



**14 October 2024 41/24**

### *EDITORIAL*

Irene Athletics Club is known for organising and presenting quality races. It is something that we are very proud of. We are very fortunate to have weekly races in AGN where we can run/walk and enjoy ourselves. When it comes to our races, we take pride in it and require as many of our members as possible to be part of it and to work on the day where required. Without our members we just can't present a quality race.

We call on all our members once again to make yourselves available to help on 26 October. It is our privilege to work on the day and therefore our members are not allowed to participate on the day.

Thank you to those members who already have made themselves available to work at the race. However, we are still short of many workers. Please reply to this email to let us know if you can help at any of these spots:

- Route marshals
- Parking marshals
- Handing out medals
- Handing out race packs (on the day before)
- Registrations
- Tog bags
- Race venue

We will have a helpers run on the Sunday where you will be able to earn your medal and get you Vitality points where applicable.

Members working at the race will get R100 discount on their 2025 membership fee.

## *PERSONAL ACHIEVEMENTS*

Aloïse Boshoff PB – 21 km  
Leonie Schoeman First 21 km

Congratulations!

## *ANNUAL GENERAL MEETING*

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 5 November at 18:30.

## *CAPTAIN'S CORNER*

Good luck to all the Irene members who will be participating in the Sanlam Cape Town Marathon. You worked hard, and we know each one will crush it. Most importantly, go and enjoy your race.

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

- 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**

Time Trials every Tuesday at the clubhouse. The starting time is 17:30 and we encourage everyone to start together. Please scan and record your results as you finish. Results will be published weekly.

### **Wednesday LSD Session**

Wednesday's LSD session will be from Echt Coffee in Pierre van Ryneveld at 17:30.

### **Thursday Speed Session**

Thursday we will do speed work from the clubhouse at 17:30.

## Saturday League Race

This Saturday will be the next league race at CSIR Road Race. There will be something to eat afterward. Please join and say hello before and after the race. You can leave your bags at the Cara Fun.

## Sunday Long Run

The weekend's long run will be from West Café in Brooklyn at 6am.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

### THIS WEEK'S DIARY



**Irene Athletics Club**

**WEEKLY RUNNING / WALKING SCHEDULE**

“Take control of your workout and make the decision to succeed.”  
—Matt Wilpers

**Mornings**      **Afternoons**

<b>Tue</b> 15 Oct		<b>Time Trial</b> @ Irene Clubhouse 17:30	4 6 km 8
<b>Wed</b> 16 Oct	<b>ECHT</b>	<b>Social Run</b> @ Centurion Theatre 17:30	8 - km 10
<b>Thu</b> 17 Oct		<b>Speed Session</b> @ Irene Clubhouse 17:30	
<b>Sat</b> 19 Oct	<b>CSIR Road Race (LEAGUE RACE)</b> @ CSIR Campus 6:00		5 10 km 21
<b>Sun</b> 20 Oct	<b>Klapperkop Long Run</b> @ West Café 6:00		15 - km 18

**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.

Mariette	Jansen van Vuuren	Oct 14
Keneiloe	Sibisi	Oct 17
Mpho	Motaung	Oct 19



## BAR NEWS

There will be fires for those who want to braai.



## THOUGHT FOR THE WEEK

Do what is right, not what is easy nor what is popular.

## TRAINING PROGRAMME

### IRENE Athletics Club Training Program

**Duration:** Monday 7 October to 3 November 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	07-Oct	Core and Strength Training		Hour long session
Tue	08-Oct	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	09-Oct	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	10-Oct	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	11-Oct	<b>MOONLIGHT FUN RUN/WALK</b>	<b>5km</b>	<b>Race Day</b>
Sat	12-Oct	<b>MASELELO HALF MARATHON</b>	<b>5/10/21km</b>	<b>Race Day</b>
Sun	13-Oct	Long Run	15km	Long Run
Mon	14-Oct	Core and Strength Training		Hour long session
Tue	15-Oct	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	16-Oct	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	17-Oct	Speed sessions - 600m	WU, (600m run, 400m Rec) x 4x/6x/8x	Warm up before the session
Fri	18-Oct	REST		REST
Sat	19-Oct	<b>CSIR ROAD RACE</b>	<b>5/10/21.1km</b>	<b>LEAGUE RACE</b>
Sun	20-Oct	<b>SANLAM CAPE TOWN MARATHON</b>	<b>42.2KM</b>	<b>Race Day</b>
Mon	21-Oct	Core and Strength Training		Hour long session
Tue	22-Oct	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	23-Oct	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	24-Oct	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	25-Oct	REST		REST
Sat	26-Oct	<b>IRENE FARM RACE</b>	<b>5/10/21km</b>	<b>Race Day</b>
Sun	27-Oct	<b>HELPERS RUN</b>	<b>5/10/21km</b>	<b>Race Day</b>
Mon	28-Oct	Core and Strength Training		Hour long session
Tue	29-Oct	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	30-Oct	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	31-Oct	Speed sessions - 600m	WU, (800m run, 200m Rec) x 4x/6x/8x	Warm up before the session
Fri	01-Nov	REST		REST
Sat	02-Nov	<b>KAAPSEHOOP MARATHON</b>	<b>42.2KM</b>	<b>Race Day</b>
Sun	03-Nov	<b>SOWETO MARATHON</b>	<b>42.2KM</b>	<b>Race Day</b>



## 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)

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

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

# ARC IRENE RUN/WALK 19 OCTOBER 2024



## ROAD RUN OR TRAIL RUN

YOU CHOOSE WHICH ONE YOU WANT TO DO

3KM, 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)



# CSIR

## LEAGUE RACE

19 OCTOBER 2024

# ROAD RACE

POWERED BY  
BestMed

# RACE

CSIR MAIN CAMPUS,  
MEIRING NAUDE ROAD,  
BRUMMERIA, PRETORIA

RUN AND WALK | 21.1 KM/10 KM | 06:00

CUT-OFF TIME IS 09:15

Any participant taking part in the 21.1 km who has not reached the Main Gate at 08:30 will not be permitted to complete it for safety reasons.

RUN AND WALK | 5 KM | 06:10

RACE VENUE

START AND FINISH is at the CSIR Main Campus, Meiring Naude Road, Brummeria, Pretoria



[www.entryninja.com](http://www.entryninja.com)

# 21.1 KM | 10 KM | 5 KM

ONLINE ENTRIES: [www.entryninja.com](http://www.entryninja.com) | RACE RESULTS: [results.finishtime.co.za](http://results.finishtime.co.za)

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE	MINIMUM AGE	START TIME	CUT OFF	PRIZE GIVING
21.1 KM	R200	R230	16 years	06:00	09:15	09:00
10 KM	R150	R180	14 years	06:00	08:00	09:00
5 KM	R50	R60		06:30		



Please note that Irene Members are not allowed to run the race on race day. There will be a helpers race the next day



**Athletics**  
Gauteng North



**Discovery**  
*Vitality*



**IRENE**

**26 OCT '24**

# 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 - 49)	R250	R150	R80
All other racing ages	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](http://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 09:00 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

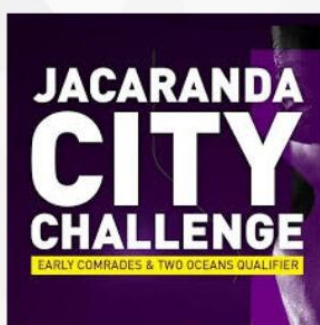


# Trene



Athletics Club

## MARATHON CLUB CHAMPIONSHIPS



9 November

@

5:30am



## JACARANDA CITY CHALLENGE

### 42.2KM



# TOM JENKINS

30th Run/Walk Challenge  
**Run Series**

with



ARCADIA  
RUNNING CLUB



**Saturday, 16 Nov 2024**

**5KM | 06:15**  
**10KM | 06:00**  
**21.1KM | 06:00**

**VENUE: Union Buildings, Government Avenue, Pretoria**

GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!

<b>ENTRY FEES:</b>	21.1km	10km	5km
70+	Free	Free	Free
All other categories:	R230	R150	R80
Temporary licences:	R60	R60	

### PRE-ENTRIES ONLY:

Capped at 6 000 entries.

Late entries: On collection date or race day if cap not reached.

Online entries: <https://www.entryninja.com/events/78082-tom-jenkins-challeng>

Pre-entries from 14 October 2024 at Run-Away-Sport: 012 - 361 3733 and

Pilditch Stadium: 012 - 327 4930 will close 15 Nov 2024 at 16:00.

Online entries will close at midnight on Tuesday 12 November 2024.

### RACE NUMBER COLLECTION:

At the venue on 15 November (10:00 - 18:00) and

On the day of race 16 November (04:30 - 05:45)



### ENQUIRIES:

📞 Race office: 082 566 1595 (James) 082 200 4219 (Paul)



# BDS RACE WITH Discovery Vitality

**21.1 KM**  
6:00am

**10 KM**  
6:00am

**5 KM**  
6:15am

**30 NOV**  
**SATURDAY 2024**

## ENTRY FEES

ENTRY FEES	21.1KM	10KM	5KM
<b>70+</b>	<b>FREE</b>	<b>FREE</b>	<b>FREE</b>
<b>60-69</b>	<b>R200</b>	<b>R100</b>	<b>R50</b>
<b>LATE ENTRIES</b> (18-69)	<b>R250</b>	<b>R150</b>	<b>R80</b>
<b>ALL OTHER CATEGORIES</b>	<b>R230</b>	<b>R130</b>	<b>R60</b>

## 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
- Water points 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

## 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

Wonderpark Shopping Underground Parking & Secured Parking.

## RACE NUMBER COLLECTION

- Friday, 29 November 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 30 November : 04:30 till 06:00 – at the venue.

## PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 29 November and morning of the day of the race provided we have not reached the 4000
- Online entries: [www.entryninja.com](http://www.entryninja.com)
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at wonderpark

FOR ENQUIRIES STEPHEN BALOYI @082 262 2568 | PETER KHOZA @084 650 3358

PHOTO CORNER



Mohamed Elhaimer at the Maselelo race on Saturday.



Leonie and Theunis Schoeman at the Meiringspoort race. Leonie did het first 21 km



Taking a welcome water brake in the heat



Unfortunately this photo was replaced with a different photo in last week's newsletter.

Founder members with Pieter and Sylvia Sutherland: Mike Gibbons, Derek Oldnall, John Ellmore, Louwrens Smit and Miles Saxby. Absent: Derick van der Merwe