



26 February 2024 8/24

EDITORIAL

The AGN race referees have requested all athletes to please note that both licence numbers must be worn (front and back) during all official races. Wearing one only can lead to immediate disqualification by a race referee.

ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

Ansie Breytenbach
Sandra Steenkamp
Holger Hedelt

1st Female GM – Phobians 10 km
1st Female walker & 1st GM – Phobians 10 km
2nd Master – Ultralauf HaWai 50 km

PERSONAL ACHIEVEMENTS

Charnette van Rooyen

PB – 21 km

Well done!

Please let us know about your achievements.

REGISTRATIONS 2024

Another 12 members registered during the week of whom 8 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 8 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.



Alyssa Pretorius



Francois Pretorius



Candice Molver



Casper Strydom



Chester Kirkwood



Moagisi Mathekga



Musa Letageng



Mmapula Mokoena

SOCIAL EVENING

IRENE SOCIAL

MUSICAL

BINGO

TUESDAY 5 MARCH

THIS IS 1 SOCIAL

 **YOU DON'T
WANT TO MISS!**

**BEEF BURGERS AND
VEGETARIAN OPTIONS**

 **FOR DINNER** 
COME AND PLAY!

**BRING THE FAMILY, IT'S
GOING TO BE LOTS OF FUN!**

CAPTAIN'S CORNER

This coming weekend is the last chance to get your qualifier sorted for Two Oceans. All qualifying times must be submitted by **6 March 2024**.

We are right in the middle of marathon season and there are plenty of marathons taking place around the country in the next couple of weeks. Good luck to everyone and we hope you are smashing those times.

Well done for those that have completed the Balwin Sport Pretoria Marathon. It was a hot day out, but we hope you have achieved your goals. Please share your stories with the club.

Weekly Time Trials

Time Trials on Tuesday 27 February 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 speed session from the clubhouse. Instead, we will join the Leap Year Run in Pierre van Ryneveld and grab something to eat afterwards at the Night Market. Hope to see many Irene members there.

Sunday Long Run

This Sunday we will be back at the clubhouse to run our long run on home turf. Starting at 6am, you can run any distance you wish.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY



Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Thursday is the Leap Night Run & Market from
14 Baltimore Road in Pierre van Ryneveld.

Sunday is the long run from home, the clubhouse.

Mornings

Tue
27 Feb



Wed
28 Feb



Thu
29 Feb



Sat
2 Mar

Sunrise Monster
@ Harlequin Club, Groenkloof
6:03

5
10
21
32
km

Sun
3 Mar

Long Run / Walk
@ Irene Clubhouse
6:00

10
-
20
km

Afternoons

Time Trial
@ Irene Clubhouse
17:30

4
6
8
km

Midweek LSD
@ Centurion Theatre
Lyttleton Manor
17:30

10
-
15
km

Leap Year Night Run
@ 14 Baltimore Road
Pierre van Ryneveld
18:30

4.5
9.5
km



For More Information

Johan
Nelius

081 851 3864
072 248 7698

TRAINING PROGRAMME

Duration:	Monday 5 February to 3 March 2024			
Short Term Goal:	To achieve short term goals over the next few months			
Long Term Goal:	To improve fitness, Attain Goal distance/PB, Complete Two Oceans and/or Comrades 2024			
DAY	DATE		Distance/Time	COMMENT
Mon	05-Feb	Core and Strength Training		Hour long session
Tue	06-Feb	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	07-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	08-Feb	Hill repeats	B = 6 x 200m, I = 6 x 300m, A = 8 x 300m	Warm up before the session
Fri	09-Feb	REST		REST
Sat	10-Feb	ACE RACE	5/10/21km	LEAGUE RACE
Sun	11-Feb	LSD	B = 60 Mins , I = 90 mins, A = 120 Mins	Long Run
Mon	12-Feb	Core and Strength Training		Hour long session
Tue	13-Feb	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer legend
Wed	14-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	15-Feb	Speed session	W/U, (300m Sprint, 200m jog) x 4-6, CD	Warm up before the session
Fri	16-Feb	REST		REST
Sat	17-Feb	BESTMED TUKS	1/5/10/21km	CLUB CHAMPS
Sun	18-Feb	LSD	B = 60 Mins , I = 90 mins, A = 120 Mins	Long Run
Mon	19-Feb	Core and Strength Training		Hour long session
Tue	20-Feb	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	21-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	22-Feb	Hill repeats/Easy run (NOT HILLS) if Marathon	B = 6 x 200m, I = 6 x 300m, A = 8 x 300m	Warm up before the session
Fri	23-Feb	REST		REST
Sat	24-Feb	Revolution Trails @ The Club	Easy run	No run if doing the marathon next day
Sun	25-Feb	PRETORIA MARATHON	10/21/42km	RACE DAY
Mon	26-Feb	Core and Strength Training		Hour long session
Tue	27-Feb	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer legend
Wed	28-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD
Thu	29-Feb	Speed session	W/U, (400m Sprint, 200m jog) x 4-6, CD	Warm up before the session
Fri	01-Mar	REST		REST
Sat	02-Mar	SUNRISE MONSTER	10/21/32km	RACE DAY
Sun	03-Mar	LSD	B = 60 Mins , I = 90 mins, A = 120 Mins	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/002918513864)

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.

Prenisha	Jagganath	Feb 28
Robert	Hudson	Mar 01
Jarryd	Swanepoel	Mar 01
Loraine	Hawker	Mar 02



THOUGHT FOR THE WEEK

The surest way to make your dreams come true is to live them.

BAR NEWS

There will be fire for those who want to braai.



NOTICE BOARD



**LEAP YEAR
NIGHT RUN & MARKET**

29/02/2024 AT 18:30, 14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

4,5 km race entry @ R 60.00
9,5 km race entry @ R 100.00

**No medals
No timekeeping
Just fun**

- Night market & Food stalls
- Dogs and strollers allowed
- Safe parking
- Water stations for dogs
- Headlamp compulsory
- Late entries (on race day: cash or card)

RACE ENTRY NOW ON ENTRY NINJA

Johan
081 851 3864

MAD MONKEY ADVENTURES



ARC IRENE RUN/WALK

2 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

**NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS**

Discovery Vitality

REVOLUTION TRAILS



medihelp
sunrise monster

2024

hosted by Harlequin Harriers



1:53

450 Kcal



10km/h



75



Get **moving @ sunrise**

5 km • 10 km • 21 km • 32 km

A timing chip is included in your entry fee and will be attached to your official race bib.

SATURDAY
2 March 2024

HARLEQUIN CLUB
Groenkloof, Pretoria



Athletics
Gauteng North



HOSTED BY
HARLEQUIN
HARRIERS

NETCARE
082911
24HR EMERGENCY MEDICAL SERVICES

PEAK
TIMING
START TO FINISH



medihelp
Medical Aid in Action

Medihelp is an authorised financial services provider (FSP No 15738)



PRETORIA BOBBIES

Slumberland



DESIGN YOUR DREAMS

BOBBIES 3-IN-1

9 March 2024

Venue: Nederduitse Gereformeerde
Kerk Wonderboom,
238 Parsley Avenue, Annlin, Pretoria

NEW VENUE WITH ORIGINAL ROUTE



Scan QR Code To
Enter Race

FIERCE & FUN

Online Entries Until 5 March 2024
Runaway Entries Until 7 March 2024

Starting Time

06:00am (10km & 21km)

06:30am (5km)

Cost

5km Race - R60

10km Race - R120

21km Race - R180

Temp lic - R60

R20 for late entries

(Clubs are welcome to set up gazebos)

21km Race Prize:

1st Place - Motion base Queen with
Slumberland Pocket Firm Mattress
(Valued at R24 999)



PinkDrive
www.pinkdrive.co.za

FINISH
TIME

GRABBY SPRINTS



ATHLETICS
GAUTENG NORTH

The Moo'se Race

5km, 10km or 21,1km

16 March '24

Join us at **Irene Village Mall** for a
Moo'se Road Race, with
Wingate Road Runners!

Saturday, 16th March '24 | 06h00 - 09h30

Online entries available at

www.entryninja.com

Entries close Tuesday, 12th March 2024.



Proudly brought to you by:


WINGATE

 **Irene**
Village Mall

 **Onthysake**

 **ATHLETICS**
GAUTENG NORTH

IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET

verkruin
ATLETIEKLUB
2024 BEAST RACE

5KM | 15KM | 32KM

23 MARCH 2024

15KM & 32 KM 06:00 | 5KM FUN RUN 06:15

HOËRSKOOI OVERKRUIN
127 BRAAM PRETORIUS
STR
SINOVILLE

ENTRY FEES:

5 KM R50
15KM R160
32KM R200

TEMPORARY LICENSE FEES: R60
SECURE SCHOOL PARKING R20



ENTER NOW!

1. Online entries: www.entryninja.com/events/80011-overkruin until 19 March 2024
Online entries can be collected on 22 & 23 March at Hoërskool Overkruin
School sport grounds Lapa
No Temp license is required for the 5km.
2. Run-A-Way sport, 302 Freesia str, Lynnwood, Pretoria (Tel: 012 361 3733) until 22 March 2024
3. Tshwane Running, shop 192 Vinko str, Sinoville, Pretoria (Tel: 076 929 7384) until 22 March 2024
4. Hoërskool Overkruin Lapa on main sport fields on 22 March from 15:00 - 18:00
5. On race day at Hoërskool Overkruin Lapa on main sport fields on 23 March from 04:30 - 06:00



ENTRIES CAPPED AT 2500



**Athletics
Gauteng North**



CHOC

Childhood Cancer Foundation
South Africa

"Keeping more than hope alive"



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
- 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.**

PHOTO CORNER



Anita Marais was the first female Irene Member to finish the Balwin Sport Phobians 10 km



Neil Marais wasn't far behind his daughter



Diane Kee happy to finish her race



Nelius and Charnette van Rooyen with Jurie Venter. The two men helped Charnette to do her PB on the 21 km



Sam Rolland with his biggest supporter



A smiling Elizna Coetzee



Yolandi and Werner Smit



Sharon and Eugene Booysen



Magan Brown, smiling as always



Heidi Taylor, Christiaan Swart and Marisia Koch



John Cannon



Henk Basson, Joy Dekker, Liesel Anderson and Nadene Visser



A proud Sebongile Chidi



Fanna Njomo at the finish



Sandra Steenkamp on the podium



Ansie Breytenbach, 1st GM lady in the 10 km



Martin Struwig after finishing the Marathon



Holger Hedelt, 2nd at the Ultralauf HaWai 50 km