



19 August 2024 33/24

EDITORIAL

The monthly social that is presented every month is an important function of the club. Not only is it well organised, it also gives all members the opportunity to get to know each other and to have fun together. There is always something to eat for free.

Last week's social evening was an example where all present really enjoyed themselves and had great fun. It was pancakes and karaoke! See the photos in the photo corner.

We want to encourage more of our members to be part of it in the future. You will be more than welcome. It is for free!!

Enter for the last Winter Series run. We need you there!

SERIOUS about our run™
irene

IRENE WINTER NIGHT SERIES

IRENE

70 years

Flexible start times

Event 3
4 Sep '24
@ Irene AC
17:30 - 18:00

5KM & 9KM FUN RUN

Enter for any 2 of the 3 events:

- Receive a **FREE** entry for the birthday bash
- Stand a chance to win amazing prizes (at the bash)
- Receive a special IAC birthday medal (at the bash)

Headlamps Advisable

Contact: Johan van Vuuren
081 851 3864

ACHIEVEMENTS

Congratulations to Elsa Meyer who was first in her age category in the 10 km at the World Masters Athletics Championships in Sweden. Johann Coetzee finished 8th in his race.

| | |
|-------------------|---|
| David Holliday | Gold – AGN Cross Country Championships |
| Nelius van Rooyen | Gold – AGN Cross Country Championships |
| Keith Reynolds | 1 st Master – Waterfall City 10 km |
| Tania Thompson | 2 nd Female – 24 Hour Challenge |
| Lynette Gough | 3 rd Female – 24 Challenge |

Congratulations!

Well done to Holger Hedelt who completed yet another 100 miler in Germany.

CAPTAIN'S CORNER

THIS WEEK'S DIARY

Congratulations to all our Cross-Country runners who has competed in the AGN Cross-Country Championships over this weekend. We had 3 members on the podium and while we still wait for the official results, we believe all 6 the athletes that has competed has successfully qualified for the ASA National Cross-Country Championships early September.

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

- PVR Night Race – 28 August 2024 (**10km Club Champs**)
- Irene Winter Night Series Event 3 – 4 September 2024
- ASA National Cross-Country Championships – 7 September 2024
- Irene 30th Birthday Bash – 4/5 October 2024
- 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

From this week onwards, the time trial book will fall away and only the QR Code will be available to log your time trial result. There will be a few QR Codes available at the clubhouse. Please scan and record your results as you finish. Results will be published weekly.

ABSA Run Your City

This Sunday is the annual ABSA Run Your City race. The start is in Stanza Bopape Street, Pretoria at 8am.

Sunday Long Run

Join us for the Sunday Long Run at Irene Link Shopping Centre from 6:30am.

10km Club Championship

This year our 10km Club Championships will be at the PVR Dorpsfees Night Race. The Championship is for all ages.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

Irene



Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Tuesday is our weekly Time Trials.

Sunday we will run from Irene Link and it is also the Absa Run Your City race.

Mornings

Afternoons

Tue
20 Aug



Time Trial
@ Irene Clubhouse
17:15
4
6
8 km

Wed
21 Aug



Social Run
@ Centurion Theatre
17:15
8
- km
10

Thu
22 Aug



Speed Session
@ Irene Clubhouse
17:15

Sat
24 Aug

Revolution Run
@ Irene Clubhouse
7:00



Sun
25 Aug

Social Run
@ Irene Link Shopping Centre
6:30
10
- km
15

Absa Run Your City
@ Stanza Bopape Street
8:00
10km

For More Information

Johan
Nelius

081 851 3864
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.

| | | |
|-----------|--------------|--------|
| Tiego | Setlaba | Aug 20 |
| David | Rookan-Smith | Aug 21 |
| Ricardo | Swarts | Aug 22 |
| Katlego | Jabosigo | Aug 22 |
| Francisca | Rossouw | Aug 23 |
| Charlene | Van Niekerk | Aug 25 |



BAR NEWS

There will be fire for those who want to braai.



THOUGHT FOR THE WEEK

Even if you are on the right track, you'll get run over if you just sit there.

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 5 August to 8 September 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 | 05-Aug | Core and Strength Training | | Hour long session |
| Tue | 06-Aug | Time Trial | B = 4km, I & A = 8 km | TIME TRIAL - Refer to Legend |
| Wed | 07-Aug | IRENE WINTER NIGHT SERIES | 5/9km | Race Day |
| Thu | 08-Aug | Speed session - 400m | B = 4x, I=6x, A=8x | Warm up before the session |
| Fri | 09-Aug | REST | | REST |
| Sat | 10-Aug | QUAGGA ROAD RACE | 5/10/21.1/32km | Race Day |
| Sun | 11-Aug | Long Run | 15km | Long Run |
| Mon | 12-Aug | Core and Strength Training | | Hour long session |
| Tue | 13-Aug | Time Trial | B = 4km, I & A = 8 km | TIME TRIAL - Refer to Legend |
| Wed | 14-Aug | Easy Run | B = 8km I&A = 10km | Easy Run |
| Thu | 15-Aug | Hill Repeats - 400m | B = 4x, I=6x, A=8x | Warm up before the session |
| Fri | 16-Aug | REST | | REST |
| Sat | 17-Aug | RUN WITH JAC (SWARTKOP LAPA) | 5/10/21.1km | LEAGUE RACE |
| Sun | 18-Aug | Long Run | 10km | Long Run |
| Mon | 19-Aug | Core and Strength Training | | Hour long session |
| Tue | 20-Aug | Time Trial | B = 4km, I & A = 8 km | TIME TRIAL - Refer to Legend |
| Wed | 21-Aug | Easy Run | B = 8km I&A = 10km | Easy Run |
| Thu | 22-Aug | Speed sessions | Interval Training | Warm up before the session |
| Fri | 23-Aug | REST | | REST |
| Sat | 24-Aug | Long Run | 20km | Long Run |
| Sun | 25-Aug | ABSA RUN YOUR CITY | 10km | Race Day |
| Mon | 26-Aug | Core and Strength Training | | Hour long session |
| Tue | 27-Aug | Time Trial | B = 4km, I & A = 8 km | TIME TRIAL - Refer to Legend |
| Wed | 28-Aug | PVR NIGHT RACE | 5/10 km | 10KM CLUB CHAMPS |
| Thu | 29-Aug | Hill Repeats - 400m | B = 4x, I=6x, A=8x | Warm up before the session |
| Fri | 30-Aug | DAWN TO DUSK | 100Miler / 24hour | Race Day |
| Sat | 31-Aug | DAWN TO DUSK | 12hour | Race Day |
| Sun | 01-Sep | Long Run (For those not doing D2D) | 15km | Long Run |
| Mon | 02-Sep | Core and Strength Training | | Hour long session |
| Tue | 03-Sep | Time Trial | B = 4km, I & A = 8 km | TIME TRIAL - Refer to Legend |
| Wed | 04-Sep | Easy Run | B = 8km I&A = 10km | Easy Run |
| Thu | 05-Sep | Speed sessions - 400m | B = 4x, I=6x, A=8x | Warm up before the session |
| Fri | 06-Sep | REST | | REST |
| Sat | 07-Sep | BROOKLYN ROAD RACE | 5/10/21.1/33km | Race Day |
| Sun | 08-Sep | Long Run | 20km | 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/00299a61111111111111)

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 24 AUGUST 2024



ROAD RUN OR TRAIL RUN

3KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 07H00

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





Athletics
Gauteng North

PvR DORPSFEES NIGHT RACE

WEDNESDAY
28 AUGUST 2024
Entries open 1 July 2024
www.entryninja.com

Temporary license required for
non-registered athletes on the 10km
- R 60

| DISTANCE | ENTRY FEE | START TIME | MINIMUM AGE | CUT OFF TIME | LATE ENTRIES |
|----------|-----------|------------|-------------|--------------|--------------|
| 10km | R140 | 18:30 | 14 yrs | 20:30 | R150 |
| 5km | R60 | 18:30 | 9 yrs | 20:30 | R70 |

- The race will take place under the rules of WA, ASA and AGN and all participants must wear club colours, except when participating with a temporary license.
- Athletes who do not adhere to the rules will be disqualified.
- All athletes in the 10km race must wear a valid 2024 license number, front and back.
- If issued with a race number, this must be worn on the front of the vest and may not cover the sponsor's logos on the license number. Temporary license must be worn on the back of the running top.
- No license required for the 5km race.
- Athletes participating without buying a race entry will be disqualified.
- No seconding is allowed.
- All traffic officers and officials instructions must be obeyed.
- Timing for Discovery Vitality Points.
- Time limit is two (2) hours for all athletes. Last runner / walker must finish by 20:30.
- Dogs and prams allowed on the 5km route only, with a water point provided.
- No blades, cycles or mechanically operated devices are allowed in the race.
- No iPods or listening devices are allowed in the race.
- Head lamps are advisable.
- All athletes participate solely at their own risk and the organisers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during, or as a result of the race
- Medical support will be available.

Online entries at www.entryninja.com

Entries close 26 August 2024

No prize money - medals for all finishers

Race number collection & late entries

Pierre van Ryneveld Geloofs familie

14 Baltimore Road, Pierre van Ryneveld

- 27 August 2024 strictly from 16:00 until 19:00

- 28 August 2024 strictly from 15:00 until 18:15

Secure parking for all athletes:

cnr Mustang Ave & Blenheim Road

Pierre van Ryneveld (Open field)

No athletes will be permitted to drive in Baltimore Road

Athletes with club gazebos need permission to drive to the finish in Baltimore Road and must be set up before 17H30

Race enquiries: Johan van Vuuren - 081 851 3864

In case of unforeseen cancellations,
no refunds will be granted



Start collecting your
PvR Night Race
Airplane Medalals

Athletes, join us for a "braai & kuier" afterwards
Wood for the braai will be provided

A festival not to be missed

Hosted by Mad Monkey Adventures in partnership with Irene Athletics Club.

This race will serve as our club 10 km championships

Trene



Athletics Club

10KM CLUB CHAMPIONSHIPS



28 August

@

18:30



PVR NIGHT RACE

10KM





ULTIMATE FAST CHALLENGE RACE

5KM | 10KM

RACE STARTS AT 7:00



@ KOLONNADE
RETAIL PARK

Don't Miss It

31 AUGUST 2024

Online Entries @
www.entryninja.com

ENTRY FEE:
Temporary License: R60
5KM: R80
10KM: R150

Enquiries: Lesetja (076 120 2388) / Concelia (082 342 8076)



RUN & WALK
STARTING TIMES
33km 6.00am
21km 6.00am
10km 6.00am
5km 6.10am

BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

7 SEPTEMBER 2024

START IN DEY STREET & FINISH IN BRONKHORST STREET, BROOKLYN MALL

www.entryninja.com



IN MEMORY OF ANDREW GREYLING

SCAN TO REGISTER ONLINE



BROOKLYN MALL  BROOKLYN SQUARE
Tel: 012 346 1063 | www.brooklynmall.co.za

PRETORIA MILITARY

Marathon Club

Presents

Spirit of Flight Race

10 KM RUN/5 KM Fun Run

600 VITALITY POINTS ONLY FOR 10KM

NO POINTS FOR 5KM

1500 SPECIAL MEDALS



24 SEPT 2024 @ 06:30
AIR FORCE BASE SWARTKOP, VALHALLA



Athletics
Gauteng North

ONLINE ENTRIES FROM 10 JULY - www.entryninja.com (Until 17 SEPTEMBER 2024)



LEBO NKU - 072 331 8586/JACKIE MOTIMELE - 076 348 9440

KATLEGO PHENYA - 083 701 1046/MODISE MADIKAZI - 083 472 4453

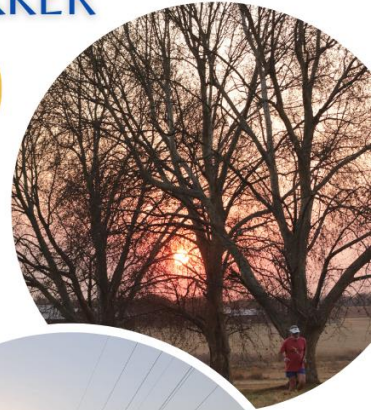
IRENE FARM BACKYARD ULTRA

"Geniet dit!"
It's like
"LEKKER"

28 SEPTEMBER 2024

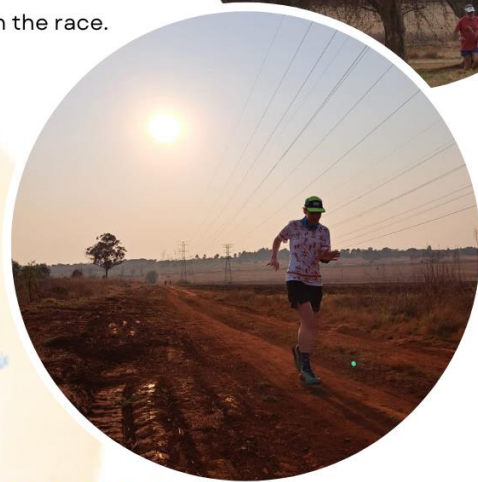
Race details

- Last man / woman standing race:
 - There is only one winner, the last person to complete a lap.
 - All other competitors are a DNF.
 - In the instance that nobody goes any further than any other, there is not a tie, there is no winner.
- 3 / 6 / and 12+ Loop races:
 - Only the competitors that run until the last lap, finish the race.
 - All other competitors are a DNF.



Loops

- Except for restrooms, competitors may not leave the course until each loop is completed.
- No non-competitors on the course.
- No personal aid during a loop (common aid station at the Race Village).
- Each loop must be completed within an hour to be counted, including the final loop.
- Loop distance: 6,7km (4,16miles)



Venue

- Race Village, Irene Athletic Club House ARC Grounds, Nellmapius Road.
- Competitors and their supporters are allowed to "camp" with their gazebos or tents.
- Set up at Race Village, Friday 27 Sept 2024 from 16:00.

Entries includes:

- 12+ Loop entrants receive T-shirt & buff (entries must be in by 23 Aug 2024)
- 3 / 6 Loop entrant receive buff
- Race number
- Grab and go items
- Medal

Entries

- 12+ Loop race till last runner @ R 750.00
- 6 Loop race @ R 350.00
- 3 Loop race @ R 150.00
- T - Shirt (order before 23 Aug 2024) @ R 180.00
- Entries at www.entryninja.com, close on 25 Sept 2024.
- Late entries at venue, 27 Sept 2024 from 16:00.

Registration, Briefing and Start:

- Registration for all races will take place 27 Sept 2024 from 16:00.
- Briefing for each race will be 30 minutes before each race starts.
- Races start as follow:
 - Last man / woman standing, 28 September 2024 at 06:00.
 - 3 / 6 / 12+ Loop races, 28 September 2024 at 06:00.
- Each loop starts precisely 1 hour after the last, on the hour.
- Warning of 1 - 3 minutes prior to the start.
- All competitors must start at the gong (no late start).

Compulsory Gear:

These are compulsory for all three races:

- Long sleeved thermal top
- Waterproof jacket with hood
- Waterproof pants
- Cap / Hat
- Headlamp with spare set of batteries

Presented by Mad Monkey Adventures (contact Johan: +27 81 851 3864)

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

21.1 KM | 10 KM | 5 KM

ONLINE ENTRIES: www.entryninja.com | **RACE RESULTS:** 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 | | |



science & innovation
Department
Science and Innovation
REPUBLIC OF SOUTH AFRICA



CSIR
Teaching Lives through Innovation

bestMed
medical scheme





Athletics
Gauteng North

26 OCT '24



Discovery
Vitality



IRENE

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 - 40) | R250 | R150 | R80 |
| All other categories | 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
- 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 08:00 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

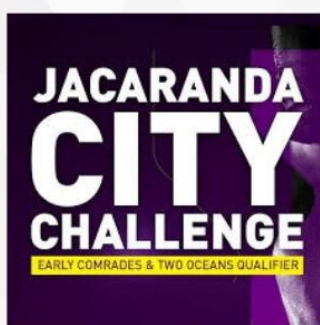


Trene



Athletics Club

MARATHON CLUB CHAMPIONSHIPS



9 November

@

5:30am



JACARANDA CITY CHALLENGE

42.2KM



PHOTO CORNER

Photos of members enjoying themselves at the pancake/karaoke evening











Lynette Gough and Tania Thompson at the prizegiving of the 24 hour Challenge



Nelius van Rooyen and David Holliday at the AGN Cross Country Championships



Elsa Meyer in action at the World Masters Athletics Championships. She was also part of the SA team who won the silver medal



Sunday morning run