



IRENE NEWS

13 March 2023

No 10 – 2023



ACHIEVEMENTS

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

Ansie Breytenbach	3 rd Master lady – SA Marathon Championships
Mike Gibbons	1 st GGM – Bobbies 10 km
Sandra Steenkamp	1 st Lady walker – Bobbies 21 km
Dirk Neethling	1 st Male walker – Bobbies 21 km
Estien van Wyngaard	1 st Lady walker – Bobbies 10 km

Although Keith Reynolds didn't finish in a podium position at the Marathon Championships, he finished 5th in an excellent time of 3:12:18.

PERSONAL ACHIEVEMENTS

Jessica Simmonds	PB – Marathon
Luzandre Hawkins	PB – 5 km

Please let us know about your personal achievements i.e. personal best time on a distance, first time running a distance etc. Don't be shy!!

HELPERS REQUIRED

We need our members to help at our race on 1 & 2 April. Without you we cannot present a successful race. Thank you to those members who have already responded.

Please read the following and let us know what your choice is and also where and when you prefer to work:

- Members working on Saturday will be allowed to run on Sunday.
- Members running on Saturday **must** work on Sunday.
- Members not running/walking are obviously also required to work.

Members working at the Running Festival will get R100 discount on their 2024 membership fee.

We require helpers in the following areas:

- Route marshals

- Parking marshals
- Water point helpers
- Handing out medals
- Handing out race packs (on the day and before)
- Tog bag helpers
- Race venue helpers

This is the ideal opportunity for all our new members to become active members.

Reply to this email to let us know.

BRING IT HOME PROJECT

Hello Irene Runners, Walkers, Supporters, (and wanna-be-runners, could-be-walkers...)

Imagine running your most difficult race, without shoes, and a huge smile as you greet everyone. I'm not sure about you, but I wouldn't be smiling! In fact, I don't think I'll even start the race.

In March, we participated in the Marakele run. It is a run within the Marakele National Park, and yes, if you're lucky, you have a Big-5 encounter 😊. Amazing run, beautiful views, and wonderful runners! There are lot of stories about the race, and maybe it will be told another day. For us, this is today's heart-braking story...the runners not having proper shoes or gear, still smiling while they complete the 21km race. Guys running barefoot, in shoes falling apart and in gear that is not suitable for running. But their smiles. Oh boy their smiles says so much about their love for running (and finishing in good times tells you something about their talent)!

The Irene Club is our running/walking family and our 'home', so we thought to "**bring-it-home**".

We have so many brilliant runners/walkers in our club, achieving what we can only dream of achieving, but without proper running shoes, gear or the support they need to really show-off their talent! The only way to help is to get everyone involved! So yes, we are asking for a small donation towards the "Irene, bring-it-home" fund. Every lit bit helps...

So, thank you in advance for your contribution to help a fellow Irene Club member!

Always with Gratitude,

Elze and Anneri

We will arrange with Wynand for all donations to be paid into the normal Irene Club bank account, with the reference: "bring-it-home". We trust the club management to apply these

funds and support the Irene Club Members where they know assistance is needed for their running/walking.

Irene Athletics Club

Standard Bank

032183186

“Bring-it-home”

CAPTAIN’S CORNER

From a club training perspective, the schedule for the week and some items coming up over the next few weeks:

Standard weekly training sessions

- Morning training groups @ 5am from Midstream Mugg & Bean on a Tuesday, Wednesday & Thursday, and Virgin Active Eco Park @ 5 am on a Tuesday & Thursday
- Hills with “Mr Hills” on a Thursday @ 17:30 from the Irene Club House
- Time Trial Tuesdays starting @ 17:30 from the Irene Club House
- Irene ARC is open daily to all club members, from 16:00

Races, special events and training sessions

- **Tuesday the 14th after the Time Trial, “Come and join Coach Neville as he advises how to Rock Comrades”. Open to all Irene members and friends**
- Saturday the 18th – Om Die Dam and Wingate Irene Village Moo Race
- Sunday the 19th – Jackie Gibson
- Sunday the 19th – 10km Irene Sunday Social, @ 6am from Irene Link (Bootleggers)
- Tuesday the 21st – Right to Run/Walk
- Tuesday the 21st – “Irene Ultra Tester” @ 6am from Midstream Mugg & Bean for an 18km – 25km (*Details will be provided within the week*)
- Saturday the 25th – Kolannade & SASOL Sasolburg Marathon
- Sunday the 26th – Irene Klapperkop Run, @ 6am from Castle Gate for an 18km – 21km
- Tuesday the 28th – Guest speaker – Physio’s for Runners and Walkers

Training for Comrades – The Long Run

One of the most important challenges facing the Comrades runner is the long run as it takes some planning to ensure that you can fit them in and that they are done at the

<https://coachneville.co.za/2019/11/19/training-for-comrades-the-long-run/>

READ MORE »

2023 THIS IS IT! ZIYASHA!

Road map to a great 2023 Comrades

The key to a great Comrades lies in good planning and this article sets out a road map to help you plan your route to

<https://coachneville.co.za/2022/11/11/elementor-2858/>

READ MORE »

Its time for the Ultimate Human Race, Comrades 2023
 Come join Coachneville as he advises how to “Rock Comrades”
 Tuesday the 14th March after the Time Trials (starting at 18:30). Bar will be open
<https://coachneville.co.za/>

Having some form of identity and emergency contact details is always important, whether you are a runner or walker. Please see details below of ID bracelets available from Lydia. The sizes are also small enough to cater for school children.

ID Bracelets

- Sizes and colors
 - Smaller sizes – 130cm, 145cm and 160cm in either red, black, grey or light blue
 - Larger sizes – 180 and 200cm in either grey, black or dark blue
- Information for inclusion
 - 4 rows of information
 - Maximum of 15 characters
 - Suggested information for inclusion - name and surname, emergency contact number, medical aid number and any allergies
- Contact Lydia : 083 271 6188
- Delivery : Tuesday at the Irene Time Trial / by special arrangement
- Cost : R65

Please see the weekly schedules with details of the training runs as well as the races. If there are any changes or updates these will be distributed on the Notification and Training Groups

WEEKLY SCHEDULE



Date: 13 Mar - 19 Mar

TUESDAY



T.T - ARC
@ 17:30

Irene Talk - Comrades talk with
coach Neville @6:30



Morning
Training Group

Midstream Mugg & Bean
&
Eco Park Virgin Active
@ 5am

WEDNESDAY



ARC Long Run - Venue
Open from 16:30



Morning
Training Group

Midstream Mugg & Bean
@ 5am

THURSDAY



Irene ARC 'Mr. Hills'
@ 17:30



Morning
Training Group

Midstream Mugg & Bean
&
Eco Park Virgin Active
@ 5am

SATURDAY



Om Die Dam - 21.1 & 50km
(Qualifying)

Wingate Irene Village Moo
Race - 21.1, 10 & 5 km



Long Run

SUNDAY



Jackie Gibson - 21.1 & 42.2km
(Qualifying)



Social Runs

Irene Link
(10 to 12km)
@ 6am

FOLLOW US



Facebook



Instagram



Irene AC Notifications

**IRENE
ATHLETICS
CLUB**



IRENE

FROM OUR WALKERS CAPTAIN

Good day to all our beautiful walkers ... and the men ...

Again, some of old Rumpel Strommel's rhetoric...

All of us, the speed freaks as well as our slower athletes, are now starting to shape and sharpen up for the big events and road races ahead.

It may be good to revisit the basic components of any athlete's annual program. The concept flow of exercise programs should be valid for all our members.

In this I include all walkers, from the Slowest Danie to the Fastest Fanie (no pun intended, read your name here throughout the writing).

An annual program is broadly divided into 3 parts.

The first and longest part is building a solid base with basic fitness and endurance, strength and technique as the goal. Here we regularly do long distances, moderate hills and strength training. The main focus is on embedding the right technique in the subconscious domain and the so-called muscle memory.

The second part builds on the first but the emphasis now shifts to technique linked to speed, with the focus on muscular endurance. Proper technique still forms the foundation building blocks.

The final segment of the season's focus now shifts to technique at full speed and maintaining that speed over distance. Great emphasis is now also placed on the mental preparation of the athlete. Believe in yourself! The full competition package is now being developed!

We are currently in the final phase of preparation!

As an example, the CGA Masters Championship can be seen as "Check Post Charlie". Each athlete chooses his or her own "check points". Athletes use certain races to take stock and thus determine where he or she stands (or walks). This knowledge is then used to make small adjustments to his or her unique training and preparation program.

Now for the hard and sometimes exhausting phase.

During this phase our emphasis shifts from long slow work to more repetitive and ever faster shorter distances. We now start doing 2 to 4 times a week sessions which can consist of combinations of fast 500m, 1km, and 1.5km repeats. Combinations of rest (heart rate drops to 120 bpm) or slightly calmer pace (70% of race pace in between) can be done between the sessions.

Each athlete knows his or her abilities and determines the details themselves. What works for you!

Very important is the "rest phase" between hard sessions. The body needs active rest to recover after workouts. The older we grow, the longer the rest should be. Each hard day is followed by a more relaxed or even rest day where light distance work or even nothing is practiced.

Feel free to chat with the speedsters in the club. There is a wealth of knowledge and experience "on tap". Just look at our mass participation and medal harvest at races. These are people who have tried everything, including what doesn't work!

Best wishes for a good season.

Rumple Strumple

NEW MEMBERS

Welcome to the following new members:

Marthinus Steyn
Henk Seevinck
Karna Fourie
Sarie Rossouw
Mandla Mbasane

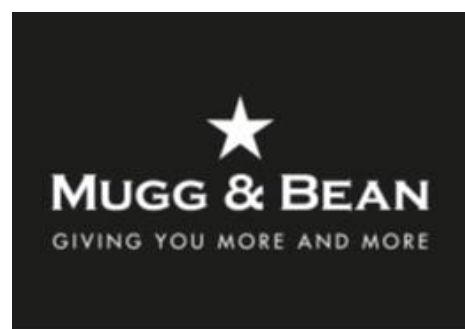
You are now part of the great Irene family. Enjoy every moment.

We would like to meet you personally. Please join us at the time trials on Tuesday.

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

Ignus	van Rooy	14 Mar
Co	van den Raad	15 Mar
Elisma	Jooste	15 Mar
Joy	Dekker	16 Mar
Yolande	Cowley	16 Mar
Ilona	Chester	16 Mar
Mthokoziz	Mambi	17 Mar
Rykie	Kruger	18 Mar
Steve	Sackett	18 Mar
Emile	Myburgh	19 Mar
Anzel	van der Schyff	19 Mar
Anna	Pieterse	19 Mar



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

The best place to be is in someone's thoughts.

NOTICE BOARD

ARC IRENE RUN/WALK
18 MARCH 2023
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**

Revolution Trails

Validity



The Moo'se

5km, 10km or 21,1km

Race

18 March '23

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

Saturday, 18th March | 06h00 - 09h30

Online entries available at

www.entryninja.com

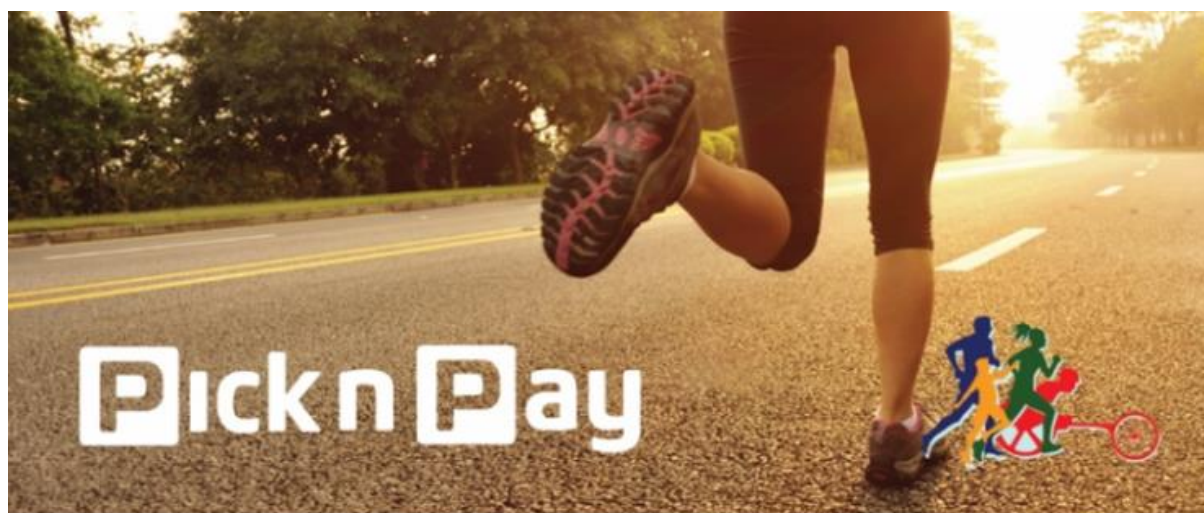
Entries close Tuesday, 14th March 2023.



Proudly brought to you by:

WINGATE **Irene Village Mall** **Outbytsake** **ATHLETICS**
GAUTENG NORTH

IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET



27TH ANNUAL **RIGHT RUN WALK**



proudly brought to you by



New Venue:	the grove mall	21 March 2023	5km
New Route:			10km
	Cnr. Lynnwood & Simon Vermooten, Equestria, Pretoria		21.1km

Starting Time 7:00 | Pre-Entries from 15 FEB 2023



the doj & cd

Department:
Justice and Constitutional Development
REPUBLIC OF SOUTH AFRICA



supported by the grove mall

Enquiries: 📞 Race office James 082 566 1595
Daan du Toit 082 572 4169 Paul Kirby 082 200 4219



KOLONNADE
SHOPPING CENTRE

CNR SEFAKO MAKGATHO DRIVE & DR VAN DER MERWE STR, MONTANA PARK, PRETORIA

5KM | 15KM | 32KM RACE 25 MARCH 2023

RACE FEES:

5KM R50 | 15KM R130 | 32KM
R150

TEMPORARY LICENSE FEE
R50

ENTER NOW!

- » Online entries:
www.entrytime.co.za till 19 March 2023
- » Run-A-Way Sport 012 361 3733
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384
(192 Vinko Str, Sinoville)
- » Entrance 4: 24 March 2023 at
Kolonnade Shopping Centre (from 15:00 – 18:00)
and 25 March 2023 (from 04:30 – 06:00)

Online Entries can be collected on
Friday 24 March 2023 or on
race day at Entrance 4

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

Brought to you by



Athletics
Gauteng North



**Athletics
Gauteng North**



**Limited to 3000 entries per event
Electronic Timing, Staggered start**

Irene Athletics Club presents



CHOC

Childhood Cancer Foundation
South Africa

"Keeping more than hope alive"

**Entries close Sunday,
26 March 2023**

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

IRENE RUNNING FESTIVAL



IRENE

1 & 2

April 2023

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za

Tel: 082 937 0733

GOLD MEDALS TO ALL FINISHERS

5km

10km

21km

T-shirt
available
to
purchase
@ R170

Irene Ultra
48km

#TheQualifier

**5km AGN
championships**

2 April @ 6:30

**Online entries only
www.entryninja.com**

PRE-ENTRIES ONLY

Online entries: www.entryninja.co.za

- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Sportsmans Warehouse Centurion: 012 665 0768
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384



Chamberlain's



Timekeeping



THE GREEN MILE ROAD RACE — 2023 —

The Mile for Life

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTELTON MANOR, CENTURION

SATURDAY
APRIL 8



GREEN MILE




EST. 2022

TNU

TSHWANE NORTH ULTRA

Ultra Marathon



50km 21km

DISTANCE	ENTRY FEE	TEM LICEN	START TIME
50KM	R450	R50	6:00am
21KM	R290	R50	6:00am
DISTANCE	GRAND MASTER		
50KM	R380	R50	6:00am
21KM	R240	R50	6:00am

DATE: 22 APRIL 2023

DISTANCE: 21KM / 50KM

**START/ FINISH: AKASIA
COMMUNITY
HALL**

ENTRIES NOW OPEN

FOR ONLINE REGISTRATION VISIT : <http://www.tshwanenorthultra.co.za>





Monday, 1 May 2023

VENUE

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



Kiddies Dash, 5 km, 10 km, 21.1 km & 42.2 km

ONLINE ENTRIES ONLY

No entries on race day

www.wally.co.za



Wally Hayward

www.finishtime.co.za

www.active.com

Capped entries

5 km	1 000	21 km	3 000
10 km	2 000	42 km	4 000

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



LIVE YOUR WAY



Last Centredes Qualifier
in Gauteng

Kalahari Augrabies Extreme Marathon

Contact Details:

Kalahari Augrabies Extreme Marathon

Simoné Basson

M: 083 709 8170

E: simone@kaem.co.za

The “Big Daddy” Kalahari Augrabies Extreme Marathon (KAEM) to start its 22nd event on 30 September 2023 from Augrabies Falls National Park

With an exciting and mounting line-up comprising formidable international and local contenders, KAEM 2023 promises an adventure not to be missed!

South Africa, 10 February 2023 – The 22nd Kalahari Augrabies Extreme Marathon (KAEM), known as the “Big Daddy” of extreme ultra-trail marathons will start on 30 September 2023 at the SANPARKS Augrabies Falls National Park. With an exciting and growing line-up comprising strong and seasoned trail runners from all over the world KAEM 2023 promises to deliver an epic experience.

What continues to make KAEM an exciting and interesting race is that the 250km route changes slightly every year. The race starts and finishes at Augrabies Falls National Park located in the Northern Cape of South Africa, and the route winds through some of the most beautiful and hidden sections of the Park, where wildlife often astounds athletes and where very few people ever get the opportunity to enjoy the magnificent arid desert landscape. The route that traverses different terrains including boulder-strewn koppies, outstretched grasslands, and dry sandy river beds also runs through adjacent farmlands, along the banks of the Orange River and through the famous Quiver Tree Forest before it makes its way back to the finish line.

Over the past two years this area has had plenty rain that intensifies the beauty of the Park but it also brings exciting new challenges for our participants. KAEM 2023 entrants are in for an exhilarating event with some challenging trail running while having the opportunity to experience magnificent scenes in the Park and surrounds.

KAEM is a 7-day, self-sufficient, extreme marathon that covers increasing distances every stage with day 5 a rest day to be enjoyed along the Orange River. Now in its 22nd year, the event attracts a host of stage racing junkies and adventure hikers from many countries around the world. While it is a tough and demanding race, with the required preparation it is possible for trail runners and hikers of all abilities, i.e.: fast, slow, young, old, men and women to complete this race with vigor. Every participant has their own personal goal when entering KAEM but at the end of it everyone walks away with an experience of a lifetime that brings them back again and again. Every year approximately twenty-five percent of the field of entrants are repeat participants.

KAEM is honoured to have longstanding partners and sponsors that have been incredibly supportive over more than twenty years. SANParks – Augrabies Falls National Park is our main partner and event host, providing first class accommodation and allowing our participants the exceptional privilege to run through the Park.

aQuellé is our valued water sponsor, GC²T our communications partner while Augrabies Falls Lodge & Camp is the host of our functions and provides accommodation for our volunteer crew. Other sponsors include GibConsult, Zelco Motors (Upington) and Mitsubishi Motors, Van Dyk Pharmaceuticals, Falke, Trailfood, Cederberg Brewery and Wines, Daberas, and Plato Lodge.

KAEM 2023 race will start on 30 September at 8:00 from the Day Picnic Area at Augrabies Falls National Park and entries are open! The event runs over ten days from 28 September to 8 October. For more information and to get you're your entry please visit our website at www.kaem.co.za, and LIKE US on our KAEM Facebook Page at @kalahariaugrabiesextrememarathon and be sure to get regular updates of the happenings of the event. We are also on Instagram and Twitter @KAEM250km.

For an interview with Race Directors Estienne Arndt, Russell Nugent and/or Dallas Barnardo, please contact Simoné Basson at 083 709 8170 or simone@kaem.co.za.

About KAEM

The Kalahari Augrabies Extreme Marathon ranks as one of the top international trail marathon events on the global calendar and is the second oldest event of its kind. The route crosses the Augrabies Falls National Park, Daberas and private farmlands. The contrasting environment with average day temperatures reaching in excess of 40°C and dropping to below 5°C at night presents a daunting challenge to the extreme athlete and determined adventurer.

PHOTO CORNER (Fun at the social)



Anneri le Roux



Jurie Weideman



Craig Potter



Philip and Grazyna Koornhof



Keith Reynolds



A guest enjoying every moment



Nelius and Charnette van Rooyen



Fanie and Estien van Wyngaard



A running family: Chad & Rhodene Leydekkers with Rhodene's parents, Annemarie & Kobus Oberholzer



Dwayne & Luzandre Hawkins with Maryke Gradwell



Carla Hartmann, Derick van der Merwe, Gerald Hartmann and Diane Kee



Ansie Breytenbach and Keith Reynolds on their way to the SA Marathon Championships



A very happy Jessica Simmonds after her Marathon PB



The training group on Saturday morning



The twins, Charmaine and Jolande Janse van Rensburg did the Cape town cycle tour on Sunday. It was Jolande's 10th ace.