



15 April 2024 15/24

EDITORIAL

We have officially sent a request to AGN not to recognize the Tshwane North Ultra event this coming Saturday as a league race. The reason being that there is no 10 km distance on the day (only 21 km and 50 km) which will result in many runners not being able to participate. The request was not granted. Although the race will remain an official AGN league race, we will not recognize it for our own club league. Members are obviously welcome to do the race. There will be no club gazebo unless there is a member willing to take one.

PEPSI FOR SALE

We didn't use all the Pepsi that was ordered for the water points at the Irene Running Festival. We want to give our members the opportunity to buy it at a discount price. It is original Pepsi in 2 litre plastic bottles. It will be available at only R80 per six pack. Get yours at the club house on Tuesday evening. Cash or card.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Green Mile race:

Keith Reynolds
Mike Gibbons

1st Male master – 16 Mile
1st Male GGM – 8 Mile

Congratulations also to our walkers who received medals in their respective age categories in the 5000 meter at the CGA Masters championships.

Elsa Meyer	Gold
Retha Knoetze	Gold
Johann Coetzee	Gold
Janine Radel	Gold
Jaap Willemse	Silver
Fia Coetzee	Silver
Lucia Willemse	Silver
Annatjie Greyvenstein	Silver

Michael van der Westhuizen also participated at the AGN Masters Championships the previous weekend. Unfortunately, his results in the 60 -64 category were left out last week.

100 m	Bronze
200m	Bronze
400m	Silver
5000m	Silver

Well done!

REGISTRATIONS 2024

Welcome to Simon Smith and Adél Vermeulen who joined as new members last week.



Simon Smith



Adél Vermeulen

CAPTAIN'S CORNER

Congratulations to everyone that have completed the Two Oceans Ultra and Half Marathon. We hope everyone had a fantastic race. Also, a BIG thank you to the support crew along the routes. You made a big difference.

Please remember to share your PB's and stories.

Weekly Time Trials

Time Trials on Tuesday 16 April 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.

Saturday League Race

This weekend is the next AGN league race at the Tshwane North Ultra Marathon. Unfortunately, there is no 10km hosted. **Please note there will NOT be a tent at this week's league race.**

The previous league race results will also be published soon. **Again**, unfortunately the race results were a mess and a big chunk of the actual results are not published. If you did run the Rights 2 Run 10km or 21km and your name is not on the list, please contact Nelius and he will sort you out.

Sunday Long Run

Sunday we will run from Irene Link Shopping Centre. Because we are approaching winter, the long runs will start slightly later at 6:30.

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 monthly AGN League Race. Unfortunately they don't host a 10km. Only a 5km, 21.1km and 50km.

Sunday's long run will be from Irene Link, starting at 6:30.

Mornings

Afternoons

Tue 16 Apr		Time Trial @ Irene Clubhouse 17:30	4 6 8 km	
Wed 17 Apr		Midweek LSD @ Centurion Theatre 17:30	12 - 15 km	
Thu 18 Apr		Hills @ Irene Clubhouse 17:30		
Sat 20 Apr	Tshwane North Ultra League Race @ Akasia Community Hall 6:00	5 21 km 50	Loskop Ultra Marathon @ Middelburg 6:00	21 km 50
Sun 7 Apr	Long Run @ Irene Link Shopping Centre 6:30	20 - 25 km		

For More Information

Johan
Nelius

081 851 3864
072 248 7698



TREE PLANTING CEREMONY

We had a tree planting ceremony at the club house on Tuesday to honour our 80 year old members for their contribution to the club and the sport over many years. We are indeed privileged to have 5 members who are 80 years old or who will turn 80 this year. Their experience and wisdom is precious to us.



Johan van Vuuren, Attie van Rensburg, André Smuts, Annatjie Greyvenstein and Gerard van den Raad. We salute them!

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 1 April to 28 April 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	01-Apr	Core and Strength Training		Hour long session
Tue	02-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	03-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	04-Apr	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	05-Apr	REST		REST
Sat	06-Apr	Irene Running Festival	5/10/21km	Work Day
Sun	07-Apr	Irene Running Festival	48km	Race Day / Work Day
Mon	08-Apr	Core and Strength Training		Hour long session
Tue	09-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	10-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	11-Apr	Speed session	W/U, (400m Sprint, 200m jog) x 6-8, CD	Warm up before the session
Fri	12-Apr	REST		REST
Sat	13-Apr	Two Oceans / The Green Mile	56km : 4/8/16 Miles	Race Day
Sun	14-Apr	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	15-Apr	Core and Strength Training		Hour long session
Tue	16-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	17-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	18-Apr	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	19-Apr	REST		REST
Sat	20-Apr	Loskop / Tshwane North	50km : 5/21/50km	Race Day
Sun	21-Apr	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	22-Apr	Core and Strength Training		Hour long session
Tue	23-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	24-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	25-Apr	Speed session	W/U, (600m Sprint, 400m Jog) x 6-8, CD	Warm up before the session
Fri	26-Apr	REST		REST
Sat	27-Apr	Revolution Run @ Clubhouse	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Sun	28-Apr	Magnolia Long Run	15/30/45km	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)

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.

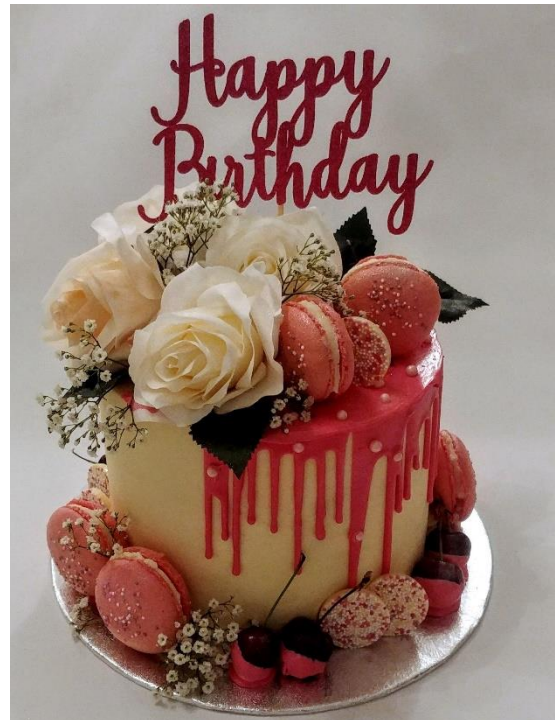
If you are looking at your first marathon, the focus must be on getting through it and enjoying it. The outcome will be the baseline to work from for future goals. Learn from it and adjust accordingly - seek advice from trusted sources. Below is a guideline that you should be achieving if you are intending to complete Comrades 2024.

Silver Training Guidelines : -	Bill Rowan Guidelines : -	Bronze Guidelines : -
8km - Sub 30:15 Minutes	8km - Sub 35:35 Minutes	8km - Sub 45 Minutes
21.1km - Sub 1h25 Minutes	21.1km - Sub 1h39 Minutes	21.1km - Sub 2h05 Minutes
42.2km - Sub 3 Hour	42.2km - Sub 3:30 Hour	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.

Elze	Le Roux	Apr 15
Venita	Brown	Apr 15
Riette	Van der Merwe	Apr 15
Victor	Pheto	Apr 16
Jacques	Esterhuyse	Apr 18
Jaydene	Hills	Apr 19
Roxanne	Hurter-Ehlers	Apr 19
Sandra	Faber	Apr 20
Casper	Strydom	Apr 20
Kyra	Hempel	Apr 21



THOUGHT FOR THE WEEK

Today, many will awaken with a fresh sense of inspiration. Why not you?

BAR NEWS

There will be fires for those who want to braai.



NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

13 APRIL 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



Live your way



Wednesday, 1 May 2024

Centurion Rugby Club

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



	EARLY BIRD ENTRY FEE:	CAPPED ENTRIES:
42.2 km	R 300	4 000
21.1 km	R 200	3 000
10 km	R 150	2 000
Fun Run	R 50	1 000
Kiddies Dash	R 20	-

Early Bird Entry Fee (NO increase from 2022)
1 January 2024 to 29 February 2024

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



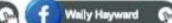
ONLINE ENTRIES ONLY
NO 10km, 21.1 km or 42.2 km entries on race day (unless the entry cap has NOT been reached).
Online entries close on 15 April 2024.

10x
R10 000
Cash
Prizes!



Last Comrades Qualifier
in Gauteng

www.wally.co.za



www.finishline.co.za

www.active.com

Enter the Wally and get an obligation free quote to get into the draw. T's and C's apply.
Click the button or visit www.finishline.co.za/centurion-wally-hayward-marathon-2024 to get your obligation free quote and for the T's & C's.





40th Commemorative Jackie Mekler Memorial Race 2024

25
kms

10
kms

5
kms

04 May 2024
ATHLETICS GAUTENG NORTH
ROAD RUNNING RACE/WALK

Hosted by -
Pretoria Military Marathon Club

Venue - Pretoria Military Sportsground
Thaba Tshwane (Voortrekkerhoogte)





AGN LEAGUE



Love to Run 5/10/21 KM

11 May 2024

New Venue !!!

The Glen High School
Garstfontein Road, Pretoria

PRE-ENTRIES from 15 March 2024 – 7 May 2024

Online entries: <https://www.entryninja.com/events>
Run-Away-Sport: 012 - 361 3733

Late entries: On collection dates or race day at an additional cost of R20

Entry Fees	21.1km	10km	5km
All categories	R240	R150	R70
70+	Free	Free	Free
Temporary licences	R60	R60	N/A

RACE NUMBER COLLECTION

Hatfield Christian Church

9 May 9h00 - 17h00 - 10 May 9h00 - 13h00

The Glen High School

10 May 14h00 - 18h00 - 11 May 5h00 - 7h00

PHOTO CORNER



Ansie Pretorius at the Green Mile race



Gerard van den Raad and Vanessa Ramahuma



Letha Kotze



Marie van Dyk



Madré Buitendach



Gilbert Nyamuda



Magda Brits



Machiel Engelbrecht and Kevin Rodwell



Shendl Weinzheimer



Martin Struwig at the Two Oceans Marathon



Leon Kotze



Maryke Bester



Richard Goodchild



Jordaan and Marike Jacobs



Elze
13 Apr 2024

Zandalee van der Schyff



Elze
13 Apr 2024

Freda Hillocks



Graeme Rennie



Pierre du Bruyne



Jaco Engelbrecht



Devan Nadarajah



Uida Enslin



Wesley-Ray Fawell and Anita de Jager



Celebrating their Oceans medals