



IRENE NEWS

2 May 2022

No 17 – 2022



ACHIEVEMENTS

Cradle 32 km

Amanda Cloete	3 rd Lady
Joy Dekker	2 nd Vet lady

Wally Hayward 10 km

Ansie Breytenbach	1 st Walker
Jacquie van der Waals	2 nd Vet lady
Louwrens Smit	3 rd GM man
Tania Thompson	3 rd Master lady

Congratulations!

TIME TRIALS

Please take note that as from tomorrow, the time trials will start at 17:15. The stretching exercises will start at 17:00. It will remain like this until the end of August.

CARA-FUN DUTIES

We are still looking for someone to take over the Cara-Fun duties from Gerard and Bertha. Please contact us by replying to this email to get more info with regards to the compensation etc.

FROM THE ADMIN DESK

Please note that the admin desk will be closed on 3 May.

SOCIAL EVENING

Please take note that the social evening will take place on Tuesday, 10 May this month. It promises to be a great evening once again. More details will be sent out later.

IRENE SOCIAL CRAZY HAT PARTY



The Irene social will be delayed.
No Wally hat race this year but let's
have our own Irene 'hat' time trial.
Prizes for the most original hats.
Get your hat ready. 10 MAY 2022



IRENE

COACH'S CORNER

Fartlek 1min on 1min off

10min easy warm up

10 x 1min 3k pace (1min easy run recovery)

10 min easy cool down

40min Total

RUNNING TRAINING ZONES

Zone	Physiological System	Intensity	% of Lactate Threshold	% of Max Heart Rate	Common Training Runs	RPE	Feeling	Duration
1	Low Aerobic		73-80	50-60	Recovery Steady	1-2	Easily Conversational "I feel like I could run forever at this pace." "I feel like I'm really holding myself back."	All day
2	Moderate Aerobic	Low	81-89	61-70	Easy Long Steady	3-4	Just Conversational "I feel like I'm holding myself back just a little." "This pace feels natural, like I'm neither holding back nor pushing."	A few hours
3	Threshold	Medium	96-100	71-80	Tempo Threshold Fartlek Speedplay	5-6	Comfortably Hard "I feel like I'm pushing myself ever so slightly." "I feel like I can keep up this pace for 20 to 30 minutes." (Less Fit Runner) "I feel like I can keep up this pace for 50 to 60 minutes." (Fit Runner)	30-60 minutes
4	VO2 Max		102-105	81-90	1000m - 1200m Intervals VO2 Max	7-8	Very Hard "I feel like I'm going to blow up in 10 to 15 minutes." "I feel like I'm going to blow up in 15 to 20 minutes." "I feel like I can keep this pace up for a mile or so, no more."	15-20 minutes
5	Anaerobic	High	>106	91-100	100m - 600m Intervals Hill Training	9-10	Maximum Effort "I feel like I can sustain this pace for a couple of minutes, maybe three." "I feel like I can only hold this pace for 1 minute, tops."	1-2 minutes



THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 17:00. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:00

Time trials @ 17:15 – Club house.

Lucky draw @ 18:45

Saturday:

Road Run/Walk @ 06:00 – Club House

Sunday:

Training run @ 06:30 – Midstream Mugg & Bean

SOCIAL RESPONSIBILITY

Winter drive

I have paid a visit to the CMR in Lyttleton, this past week. This organisation care for the homeless, abused and neglected people in our community.

There is a big need for food, warm clothes, blankets and funds for therapy. The funds are mostly to help abused woman and children through their ordeal.

I am making a plea to our members to help the CMR by donating some much needed items (list below). There is also a bank account, if you wish to rather donate some money.

So, Irene Members let's make a difference this winter to those who need our support.

Venita Brown.

- Warm klere;
- Daar is 'n groot behoefte aan mans en seuns klere en skoene
- Komberse
- Skoene
- Blikkies kos
- Sop
- Rys
- Soya vleis
- Mieliemeel
- Koffie en Tee
- Suiker
- Melkpoeier
- Skoonmaak middels
- Seep
- Room/Vaseline
- Sanitere produkte

CMR Lyttelton

ABSA Bank

Takkode: 63 2005

Tjekrekening No. 600230808

Verwysing: Donasie (en u voorletter en van)

CMR Lyttelton reik Artikel 18A sertifikate uit vir finansiële bydrae.

RUNNING FESTIVAL CHARITY – CHOC

On behalf of CHOC we would like to thank the Irene Athletics Club for the opportunity to be part of their Irene Running Festival. We have thoroughly enjoyed our water station and the interaction with the athletes. At the merchandise stand we have raised an amount of R3562,42. With your kind donation of R12 400, we have raised an amazing amount of **R15 962,42.**

We look forward to more ventures together where we keep more than hope alive for the children and teens fighting cancer.

Ina & Team

IRENE NIGHT RACE

The Irene Night Race due to take place on 25 May has been cancelled. We want to co-operate with the ARC management to prevent the spread of foot and mouth disease and there was a lack of interest.

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

Deane	van Rooyen	03 May
Tania	Thompson	05 May



Midstream Tel 012 940 9229

NOTICE BOARD

ARC IRENE HYBRID RUN/WALK
7th MAY'22
START ANYTIME BETWEEN 07H00 TILL 08H00
ROAD RUN/WALK
2KM, 5KM, 10KM, 15KM OR 21KM
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

Logos: **REVOLUTION TRAILS**, **IMPACT**, **COLLAGEN FOR ATHLETE**, **CEC**, **HERBALIFE 24**



Race of Hope

21 MAY 2022 • 7AM

5km, 10km & 21.1km

dors sox



Athletics
Gauteng North

the grove
mall

Cnr. Lynnwood & Simon Vermooren, Equestria, Pretoria



28 MAY 2022

5km | 10km | 21.1km

**WALK
& RUN**

RACE STARTS AT 07:00



Centurion Mall

CENTURION MALL
SKOSANA Legend

**Race of
Gratitude**

**THE  OF
CENTURION**
f | centurionmall.co.za

aa

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If you want your logo on this page, let us know at info@irenerunner.co.za

THOUGHT FOR THE WEEK

It is not the years in your life that count, it is the life in your years.

AGN ACHIEVEMENT

Ranked
5th
in the
world

World Athletics Competitions Performance Ranking



Athletics Gauteng North President, **Mr Hendrick Mokganyetsi**, would like to thank all Athletes, Technical Officials, Coaches, Volunteers, Admin Staff and the AGN Family at large.
Because of all your hard work, commitment and dedication we have made history as the first Athletics Province in South Africa to achieve World Athletics Competitions Performance Ranking

**1st
Province
in SA**



ATHLETICS
GAUTENG NORTH

PHOTO CORNER



Joy Dekker on the podium at the Cradle race



Tania Thompson, Lynette Gough, Letha Kotze and Mariet Louw did the 4 days Bo-Karoo race



Tania Thompson and Lynette Gough in action at the Bo-Karoo race



Early morning activities at the Wally



A few Irene faces in the crowd



Nelius van Rooyen and Michael Mkwala



New members Jan & Petro Pieterse



Kobus van As, Heleen de Bruin, Blanche van Vuuren, Lullu and Joubert Krugel



Norton and Vanessa Mole



Bheki Ndhlovu

Podium winners



Ansie Breytenbach



Louwrens Smit



Tania Thompson



Jacque van der Waals