



28 October 2024 43/24

EDITORIAL

Thank you to all our members who contributed towards a very successful race on Saturday. You did an excellent job and did us proud. We want to thank the race committee for organising a fantastic event. The 4311 entries proved once again the popularity of this race. Although there were some traffic issues caused by people not arriving early enough, the participants enjoyed the race tremendously.

We are grateful to our neighbours for allowing us to run through their premises to make this race a unique experience.

Many thanks to our sponsor, Discover Vitality. Working with them remains a special experience. We also want to thank Aquelle and Oasis for their contribution.

ACHIEVEMENTS

We gave permission to one of our athletes to participate in the race to give him the opportunity to prove his fitness after an injury and to prove himself against the top runners.

Well done to Sibon Mshengu who grabbed the opportunity and went on to win the 10 km race in a time of 32:32. He really made us proud.

He did his duty after the race to work at the finish.

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 5 November at 18:30.

CAPTAIN'S CORNER

Thank you to everyone who has helped at the Irene Farm race. Without your contribution it would not have been such a big success. We can all be proud to be part of Irene Athletics Club.

This week we are back into running mode, with 2 big marathons this weekend. Good luck to everyone who will be participating in the Kaapsehoop and Soweto Marathon.

Please diaries the following important events for the rest of the year.

- Kaapsehoop Marathon – 2 November 2024
- Soweto Marathon – 3 November 2024
- Jacaranda Marathon - 9 November 2024 **(42.2km Club Champs)**
- Jacaranda Charity Run – 17 November 2024
- IAC Year-end Function / Prize Giving – 30 November 2024
- X-mas Charity Run – 1 December 2024
- X-mas Lights Run – 4 December 2024

Weekly Time Trials

Time Trials every Tuesday at the clubhouse. The starting time is 17:30 and we encourage everyone to start together. Please scan and record your results as you finish. Results will be published weekly.

Wednesday LSD Session

Wednesday's LSD session will be from Centurion Theatre at 17:30.

Thursday Hill Session

This Thursday will be the last hill session for the year.

Sunday Long Run

This Sunday's long run will be from Irene Link Shopping Centre from 6am.

Jacaranda City Challenge Marathon

The Jacaranda City Challenge Marathon will be our marathon club championships. We will have a support station at 13km and 34km into the race. We will share the exact location on WhatsApp.

We encourage everyone to come and support our runners from this point. We also would like to make this a fun and lively stop for all the athletes. Let's show Pretoria the Irene 'GEES'.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY



Irene Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

“What I've learned from running is that the time to push hard is when you're hurting like crazy and you want to give up... Success is often just around the corner.”
—James Dyson

Mornings		Afternoons	
Tue 29 Oct		Time Trial @ Irene Clubhouse 17:30	4 6 8 km
Wed 30 Oct		Social Run @ Centurion Theatre 17:30	8 - 10 km
Thu 31 Oct		Hill Repeats @ Irene Clubhouse 17:30	7 - 9 km
Sat 2 Nov	Tshwane Oppie Bol Road Race @ Defence Sports Ground 7:00	Kaapsehoop Marathon @ Defence Sports Ground 7:00	1 5 10 km 10 21 42 km
Sun 3 Nov	Irene Link Long Run @ Irene Link Shopping Centre 6:00	Soweto Marathon @ NASREC 5:30	15 - 18 km 10 21 42 km

For More Information

	Johan Nelius	081 851 3864 072 248 7698	
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PERSONALIA

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

Albert	Pretorius	Oct 28
Michael	Dekker	Oct 29
Rudi	Spangenberg	Oct 29
Amy	Bridger	Oct 30
Ernst	Gottschalk	Oct 30
Rosalinde	Kavallineas	Oct 30
Claire	Sim	Oct 31
Lynette	September	Oct 31
Paul	Schoeman	Oct 31
Bernita	Bornmann	Nov 02
Ethan	O'Brien	Nov 02



BAR NEWS

There will be fires for those who want to braai.



THOUGHT FOR THE WEEK

Believe in your infinite potential. Your only limitations are those you set upon yourself.

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 7 October to 3 November 2024

Short Term Goal: Build-up some speed during the next 8 weeks.

Long Term Goal: Build up endurance to run a marathon at the end of October and/or beginning of November.

DAY	DATE	Activity	Distance/Time	COMMENT
Mon	07-Oct	Core and Strength Training		Hour long session
Tue	08-Oct	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	09-Oct	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	10-Oct	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	11-Oct	MOONLIGHT FUN RUN/WALK	5km	Race Day
Sat	12-Oct	MASELELO HALF MARATHON	5/10/21km	Race Day
Sun	13-Oct	Long Run	15km	Long Run
Mon	14-Oct	Core and Strength Training		Hour long session
Tue	15-Oct	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	16-Oct	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	17-Oct	Speed sessions - 600m	WU, (600m run, 400m Rec) x 4x/6x/8x	Warm up before the session
Fri	18-Oct	REST		REST
Sat	19-Oct	CSIR ROAD RACE	5/10/21.1km	LEAGUE RACE
Sun	20-Oct	SANLAM CAPE TOWN MARATHON	42.2KM	Race Day
Mon	21-Oct	Core and Strength Training		Hour long session
Tue	22-Oct	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	23-Oct	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	24-Oct	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	25-Oct	REST		REST
Sat	26-Oct	IRENE FARM RACE	5/10/21km	Race Day
Sun	27-Oct	HELPERS RUN	5/10/21km	Race Day
Mon	28-Oct	Core and Strength Training		Hour long session
Tue	29-Oct	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	30-Oct	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	31-Oct	Speed sessions - 600m	WU, (800m run, 200m Rec) x 4x/6x/8x	Warm up before the session
Fri	01-Nov	REST		REST
Sat	02-Nov	KAAPSEHOOP MARATHON	42.2KM	Race Day
Sun	03-Nov	SOWETO MARATHON	42.2KM	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/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 1h30 Minutes

42.2km - Sub 3:30 Hour

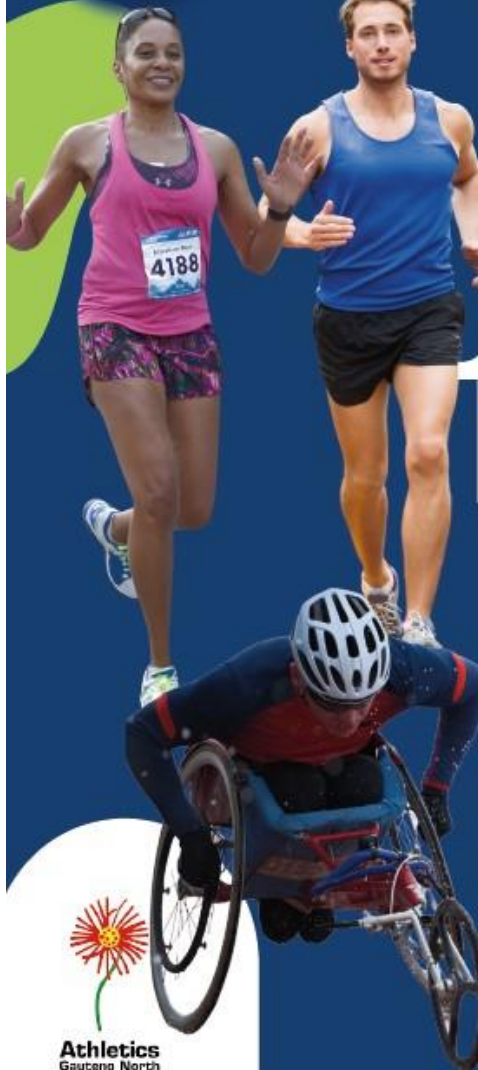
Bronze Guidelines : -

8km - Sub 45 Minutes

21.1km - Sub 2h05 Minutes

42.2km - Sub 4h25 Hour

NOTICE BOARD



2023 TSHWANE OPPIE BOL

10KM 07 AM

05KM 07 AM

1.6KM 30 AM

RUN & WALK

DATE / VENUE NOVEMBER 02

**SANDF SPORTS GROUNDS, VALHALLA
(THE JACKIE MEKLER ROUTE)**

PREPARE YOURSELF

ENTRIES AVAILABLE AT: PILDITCH AGN, SPAR LES MARAIS, SPORTMANS WAREHOUSE (CENTURION, MONTANA) AND ON RACE DAY

ENTRY FEE:
10KM RACE - R120
5KM RACE - R80
1.6KM DREAM MILE - R40
TEMPORARY LICENCE - R60

PLEASE CONTACT
CAZLE HENDRICKS
082 818 2956
NOSISI DLOMO
072 161 0281



**Athletics
Gauteng North**



**LEAVE NO ONE
BEHIND**



ONLINE ENTRIES LINK

<https://qkt.io/booGsc>

IN SUPPORT OF DISABILITY AWARENESS MONTH

JACARANDA CITY CHALLENGE

EARLY COMRADES & TWO OCEANS QUALIFIER

5KM

10KM

21.1KM

42.2km

09
NOVEMBER
2024

INCORPORATING
AGN MARATHON
CHAMPIONSHIP



Athletics
Gauteng North



sportsVendo
READY TO RACE



Trene



Athletics Club

MARATHON CLUB CHAMPIONSHIPS



9 November

@

5:30am



JACARANDA CITY CHALLENGE

42.2KM



TOM JENKINS

30th Run/Walk Challenge
Run Series

with



ARCADIA
RUNNING CLUB



Saturday, 16 Nov 2024

5KM | 06:15
10KM | 06:00
21.1KM | 06:00

VENUE: Union Buildings, Government Avenue, Pretoria

GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!

ENTRY FEES:	21.1km	10km	5km
70+	Free	Free	Free
All other categories:	R230	R150	R80
Temporary licences:	R60	R60	

PRE-ENTRIES ONLY:

Capped at 6 000 entries.

Late entries: On collection date or race day if cap not reached.

Online entries: <https://www.entryninja.com/events/78082-tom-jenkins-challeng>

Pre-entries from 14 October 2024 at Run-Away-Sport: 012 - 361 3733 and

Pilditch Stadium: 012 - 327 4930 will close 15 Nov 2024 at 16:00.

Online entries will close at midnight on Tuesday 12 November 2024.

RACE NUMBER COLLECTION:

At the venue on 15 November (10:00 - 18:00) and

On the day of race 16 November (04:30 - 05:45)



ENQUIRIES:

📞 Race office: 082 566 1595 (James) 082 200 4219 (Paul)

**6TH RUNNING OF THE
VOORTREKKERMONUMENT**
HALF MARATHON, 10 KM & 5 KM FUN RUN



OFFICIAL AGN SANCTIONED RACE

23 November 2024

21.1km & 10 km | 06:00

5 km FUN RUN | 06:15

Voortrekkermonument, Pretoria

Timekeeping only for races of 10 & 21.1 km



Vitality Points: 10 km = 600 & 21 km = 1500



BDS RACE WITH Discovery Vitality

21.1 KM
6:00am

10 KM
6:00am

5 KM
6:15am

30 NOV
SATURDAY 2024

ENTRY FEES

ENTRY FEES	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
60-69	R200	R100	R50
LATE ENTRIES (18-69)	R250	R150	R80
ALL OTHER CATEGORIES	R230	R130	R60

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times:
10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- Friday, 29 November 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 30 November : 04:30 till 06:00 – at the venue.

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 29 November and morning of the day of the race provided we have not reached the 4000
- Online entries: www.entryninja.com
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at wonderpark

FOR ENQUIRIES STEPHEN BALOYI @082 262 2568

| PETER KHOZA @084 650 3358

PHOTO CORNER



Busy at the registration tables



Michael and Joy Dekker doing their usual thing



Athletes lining up at the start of the Irene Farm Race with Discovery Vitality



Getting ready for the start



Ready for action



On their way



The lead vehicles



Sibo Mshengu in full flight, leading from start to finish



10 Km champion Sibho Mshengu on the podium



The famous 'Boereorkes' in action in the barn at the dairy farm



The start of the kiddies race



The Irene members who assisted at the Oasis water point

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Carla's water point was on the ball as always



The Sterkspan club also manned a water point



Runners enjoying the service at the 'Fires Station'



Runners had the opportunity to take a photo at the 'Fires Sation'



Irene logo on show in a boxing ring on Saturday night. Joy Dekker looking dangerous