business - Follow her on Instagram: [emmagine\\_you](#)  
Emma's talk will centre around the physical and mental aspects of running, how to optimise your nutrition regime for your personal best and how to fuel effectively for the longer-distance events.  
Nutr8Deli will make samples available for you to test-run.  
See you there!

## *REGISTRATIONS 2024*

Another 8 members registered during the week of which 3 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 3 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.



Madré Bezuidenhout



Tania Weber



Wikus Weber

## *CAPTAIN'S CORNER*

Thank you to everyone that attended the League Race on Saturday at Eersterust. Well done for those that have completed either the Joburg North City Marathon or the Jeppe Marathon. We hope you have achieved your goals. Please share your stories with the club.

### **Weekly Time Trials**

Time Trials on Tuesday 13 February 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

This week the Wednesday LSD will be from ECHT Coffee in Pierre van Ryneveld. They have extended their trading hours for Valentine's Day. Please join and stay for a coffee afterwards.

### Half Marathon Club Championships

The half marathon club championships will take place this coming Saturday at the Bestmed Tuks Road Race. Although there will be an overall winner, age group categories will also compete against each other.

Running Regards

Johan (Fires) 081 851 3864

Nelius 072 248 7698

### THIS WEEK'S DIARY



**Irene Athletics Club**

**WEEKLY RUNNING / WALKING SCHEDULE**

Tuesday Time Trials with our monthly social afterwards.  
Everyone start together at **17:30**.  
**AGN League Race** at **ACE Race** on Saturday.  
Something to **eat** afterwards.

	Mornings	Afternoons
<b>Tue</b> 6 Feb		Time Trial Monthly Social @ Irene Clubhouse 17:30 4 - 8 km
<b>Wed</b> 7 Feb		Midweek LSD @ Centurion Theatre 17:30 12 - 15 km
<b>Thu</b> 8 Feb		Hills session @ Irene Clubhouse 17:30 
<b>Sat</b> 10 Feb	ACE Race @ Eerstestad Sport Stadium AGN League Race 6:00 5 - 10 km 21	
<b>Sun</b> 11 Feb	Klapperkop Run / Walk Parking at Castle Gate 6:00 10 - 15 km	

**For More Information**

Johan	081 851 3864
Nelius	072 248 7698



## TRAINING PROGRAMME

Duration:	Monday 5 February to 3 March 2024			
Short Term Goal:	To achieve short term goals over the next few months			
Long Term Goal:	To improve fitness, Attain Goal distance/PB, Complete Two Oceans and/or Comrades 2024			
DAY	DATE		Distance/Time	COMMENT
Mon	05-Feb	Core and Strength Training		Hour long session
Tue	06-Feb	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	07-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	08-Feb	Hill repeats	B = 6 x 200m, I = 6 x 300m, A = 8 x 300m	Warm up before the session
Fri	09-Feb	REST		REST
Sat	10-Feb	ACE RACE	5/10/21km	LEAGUE RACE
Sun	11-Feb	LSD	B = 60 Mins , I = 90 mins, A = 120 Mins	Long Run
Mon	12-Feb	Core and Strength Training		Hour long session
Tue	13-Feb	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer legend
Wed	14-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	15-Feb	Speed session	W/U, (300m Sprint, 200m jog) x 4-6, CD	Warm up before the session
Fri	16-Feb	REST		REST
Sat	17-Feb	BESTMED TUKS	1/5/10/21km	CLUB CHAMPS
Sun	18-Feb	LSD	B = 60 Mins , I = 90 mins, A = 120 Mins	Long Run
Mon	19-Feb	Core and Strength Training		Hour long session
Tue	20-Feb	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	21-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	22-Feb	Hill repeats/Easy run (NOT HILLS) if Marathon	B = 6 x 200m, I = 6 x 300m, A = 8 x 300m	Warm up before the session
Fri	23-Feb	REST		REST
Sat	24-Feb	Revolution Trails @ The Club	Easy run	No run if doing the marathon next day
Sun	25-Feb	PRETORIA MARATHON	10/21/42km	RACE DAY
Mon	26-Feb	Core and Strength Training		Hour long session
Tue	27-Feb	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer legend
Wed	28-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD
Thu	29-Feb	Speed session	W/U, (400m Sprint, 200m jog) x 4-6, CD	Warm up before the session
Fri	01-Mar	REST		REST
Sat	02-Mar	SUNRISE MONSTER	10/21/32km	RACE DAY
Sun	03-Mar	LSD	B = 60 Mins , I = 90 mins, A = 120 Mins	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/002918513864)

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

## IN THE MAILBOX

Dear Irene,

I'm thrilled to share some **incredible news** with you all. Since the launch of our crowdfunding campaign, the **support** we've received from you and donors like you has been nothing short of **overwhelming**.

Thanks to your **generosity**, we were able to **invest in a motorized wheelchair** for my dad. This has been a **game-changer** for him, as he can now navigate through life with newfound **independence** and **freedom**. It's **heartwarming** to see him once again in the driver's seat of his own life.

Your **kindness** and support continue to **uplift** our **spirits** and fill our **hearts** with **gratitude**. We are truly **blessed** to have such a **caring** and **compassionate** community rallying behind us.

As my dad continues on his journey of recovery after his stroke, we invite you to follow along and **witness** his **progress**. While we know that the road to full recovery may be long, we're incredibly **proud** of the strides he's already made, and we're **confident** that he will continue to grow **stronger** with each passing day.

**Thank you** for showing us the power of unity and compassion. Together, we've proven that **amazing** things can happen when **people** come **together** for a common cause.

With heartfelt gratitude,

Jayne & Tarryn (Andy's Daughters)





## PERSONALIA

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

Les	Chidi	Feb 12
Liesel	Van Olst	Feb 12
Mike	Gibbons	Feb 12
Vanessa	Ramahuma	Feb 12
Marianne	Katzke	Feb 13
Sibusiso	Sabela	Feb 13
Ilse	Merrick	Feb 14
Eugene	Booyens	Feb 15
Wiseman	Hlungwane	Feb 16
Clifford	Woodroffe	Feb 17
Joseph	Moagi	Feb 18
Linley	September	Feb 18
Mfundo	Hadebe	Feb 18
Michael	Clampett	Feb 18



## THOUGHT FOR THE WEEK

If you have a strong purpose in life, you don't have to be pushed. Your passion will drive you there.

## BAR NEWS

There will be fire for those who want to braai.



NOTICE BOARD

**ARC IRENE RUN/WALK**  
**17 FEBRUARY 2024**

**ROAD RUN OR TRAIL RUN**

2KM, 5KM, 10KM, 15KM OR 21KM  
GROUP START @ 06H30  
ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

Discovery  
Vitality

REVOLUTION  
TRAILS



**Irene**  
Athletics Club

**HALF MARATHON CLUB CHAMPIONSHIPS**

6am 17 February 2024

3 1 2

**TUKS BESTMED**  
21.1KM





# Bestmed TuksRace

Run/walk

1km 5km 10km 21.1km

CELEBRATING  
PRETORIA'S  
MOST LOVED  
RACE, 10 YEARS  
AND BEYOND

**Saturday, 17 February 2024**  
Hillcrest Sports Campus



**bestMed**  
personally yours





ENTER AT: [www.peaktiming.co.za](http://www.peaktiming.co.za) / [www.webtickets.co.za](http://www.webtickets.co.za)  
 MANUAL ENTRIES AT WEBTICKETS AT ANY PICK'N PAY STORE



The Pretoria Marathon, hosted by Phobians Athletics Club, has been held for almost 30 years in the capital city and has become a legendary test of fitness. The race is a double-lapper, winding through leafy streets of jacarandas and climbing up to historic Fort Klapperkop, with its spectacular views of the city bowl and the Union Buildings. If you're in luck you may spot zebras and wildebeest alongside the road, before dropping down to Fountains Circle. Dig deep for a push up to Brooklyn when the route takes you through the grounds and past the beautiful old buildings of Pretoria Boys High School, and then back to the finish at the PBHS Old Boys Club. Perfectly timed as a qualifier for both Two Oceans and Comrades, our race also attracts hard-core endurance runners looking for a training marathon at altitude (5102ft) that takes them outside their comfort zone. Push your limits. Endure. Achieve.

RACE	START / FINISH VENUE	START TIME	EARLY BIRD FEES UP TO 15 DEC	FEE AFTER 15 DEC	TEMP. LIC
42km	PHSOB Club, Lynnwood	05H30	R380*	R450*	R50
21km	PHSOB Club, Lynnwood	05H30	R250*	R300*	R50
10km	PHSOB Club, Lynnwood	06H00	R170	R200	R50
5km	PHSOB Club, Lynnwood	08H00	R80	R100	N/A

\*FREE ENTRY FOR 70+ ATHLETES FOR 42KM, 21KM. FEE INCLUDES 10% AGN RACE LEVY.

#### THE ROUTES

The 42km, 21km, 10km and 5km races start and finish at the PHSOB Club in Lynnwood. The 42km and 21km routes climb up to Fort Klapperkop in the Groenkloof Nature Reserve, before looping back down through Pretoria Boys High School. Just after 17km, the marathon splits off for its second lap, with the half-marathon continuing onwards to the finish at the Club.

Starting and finishing at the Club, the 10km race is routed through the suburbs of Brooklyn and Menlo Park. Its fast and flat!

#### REGISTRATION

PHSOB Club 378 Queens Crescent, Lynnwood.

Friday 23 February 12H00 - 17H00  
 Saturday 24 February 10H00 - 17H00

**NO LATE ENTRIES (42k/21k/10k)**  
**NO RACE PACK COLLECTION ON RACE DAY.**  
**5KM ENTRIES AVAILABLE AT START ON RACE DAY**

#### FINISH VENUE

The Finish Venue for all races is the PHSOB Club, 378 Queens Crescent, Lynnwood.

**ONLINE ENTRIES CLOSE:**  
**Monday**  
**19th February**



**PHOBIANS**  
 Athletics Club



**RACE OFFICE**  
 063 772 3537 | [info@theroc.co.za](mailto:info@theroc.co.za)  
**RACE DIRECTOR: GRAHAME GERTSCH - 073 171 7507**  
**EMAIL: [INFO@PRETORIAMARATHON.CO.ZA](mailto:INFO@PRETORIAMARATHON.CO.ZA)**







# LEAP YEAR NIGHT RUN & MARKET

29/02/2024 AT 18:30, 14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

- Night market & Food stalls
- Dogs and strollers allowed
- Safe parking
- Water stations for dogs
- Headlamp compulsory
- Late entries (on race day: cash or card)

No medals  
No timekeeping  
Just fun

4,5 km race entry  
@ R 60.00  
9,5 km race entry  
@ R 100.00



RACE ENTRY NOW ON  
ENTRY NINJA



Johan  
081 851 3864



MAD MONKEY ADVENTURES





PRETORIA BOBBIES

# Slumberland



DESIGN YOUR DREAMS

## BOBBIES 3-IN-1

9 March 2024

Venue: Nederduitse Gereformeerde  
Kerk Wonderboom,  
238 Parsley Avenue, Annlin, Pretoria

NEW VENUE WITH ORIGINAL ROUTE



Scan QR Code To  
Enter Race

# FIERCE & FUN

Online Entries Until 5 March 2024  
Runaway Entries Until 7 March 2024

### Starting Time

06:00am (10km & 21km)

06:30am (5km)

### Cost

5km Race - R60

10km Race - R120

21km Race - R180

Temp lic - R60

R20 for late entries

(Clubs are welcome to set up gazebos)

### 21km Race Prize:

1st Place - Motion base Queen with  
Slumberland Pocket Firm Mattress  
(Valued at R24 999)



**PinkDrive**  
www.pinkdrive.co.za

**FINISH**  
TIME

SPORTS SPRINTS



**ATHLETICS**  
GAUTENG NORTH

# 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](http://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**



**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](http://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](mailto: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](http://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*



We are proud to provide this to our members



Getting ready for the time trials last week





Two sisters in action, Estee Pelser and Liesl Booysen



Prenisha Jagganath is back at the club after 10 years





New member Helmon Mkanzi enjoying his time trial



Emgee van der Merwe and Jurie Weideman





Mfundo Hadebe and Prince Nemutanzhela



Musa Nkosi, Ann Eckard, Willem Landman and Conrad Langerman





Another new member, Lindani Ngcobo



Always a pleasant experience to see new members at the club





Johan van Vuuren with his daughter Marisia and her husband Pierre Koch



Tuesdays at the club house is a family affair





The social evening last Tuesday was a lovely evening indeed



When our club was founded in 1994, our chairman, Johan Engelbrecht was in matric and Cynthia Farnham was born in the same year





Miné van Zyl improved her 21 personal best time with a massive 7 minutes on Saturday



The Irene 10 km podium winners at the ACE race on Saturday: Jacquie van der Waals, Blanche van Vuuren, Maryke Gradwell, Wynand Breytenbach and Ansie Breytenbach.  
Absent: Mike Gibbons





The walkers who did us proud on Saturday at the AGN Championships



Janine Radel was the first lady walker at the 10 km championships. She finished in a personal best time.