



29 January 2024 4/24

EDITORIAL

There are a few underprivileged runners in our club that are urgently looking for running shoes to train with. If anyone has used shoes that are still in a good condition that are not used anymore, please donate these shoes. You can bring these shoes to the club house on Tuesday evenings. Your donation will make a huge difference!

The 2024 licence numbers are available on Tuesdays from 17:00 – 19:00. No numbers will be issued if registration fees haven't been paid.

Members are requested once again to wear the correct kit at races. No black shorts with the old vest and no blue shorts with the new vest.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Wonderpark Akasia Race on Saturday:

Sandra Steenkamp	1 st GM lady – 10 km
Ansie Breytenbach	2 nd GM lady – 10 km
Keith Reynolds	1 st Master – Ottosdal 42 km

The 10 km race at Wonderpark served as the AGN Championships. The following members finished in podium positions in their respective age categories. Well done!

Sandra Steenkamp	1 st GM lady
Ansie Breytenbach	2 nd GM lady
Anna Harris	3 rd Master lady
Miles Saxby	2 nd GGM
Wynand Breytenbach	3 rd GGM

PERSONAL ACHIEVEMENTS

Maryke Bester
Zanté Geel
Tasha Pretorius

First Marathon
First half Marathon
First 10 km

Well done!

REGISTRATIONS 2024

Another 17 members registered during the week of which 11 were first time members. Welcome to all of you. We have now reached the 400 mark!

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 faces as often as possible.

We would like to meet you personally and invite you to attend the time trials on Tuesday.



Arend de Beer



Estee Pelser



Jac Maré



Kaylee Birch



Kyra Hempel



Lindani Ngcobo



Mark Richardson



Sibho Mshengu



Susan March



Wendy Beukes



Zelda Steyn

CAPTAIN'S CORNER

This week we are celebrating our **30th Birthday** (whoop whoop). We would like to invite all our members to join in the fun on Saturday at the Intercare Road Race. We will all run/walk the 10km route with the trolley and hand out ice lollies to spectators and other runners. Afterwards there will be a surprise for all members at the gazebo.

Weekly Time Trials

Time Trials on Tuesday 30 January 2024 at 17H30 at the club, everyone must please start together. The trial book will be available, please write your time in once you are done. Last week's results will be published soon.

IAC League Races (Running and Walking)

Next league race at ACE Race on 10 February 2024.

Half Marathon Club Championships

The half marathon club championships are approaching and will take place at the Tuks Bestmed Road Race on 17 February 2024. Hope everyone is busy preparing. Although there will be an overall winner, age group categories will also compete against each other.

Running Regards

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene



Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

We are turning 30!

Saturday is our **BIRTHDAY RUN** @ Intercare Race.

ALL members are invited to run with the trolley on the 10km.

A **surprise** for everyone at the gazebo afterwards.

Mornings

Tue
30 Jan



Wed
31 Jan



Thu
1 Feb



Sat
3 Feb

Intercare Road Race
@ Castle Gate Centre
IRENE BIRTHDAY RUN
6:00

5
10
21

km

Sun
4 Feb

Long Run / Walk
@ Irene Link Shopping Centre
6:00

10
-
15

km

Afternoons

Time Trial
@ Irene Clubhouse
17:30

4
6
8

km

Midweek LSD
@ Centurion Theatre
17:30

12
-
15

km

Speed session
@ Irene Clubhouse
17:30



For More Information

Johan
Nelius

081 851 3864
072 248 7698





It's our Birthday

come run with us at
Where?



New exciting route and venue!

Now at Castle Gate Shopping Centre (Pretoria East)

Saturday, 3 Feb 2024 at 06h00

- Medals to all finishers within cut-off times.
- Athletics Gauteng North registered races.

**It wouldn't be a
celebration
without you**

**We will
run the
10 km as a
club.**



TRAINING PROGRAMME

Tue	16-Jan	4/6/8 KM Time Trial	TIME TRIAL
Wed	17-Jan	60min to 90min (focus on longer than "normal" run distance)	LSD - EASY
Thu	18-Jan	8 x 200m Hill Repeats	Warm up before the session
Fri	19-Jan	REST	REST
Sat	20-Jan	PWC GEORGE CLAASSEN (5/10/21.1)	RACE DAY
Sun	21-Jan	90min to 120min	Long Run
Mon	22-Jan	Core and Strength Training	Hour long session
Tue	23-Jan	4/6/8 KM Time Trial	TIME TRIAL
Wed	24-Jan	60min to 90min (focus on longer than "normal" run distance)	LSD - EASY
Thu	25-Jan	Marathoin Runners rest OR 4 x 300m Hill repeats (Number and distance)	Warm up before the session
Fri	26-Jan	REST	REST
Sat	27-Jan	AKASIA (5/10/21.1/42.2)	RACE DAY
Sun	28-Jan	REST or 90min to 120 min for non Akasia Race runners	Long Run
Mon	29-Jan	Core and Strength Training	Hour long session
Tue	30-Jan	4/6/8 KM Time Trial	TIME TRIAL
Wed	31-Jan	60min to 90min (focus on longer than "normal" run distance)	LSD - EASY
Thu	01-Feb	8 x 200m Hill Repeats	Warm up before the session
Fri	02-Feb	REST	REST
Sat	03-Feb	INTERCARE CLASSIC (5/10/21.1) - IAC 30th BIRTHDAY RUN	
Sun	04-Feb	90min to 120min	Long Run

Hills Repeats (70-80% of max HR)

Quality session (Sprints) 85-95% of Max HR

Tempo 65-75% effort level

For All Enquiries Regarding Training :

training@irenerunner.co.za or call/whatsapp on 081 851 3864 or 072 248 7698

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

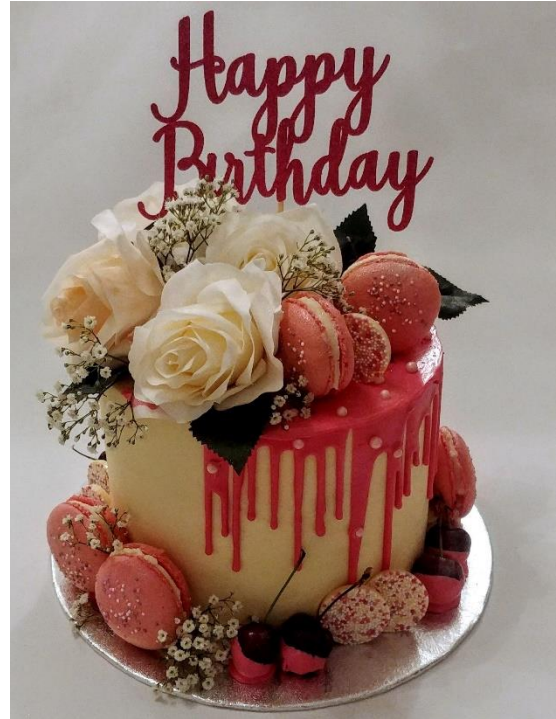
Bronze Guidelines : -

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.

Leon	Geel	Jan 29
Willie	Jordaan	Jan 30
Chris	Cloete	Jan 31
Hidé	Karstel	Feb 01
Peter	Molver	Feb 01
Marlene	Padavattan	Feb 01
Lufuno	Ravhuhali	Feb 01
Ray	Patterson	Feb 03
Bheki	Ndhlovu	Feb 03



THOUGHT FOR THE WEEK

When the going gets tough, put one foot in front of the other and just keep going. Don't give up.

BAR NEWS

There will be fire for those who want to braai.



NOTICE BOARD

ARC IRENE RUN/WALK
3 FEBRUARY 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



Irene
Athletics Club

HALF MARATHON CLUB CHAMPIONSHIPS

6am 17 February 2024

3 1 2

TUKS BESTMED
21.1KM





Saturday, 3 February, 2024 at 06h00
Castle Gate Shopping Centre

● 21,1 km ● 10 km ● 5 km

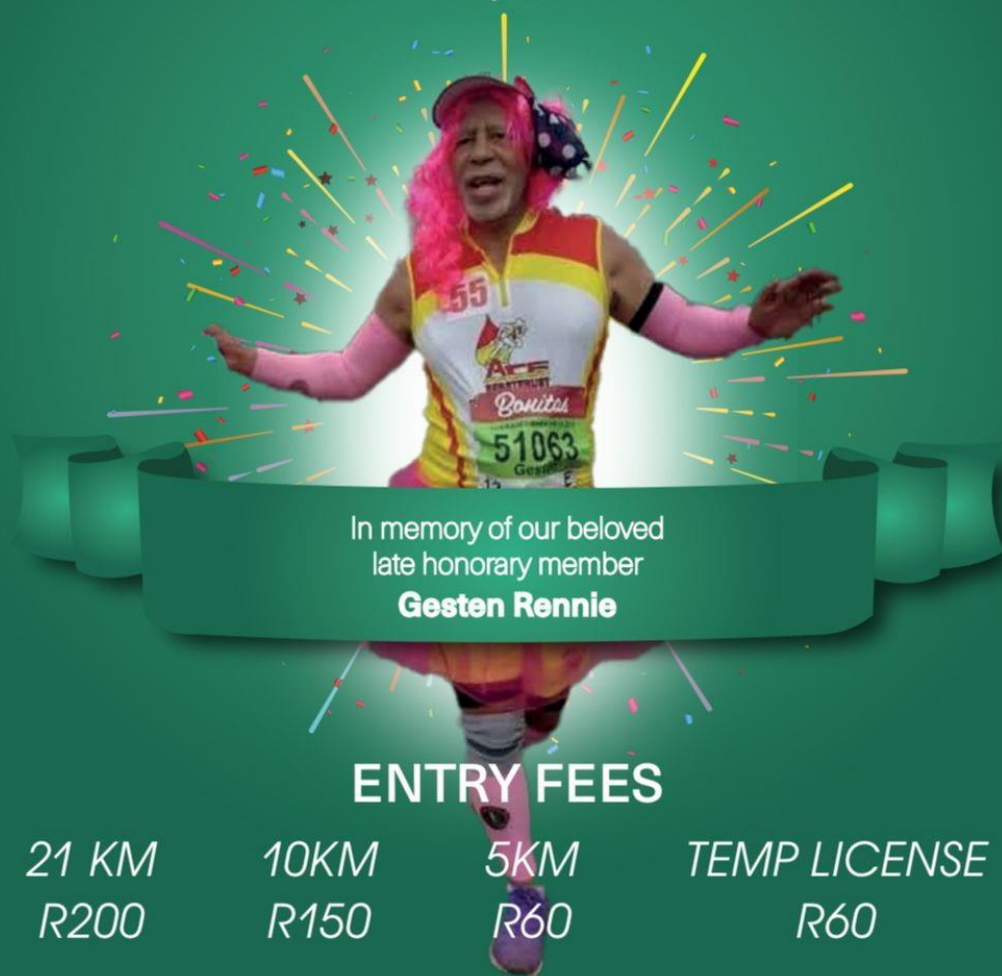




ACE RACE

21 km, 10km & 5km FUN RUN

10 FEBRUARY 2024
Eersterust Sport Stadium



In memory of our beloved
late honorary member
Gesten Rennie

ENTRY FEES

21 KM
R200

10KM
R150

5KM
R60

TEMP LICENSE
R60



Bestmed TuksRace

Run/walk

1km 5km 10km 21.1km

CELEBRATING
PRETORIA'S
MOST LOVED
RACE, 10 YEARS
AND BEYOND

Saturday, 17 February 2024
Hillcrest Sports Campus



bestMed
personally yours





ENTER AT: www.peaktiming.co.za / www.webtickets.co.za

MANUAL ENTRIES AT WEBTICKETS AT ANY PICK'N PAY STORE



The Pretoria Marathon, hosted by Phobians Athletics Club, has been held for almost 30 years in the capital city and has become a legendary test of fitness. The race is a double-lapper, winding through leafy streets of jacarandas and climbing up to historic Fort Klapperkop, with its spectacular views of the city bowl and the Union Buildings. If you're in luck you may spot zebras and wildebeest alongside the road, before dropping down to Fountains Circle. Dig deep for a push up to Brooklyn when the route takes you through the grounds and past the beautiful old buildings of Pretoria Boys High School, and then back to the finish at the PBHS Old Boys Club. Perfectly timed as a qualifier for both Two Oceans and Comrades, our race also attracts hard-core endurance runners looking for a training marathon at altitude (5102ft) that takes them outside their comfort zone. Push your limits. Endure. Achieve.

RACE	START / FINISH VENUE	START TIME	EARLY BIRD FEES UP TO 15 DEC	FEE AFTER 15 DEC	TEMP. LIC
42km	PHSOB Club, Lynnwood	05H30	R380*	R450*	R50
21km	PHSOB Club, Lynnwood	05H30	R250*	R300*	R50
10km	PHSOB Club, Lynnwood	06H00	R170	R200	R50
5km	PHSOB Club, Lynnwood	08H00	R80	R100	N/A

*FREE ENTRY FOR 70+ ATHLETES FOR 42KM, 21KM. FEE INCLUDES 10% AGN RACE LEVY.

THE ROUTES

The 42km, 21km, 10km and 5km races start and finish at the PHSOB Club in Lynnwood. The 42km and 21km routes climb up to Fort Klapperkop in the Groenkloof Nature Reserve, before looping back down through Pretoria Boys High School. Just after 17km, the marathon splits off for its second lap, with the half-marathon continuing onwards to the finish at the Club.

Starting and finishing at the Club, the 10km race is routed through the suburbs of Brooklyn and Menlo Park. Its fast and flat!

REGISTRATION

PHSOB Club 378 Queens Crescent, Lynnwood.

Friday 23 February 12H00 - 17H00
Saturday 24 February 10H00 - 17H00

NO LATE ENTRIES (42k/21k/10k)
NO RACE PACK COLLECTION ON RACE DAY.
5KM ENTRIES AVAILABLE AT START ON RACE DAY

FINISH VENUE

The Finish Venue for all races is the PHSOB Club, 378 Queens Crescent, Lynnwood.

ONLINE ENTRIES CLOSE:
Monday
19th February



PHOBIANS
Athletics Club



RACE OFFICE

063 772 3537 | info@theroc.co.za
RACE DIRECTOR: GRAHAME GERTSCH - 073 171 7507
EMAIL: INFO@PRETORIAMARATHON.CO.ZA



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:



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

PHOTO CORNER



Time trials last week



New member Sibon Mshengu ran the 8 km time trial in 28:06, an excellent time



Many members turned up to collect their vests and licences



Marinda van der Walt in action behind the admin counter



Relaxing after the time trials



Daleen Labuschagne was on her way to Cape Town but is back with us again



Liesel Anderson, Derrick van der Merwe and Gerald Hartmann



Happy to be part of the Irene Family



Sunset at the club house, we are so privileged



The Irene setup at Wonderpark on Saturday



New members Leon and Zanté Geel



Drix Pretorius with his daughter Tasha who has joined the club for the first time



Riaan and Renette Prinsloo



Sandra Steenkamp and Ansie Breytenbach on the podium on Saturday.



Albertus Bester close to the finish



Tasha Pretorius enjoying her first 10 km



Leon Geel with his wife Zanté behind him. She ran her first 21 km