



22 July 2024 29/24

EDITORIAL

A big thank you to all our members who supported the first race of the winter series. It was a huge success! More than 160 people participated, more than was expected.

Thank you also to those members who couldn't participate but who have made a donation instead. We can now look forward to the second race that will take place on 7 August.

SERIOUS about our fun irene **IRENE WINTER NIGHT SERIES**

Event 1
17 July '24
@ Irene AC
17:30 - 18:00

Event 2
7 Aug '24
@ Irene AC
17:30 - 18:00

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

5KM & 9KM FUN RUN
Flexible start times

5km - R50 Entries available on Entry Ninja and at the venue before the start
9km - R100 Receive **Discovery Vitality** points

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)

Coffee vendors
Food stalls available

Headlamps Advisable

IAC BIRTHDAY BASH!!!
Information to follow

4 & 5 Oct '24

Discovery Vitality

Contact: Johan van Vuuren
081 851 3864

CAPTAIN'S CORNER

Congratulations to all Irene members that competed at the Interprovincial Championships this weekend in Middelburg. We are looking forward to the results. The next big event is the AGN Championships in August. Keep training.

With Cape Town Marathon being the first major marathon on the calendar, many runners are hitting the road again.

Monday 29th July is exactly 12 weeks from Cape Town Marathon, there after we have another two big marathons on the calendar: Kaapsehoop Marathon on 2 November and Jacaranda City Marathon on 9 November.

Our training programs will be adjusted to accommodate these three marathons to ensure our members are ready for their respective races. Please contact us should you require a training program (for any distance).

Irene Winter Trail Series

Our first Winter Trail event has been a great success. Thank you to everyone that came to run and/or worked. We hope the next event is even bigger with more Irene members attending. Remember, if you run two of the three events, you will receive a free entry to our 30th Birthday Bash in October.

Please share the events to many people as possible.

Weekly Time Trials

We are excited to announce the time trial results will be captured via an online platform. From this week, time trials will be captured using barcodes which can be scanned, and you can complete your weekly results on the page you access. These barcodes can be scanned at various locations at the clubhouse. Same processes and principles will be applied as previously. Results will be shared weekly.

Saturday League Race

Currently Irene is in first place in the Division 1 category for the runners as well as the walkers. Congratulations Team. Let's keep this up.

Division 1						
Position	Club Name	Participants	Points earned	League members	% Participation	Total Points
1	IRENE AC	40	257	362	11%	141,99
2	VITALITY GN	98	553	1505	7%	73,49
3	PHOBIANS	19	103	545	3%	37,80
4	TUKS AC	7	60	600	1%	20,00

Position	Club Name	Walkers	Points
1	IRENE ATHLETICS CLUB	14	127
2	RUN WALK FOR LIFE GN	11	98
3	RESBANK AC GN	9	86
4	PRETORIA MILITARY WALKING CLUB	3	28
5	RUN ZONE AC CGN	3	25
6	TEAM VITALITY CLUB GN	3	19
7	ALPHA CENTURION ATHLETICS CLUB	2	13
8	AGAPE AC	2	11
9	AFFIES MARATHON KLUB	1	10
10	ATHLETICS CLUB EERSTERUST	1	10
11	CITY OF TSHWANE AC	1	10
12	CSIR AC	1	10
13	PIERRE VAN RYNEVELD AC	1	10
14	TUT	1	10
15	URITHI	1	10
16	GAUTENG NORTH MASTERS	1	8
17	MEDIHELP MULTISPORT AC	1	6
18	No club info	37	270

TUT Corporate Race will be the next league race from the TUT Pretoria West Campus, starting at 6:15am. Please join for the league race and stay afterwards for something to eat (free of charge).

Saturday Cross Country

Below is the list of the remaining races.

- 27 July League Race 19 – Laerskool Rooihuiskraal
- 17 August AGN Cross-Country Championships
- **7 September ASA National Cross-Country Championships**

Sunday Trail Run

This week we will run our final trail run again from the clubhouse from 7:30am. Please join in the fun and be part of the training groups. The following week we will return to the road to prepare for the marathons in October/November.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY



Irene

Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Tuesday is our weekly Time Trials.
Saturday is the next league race at TUT and Cross Country League race 19.
Sunday we will run our final trail run from the clubhouse.

Mornings		Afternoons	
Tue 23 Jul		Time Trial @ Irene Clubhouse 17:15	4 6 8 km
Wed 24 Jul		Social Run @ Centurion Theatre 17:15	8 - 10 km
Thu 25 Jul		Speed Work @ Irene Clubhouse 17:15	6 - 8 km
Sat 27 Jul	TUT Corporate Race (League race) @ TUT Campus 6:15	Cross-Country League 19 @ L/s Rooihuiskraal 10:00	5 10 21 km
Sun 28 Jul	Social Trail Run @ Irene Clubhouse (ARC) 7:30		

For More Information

Johan	081 851 3864
Nelius	072 248 7698

PERSONALIA

Please think of Aletha van den Bergh in your prayers. She is going through a very difficult time with her knee. It looks like the first replacement wasn't a success and that she will have to get a second replacement.

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

Susan	Marsh	Jul 22
Tamaryn	Paterson	Jul 24
Melani	Swart	Jul 24
Buks	van Deventer	Jul 24
Cari	Snyman	Jul 26
Wilna	Meiring	Jul 27
Esther	Mojapelo	Jul 27
Setlola	Mojapelo	Jul 27
Andrea	Koen	Jul 27
Koena	Motloi	Jul 28
Carol	Lesame	Jul 28
Pieter	van Schalkwyk	Jul 28



BAR NEWS

There will be fire for those who want to braai.



THOUGHT FOR THE WEEK

Do what you have to do until you can do what you want to do

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 1 July to 4 August 2024

Short Term Goal: To achieve short term goals over the next few months.

Long Term Goal: To improve fitness, Attain Goal distance/PB.

DAY	DATE	Activity	Distance/Time	COMMENT
Mon	01-Jul	Core and Strength Training		Hour long session
Tue	02-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	03-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	04-Jul	Speed sessions - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	05-Jul	REST		REST
Sat	06-Jul	GARSTFONTEIN ICE BREAKER	5/10/21.1km	Race Day
Sun	07-Jul	Long Run	10 - 15km	Long Run
Mon	08-Jul	Core and Strength Training		Hour long session
Tue	09-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	10-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	11-Jul	Hill Repeats - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	12-Jul	REST		REST
Sat	13-Jul	SPRINGBOK VASBYT	5/10/21.1km	LEAGUE RACE
Sun	14-Jul	Long Run	10 - 15km	Long Run
Mon	15-Jul	Core and Strength Training		Hour long session
Tue	16-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	17-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	18-Jul	Speed sessions - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	19-Jul	REST		REST
Sat	20-Jul	MANDELA DAY RUN	5/10km	Race Day
Sun	21-Jul	Long Run	10 - 15km	Long Run
Mon	22-Jul	Core and Strength Training		Hour long session
Tue	23-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	24-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	25-Jul	Hill Repeats - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	26-Jul	REST		REST
Sat	27-Jul	TUT CORPORATE RACE	5/10/21.1km	Race Day
Sun	28-Jul	Long Run	10 - 15km	Long Run
Mon	29-Jul	Core and Strength Training		Hour long session
Tue	30-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	31-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	01-Aug	Speed sessions - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	02-Aug	REST		REST
Sat	03-Aug	SPAR WOMANS RACE	5/10km	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/00299100000000000000)

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 advise 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

NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK 27 JULY 2024



ROAD RUN OR TRAIL RUN



2KM, 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



Tshwane University
of Technology
We empower people

20
YEARS
2004-2024



CORPORATE RACE

21.1 KM & 10 KM

2024

LEAGUE RACE



27 July 2024

START TIME:
• 21.1 KM: 06H15
• 10 KM: 06H30
• 5 KM: 06H45

Venue: Pretoria West Campus
Staatsartillerie Rd, Pretoria West, Pretoria, 0183

ENTRY FEE:
Temporary License: R60
5 KM: R50
10 KM: R110
21.1 KM: R150

RACE ORGANIZERS:
Whitney Matseba: 063 347 7714
Beatrice Themane: 072 587 1163
Junior Tibane: 084 663 5703

Online Entries Open: 02 May 2024 & closes on the 22 July 2024
Race day Entries: 27 July 2024 @04:45am until the race start
Online Entries Collection: 25 July 2024 to 26 July 2024 @ 10am to 3pm
Manual Entries: 25 July 2024 - 26 July 2024 @ 10am until 3pm
& 27 July 2024 @04:45am until the race starts

Online Entry @
www.entryninja.com

REGISTER
NOW

Entries Collection: TUT Pretoria Campus
@ Building 21-118 (Athletics Office)

SPAR 


Women's
CHALLENGE
10/5km

Tshwane

 CENTURION SUPERSPORT PARK

 3 AUGUST 2024  14H00

#ChooseYou #SPARWomenstshwane

WWW.SPARWOMENSTSHWANE.CO.ZA



Sat 10 Aug 2024

Quagga Road Race

Eyethu Fitness Test

START TIMES

32KM
Start 6:45

21.1KM
Start 7:00

10KM
Start 7:10

5KM
Start 7:20

VENUE: QUAGGA SHOPPING CENTRE CNR. WF NKOMO & QUAGGA STREET, PTA WEST

INFORMATION/ENQUIRIES: 078 220 5763 | 083 379 9830

ENTRY FEES

Pre-Entry
32km R290
21.1km R200
10km R150
5km R50

Late Entry
32km R320
21.1km R230
10km R180
5km R70

Great Grand Masters
50% discount on entry fee (+70 years)

Temp License R60

ENTRIES

Store entries open 18 May - 8 August 2024

- Tehwane Running Shop, Sinoville: 087 688 1336
- Run-A-Way-Sport, Lynnwood: 012 361 3733
- Race Nr Sales: 078 220 5763, 083 379 9830, 082 305 2447

Online entries open 18 May - 2 August 2024

- Enter online at www.entryninja.com

Online entries collection: 09 Aug 2024

- Quagga Shopping Centre 12:00-17:00

Late entries sales at the Venue: 09 Aug 2024 | 12:00 - 17:00
Race Day Entry Sales: 06:30 - 06:30

RUN-A-WAY STORE DISCOUNTS: 10% discount for any purchase in the store, the runner will only need to produce the race number at the store before 30 November 2024.



Medals to all finishers within the cut-off times



LUCKY
DRAWS
ON RACE
DAY!



2024 DAWN 2 DUSK

12 HOUR CIRCUIT RACE AND 100 MILER CIRCUIT RACE 31 AUGUST 2024 (DAWN 2 DUSK) 30-31 AUGUST 2024 (100 MILER)

The date and venue have now finally been fixed. It will be 31 August 2024 for the Dawn 2 Dusk and 30-31 August 2024 for the 100 miler. The venue will be as in 2023, Gerrit Maritz High School in Pretoria North.

Entries will be administered in the same way as last year. Entries will be online with Peak Timing.

Let's start with the options you have

1. RACE CATEGORIES

12 HOUR RACE CATEGORIES: (age categories will be explained later)

- | | |
|-----------------------|-----------------------------------|
| 1. Men (individual) | 4. Men's relay teams |
| 2. Women (individual) | 5. Women's relay teams |
| 3. Mixed relay teams | 6. Four member teams (any gender) |

100 MILER CATEGORIES

1. Men (individual)
2. Women (individual)
3. Two or four member teams (any gender)

Walkers enter in the same categories. In certain instances (like individual walkers and teams only consisting of walkers) separate categories will be **considered**. This will only be determined after entries have closed

2. ENTRY FEES

The fees for the different races are as follows (the same as last year)

- 80 Km Individual: R 500 (including a green jacket for first time finishers)
- 80 Km Teams of 2: R 750
- 80 Km Teams of 4: R 1000

- 100 miler Individual: R 600 (including a white jacket for first time finishers)
- 100 Miler Teams of 2: R 800
- 100 Miler Teams of 4: R 1200

All fees include the famous Dawn 2 Dusk white jacket **for those who qualify for a permanent number**

3. HOW TO ENTER

- Entries will be done online, making use of a website provided by Peak Timing, the official timing system for the race

You will be required to lock in using the following link

<https://secure.onreg.com/onreg2/front/step1.php?id=6604>

Click on "New entry" and you will have the different options available:

80Km Individual	ENTER
------------------------	-------

ZAR 500.00 12/03/2022 until 30/07/2022 (+ 6.00%)

80Km Team of 2	ENTER
-----------------------	-------

ZAR 750.00 12/03/2022 until 30/07/2022 (+ 6.00%)

80Km Team of 4 ENTER

ZAR 1,000.00 12/03/2022 until 30/07/2022 (+ 6.00%)

100 Miler Individual ENTER

ZAR 600.00 12/03/2022 until 30/07/2022 (+ 6.00%)

100 Miler Team of 2 ENTER

ZAR 800.00 23/03/2022 until 30/07/2022 (+ 6.00%)

100 Miler Team of 4 ENTER

ZAR 1,200.00 23/03/2022 until 30/07/2022 (+ 6.00%)

Follow the instructions and you will officially be part of Dawn 2 Dusk

PLEASE NOTE

- **Closing date: 15 July 2024 (for all those qualifying for a permanent number)**
- **Closing date: 28 July 2024 (for all other entries)**

Let the entries roll in

Full detail on the race will be provided after entries have closed

PLEASE, AS IN THE PAST, DO NOT WHATSAPP OR SMS ME FOR INFO. YOU ARE WELCOME TO CALL ME ON MY CELLPHONE OR SEND ME AN E-MAIL

Greetings

Gerrie

082 940 5453

gerrie.s@mweb.co.za

Let's try to be the biggest club at the Dawn to dusk this year!



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

PHOTO CORNER



André Knoop and his wife at the winter run on Wednesday



Roger and Venita Brown, they have been hibernating lately



The Engelbrecht family, great support from them



Anna Harris demonstrating how to marshal properly



Maryke and Francois Bester enjoying their run



Two experienced marshals, Michael and Joy Dekker



It was great fun! Roger Brown needed a lift to get to the top of the hill



A beautiful scene on the route



Lidia Fibiger took the opportunity to show the cattle to her granddaughter



The kiddies enjoying the trampoline



Others enjoyed the jumping castle



Rhoda van Staden also brought her whole family along



Blanche van Vuuren and Marinda van der Walt, two ladies that worked very hard on the evening



Relaxing after the fun



AD Watts enjoying the heat of the fire on a cold night



The two food stalls were very popular



Wilna Meiring representing Irene at the Langebaan Parkrun