



# IRENE NEWS

25 April 2022

No 16 – 2022



## **CARA-FUN DUTIES**

Over the years our caravan/gazebo facility at the races has been something very special and something to be proud of. This was due to the passion and dedication of Gerard and Bertha van den Raad. For 16 years they have rendered a fantastic service to all the Irene members. We salute them for what they have done.

Unfortunately, time has come for them to hand it over to somebody else. Due to back problems Bertha finds it difficult to keep up with everything.

We are now looking for somebody else to take over these duties. We invite members who feel they are in a position to take over to contact Wynand at [info@irenerunner.co.za](mailto:info@irenerunner.co.za) for more info. As you may realise it is of utmost importance that we get people to replace them.

Please take note that the Cara-Fun will be at the Wally Hayward race next Monday, 2 May.

## **FROM THE ADMIN DESK**

Please take note that the admin desk will be closed on 3 May.

## **COACH'S CORNER**

Switching Gears 800s

20min easy warm up

Main set

400m Threshold pace

400m 5k pace

2 min recovery easy

Repeat x 4

20min easy cooldown

## ***RUNNING TRAINING ZONES***

Zone	Physiological System	Intensity	% of Lactate Threshold	% of Max Heart Rate	Common Training Runs	RPE	Feeling	Duration
1	Low Aerobic		73-80	50-60	Recovery Steady	1-2	Easily Conversational "I feel like I could run forever at this pace." "I feel like I'm really holding myself back."	All day
2	Moderate Aerobic	Low	81-89	61-70	Easy Long Steady	3-4	Just Conversational "I feel like I'm holding myself back just a little." "This pace feels natural, like I'm neither holding back nor pushing."	A few hours
3	Threshold	Medium	96-100	71-80	Tempo Threshold Fartlek Speedplay	5-6	Comfortably Hard "I feel like I'm pushing myself ever so slightly." "I feel like I can keep up this pace for 20 to 30 minutes." (Less Fit Runner) "I feel like I can keep up this pace for 50 to 60 minutes." (Fit Runner)	30-60 minutes
4	VO2 Max		102-105	81-90	1000m - 1200m Intervals VO2 Max	7-8	Very Hard "I feel like I'm going to blow up in 10 to 15 minutes." "I feel like I'm going to blow up in 15 to 20 minutes." "I feel like I can keep this pace up for a mile or so, no more."	15-20 minutes
5	Anaerobic	High	>106	91-100	100m - 600m Intervals Hill Training	9-10	Maximum Effort "I feel like I can sustain this pace for a couple of minutes, maybe three." "I feel like I can only hold this pace for 1 minute, tops."	1-2 minutes



### ***THIS WEEK'S DIARY***

#### **Tuesday:**

Walker's training session @ 17:00. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

Lucky draw @ 19:00

#### **Saturday:**

Road Run/Walk @ 06:00 – Club House

#### **Sunday:**

Training run @ 06:00 – Midstream Mugg & Bean

### ***PERSONALIA***

Our condolences to Elsa Meyer and her family, her husband passed away during the week.

Issie Moorcroft, former member of the club passed away recently. Condolences to her husband Koos and their family.

We were shocked to learn about the death of Greg Barnes, also a former member of the club. Greg was a top athlete. His death was Covid related. Condolences to Gerda and their family.



Congratulations to the following members who celebrate their birthdays during the week:

Matome	Ramachela	25 Apr
Renette	Prinsloo	26 Apr
Retha	Knoetze	27 Apr
Leon	Els	28 Apr
Andre	Smuts	30 Apr
Barbara	Cairns	02 May



Midstream Tel 012 940 9229

## NOTICE BOARD



# ARC IRENE HYBRID RUN/WALK

## 30<sup>th</sup> APRIL'22

STAGGERED STARTS BETWEEN 06H00 TILL 08H00

### ROAD RUN/WALK

2KM, 5KM, 10KM, 15KM OR 21KM

**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)










# Bethal 2-IN-1



## 21.1km & 10km 4.2km Fun Run

VENUE: MARIETJIE VAN NIEKERK SCHOOL

TIME: 07:00 (FUN RUN 07:10)

DATE: 27 APRIL 2022

HOST: BETHAL MARATHON CLUB



COMPULSORY: FACE MASK | SOCIAL DISTANCE | SANITIZE

*\*REMEMBER TO WEAR YOUR MASK WHEN STARTING THE RACE*

RUNNERS OF  
BETHAL MARATHON  
CLUB MAY NOT  
PARTICIPATE  
ON RACE DAY:  
ONLY THE  
FOLLOWING  
SATURDAY



Fun Run - R40  
10km - R80  
21km - R120  
Temp Lic - R40

ENTRIES START FROM 05:00 AT THE SCHOOL  
ENQUIRIES: PIETER BOTES | 017 647 5315 | 082 920 7555





## MiWay Wally Hayward Marathon

Hosted By: Alpha Centurion Athletics Club

**Monday, 2 May 2022**

**Venue:** Centurion Rugby Club

**Distances:** 10km, 21.1km, 42.2km

### Entry fees:

10km—R140

21.1km—R200

42.2km—R300

### Batch starts from:

10km—7h00

21.1km—6h30

42.2km—6h30

[www.wally.co.za](http://www.wally.co.za)

## Strict Covid Protocols will apply

Online Entries ONLY. NO race day entries

Timing by: FinishTime (no chip required)

Visit [www.wally.co.za](http://www.wally.co.za) for entry information, rules, routes, parking, etc.



**miWay**·CO·ZA

Medals to all finishers

## Our Race Sponsors



Knowledge Integration Dynamics



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If you want your logo on this page, let us know at [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

## THOUGHT FOR THE WEEK

To be upset about what you don't have, is to waste that what you do have.



## ***PHOTO CORNER***



Lizl Strauss at the Two Oceans



The van der Westhuizen brothers, Markus and Michael in action at the Two Oceans





Danie Labuschagne joined the walkers on Saturday after his hip replacement



Anneri le Roux (right), organised a charity fun run (Always Believe) over the weekend. Here she is with Elze le Roux and Keith Reynolds