



18 March 2024 11/24

EDITORIAL

Our very popular Irene Running Festival will take place on 6 & 7 April. The 48 km taking place on 7 April is one of the most popular Comrades qualifiers in the country. We want to give our members the opportunity to run the race as well on one condition: you must work at the event on 6 April. Members who want to run one of the shorter distances on 6 April can do so on one condition: you have to work on 7 April. There will be no exceptions. More info about the helpers will be sent out during the week.

ACHIEVEMENTS

The following members were on the podium over the weekend at the Moo'se Race:

Ansie Breytenbach	1 st Female GM – 10 km
Lucia Willemse	3 rd Female walker – 10 km
Johan van Vuuren	1 st GGGM – 21 km
Annatjie Greyvenstein	1 st Female GGM – 10 km
Keith Reynolds	1 st Male walker – 21 km
Jaap Willemse	3 rd Male walker – 21 km
Elsa Meyer	2 nd Female walker – 21 km

Congratulations!

PERSONAL ACHIEVEMENTS

Arend de Beer	PB – 21 km
Rykie Kruger	PB – 42 km

Elsa Meyer

The latest world record of Elsa Meyer has finally been recognised by the authorities! Elsa is now the holder of three world records! A fantastic achievement indeed.

Distance	Age category	Time	Date achieved
10 km Walk	75 - 79	01:07:37	13-Nov-21
20 km Walk	70 - 74	02:07:57	10-Aug-16
20 km Walk	75 - 79	02:19:11	18-Nov-23

We salute you Elsa. We are proud to have you as a member of our club.



Johan Janse van Vuuren

Forty years ago Johan ran a sub 3 hour Marathon. He set himself a goal to run a sub 3 hour half Marathon at the age of 80. Despite having a bypass operation and a knee replacements on both knees years ago, he achieved this goal on Saturday. Well done Johan, you are an inspiration to all.



REGISTRATIONS 2024

Another 7 members registered during the week of whom 6 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 6 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.



Bianke van Schalkwyk



Pieter van Schalkwyk



Claire Sim



Ryleigh Holliday



Karen Swanepoel



Stephen Sim

CAPTAIN'S CORNER

Thank you to every one that came to run/walk the 1 lap of the 48km race. It was a huge success with 80+ runners and walkers attending the event. We send our condolences to Zoe Scholtz who had a bad fall. We hope you recover quickly.

Congratulations also to our brave warriors that conquered Saartjies Nek at Om Die Dam on Saturday. It was a hot day out.

Weekly Time Trials

Time Trials on Tuesday 19 March 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.

Thursday League Race

Next league race is this coming Thursday at the Pick n Pay Rights 2 Run/Walk at the Grove Mall. There will be something to eat after the race. (Yes, its free).

The latest league race results will be posted soon. Please let Nelius know if there are any issues.

Sunday Long Run

The Sunday long run will be from Castle Gate and we will head straight for the Klapperkop hills.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene

Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Thursday is the next league race at Pick n Pay Rights 2 Run / Walk at the Grove Mall.
Sunday is another chance for a long hill session at Klapperkop.

	Mornings	Afternoons
Tue 19 Mar		Time Trial @ Irene Clubhouse 17:30 4 6 km 8
Wed 20 Mar		Midweek LSD @ Centurion Theatre 17:30 10 - km 15
Thu 21 Mar	Pick n Pay Right 2 Run/Walk @ The Grove Mall LEAGUE RACE 7:00 5 10 km 21	Public Holiday
Sat 23 Mar	Overkruin Beast Race @ Overkruin High School 6:00 5 15 km 32	
Sun 24 Mar	Klapperkop Run / Walk Parking at Castle Gate 6:00 15 - km 20	

For More Information

Johan	081 851 3864
Nelius	072 248 7698

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 4 March to 31 March 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	04-Mar	Core and Strength Training		Hour long session
Tue	05-Mar	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	06-Mar	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	07-Mar	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	08-Mar	REST		REST
Sat	09-Mar	BUCO Bobbies 3-in-1	5/10/21km	Race Day
Sun	10-Mar	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	11-Mar	Core and Strength Training		Hour long session
Tue	12-Mar	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	13-Mar	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	14-Mar	Speed session	W/U, (400m Sprint, 200m jog) x 4-6, CD	Warm up before the session
Fri	15-Mar	REST		REST
Sat	16-Mar	ODD and Moo'se Race	8/50km : 5/10/21km	Race Day
Sun	17-Mar	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	18-Mar	Core and Strength Training		Hour long session
Tue	19-Mar	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	20-Mar	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	21-Mar	Right to Run/Walk	5/10/21km	League Race
Fri	22-Mar	REST		REST
Sat	23-Mar	Overkruin Race	5/15/32km	Race Day
Sun	24-Mar	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	25-Mar	Core and Strength Training		Hour long session
Tue	26-Mar	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	27-Mar	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	28-Mar	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	29-Mar	REST		REST
Sat	30-Mar	Revolution Run @ Clubhouse	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Sun	31-Mar	City 2 City	50km	Race Day

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)

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

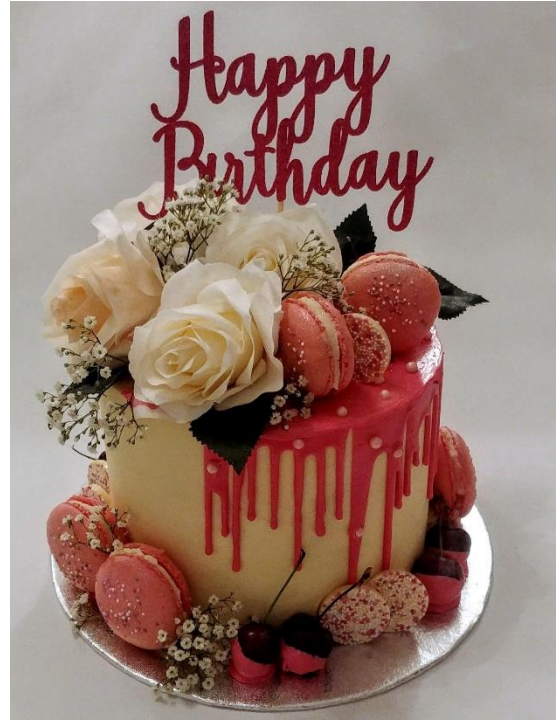
Bronze Guidelines :-

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.

Elismari	Hamman	Mar 18
Rykie	Kruger	Mar 18
Steve	Sackett	Mar 18
Willem	du Toit	Mar 18
Emile	Myburgh	Mar 19
Anna	Pieterse	Mar 19
Chantal	Heuvel	Mar 20
Ruan	Vlok	Mar 20
Egmond	Van Niekerk	Mar 20
Johan	Janse van Vuuren	Mar 21
Adele	Sutherland	Mar 21
Izaak	Van Niekerk	Mar 23



THOUGHT FOR THE WEEK

To have what you have never had, you have to do what you have never done.

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

23 MARCH 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

Discovery
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28th **RIGHT**  **RUN WALK**

proudly brought to you by



ARCADIA
RUNNING CLUB



Athletics
Gauteng North
LEAGUE RACE

the grove
mall

Cnr. Lynnwood & Simon Vermooten, Equestria, Pretoria

21 5 km
March 10 km
2024 21.1 km

STARTING TIME 07:00 | **PRE ENTRIES FROM 8 FEB 2024**



Enquiries
Race office James 082 566 1595 Paul 082 200 4219

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 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

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

**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.**

THE GREEN MILE ROAD RACE — 2024 —

<https://www.entryninja.com/events/79887-green-mile-2024>

Enter At:



PRE-ENTRY R200 / LATE ENTRY R220

16 MILE RUN
(25.76 KM)

START TIME - 6 : 00

PRE-ENTRY R150 / LATE ENTRY R150

8 MILE RUN
(12.83 KM)

START TIME - 6 : 00

PRE-ENTRY R60 / LATE ENTRY R60

4 MILE RUN
(6.44 KM)

START TIME - 6 :15

HugePC
Computer Distributors

Contact Us:

Marius: - 082 5766 755

Chris: - 082 785 8792

Moneen: - 083 298 5975

marius.photo@absamail.co.za

SATURDAY
APRIL 13

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTTELTON MANOR, CENTURION

SAFETY X PRESS STROMBERG®



the mile of life

GREEN MILE

PHOTO CORNER



Nelius van Rooyen doing the announcements at the time trials



Rose Kavallineas, Sheren Naidoo, Sue March and Claire Sim



Sharon and Eugene Booyens



Mark van Deventer is getting back into shape again



Estien van Wyngaard and Maryke Gradwell. Two walkers doing the running thing



Sumarie van Wyk



Amanda de Beer



It is good to see Myrna van Wyk on the road again



Vanessa Ramahuma and Shoeshoe Letsi at the Moo'se race



Stephen and Louis Finn



Conrad Langerman, Henk Basson, Joy Dekker, Keith Reynolds and Candice Molver



Pieter and Nadia Saayman did the 21 km



Ingrid Norval also did the 21 km



Johan van Vuuren finishing his sub 3 hour half Marathon



Johan with his support team. Christian Swart, Marisia Koch (daughter) and Heidi Tylor



Athletes gathering at the start of the club run on Sunday



A beautiful early morning on the farm



What a privilege to be able to run and to enjoy life



At the 2 km mark



Two well known spectators, Sarel and Marinda van der Walt on a hiking exercise



Relaxing at the club house after the 24 km run