



*2 April 2024 13/24*

### *EDITORIAL*

In a few days we will be presenting our Irene Running Festival. It is indeed something to look forward to. We will have the opportunity to show the other clubs what we can do. Thank you once again to all our members who will be part of the event. Without you it wouldn't have been possible. Whatever you do at the event, take pride in it. Do it with your biggest smile and have fun.

### *ACHIEVEMENTS*

Congratulations to the following members who were on the podium:

Sandra Steenkamp  
Maryke Gradwell

1<sup>st</sup> Female GM – City to City 50 km  
2<sup>nd</sup> Female walker – Right to Run/Walk 10 km  
(left out last week)

### *REGISTRATIONS 2024*

Another 6 members registered during the week of whom all 6 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 6 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.



Cherise Breytenbach



Mariette Janse v Vuuren



Nico van Niekerk



Prabanand Rathnam



Nienke Wasserman



Shendl Weinzheimer

### *CAPTAIN'S CORNER*

The week has finally arrived where the spotlight is on our club. The Irene Running Festival is happening this weekend, and we request every member to help and assist by any means possible. Every member will make a huge difference on the success of our event. If you have not put your name on the list, please do so as soon as possible.

No Irene member is allowed to run on Saturday, and if you are running the Ultra on Sunday, it is expected that you help somewhere on Saturday.

Congratulations for those that have completed the City-to-City Marathon. We hope you have achieved your goals. Please share your stories with the club.

### **Weekly Time Trials**

Time Trials on Tuesday 2 April 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.

### **Saturday & Sunday**

No training sessions planned. Please assist at your club event.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

### ***VISITING DOCTOR***

Dr Susan Lehman will visit the club on Tuesday during the time trials. She will not give a talk but will be available to talk to members individually. Do not miss this opportunity if you suffer from any muscle injuries. There are great testimonies of how her medicine has healed muscle injuries completely in a very short time. She can also assist with muscle endurance.

### ***THIS WEEK'S DIARY***

# Irene



Athletics Club

## WEEKLY RUNNING / WALKING SCHEDULE

Saturday there is no training session. It is expected that everyone will be assisting somewhere on the day.  
Sunday is the our Ultra race. **You can only run if you helped the previous day.**

### Mornings

Tue  
2 Apr



Wed  
3 Apr



Thu  
4 Apr



Sat  
6 Apr

NO TRAINING SESSION  
PLEASE SIGN-UP TO WORK AT  
YOUR CLUB RACE

Sun  
7 Apr

NO TRAINING SESSION  
PLEASE SIGN-UP TO WORK AT  
YOUR CLUB RACE

### Afternoons

Time Trial  
@ Irene Clubhouse  
17:30

4  
6 km  
8

Midweek LSD  
@ Centurion Theatre  
17:30

12  
- km  
15

Hills  
@ Irene Clubhouse  
17:30



## IRENE RUNNING FESTIVAL

Irene Ultra  
@ Irene AC Race Venue  
6:00

48 km

### For More Information

Johan  
Nelius

081 851 3864  
072 248 7698



## TRAINING PROGRAMME

### IRENE Athletics Club Training Program

**Duration:** Monday 1 April to 28 April 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	01-Apr	Core and Strength Training		Hour long session
Tue	02-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	03-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	04-Apr	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	05-Apr	REST		REST
Sat	06-Apr	<b>Irene Running Festival</b>	<b>5/10/21km</b>	<b>Work Day</b>
Sun	07-Apr	<b>Irene Running Festival</b>	<b>48km</b>	<b>Race Day / Work Day</b>
Mon	08-Apr	Core and Strength Training		Hour long session
Tue	09-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	10-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	11-Apr	Speed session	W/U, (400m Sprint, 200m jog) x 6-8, CD	Warm up before the session
Fri	12-Apr	REST		REST
Sat	13-Apr	<b>Two Oceans / The Green Mile</b>	<b>56km : 4/8/16 Miles</b>	<b>Race Day</b>
Sun	14-Apr	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	15-Apr	Core and Strength Training		Hour long session
Tue	16-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	17-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	18-Apr	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	19-Apr	REST		REST
Sat	20-Apr	<b>Loskop / Tshwane North</b>	<b>50km : 5/21/50km</b>	<b>Race Day</b>
Sun	21-Apr	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	22-Apr	Core and Strength Training		Hour long session
Tue	23-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	24-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	25-Apr	Speed session	W/U, (600m Sprint, 400m Jog) x 6-8, CD	Warm up before the session
Fri	26-Apr	REST		REST
Sat	27-Apr	Revolution Run @ Clubhouse	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Sun	28-Apr	<b>Magnolia Long Run</b>	<b>15/30/45km</b>	<b>Long Run</b>

#### 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.

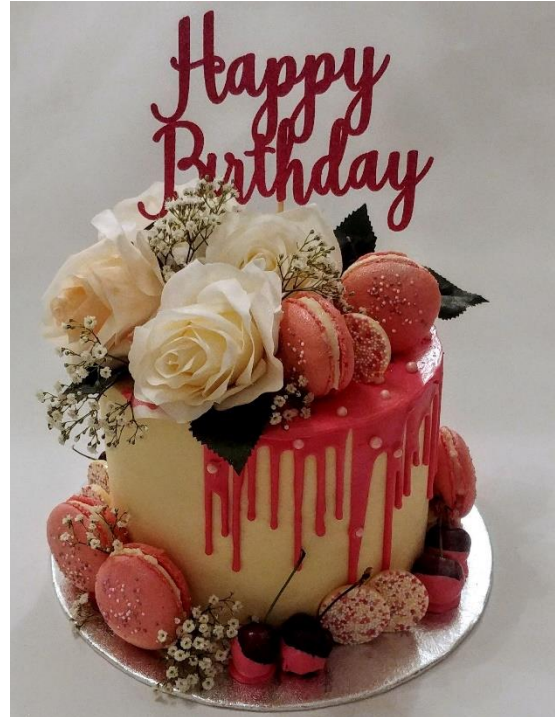
If you are looking at your first marathon, the focus must be on getting through it and enjoying it. The outcome will be the baseline to work from for future goals. Learn from it and adjust accordingly - seek advice from trusted sources. Below is a guideline that you should be achieving if you are intending to complete Comrades 2024.

<b>Silver Training Guidelines :-</b>	<b>Bill Rowan Guidelines :-</b>	<b>Bronze Guidelines :-</b>
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

## PERSONALIA

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

Holger	Hedelt	Apr 02
Ivan	Maritz	Apr 02
Musa	Letageng	Apr 02
Lemao	Motaung	Apr 03
Stephen	Sim	Apr 03
Isaiah	Tolo	Apr 04
Ronnie	Makgoka	Apr 04
Estee	Pelser	Apr 04
Jacques	Bannister	Apr 05
Louis	Finn	Apr 05
Hendrik	Steynberg	Apr 05
Con	Purchase	Apr 07
Travers	Snyman	Apr 07



## THOUGHT FOR THE WEEK

**Take responsibility of your own happiness, never put it in other people's hands.**

## BAR NEWS

**There will be fires for those who want to braai.**



NOTICE BOARD

# THE GREEN MILE ROAD RACE — 2024 —

<https://www.entryninja.com/events/79887-green-mile-2024>

Enter At:



**RUN-A-WAY  
SPORT**

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**  
( 12.88 KM )

START TIME - 6 : 00

PRE-ENTRY R60 / LATE ENTRY R60

**4 MILE RUN**  
( 6.44 KM )

START TIME - 6 : 15

**HugePC**  
Computer Distributors

Contact Us:

Marius: - 082 5766 755

Chris: - 082 785 8792

Moneen: - 083 298 5975

[marius.photo@absamail.co.za](mailto:marius.photo@absamail.co.za)



**SATURDAY  
APRIL 13**

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTELTON MANOR, CENTURION

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](http://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!

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](http://www.miway.co.za/campaign/miway-wally-hayward-marathon-2024)  
to get your obligation free quote and for the T's & C's.



Last Comrades Qualifier  
in Gauteng

[www.wally.co.za](http://www.wally.co.za)



Wally Hayward



[www.finishline.co.za](http://www.finishline.co.za)



[www.active.com](http://www.active.com)







# 40<sup>th</sup> Commemorative Jackie Mekler Memorial Race 2024

25  
kms

10  
kms

5  
kms

**04 May 2024**  
**ATHLETICS GAUTENG NORTH**  
**ROAD RUNNING RACE/WALK**

Hosted by -  
Pretoria Military Marathon Club

Venue - Pretoria Military Sportsground  
Thaba Tshwane (Voortrekkerhoogte)





**AGN LEAGUE**



# Love to Run 5/10/21 KM

## 11 May 2024

### New Venue !!!

The Glen High School  
Garstfontein Road, Pretoria

### PRE-ENTRIES from 15 March 2024 – 7 May 2024

Online entries: <https://www.entryninja.com/events>  
Run-Away-Sport: 012 - 361 3733

Late entries: On collection dates or race day at an additional cost of R20

Entry Fees	21.1km	10km	5km
All categories	R240	R150	R70
70+	Free	Free	Free
Temporary licences	R60	R60	N/A

### RACE NUMBER COLLECTION

**Hatfield Christian Church**

9 May 9h00 - 17h00 - 10 May 9h00 - 13h00

**The Glen High School**

10 May 14h00 - 18h00 - 11 May 5h00 - 7h00

PHOTO CORNER



The start of the 10 km and 30 km on Sunday morning



The start of the 20 km



One of the many water points on the route



Melani Swart, Ansie Breytenbach, Con Purchase and Rhenier de Beer on their way to Cornwall



Elze le Roux, Cynthia Farnham, Joy Nicholl and Belinda Hudson



Happiness at the finish



Sandra Steenkamp was the first GM female on the City to City 50 km



Les Chidi also ran the City to City 50 km