



*15 January 2024    2/24*

### *EDITORIAL*

Please pay your membership before the end of January.

**Two big events this week:**

- 1- We want as many members as possible to do the first official time trial of 2024 on Tuesday. Starting time: 17:30.
- 2- Our first league race on Saturday, be there. See the Captain's corner for more details.

### *ACHIEVEMENTS*

Keith Reynolds

1<sup>st</sup> Master – Berg & Dal 15km

Well done!

### *REGISTRATIONS 2024*

Another 24 members registered during the week of which 10 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. Come and run the time trial and stay for the social. Free boerewors rolls to all present!

## ***NEW MEMBERS***

A warm welcome to the 10 members who joined last week. May you enjoy every moment with us. Be active members of this great family. We want to see your faces as often as possible.

We would like to meet you personally and invite you to attend the first time trials on Tuesday and to be part of the social evening after the time trials.



Adele Sutherland



Karla Zietsman



Koena Motloi



Lieb Swanepoel



Sanet Swanepoel



Tersia Odendaal



Theuns du Buisson



Vanessa vd Merwe



Wilmarie vd Merwe



Zanté Geel

## ***SOCIAL EVENING***

Our first social evening will take place on 16 January after the time trials. Don't miss this special event. Have a look at the flyer below and be part of the fun.

# IRENE SOCIAL EVENING

16 JANUARY

WELCOME TO   
IRENE AC 2024!

WE HAVE A NEW LOOK!



Let's get to know each others history.  
Wear your oldest club vest that you  
own. Irene or other club. If this year  
is your first year in a club, wear  
your new vest or a shirt that inspires  
you. Let's see where we all come  
from...

Just for fun!   
BOEREWORS ROLLS  
ON THE HOUSE!

## CAPTAIN'S CORNER

The club will re-open on Tuesday 16 January 2024 at 17H30 at the club with our first official time trial. We want to request all members to start together. **Let's see if we can have the biggest time trial ever.**

Admin desk will be open to get your new running vest and car disc.

### **WhatsApp Notification Groups**

Both WhatsApp groups will be cleaned up this week. Therefore if you have not registered and/or paid your annual fee, please do so as soon as possible.

### **IAC League Races (Running and Walking)**

This coming Saturday we will kick-off with our IAC League Races at the PWC George Claassen Road Race.

Until AGN reinstate the monthly league races, IAC has compiled a list of AGN races that will constitute as our internal league races. As usual, the Cara-Fun will be at these races and something to eat after the race for the members that has completed the race. We will also reinstate the point system to determine our annual Athlete of the Year awards. Please find the 2024 Irene Athletic Club (IAC) League Race Schedule below.

### **Entry information for the George Claassen race:**

**Online entries:** 15th November 2023 and close **16th January** 2024 [www.entryninja.com](http://www.entryninja.com)

**Shop entries:** 15th November 2023 and close 17th January 2024 Run-a-Way Sport, 302 Freesia Street, Lynwood Ridge (012 361 3733)

### **LATE entries (only via the FinishTime Passport App)**

**Thursday 18th January** at the Pretoria Marathon Club, Cnr Thomas Edison and 8th Street, Menlo Park from 17h00-19h00

**Friday 19th January** at the Pick n Pay Hyper (the venue) from 15h00-18h00

Running Regards

Johan (Fires) 081 851 3864

Nelius 072 248 7698



## LEAGUE RACE SCHEDULE



### 2024 IAC LEAGUE RACE SCHEDULE

All Irene members are encouraged to **attend** and **participate** in league races.

The caraFUN will be present at all the league races and **food** will be served after the race.

Points will be allocated as per the points table and count towards the **Athlete of the Year** awards at the end of the year.

20 January	PWC George Claassen	10 / 21.1km
17 February	BestMed Tuks (21.1km Club Championships)	10 / 21.1km
9 March	Buco Bobbies 3-in-1	10 / 21.1km
13 April	The Green Mile	8 / 16 Mile
1 May	MiWay Wally Hayward	10 / 21.1 / 42.2km
6 July	Garsfontein Ice Breaker	10 / 21.1km
17 August	Run with JAC (Swartkop Lapa)	10 / 21.1km
21 September	Exxaro Road Race	10 / 21.1km
19 October	CSIR Road Race	10 / 21.1km
9 November	Jacaranda City Challenge (42.2km Club Champs)	10 / 21.1 / 42.2km

#### For More Information

Johan  
Nelius

081 851 3864  
072 248 7698

## THIS WEEK'S DIARY

# Irene

## Athletics Club



### WEEKLY RUNNING / WALKING SCHEDULE

Official club opening time trial and social on Tuesday.

Free boerie afterwards.

IAC League Race # 1 on Saturday.

Something to eat afterwards.

#### Mornings

#### Afternoons

Tue  
16 Jan



Club Opening Time Trial  
(Social afterward)  
@ Irene Clubhouse  
17:30

4  
6  
8 km

Wed  
17 Jan



Midweek LSD  
@ Centurion Theatre  
17:30

12  
-  
15 km

Thu  
18 Jan



Speed session  
@ Irene Clubhouse  
17:30



Sat  
20 Jan

George Claassen Road Race  
@ PnP Faerie Glen  
IAC League Race # 1  
6:00

5  
10  
21 km



Sun  
21 Jan

Long Run / Walk  
@ Klapperkop  
Parking Castle Gate  
6:00

10  
-  
15 km



#### For More Information

Johan  
Nelius

081 851 3864  
072 248 7698





## TRAINING PROGRAMME

Tue	16-Jan	4/6/8 KM Time Trial	TIME TRIAL
Wed	17-Jan	60min to 90min (focus on longer than "normal" run distance)	LSD - EASY
Thu	18-Jan	8 x 200m Hill Repeats	Warm up before the session
Fri	19-Jan	REST	REST
Sat	20-Jan	<b>PWC GEORGE CLAASSEN (5/10/21.1)</b>	<b>RACE DAY</b>
Sun	21-Jan	90min to 120min	Long Run
Mon	22-Jan	Core and Strength Training	Hour long session
Tue	23-Jan	4/6/8 KM Time Trial	TIME TRIAL
Wed	24-Jan	60min to 90min (focus on longer than "normal" run distance)	LSD - EASY
Thu	25-Jan	Marathoin Runners rest OR 4 x 300m Hill repeats (Number and distance)	Warm up before the session
Fri	26-Jan	REST	REST
Sat	27-Jan	<b>AKASIA (5/10/21.1/42.2)</b>	<b>RACE DAY</b>
Sun	28-Jan	REST or 90min to 120 min for non Akasia Race runners	Long Run
Mon	29-Jan	Core and Strength Training	Hour long session
Tue	30-Jan	4/6/8 KM Time Trial	TIME TRIAL
Wed	31-Jan	60min to 90min (focus on longer than "normal" run distance)	LSD - EASY
Thu	01-Feb	8 x 200m Hill Repeats	Warm up before the session
Fri	02-Feb	REST	REST
Sat	03-Feb	<b>INTERCARE CLASSIC (5/10/21.1) - IAC 30th BIRTHDAY RUN</b>	
Sun	04-Feb	90min to 120min	Long Run

Hills Repeats (70-80% of max HR)

Quality session (Sprints) 85-95% of Max HR

Tempo 65-75% effort level

**For All Enquiries Regarding Training :**

[training@irenerunner.co.za](mailto:training@irenerunner.co.za) or call/whatsapp on 081 851 3864 or 072 248 7698

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

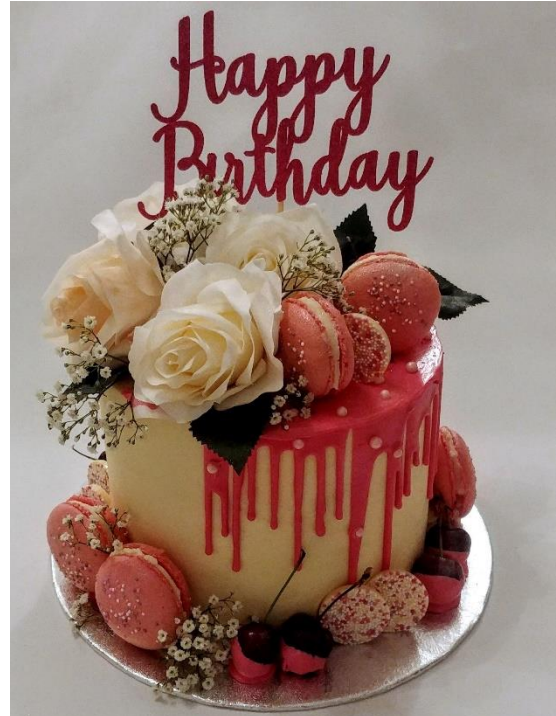
### Bronze Guidelines : -

8km - Sub 45 Minutes  
21.1km - Sub 2h05 Minutes  
42.2km - Sub 4h25 Hour

## PERSONALIA

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

Tjaart	van Wyk	Jan 16
Fanie	Van Wyngaard	Jan 17
Maryke	Bester	Jan 18
Andrew	Molver	Jan 20



A service for the late Pete van der Merwe will be held on 17 January 2024 at 10h00 at Kaleideo Church, 32 Fiskaal straat, Glen Marais, Kempton Park. All who knew Pete are welcome to attend. A coffee shop is available on the premises for refreshments before, and after the service. The service will also be streamed live, to reach everyone across South Africa and abroad who knew and loved Pete but are unable to attend. The invitation link to the service shall be provided as soon as it becomes available.

## THOUGHT FOR THE WEEK

**Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it.**

## BAR NEWS

**Social evening!!!**

**Free boerewors rolls for members and their families present.**





## NOTICE BOARD



NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

# ARC IRENE RUN/WALK

## 20 JANUARY 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)





48<sup>th</sup> running of the PwC George Claassen Memorial Road Race  
Saturday 20 January 2024



Scan to register online

#### Start times:

21.1km/10km run/walk 6am  
5km fun run 6.30am

#### Cut-off times:

Cut-off time for the 21.1km at the entrance to  
Pick n Pay Hyper (9.7km) at 7.30am

Cut-off time at 10am

#### Race venue:

Pick n Pay Hyper, Faerie Glen Atterbury Rd.

#### Start/finish:

Pick n Pay Hyper, Faerie Glen cnr Atterbury Rd.  
and Selikats Causeway, Faerie Glen, Pretoria

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

Race results: [results.finishtime.co.za](http://results.finishtime.co.za)



# 2024 WONDERPARK AKASIA road race

Online  
entries close  
on Monday  
22 January  
2024

JOHANN VAN EEDEN  
**42.2<sup>KM</sup>**  
Start Time: 05:30  
Cut-off @20km 8:15

**21.1<sup>KM</sup>**  
Start Time:  
05:30

**10<sup>KM</sup>**  
Start Time:  
06:00

**5<sup>KM</sup>**  
Start Time:  
06:10

**PRE-ENTRIES ONLY: [www.entryninja.com](http://www.entryninja.com)**

**RACE INFORMATION**  
076 234 5329

**WONDERPARK SHOPPING CENTRE**  
GPS: S25° 40,264 E28° 6,703 [www.wonderparkcentre.co.za](http://www.wonderparkcentre.co.za)



Scan to  
enter online

# 27 JANUARY 2024



HOËRSKOO  
GERRIT MARITZ

fourways  
aquastill



wonderpark  
SHOPPING  
CENTRE



Saturday, 3 February, 2024 at 06h00  
**Castle Gate Shopping Centre**

● 21,1 km    ● 10 km    ● 5 km



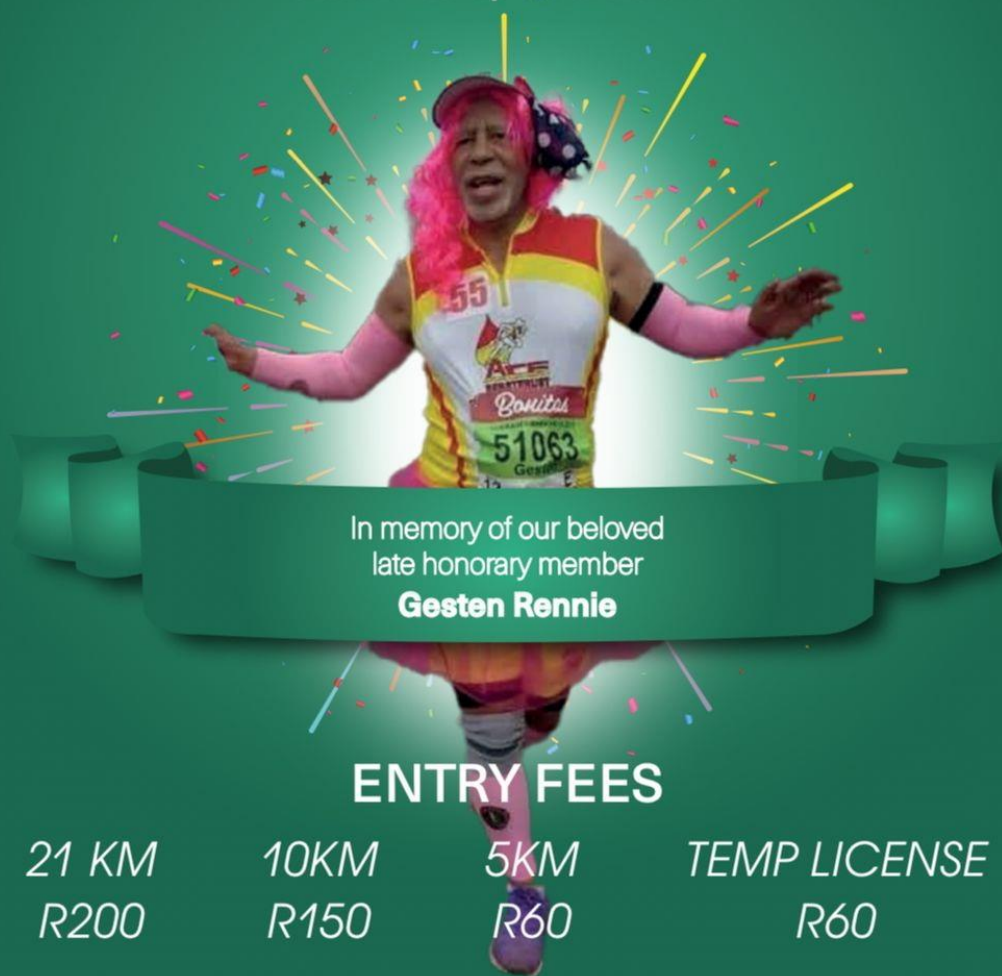




# ACE RACE

21 km, 10km & 5km FUN RUN

10 FEBRUARY 2024  
Eersterust Sport Stadium



In memory of our beloved  
late honorary member  
**Gesten Rennie**

## ENTRY FEES

21 KM  
R200

10KM  
R150

5KM  
R60

TEMP LICENSE  
R60





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**



**PHOBIA**  
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)





## PHOTO CORNER



Keith Reynolds on the podium at the Berg & Dal 15 km race. The first podium winner in our new running kit



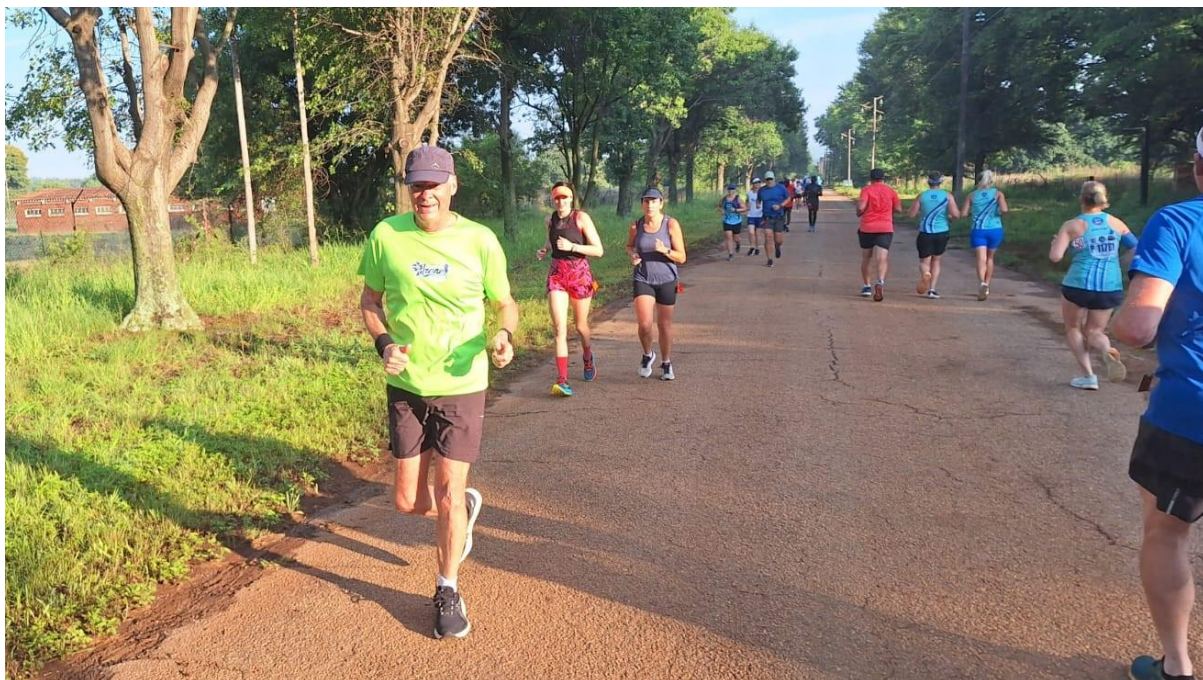


There was a big turnout at the trail run on Saturday morning at the club house with many Irene members participating



Our previous chairman, Louis Visser in action on Saturday





Pieter Jordaan



Belinda Hudson and Joy Dekker





Con Purchase, Miné van Zyl, Ilse van Olst, Alta Struwig and Johan Engelbrecht



Elze le Roux and Chris Cloete





Pierre du Bruyn, Kobus van Niekerk and Dave Roux



New member Willie Jordaan





The Dischem 21 km route goes past Joy Dekker's Granny's house. Said Joy: "She lived there until she died at the age of 80. My dad was born and grew up in that house, so lots of history. She used to carry out one of her kitchen chairs and sit on the pavement and watch all the runners go by waiting for my sister and I. Now I put a flower on her gate every time I run this race"