



29 July 2024 30/24

EDITORIAL

We want to encourage our members to participate in the league races. There were only a few Irene members at the league race on Saturday at TUT. The next league race will be at the Swartkop Lapa on 17 August.

Please note that until further notice, there will only be a Gazebo at the races. The Cara-Fun will only be at the league races.

There will be no gazebo at the Spar Ladies race.

Please also note that the Phobians 15 km race that was due for 18 August has been cancelled.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the TUT race:

10 km:

Joy Dekker	1 st Female Vet
Anna Harris	2 nd Female Master
Ansie Breytenbach	1 st Female GM
Rhoda van Staden	1 st Female walker
Lucia Willemse	2 nd Female walker
Jaap Willemse	3 rd Male walker

21 km:

Elsa Meyer	1 st Female walker
Keith Reynolds	2 nd Male walker



IRENE WINTER NIGHT SERIES



Event 1
17 July '24
@ Irene AC
17:30 - 18:00

5KM & 9KM FUN RUN

Flexible start times

Event 2
7 Aug '24
@ Irene AC
17:30 - 18:00

5km - R50 Entries available on Entry Ninja and at the venue before the start
9km - R100 Receive **Discovery Vitality** points

Event 3
4 Sep '24
@ Irene AC
17:30 - 18:00

Enter for any 2 of the 3 events:

- Receive a **FREE** entry for the birthday bash
- Stand a chance to win amazing prizes (at the bash)
- Receive a special IAC birthday medal (at the bash)



Coffee vendors
Food stalls
available



Headlamps
Advisable

4 & 5
Oct
'24

IAC BIRTHDAY BASH!!!
Information to follow



Contact: Johan van Vuuren
081 851 3864

CAPTAIN'S CORNER

We hope everyone is as excited as us! This week many of our training programs will start as Cape Town Marathon is exactly 12 weeks away. Our weekly training schedules will be adjusted to build-up to these events to ensure our members are ready for their respective races.

- Cape Town Marathon – 20 October 2024
- Kaapsehoop Marathon – 2 November 2024
- Soweto Marathon – 3 November 2024
- Jacaranda Marathon - 9 November 2024

Please contact us should you require a training program (for any distance).

Irene Winter Trail Series

Our first Winter Trail event has been a great success. Thank you to everyone that came to run and/or worked. We hope the next event is even bigger with more Irene members attending. Remember, if you run two of the three events, you will receive a free entry to our 30th Birthday Bash in October.

Please share the events to many people as possible.

Weekly Time Trials

We are excited to announce the time trial results will be captured via an online platform. Time trial results are now captured using barcodes which can be scanned, and you can complete your weekly results on the page you access. These barcodes can be scanned at various locations at the clubhouse. Same processes and principles will be applied as previously. Results will be shared weekly.

Cross Country

The Cross-Country season is ending soon. If you still want to stand a chance to qualify for the SA Champs, there are only 2 events still available which you can run. As per the rules, you must run 4 league races as well as the AGN Cross Country Championships.

The only two races available to make up the 4 required league races are the 2 remaining secondary school league races which can be used for qualification. There after you must run the AGN Championships.

- 31 July League 21 Erasmus High School
- 7 August League 25 Curro Hazeldean
- 17 August AGN Cross-Country Championships
- **7 September ASA National Cross-Country Championships**

Sunday Long Run

This week we will start with the build-up to the marathons later this year. Join us for the Sunday Long Run at Irene Link Shopping Centre.

Happy Running Team

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	Scheuer	Jul 29
JP	Labuschagne	Jul 31
Jacqueline	Burn	Aug 01
Douw	Van Zyl	Aug 02
Vanessa	Van der Merwe	Aug 02
Celeste	Engelbrecht	Aug 04
Elsa	Meyer	Aug 04
Kagisho	Mabilane	Aug 04



BAR NEWS

There will be fire for those who want to braai.



THOUGHT FOR THE WEEK

You can never cross the ocean until you have the courage to lose sight of the shore.

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 1 July to 4 August 2024

Short Term Goal: To achieve short term goals over the next few months.

Long Term Goal: To improve fitness, Attain Goal distance/PB.

DAY	DATE	Activity	Distance/Time	COMMENT
Mon	01-Jul	Core and Strength Training		Hour long session
Tue	02-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	03-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	04-Jul	Speed sessions - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	05-Jul	REST		REST
Sat	06-Jul	GARSTFONTEIN ICE BREAKER	5/10/21.1km	Race Day
Sun	07-Jul	Long Run	10 - 15km	Long Run
Mon	08-Jul	Core and Strength Training		Hour long session
Tue	09-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	10-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	11-Jul	Hill Repeats - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	12-Jul	REST		REST
Sat	13-Jul	SPRINGBOK VASBYT	5/10/21.1km	LEAGUE RACE
Sun	14-Jul	Long Run	10 - 15km	Long Run
Mon	15-Jul	Core and Strength Training		Hour long session
Tue	16-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	17-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	18-Jul	Speed sessions - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	19-Jul	REST		REST
Sat	20-Jul	MANDELA DAY RUN	5/10km	Race Day
Sun	21-Jul	Long Run	10 - 15km	Long Run
Mon	22-Jul	Core and Strength Training		Hour long session
Tue	23-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	24-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	25-Jul	Hill Repeats - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	26-Jul	REST		REST
Sat	27-Jul	TUT CORPORATE RACE	5/10/21.1km	Race Day
Sun	28-Jul	Long Run	10 - 15km	Long Run
Mon	29-Jul	Core and Strength Training		Hour long session
Tue	30-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	31-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	01-Aug	Speed sessions - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	02-Aug	REST		REST
Sat	03-Aug	SPAR WOMANS RACE	5/10km	Race Day

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	

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 :-	Bill Rowan Guidelines :-	Bronze Guidelines :-
8km - Sub 30:15 Minutes	8km - Sub 35:35 Minutes	8km - Sub 45 Minutes
21.1km - Sub 1h25 Minutes	21.1km - Sub 1h39 Minutes	21.1km - Sub 2h05 Minutes
42.2km - Sub 3 Hour	42.2km - Sub 3:30 Hour	42.2km - Sub 4h25 Hour

NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK 3 AUGUST 2024



ROAD RUN OR TRAIL RUN

3KM, 5KM, 10KM, 15KM OR 21KM

GROUP START @ 07H00

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



SPAR

Women's
CHALLENGE
10/5km

Tshwane

CENTURION SUPERSPORT PARK

3 AUGUST 2024 **14H00**

#ChooseYou #SPARWomenstshwane

WWW.SPARWOMENSTSHWANE.CO.ZA



Sat 10 Aug 2024

Quagga Road Race

Eyethu Fitness Test

START TIMES

32KM
Start 6:45

21.1KM
Start 7:00

10KM
Start 7:10

5KM
Start 7:20

VENUE: QUAGGA SHOPPING CENTRE CNR. WF NKOMO & QUAGGA STREET, PTA WEST

INFORMATION/ENQUIRIES: 078 220 5763 | 083 379 9830

ENTRY FEES

Pre-Entry
32km R290
21.1km R200
10km R150
5km R50

Late Entry
32km R320
21.1km R230
10km R180
5km R70

Great Grand Masters
50% discount on entry fee (+70 years)

Temp License R60

ENTRIES

Store entries open 18 May - 8 August 2024

- Tehwane Running Shop, Sinoville: 087 688 1336
- Run-A-Way-Sport, Lynnwood: 012 361 3733
- Race Nr Sales: 078 220 5763, 083 379 9830, 082 305 2447

Online entries open 18 May - 2 August 2024

- Enter online at www.entryninja.com

Online entries collection: 09 Aug 2024

- Quagga Shopping Centre 12:00-17:00

Late entries sales at the Venue: 09 Aug 2024 | 12:00 - 17:00

Race Day Entry Sales: 06:30 - 06:30

RUN-A-WAY STORE DISCOUNTS: 10% discount for any purchase in the store, the runner will only need to produce the race number at the store before 30 November 2024.



Medals to all finishers within the cut-off times





Athletics
Gauteng North

PVR DORPSFEES NIGHT RACE

**WEDNESDAY
28 AUGUST 2024**
Entries open 1 July 2024
www.entryninja.com

Temporary license required for
non-registered athletes on the 10km
- R 60

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	CUT OFF TIME	LATE ENTRIES
10km	R140	18:30	14 yrs	20:30	R150
5km	R60	18:30	9 yrs	20:30	R70

- The race will take place under the rules of WA, ASA and AGN and all participants must wear club colours, except when participating with a temporary license.
- Athletes who do not adhere to the rules will be disqualified.
- All athletes in the 10km race must wear a valid 2024 license number, front and back.
- If issued with a race number, this must be worn on the front of the vest and may not cover the sponsor's logos on the license number. Temporary license must be worn on the back of the running top.
- No license required for the 5km race.
- Athletes participating without buying a race entry will be disqualified.
- No seconding is allowed.
- All traffic officers and officials instructions must be obeyed.
- Timing for Discovery Vitality Points.
- Time limit is two (2) hours for all athletes. Last runner / walker must finish by 20:30.
- Dogs and prams allowed on the 5km route only, with a water point provided.
- No blades, cycles or mechanically operated devices are allowed in the race.
- No iPods or listening devices are allowed in the race.
- Head lamps are advisable.
- All athletes participate solely at their own risk and the organisers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during, or as a result of the race
- Medical support will be available.

2



Start collecting your
PvR Night Race
Airplane Medalals

Athletes, join us for a "braai & kuier" afterwards
Wood for the braai will be provided

Online entries at www.entryninja.com
Entries close 26 August 2024
No prize money - medals for all finishers

Race number collection & late entries

Pierre van Ryneveld Geloofs familie
14 Baltimore Road, Pierre van Ryneveld
• 27 August 2024 strictly from 16:00 until 19:00
• 28 August 2024 strictly from 15:00 until 18:15

Secure parking for all athletes:

cnr Mustang Ave & Blenheim Road
Pierre van Ryneveld (Open field)

No athletes will be permitted to drive in Baltimore Road

Athletes with club gazebos need permission to drive to the finish in Baltimore Road and must be set up before 17H30

Race enquiries: Johan van Vuuren - 081 851 3864

In case of unforeseen cancellations,
no refunds will be granted

A festival not to be missed

Hosted by Mad Monkey Adventures in partnership with Irene Athletics Club.

This race will serve as our club 10 km championships

2024 DAWN 2 DUSK

12 HOUR CIRCUIT RACE AND 100 MILER CIRCUIT RACE 31 AUGUST 2024 (DAWN 2 DUSK) 30-31 AUGUST 2024 (100 MILER)

The date and venue have now finally been fixed. It will be 31 August 2024 for the Dawn 2 Dusk and 30-31 August 2024 for the 100 miler. The venue will be as in 2023, Gerrit Maritz High School in Pretoria North.

Entries will be administered in the same way as last year. Entries will be online with Peak Timing.

Let's start with the options you have

1. RACE CATEGORIES

12 HOUR RACE CATEGORIES: (age categories will be explained later)

- | | |
|-----------------------|-----------------------------------|
| 1. Men (individual) | 4. Men's relay teams |
| 2. Women (individual) | 5. Women's relay teams |
| 3. Mixed relay teams | 6. Four member teams (any gender) |

100 MILER CATEGORIES

1. Men (individual)
2. Women (individual)
3. Two or four member teams (any gender)

Walkers enter in the same categories. In certain instances (like individual walkers and teams only consisting of walkers) separate categories will be **considered**. This will only be determined after entries have closed

2. ENTRY FEES

The fees for the different races are as follows (the same as last year)

- 80 Km Individual: R 500 (including a green jacket for first time finishers)
- 80 Km Teams of 2: R 750
- 80 Km Teams of 4: R 1000
- 100 miler Individual: R 600 (including a white jacket for first time finishers)
- 100 Miler Teams of 2: R 800
- 100 Miler Teams of 4: R 1200

All fees include the famous Dawn 2 Dusk white jacket **for those who qualify for a permanent number**

3. HOW TO ENTER

- Entries will be done online, making use of a website provided by Peak Timing, the official timing system for the race

You will be required to lock in using the following link

<https://secure.onreg.com/onreg2/front/step1.php?id=6604>

Click on “New entry” and you will have the different options available:

80Km Individual	ENTER
------------------------	--------------

ZAR 500.00 12/03/2022 until 30/07/2022 (+ 6.00%)

80Km Team of 2	ENTER
-----------------------	--------------

ZAR 750.00 12/03/2022 until 30/07/2022 (+ 6.00%)

80Km Team of 4	ENTER
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ZAR 1,000.00 12/03/2022 until 30/07/2022 (+ 6.00%)

100 Miler Individual

ENTER

ZAR 600.00 12/03/2022 until 30/07/2022 (+ 6.00%)

100 Miler Team of 2

ENTER

ZAR 800.00 23/03/2022 until 30/07/2022 (+ 6.00%)

100 Miler Team of 4

ENTER

ZAR 1,200.00 23/03/2022 until 30/07/2022 (+ 6.00%)

Follow the instructions and you will officially be part of Dawn 2 Dusk

PLEASE NOTE

- **Closing date: 15 July 2024 (for all those qualifying for a permanent number)**
- **Closing date: 28 July 2024 (for all other entries)**

Let the entries roll in

Full detail on the race will be provided after entries have closed

PLEASE, AS IN THE PAST, DO NOT WHATSAPP OR SMS ME FOR INFO. YOU ARE WELCOME TO CALL ME ON MY CELLPHONE OR SEND ME AN E-MAIL

Greetings

Gerrie

082 940 5453

gerrie.s@mweb.co.za

Let's try to be the biggest club at the Dawn to dusk this year!

ULTIMATE FAST CHALLENGE RACE

5KM | 10KM
RACE STARTS AT 7:00

@ KOLONNADE RETAIL PARK

Don't Miss It
31 AUGUST 2024

Online Entries @
www.entryninja.com

ENTRY FEE:
Temporary License: R60
5KM: R80
10KM: R150

Enquiries: Lesetja (076 120 2388) / Concelia (082 342 8076)



RUN & WALK
STARTING TIMES
33km 6.00am
21km 6.00am
10km 6.00am
5km 6.10am

BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

7 SEPTEMBER 2024

START IN DEY STREET & FINISH IN BRONKHORST STREET, BROOKLYN MALL

www.entryninja.com



IN MEMORY OF ANDREW GREYLING

SCAN TO REGISTER ONLINE



BROOKLYN MALL  BROOKLYN SQUARE
Tel: 012 346 1063 | www.brooklynmall.co.za

PRETORIA MILITARY

Marathon Club

Presents

Spirit of Flight Race

10 KM RUN/5 KM Fun Run

600 VITALITY POINTS ONLY FOR 10KM

NO POINTS FOR 5KM

1500 SPECIAL MEDALS



24 SEPT 2024 @ 06:30
AIR FORCE BASE SWARTKOP, VALHALLA



Athletics
Gauteng North

ONLINE ENTRIES FROM 10 JULY - www.entryninja.com (Until 17 SEPTEMBER 2024)



LEBO NKU - 072 331 8586/JACKIE MOTIMELE - 076 348 9440

KATLEGO PHENYA - 083 701 1046/MODISE MADIKAZI - 083 472 4453

IRENE FARM BACKYARD ULTRA

"Geniet dit!"
It's like
"LEKKER"

28 SEPTEMBER 2024

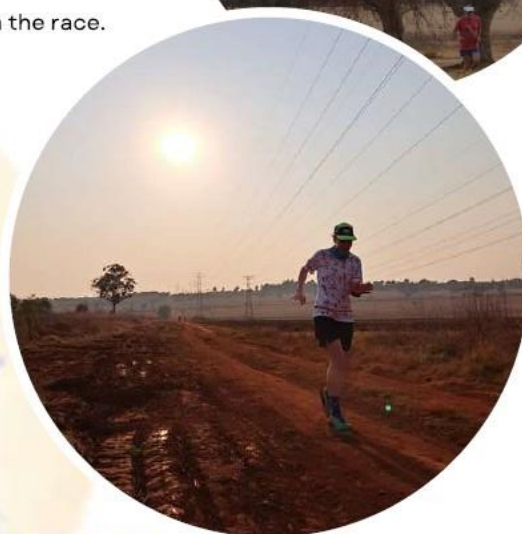
Race details

- Last man / woman standing race:
 - There is only one winner, the last person to complete a lap.
 - All other competitors are a DNF.
 - In the instance that nobody goes any further than any other, there is not a tie, there is no winner.
- 3 / 6 / and 12+ Loop races:
 - Only the competitors that run until the last lap, finish the race.
 - All other competitors are a DNF.



Loops

- Except for restrooms, competitors may not leave the course until each loop is completed.
- No non-competitors on the course.
- No personal aid during a loop (common aid station at the Race Village).
- Each loop must be completed within an hour to be counted, including the final loop.
- Loop distance: 6,7km (4,16miles)



Venue

- Race Village, Irene Athletic Club House ARC Grounds, Nellmapius Road.
- Competitors and their supporters are allowed to "camp" with their gazebos or tents.
- Set up at Race Village, Friday 27 Sept 2024 from 16:00.

Entries includes:

- Race number
- Grab and go items
- Medal

Entries

- 12+ Loop race till last runner @ R 750.00
- 6 Loop race @ R 350.00
- 3 Loop race @ R 150.00
- T - Shirt (order before 23 Aug 2024) @ R 180.00
- Entries at www.entryninja.com, close on 25 Sept 2024.
- Late entries at venue, 27 Sept 2024 from 16:00.

Registration, Briefing and Start:

- Registration for all races will take place 27 Sept 2024 from 16:00.
- Briefing for each race will be 30 minutes before each race starts.
- Races start as follow:
 - Last man / woman standing, 28 September 2024 at 06:00.
 - 3 / 6 / 12+ Loop races, 28 September 2024 at 06:00.
- Each loop starts precisely 1 hour after the last, on the hour.
- Warning of 1 - 3 minutes prior to the start.
- All competitors must start at the gong (no late start).

Compulsory Gear:

These are compulsory for all three races:

- Long sleeved thermal top
- Waterproof jacket with hood
- Waterproof pants
- Cap / Hat
- Headlamp with spare set of batteries

Presented by Mad Monkey Adventures (contact Johan: +27 81 851 3864)

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



PHOTO CORNER



Every Tuesday is playtime for the Nothnagel kids



Ivan Maritz, Anita de Jager and Wesley-Ray Fawell at the club house on Tuesday



When Theuns is dressed like this then it is really cold



Thank you to Carla Hartmann who donated the soup and bread rolls for the league race on Saturday



Sheren Naidoo enjoying his soup



Letha Kotze and Katin-Marié van Niekerk having a good time



It was good to see Joy Dekker on the podium



Carla Hartmann with Nadene and Caitie Visser