



22 January 2024 3/24

EDITORIAL

We asked – you responded! Thank you to all our members who were part of our first league race on Saturday. It was a beautiful sight to see so many Irene members at a race. Those wearing our new kit... you looked awesome!

The 2024 licence numbers will be available on Tuesday from 17:00 – 19:00. No numbers will be issued if registration fees haven't been paid.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the George Claassen Race on Saturday:

Jacquie van der Waals	1 st Vet lady – 10 km
Ilze Merrick	1 st Master lady walker & 2 nd lady – 10 km
Jaap Willemse	1 st GM walker – 10 km
Gerard van den Raad	1 st GGM walker – 10 km
Keith Reynolds	1 st Master walker & 2 nd man – 21 km
Sandra Steenkamp	1 st Lay walker & 1 st GM – 21 km
Elsa Meyer	1 st GGM lady walker & 2 nd lady – 21 km

PERSONAL ACHIEVEMENTS

Janine Rädel PB – 3000m walk

Well done!

WE MISSED YOU

There were 90 members participating at the George Claassen race on Saturday of which 30 did not visit our Cara-Fun/gazebo. We missed you!

We have invested in the Cara-Fun to give our members the best service at the races. Please make use of it. It is the place to get to know each other and have a good time together.

You missed out on Saturday!

REGISTRATIONS 2024

Another 23 members registered during the week of which 13 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 13 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 time trials on Tuesday.



Leon Kotze



Shoeshoe Letsi



Thinus Kapp



Tokelo Mokori



Wesley-Ray Fawell



Andri Geel



Carol Lesame



Jenine van Dyk



Margaux Lim Ah Tock



Nadia Coetzer



Piet van Dyk



Shaun Kruger



Neliswe Mthembu

CAPTAIN'S CORNER

Weekly Time Trials

Time Trials on Tuesday 23 January 2024 at 17H30 at the club, everyone must please start together. The trial book will be available, please write your time in once you are done. Last weeks results will be published soon.

IAC League Races (Running and Walking)

Thank you to everyone that attended this weekend's race. It was great to see so many Irene runners, and the shirts looked amazing. Please remember to wear the correct clothing, old Irene shirt with blue pants or new Irene shirt with black pants. An example will be on display in the clubhouse.

Next league race at ACE Race on 10 February 2024.

Sunday Social Run

This weekend we will have a social run/walk at the clubhouse. Everyone welcome, come and enjoy running at the ARC Grounds, one of the many benefits being an Irene member.

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

Saturday is the **Akasia Marathon**, a Comrades and Oceans Qualifier.

Sunday is a **social run / walk** from the **clubhouse**.
Everyone welcome.

Mornings

Tue
23 Jan



Wed
24 Jan



Thu
25 Jan



Sat
27 Jan

Wonderpark Akasia Road Race
@ Wonderpark Shopping Centre
6:00 10 21 42 km

Sun
28 Jan

Social Run / Walk
@ Irene Clubhouse
6:00 8 - 15 km

Afternoons

Time Trial
@ Irene Clubhouse
17:30 4 6 8 km

Midweek LSD
@ Centurion Theatre
17:30 12 - 15 km

Hills session
@ Irene Clubhouse
17:30



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	PWC GEORGE CLAASSEN (5/10/21.1)	RACE DAY
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	AKASIA (5/10/21.1/42.2)	RACE DAY
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	INTERCARE CLASSIC (5/10/21.1) - IAC 30th BIRTHDAY RUN	
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 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.

Nadene	Visser	Jan 22
Ferdi	Boshoff	Jan 24
Graeme	Forrest	Jan 24
Alta	Struwig	Jan 24
Kovi	Rajaruthnam	Jan 25
Heidi	Taylor	Jan 26
Kobie	Joubert	Jan 27
Marlene	Kruger	Jan 28
Siphiwe	Mahlangu	Jan 28
Erik	Van der Merwe	Jan 28



THOUGHT FOR THE WEEK

Maturity is when you stop complaining and making excuses and start making changes.

BAR NEWS

There will be fire for those who want to braai.



NOTICE BOARD



ARC IRENE RUN/WALK
27 JANUARY 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

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Discovery
Vitality

REVOLUTION
TRAILS





2024 WONDERPARK AKASIA road race

Online entries close on Monday 22 January 2024

JOHANN VAN EEDEN 42.2^{KM} Start Time: 05:30 Cut-off @20km 8:15	21.1^{KM} Start Time: 05:30	10^{KM} Start Time: 06:00	5^{KM} Start Time: 06:10
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PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION
076 234 5329

WONDERPARK SHOPPING CENTRE
GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za



Scan to enter online

27 JANUARY 2024





The Akasia 10 km will serve as the AGN 10 km Championship



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

● 21,1 km ● 10 km ● 5 km

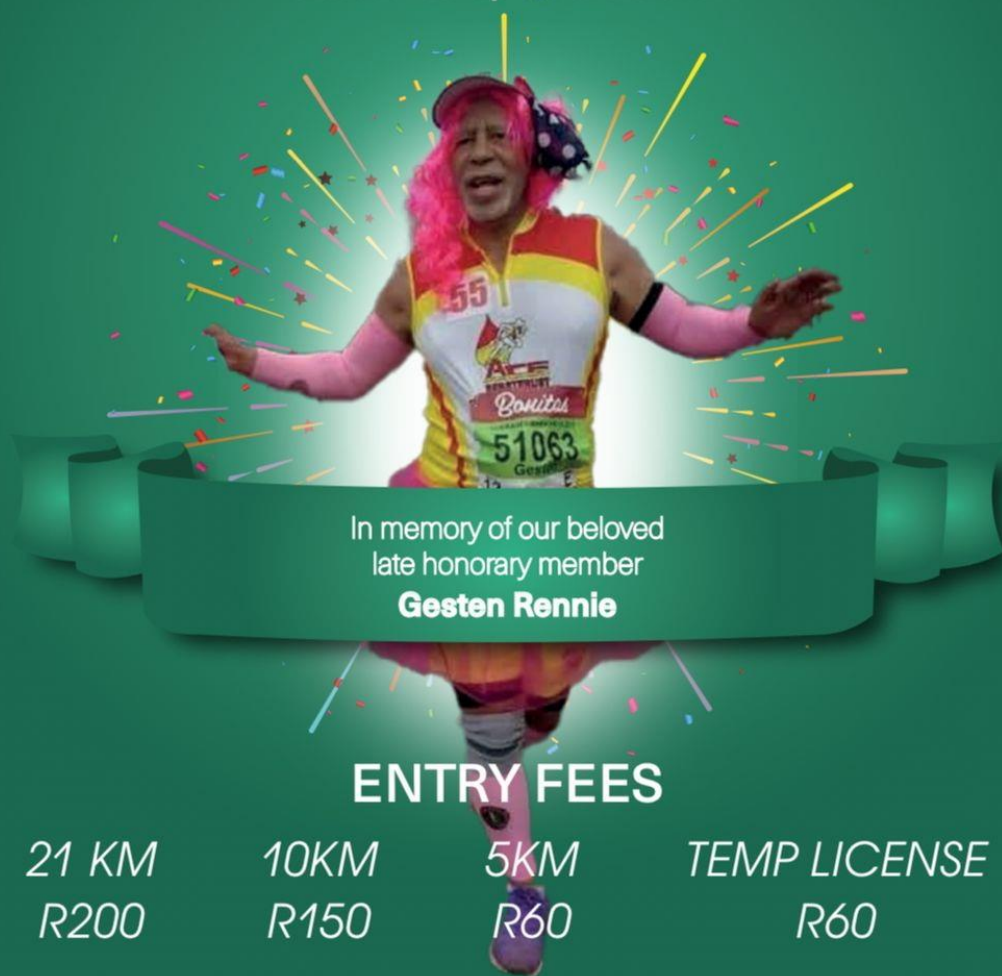




ACE RACE

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



Bestmed TuksRace

Run/walk

1km 5km 10km 21.1km

CELEBRATING
PRETORIA'S
MOST LOVED
RACE, 10 YEARS
AND BEYOND

Saturday, 17 February 2024
Hillcrest Sports Campus



bestMed
personally yours





ENTER AT: www.peaktiming.co.za / 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**



ATHLETICS
GAUTENG NORTH

PHOBIANS
Athletics Club



RACE OFFICE
063 772 3537 | info@theroc.co.za
RACE DIRECTOR: GRAHAME GERTSCH - 073 171 7507
EMAIL: INFO@PRETORIAMARATHON.CO.ZA

Balwin
SPORT

PHOTO CORNER



Announcements time at the time trials



It was great fun with the members wearing some of their oldest running kit. Riaan Prinsloo's licence dated back to 2002 and Johan de Klerk's back to 2003



Alan Hyson with his early Onderstepoort colours, Miles Saxby with his 1998 outfit and John Ellmore



Gathering at the start of the time trial



Ready to start



Ferdi Boshoff was the winner of the first official time trial of 2024



Gibson Nyamuda and Clifford Woodroffe running their first Irene time trial



Hats off to Fires who fed 150 people. Johan van Vuuren and Willem Landman looking on



The evolution of our running kit. Miles Saxby, Johan de Klerk, John Ellmore, Rykie Kruger and Nadene Visser



The place to be on a Tuesday evening



Blanche van Vuuren and Marinda van der Walt. Two ladies who worked very hard on Tuesday



Our setup at the George Claassen race on Saturday



Louwrens Smit and Johan van Vuuren



Smiling faces at the start of the race



This is what it looks like when Theuns is left behind to take care of our belongings



The Breytenbach family



Jacquie van der Waals on the podium. It was her first race in a year after her serious cycle accident



Ilze Merrick



Gerard van den Raad



Jaap Willemse



Ilze Merrick and Johan Engelbrecht enjoying the lovely food that was available to all our members



Blanche and Johan van Vuuren wearing the new long sleeve shirts. These shirts are for sale at the clothing store in the club house