



3 March 2024 9/24

EDITORIAL

Please take note that all previous members who want to rejoin, will receive a FREE running vest/shirt if they do so before the end of March 2024. Rejoining the club from April this year means that they will have to pay for the running vest/shirt. This will not apply to members joining the club for the very first time, they will still receive a free running vest/shirt.

ACHIEVEMENTS

The following members were on the podium at the Sunrise Monster:

Anna Harris	1 st Female master – 10 km
Ansie Breytenbach	1 st Female GM – 10 km
Jaap Willemse	3 rd Male walker – 10 km
Lucia Willemse	2 nd Female walker – 10 km
Karin-Marié van Niekerk	3 rd Female walker – 10 km
Elsa Meyer	1 st Female GGM – 21 km
Victor Phetoe	1 st GM – 32 km
Blanche van Vuuren	1 st Female vet – Marakele 42 km

Sandra Steenkamp received a gold medal for finishing 7th as a GM amongst the senior ladies at the South African 20 km open walking championships in Cape Town.

Congratulations to all of you!

REGISTRATIONS 2024

Another 13 members registered during the week of whom 4 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 4 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.



Joy Maseko



Lemau Motaung



Martin Motaung



Paulina Rammabi

SOCIAL EVENING

Don't miss out on a very special social evening on Tuesday!

Bring your family along!

IRENE SOCIAL

MUSICAL
BINGO

TUESDAY 5 MARCH

THIS IS 1 SOCIAL
 **YOU DON'T**
WANT TO MISS!

BEEF BURGERS AND
VEGETARIAN OPTIONS
 **FOR DINNER** 
COME AND PLAY!

BRING THE FAMILY, IT'S
GOING TO BE LOTS OF FUN!

CAPTAIN'S CORNER

This weekend was a big weekend for many Irene members. Elands, Marakele, Edenvale and Vaal marathon (too name a few) occurred and we are so proud of every member that attended and finished their respective races. The results on social media platforms are amazing. Congratulations. Please remember to send us your PB's (we know there are plenty).

Remember all Two Oceans Qualifying details to be submitted or updated by **6 March 2024**.

Weekly Time Trials

Time Trials on Tuesday 5 March 2024 at 17H30 at the club, with our monthly social afterwards and a free burger (no takeaways). The time trial book will be available, please write your time in once you are done. Last week's results will be published soon.

This week we share some interesting statistics. The most interesting stat is that we are 452 members, but only 127 members have joined for at least 1 time trial since the beginning of the year. We would like to encourage all members to join time trials, not only do we offer a safe environment to all our members, but you will also meet your fellow clubmates and be able to share or gather valuable runner information and / or advice. There is also a bar to have a drink or two from.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene

Athletics Club



WEEKLY RUNNING / WALKING SCHEDULE

Tuesday at our time trial we have our **monthly social**. Joy has planned a great evening of **Bingo** and burgers.

Sunday we have our long run at **Irene Link**.

Mornings

Tue
5 Mar



Wed
6 Mar



Thu
7 Mar



Sat
9 Mar

Bucco Bobbies 3-in-1
@ NG Church Wonderboom
6:00

5
10 km
21

Sun
10 Mar

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

12
- km
18

Afternoons

Time Trial
(Monthly Social)
@ Irene Clubhouse
17:30

4
6 km
8

Midweek LSD
@ Centurion Theatre
17:30

12
- km
15

Hills session
@ Irene Clubhouse
17:30



For More Information

Johan
Nelius

081 851 3864
072 248 7698



TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 4 March to 31 March 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	04-Mar	Core and Strength Training		Hour long session
Tue	05-Mar	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	06-Mar	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	07-Mar	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	08-Mar	REST		REST
Sat	09-Mar	BUCO Bobbies 3-in-1	5/10/21km	Race Day
Sun	10-Mar	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	11-Mar	Core and Strength Training		Hour long session
Tue	12-Mar	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	13-Mar	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	14-Mar	Speed session	W/U, (400m Sprint, 200m jog) x 4-6, CD	Warm up before the session
Fri	15-Mar	REST		REST
Sat	16-Mar	ODD and Moo'se Race	8/50km : 5/10/21km	Race Day
Sun	17-Mar	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	18-Mar	Core and Strength Training		Hour long session
Tue	19-Mar	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	20-Mar	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	21-Mar	Right to Run/Walk	5/10/21km	League Race
Fri	22-Mar	REST		REST
Sat	23-Mar	Overkruin Race	5/15/32km	Race Day
Sun	24-Mar	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	25-Mar	Core and Strength Training		Hour long session
Tue	26-Mar	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	27-Mar	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	28-Mar	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	29-Mar	REST		REST
Sat	30-Mar	Revolution Run @ Clubhouse	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Sun	31-Mar	City 2 City	50km	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/0029138640722487698)

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.

Musa	Nkosi	Mar 04
Wendy	Beukes	Mar 05
Sibo	Mshengu	Mar 06
Miemie	Nel	Mar 07
Markus	Van der Westhuizen	Mar 07
Andre	Nortje	Mar 07
Madré	Buitendag	Mar 07
Sumarie	van Wyk	Mar 08
Adriaan	Botha	Mar 08
Noel	Banda	Mar 09
Tokelo	Mokori	Mar 09
Kobus	Oberholzer	Mar 10



THOUGHT FOR THE WEEK

You cannot change anyone, but you can be the reason someone changes.

BAR NEWS

Free beef burgers to all members and family present



NOTICE BOARD

ARC IRENE

SUNSET RUN/WALK

2KM, 5KM & 10KM
ROAD RUN OR TRAIL RUN

6 MARCH 2024

REGISTER AND START ANYTIME BETWEEN
16H30 TILL 18H30

 **BUY TICKETS ONLINE**
WWW.REVOLUTIONTRAILS.CO.ZA
or **ON-THE-DAY**

VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION

FOR MORE INFORMATION CONTACT US AT:
REVOLUTIONTRAILS@GMAIL.COM | 083 264 3931



NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS





NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

9 MARCH 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









PRETORIA BOBBIES

Slumberland



DESIGN YOUR DREAMS

BOBBIES 3-IN-1

9 March 2024

Venue: Nederduitse Gereformeerde
Kerk Wonderboom,
238 Parsley Avenue, Annlin, Pretoria

NEW VENUE WITH ORIGINAL ROUTE



Scan QR Code To
Enter Race

FIERCE & FUN

Online Entries Until 5 March 2024
Runaway Entries Until 7 March 2024

Starting Time

06:00am (10km & 21km)

06:30am (5km)

Cost

5km Race - R60

10km Race - R120

21km Race - R180

Temp lic - R60

R20 for late entries

(Clubs are welcome to set up gazebos)

21km Race Prize:

1st Place - Motion base Queen with
Slumberland Pocket Firm Mattress
(Valued at R24 999)



PinkDrive
www.pinkdrive.co.za

**FINISH
TIME**

SAFETY & SECURITY



ATHLETICS
GAUTENG NORTH

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:


WINGATE



Irene
Village Mall



Onthysake



ATHLETICS

GAUTENG NORTH

IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET

28th RIGHT RUN WALK

proudly brought to you by



ARCADIA
RUNNING CLUB



Athletics
Gauteng North
LEAGUE RACE

the grove
mall

Cnr. Lynnwood & Simon Vermooten, Equestria, Pretoria

21
March
2024

5 km
10 km
21.1 km

STARTING TIME 07:00

**PRE ENTRIES FROM
8 FEB 2024**



Enquiries

☎ Race office James 082 566 1595 Paul 082 200 4219

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



**Athletics
Gauteng North**



CHOC

Childhood Cancer Foundation
South Africa

"Keeping more than hope alive"



IRENE RUNNING FESTIVAL

6 & 7

April 2024

Entries close Sunday,
31 March 2024

Irene Athletics Club presents

Limited to 3000 entries per event
Electronic Timing, Staggered start

MEDALS TO ALL FINISHERS

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za

Tel: 082 331 2236

Ideal seeding opportunity.
Qualifying time is **5 hours 50 minutes** (same as for 50km),
but with 2km less to run.
Mat to mat timing

5km

10km

21km

**21km AGN
championships
6 April**



Online entries only
www.entryninja.com

**T-shirt available to
purchase @R260**

**PRE- ORDER
ONLY!**

Mat to Mat Timing



PRE-ENTRIES ONLY

- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Decathlon Bryanston: 076 874 7789
- Decathlon Centurion: 010 880 1845
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384



**Dry fit
material.**

PHOTO CORNER



Our jungle gym has been rejuvenated. Kiddies are welcome to use it at own risk



Time trials last week



Maryke Bester



Leon Page, Melani Swart and Conrad Langerman



Jurie Venter, Charnette van Rooyen, Karin Sack and Belinda Hudson



Rhenier de Beer, Johan Engelbrecht and Linley September



Anita Marais and Natasha Pienaar



Johan van Vuuren, Joy Dekker and Tjaart van Wyk



Cynthia Farnham and Alta Struwig



Suzanne Casey and Ann Eckard



Deena Naidoo



Anna Harris on the podium at the Sunrise Monster



Ansie Breytenbach



Lucia Willemse and Karin-Marié van Niekerk



Jaap Willemse



Victor Phetoe



Our runners at the Marakele Marathon



Blanche van Vuuren on the podium at Marakele



Alta & Martin Struwig, Sandra & Rykie Kruger, Linley September, Johan Engelbrecht and Pierre du Bruyn before the Elands Marathon



At the start of the Elands Marathon



Fanna Njomo, Lynette Gough and Letha Kotze did the Edenvale 15 on Sunday