



25 March 2024 12/24

EDITORIAL

Thank you to all the members who have responded to help at the Irene Running Festival on 6 & 7 April. The response was excellent but due to the magnitude of our event, we need many more helpers. Sad to say that very few of our new members have made themselves available. We call on all our members, old and new, to reply to this email to make yourself available if you haven't done so yet. We need you to make our event a success once again.

ACHIEVEMENTS

The following members were on the podium on Thursday at the Right to Run/Walk race:

Jacque van der Waals	1st Female & 1st vet female - 10 km
Melani Swart	2nd Vet female - 10 km
Blanche van Vuuren	1st Master female - 10 km
Ansie Breytenbach	2nd GM female - 10 km
Annatjie Greyvenstein	1st GGM female - 10 km
Mike Gibbons	1st GGM male - 10 km
Rhoda van Staden	1st Female walker & 1st vet female walker - 10 km
Retha Knoetze	1st GM female walker - 10 km
Gerard van den Raad	1st Male GGGM - 10 km
Magda Brits	3rd Vet female - 21 km
Keith Reynolds	3rd Male walker & 2nd master male walker - 21 km
Jaap Willemse	1st GM male walker - 21 km
Mark Richardson	2nd GM male walker - 21 km
Sandra Steenkamp	3rd Female walker & 1st GM female walker - 21 km
Elsa Meyer	1st GGM female walker - 21 km

Keith Reynolds	1st Master male - Overkruin 32 km
Ansie Breytenbach	1st GM female - Overkruin 15 km
Elsa Meyer	2nd Female walker - Overkruin 15 km
Elizna Coetzee	1st Female - Segwati Trail 13 km

Congratulations!

PERSONAL ACHIEVEMENTS

Tasha Pretorius	First 15 km
Christiaan Swart	PB – 21 km
Cynthia Farnham	First Trail run (21 km)

Well done!

REGISTRATIONS 2024

Another 12 members registered during the week of whom 11 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 11 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.



Divan Ehlers



Kendall Baker



Lyndsay Bull



Ricus Nothnagel



Riette van der Merwe



Roxanne Hurter-Ehlers



Suzelle Nothnagel



Vuledzani Thenga



Arno Welthagen



Stefan Welthagen



Marlie Nel

CAPTAIN'S CORNER

Congratulations for those that have completed either the Sasolburg Marathon, NMC Fast 3-in-1 or the Durban City Marathon. We hope you have achieved your goals. Please share your stories with the club.

Weekly Time Trials

Time Trials on Tuesday 26 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 Run

This Thursday there will be no session from the clubhouse due to the long weekend.

Saturday Revolution Trail Run

There is no AGN race scheduled for Saturday, therefore we will run with Revolution at the clubhouse. You can run any distance you would like and for those preferring a trail run, there are various marked trail routes as well. We will start with Revolution Trails at 6:30. Please wear any Irene AC T-shirt.

Sunday Bus Stop 7 Long Run

Sunday we will run to the Bus stop 7 Open Air Market. There will be three routes from Irene Link.

Option 1 – 30km – Finish at Bus stop 7.

Option 2 – 20km – Finish at Bus stop 7.

Option 3 – 10km loop finish at Irene Link.

More details will be sent through during the week. The run will start at 6am.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene



Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Saturday we run at Revolution Trails again at the club. All members are welcome to join.

Sunday will be our annual Busstop 7 long run. More details to follow during the week.

Mornings

Afternoons

Tue
26 Mar



Time Trial
@ Irene Clubhouse
17:30

4
6
8 km

Wed
27 Mar



Midweek LSD
@ Centurion Theatre
17:30

12
-
15 km

Thu
28 Mar



REST DAY

Sat
30 Mar

Revolution Trails
@ Irene Clubhouse
6:30

5
10
21 km



Sun
31 Mar

Busstop 7 Long Run / Walk
Start @ Irene Link
Arrange own transport back
6:00

10
20
30 km

City2City Ultra Marathon
@ Centurion Rugby Club
6:00

5
10
50 km

For More Information

Johan
Nelius

081 851 3864
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
CD	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/00299800000000000000)

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 :-

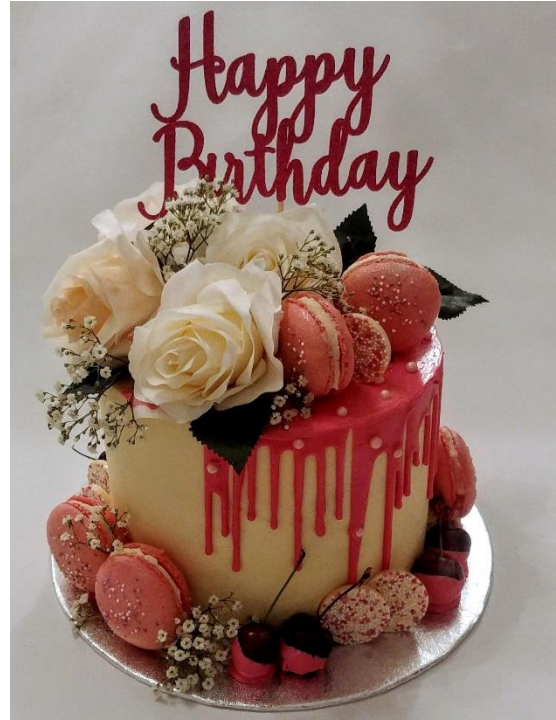
8km - Sub 45 Minutes
21.1km - Sub 2h05 Minutes
42.2km - Sub 4h25 Hour

PERSONALIA

Condolences to Ray Patterson whose mother has passed away.

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

Shaun	Kruger	Mar 25
Coretha	Usher	Mar 25
Norbert	Hannweg	Mar 25
Divan	Ehlers	Mar 27
Werner	Smit	Mar 28
Michael	van der Westhuizen	Mar 29
Christian	Roeder	Mar 29
Johnny	Maritz	Mar 31
Hlengiwe	Ngwenya	Mar 31



THOUGHT FOR THE WEEK

Forget yesterday - it has already forgotten you. Don't sweat tomorrow - you haven't even met. Instead, open your eyes and your heart to a truly precious gift - today.

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

30 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



Irene



Athletics Club

Start : Irene Link

06:00



BUSSTOP 7

Open Air Market

It is all about the DESTINATION!



31 Mar

10
20
30
km

Own return transport to be arranged



**Athletics
Gauteng North**



CHOC

Childhood Cancer Foundation
South Africa

"Keeping more than hope alive"



IRENE

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



**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 I
- 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

SATURDAY
APRIL **13**

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTELTON MANOR, CENTURION

HugePC
Computer Distributors

Contact Us:

Marius: - 082 5766 755
Chris: - 082 785 8792
Moneen: - 083 298 5975
marius.photo@absamail.co.za

SAFETY X PRESS STROMBERG®



the mile of life

GREEN MILE

Live your way



Wednesday, 1 May 2024

Centurion Rugby Club

270 West Ave, Die Hoewes,
Centurion,
Next to SuperSport Park



	EARLY BIRD ENTRY FEE:	CAPPED ENTRIES:
42.2 km	R 300	4 000
21.1 km	R 200	3 000
10 km	R 150	2 000
Fun Run	R 50	1 000
Kiddies Dash	R 20	-

Early Bird Entry Fee (NO increase from 2022)
1 January 2024 to 29 February 2024

Online registrations at
www.active.com
or scan the QR code



ONLINE ENTRIES ONLY
NO 10km, 21.1 km or 42.2 km entries on
race day (unless the entry cap has NOT
been reached).
Online entries close on 15 April 2024.

10x
R10 000
Cash
Prizes!



Last Comrades Qualifier
in Gauteng

www.wally.co.za



Wally Hayward



www.finishline.co.za



www.active.com



Enter the Wally and get an obligation free quote to get
into the draw. T's and C's apply.

Click the button or visit
www.miway.co.za/campaign/miway-wally-hayward-marathon-2024
to get your obligation free quote and for the T's & C's.

PHOTO CORNER



Ready for the time trials



Sibo Mshengu



Who said time trials can't be fun?



There is always a challenge at the time trials



Irene members before the Right to Run/Walk league race on Thursday



Magda Brits, Ansie Breytenbach, Maryke Gradwell and Myburgh Bester sharing a joke



Gerard van den Raad was on the podium again



Another two podium winners, Retha Knoetze and Annatjie Greyvenstein



Tasha Pretorius did her first 15 km at the Overkruin race



Koos Myburgh waiting for his wife, Rika to finish the 32 km. A penny for his thoughts!



Karin-Marié van Niekerk looking good after her 15 km walk on Saturday



Christiaan Swart did his 21 km PB at the Whale Coast Race



Cynthia Farnham did her first trail run (21 km)



Elizna Coetzee won the Segwati Trail 13 km



Klapperkop run on Sunday