



4 November 2024 44/24

EDITORIAL

Our annual general meeting will take place on Tuesday evening at 18:30 in the lapa at the club house. We want to invite our members to attend this meeting if possible. The new management committee will be elected during the meeting and it is always good to have as many members as possible present.

There will be some thing to eat for free to all attendees of the meeting.

Please be reminded that the Jacaranda City 42 km this Saturday will serve as our club Marathon championships.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Oppie Bol 10 km on Saturday:

Ansie Breytenbach	1 st Female GM
Jaap Willemse	1 st Male walker & 1 st GM
Wynand Breytenbach	3 rd Male walker & 1 st GGM
Ilse Merrick	1 st Female walker & 1 st Master
Lucia Willemse	3 rd Female walker & 1 st GGM
Miemie Nel	1 st Female walker – Kaapsehoop 10 km

CAPTAIN'S CORNER

Congratulations to all our members who have competed in arguably the two hottest marathons for the year; Kaapsehoop and Soweto. We hope you had a great race and will recover soon from the scorching heat.

This week we have our final marathon for the year, Jacaranda City Challenge. The Jacaranda is also our 42km club championships, and we would like to encourage everyone who is not competing to come and enjoy the BEST support station along the route. We hope the day delivers more forgiving weather.

Please diaries the following important events for the rest of the year.

- Jacaranda Marathon - 9 November 2024 **(42.2km Club Champs)**
- Tom Jenkins Race (X-Mas Trolley Run) – 16 November 2024
- IAC Year-end Function / Prize Giving – 30 November 2024
- X-mas Charity Run – 1 December 2024
- X-mas Lights Run – 4 December 2024

Weekly Time Trials

Time Trials every Tuesday at the clubhouse. The starting time is 17:30 and we encourage everyone to start together. Please scan and record your results as you finish. Results will be published weekly.

Wednesday LSD Session – ECHT COFFEE

Wednesday's LSD session will be from PvR ECHT Coffee at 17:30. Please come and support the local business.

Thursday Session

For the remainder of the year, there will not be quality sessions anymore. However, you are more than welcome to still run on the farm. We will see you back in 2025 for some hard-hitting hills and speed sessions.

Jacaranda City Challenge Marathon – 42km CLUB CHAMPIONSHIPS

The Jacaranda City Challenge Marathon will be our marathon club championships. We will have a support station at 13km and 34km into the race. We will share the exact location on WhatsApp.

We encourage everyone to come and support our runners from this point. We will make this a fun and lively stop for all the athletes. Let's show Pretoria the Irene 'GEES'.

Sunday Long Run

This Sunday's long run will be from West Café from 6am.

Tom Jenkins X-Mas Trolley Run

This year we bring back an old Irene AC tradition – The Tom Jenkins X-Mas Trolley Run. Everyone dresses up in their favourite X-mas attire and we all push the Irene Trolley (filled with drinks) along the 10km route at the Tom Jenkins Challenge. This is a fun club event for the whole family, and we will ensure there is something to eat afterwards.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698



This is what we want again with the trolley run at the Tom Jenkins 10 km race on 16 November. Prepare yourself for this and be part of the revival of something great!

THIS WEEK'S DIARY

Irene



Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

"In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished.' There is a lot of satisfaction in that."

- Fred Lebow

Mornings

Afternoons

Tue
5 Nov



Time Trial
(AGM Meeting)
@ Irene Clubhouse
17:30

4
6
8 km

Wed
6 Nov

ECHT

Social Run
@ ECHT Coffee
17:30

8
-
10 km

Thu
7 Nov



REST DAY

Sat
9 Nov

Jacaranda City Challenge
(IAC 42km Club Champs)
@ Rietondale Park
5:30

10
21
42 km

IAC ON-ROUTE
SUPPORT STATION



Sun
10 Nov

Klapperkop Social Run
@ West Café
6:00

10
-
14 km



For More Information

Johan
Nelius

081 851 3864
072 248 7698



SOCIAL EVENING

Due to the AGM taking place on Tuesday, the monthly social will now take place on Tuesday, 12 November. More details to follow.

SAVE THE DATE
30 NOV 2024

**IRENE YEAR
END PARTY
AND
PRIZE GIVING**



**MORE DETAILS
TO FOLLOW**

PERSONALIA

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

Lucky	Bila	Nov 04
Sharon	Booyens	Nov 04
Johan	Engelbrecht	Nov 05
Francois	Bester	Nov 05
Roxanne	Wiggins	Nov 07
Beatrix	Posthumus	Nov 08
Anneri	Le Roux	Nov 08
Vincent	Perrier	Nov 09
Dayne	Jekels	Nov 10



BAR NEWS

There will be free food for those attending the AGM



IN THE MAILBOX

A DREAM COME TRUE – SECOND TIME AROUND – YOLANDE COWLEY

It all began with that dare in the pool. A dare in the pool that I cared to take on.

Roll on 2 years and I was about to toe the line in my second world championship sprint triathlon. This time in the beautiful (well sort of beautiful) Torremolinos, Spain.

The race was scheduled for 16h00 on Thursday 17 October 2024. The weather was not scheduled to be in our favour with wind, humidity and mild heat.

But first let me take you back to the runup of this big dance.

Before the event I struggled with tibia stress. After much patience, this healed sufficiently for me to take on the 70.3 Ironman Durban in June 2024. Unfortunately, this distance led to a torn hamstring in 2 places.

If anyone needs a great sports doctor, I can recommend one, as he performed 3 PRP procedures on the 2 hamstring sites and recommended a great physio. With the help of these 2 specialists, I found myself on the road to world championships with very little swimming with my legs as well as running. The event and all other related expenses had been paid for so I decided to go and partake even if it was going to be slow.

As excitement built, with a new Tri suit (this time it fits better with the open back) and other kit essentials arriving, so did the doubt and nerves. Then the race briefing (all 58 pages long arrived in my e-mails.) This was all getting very real.

Roll on Sunday 13 October and it was time to put on the T-shirt (way too hot for the tracksuit) and head to the airport. The time had arrived! This time hubby could not travel as our daughter was writing matric. I was all alone to make sure the bike box, suitcase and transition bag arrived safely with me. The flight went via Doha which is an eye opener of an airport.

I arrived in Malaga, Spain on Monday 14 October and thankfully so did my bags and my bicycle.

15 October – run down from my hotel to the beach front and back. Not the race route but at least it was a leg loosener. Saw many other athletes out including United Kingdom, Mexico, Canada, France and USA. Note to self – the Spaniards only wake up after 8h30 and it is very dark out at 7h00! Another note, and this will make SA citizens feel better about SA, is that if it rains hard in Torremolinos, sewerage overflows on the beach front and the city is on a hill and the storm water drains are plumbed into the sewerage lines. GROSS!!

15 October – swim in the sea. The Mediterranean was calm and at a beautiful 17 degrees. No wetsuit required. I really loved this experience. This was also registration day. All went smoothly, except maybe a bit slower than Hamburg.

16 October – ride down the hill and back again. Only mad men (aka me) and the Mexicans were out and about cycling as it was pouring with rain. Once again this was not the race route as it was not safe in the rain.

16 October was also the day reality dawned that I am really representing my country for the second time. It was the Parade of Nations. I cannot lie when I say I had to fight back some tears and the goosebumps were there (yet again).

17 October – Race Day has arrived, and the nerves are loading. Temporary tattoos applied (for those that do not know, these are your race numbers on each upper arm and your age group on your left calf). Breakfast eaten (nut butter and banana toast – highly recommended) and time to bike rack. The ride to bike racking was only 1.5km away. Arrived at bike racking with no issues and a far more compact transition area than last year in Hamburg.

Bike racked and walked back to where I had breakfast to watch the young athletes and other age groupers begin their race as mine was only at 16h00 and bikes had to be racked by the very latest 11h00. Met a Mexican in my age group. They are really friendly people.

15h00 and nerves are now high. Walk back to race start and orientate myself as well as where I could probably see SA supporters.

15h30 – time to move into pens and do our own warmups. At this stage we were also told the water temperature was 16 degrees. On went the wetsuit (luckily had it with me in case) which I was not planning on wearing.

15h55 – set off to the start line and now I hear the heartbeat sound played before every start. HELP, I am so nervous!

16h00 – There goes the race horn away we go (all 86 of us in my age group)

The swim was far longer than expected. A sprint triathlon's swim is normally 750m's, but this one was 1km. The wind caused a terrible chop on the water and there was also a current that did not help swimming back to shore (no wave to ride into shore). Eventually reached shore only to be faced with a 600m run from the beach to transition including stairs to climb. Reached my bike with the wetsuit pulled down to waist height (legal limit). Rip of the wetsuit, on with the helmet and shoes. Off comes the bike from the rack and run 150m in cleats with the bike.

Jump onto bike and away I go. 20km with hills, head wind, tight turns etc. was not going to be easy. Averaged an okay 28.5km per hour ride (far slower than Hamburg but that was perfect conditions).

Off the bike and into transition again. Time to run in cleats and with the bike again for 200m. I really need to learn how to unstrap my cleats rather than run in them. Very uncomfortable sore toes.

Bike racked, off comes the cleats and then the helmet. On with running shoes. This time the shoes slipped on easily. The idiot here, however, did not see a small lip in transition, tripped over it and fell flat on my face. No serious harm done thankfully.

5km of a gentle uphill for half the run and a head wind heading back to the finish line and it is all over.

So fast, so much to experience and so much fun all in one race. Emotions were high from start to finish and seeing the finish line, having your name called out with your country name, getting the finishers medal, etc. is an experience that will live in my heart forever. What a privilege to represent the Green and Gold.

Swim time: - 23:48 (evidence of a very long swim)

T1 time: 5:02 (600m swim took most of that time)

Cycle time: - 44:04

Run time: - 31:20

T2 time: 1:55

Thoughts go out to the British team and the Mexican team, and their families and friends, who tragically each lost a fellow athlete in this race.

Till next time, God willing! (Will not be doing next year as it is in Wollongong Australia – very expensive and the time difference is crazy!) Looking forward to the UAE in 2026.

Best / favourite moment of the race

- Been there!

Worst / toughest part of the race

- The extra swim distance
- The run as I was undertrained for this part due to injuries

One thing I would change in training

- Swimming speed (need a coach)

One thing I would keep in training

- Consistency

How am I going to recover?

- Mmmm, I wish. No rest for the wicked as it is TTA Championships next week which must be done if I want to take part in Sa Championships in March 2025.
- Sleep
- Eat properly
- Exercise with less intensity this week and pick it up again after TTA Champs recovery.



THOUGHT FOR THE WEEK

If you fail to prepare, you're prepared to fail.

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 4 November to 1 December 2024

Short Term Goal: Build-up some speed during the next 8 weeks.

Long Term Goal: Build up endurance to run a marathon at the end of October and/or beginning of November.

DAY	DATE	Activity	Distance/Time	COMMENT
Mon	04-Nov	Core and Strength Training		Hour long session
Tue	05-Nov	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	06-Nov	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	07-Nov	Easy Run		Warm up before the session
Fri	08-Nov	REST		REST
Sat	09-Nov	JACARANDA CITY MARATHON	5/10/21/42km	42km CLUB CHAMPS
Sun	10-Nov	Long Run	15km	Long Run
Mon	11-Nov	Core and Strength Training		Hour long session
Tue	12-Nov	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	13-Nov	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	14-Nov	Easy Run		Warm up before the session
Fri	15-Nov	REST		REST
Sat	16-Nov	TOM JENKINS CHALLENGE	5/10/21.1km	X-MAS TROLLEY RUN
Sun	17-Nov	Social Run		Social Run
Mon	18-Nov	Core and Strength Training		Hour long session
Tue	19-Nov	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	20-Nov	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	21-Nov	Easy Run		Warm up before the session
Fri	22-Nov	REST		REST
Sat	23-Nov	VOORTREKKER MONUMENT	5/10/21km	Race Day
Sun	24-Nov	Social Run		Social Run
Mon	25-Nov	Core and Strength Training		Hour long session
Tue	26-Nov	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	27-Nov	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	28-Nov	Easy Run		Warm up before the session
Fri	29-Nov	REST		REST
Sat	30-Nov	BDS "ENJOYA" RACE	5/10/21.1km	LEAGUE RACE
Sun	01-Dec	X-MAS CHARITY RUN		Social Run

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.

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 1h30 Minutes

42.2km - Sub 3:30 Hour

Bronze Guidelines : -

8km - Sub 45 Minutes

21.1km - Sub 2h05 Minutes

42.2km - Sub 4h25 Hour

NOTICE BOARD

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**
we're in existence



Trene



Athletics Club

MARATHON CLUB CHAMPIONSHIPS



9 November

@

5:30am



JACARANDA CITY CHALLENGE

42.2KM



TOM JENKINS

30th Run/Walk Challenge
Run Series

with



ARCADIA
RUNNING CLUB



Saturday, 16 Nov 2024

5KM | 06:15
10KM | 06:00
21.1KM | 06:00

VENUE: Union Buildings, Government Avenue, Pretoria

GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!

ENTRY FEES:	21.1km	10km	5km
70+	Free	Free	Free
All other categories:	R230	R150	R80
Temporary licences:	R60	R60	

PRE-ENTRIES ONLY:

Capped at 6 000 entries.

Late entries: On collection date or race day if cap not reached.

Online entries: <https://www.entryninja.com/events/78082-tom-jenkins-challeng>

Pre-entries from 14 October 2024 at Run-Away-Sport: 012 - 361 3733 and

Pilditch Stadium: 012 - 327 4930 will close 15 Nov 2024 at 16:00.

Online entries will close at midnight on Tuesday 12 November 2024.

RACE NUMBER COLLECTION:

At the venue on 15 November (10:00 - 18:00) and

On the day of race 16 November (04:30 - 05:45)



ENQUIRIES:

📞 Race office: 082 566 1595 (James) 082 200 4219 (Paul)

**6TH RUNNING OF THE
VOORTREKKERMONUMENT**
HALF MARATHON, 10 KM & 5 KM FUN RUN



OFFICIAL AGN SANCTIONED RACE

23 November 2024

21.1km & 10 km | 06:00

5 km FUN RUN | 06:15

Voortrekkermonument, Pretoria

Timekeeping only for races of 10 & 21.1 km



Vitality Points: 10 km = 600 & 21 km = 1500



BDS RACE WITH Discovery Vitality

21.1 KM
6:00am

10 KM
6:00am

5 KM
6:15am

30 NOV
SATURDAY 2024

ENTRY FEES

ENTRY FEES	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
60-69	R200	R100	R50
LATE ENTRIES (18-69)	R250	R150	R80
ALL OTHER CATEGORIES	R230	R130	R60

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times:
10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- Friday, 29 November 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 30 November : 04:30 till 06:00 – at the venue.

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 29 November and morning of the day of the race provided we have not reached the 4000
- Online entries: www.entryninja.com
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at wonderpark

FOR ENQUIRIES STEPHEN BALOYI @082 262 2568

| PETER KHOZA @084 650 3358



2025



George Claassen Memorial Road Race
Hosted by Pretoria Marathon Club



49th running of the PwC George Claassen Memorial Road Race

Saturday 18 January 2025

George Claassen Memorial Road Race



Scan to register online

Start times:

21.1km/10km run/walk	6am
5km fun run	6.15am

Cut-off times:

Cut-off time for the 21.1km at the entrance to Pick n Pay Hyper (9.7km) at 7h30
Cut-off for all distances is 9h30

Race venue:

Faerie Glen Shopping Centre cnr Atterbury Road and Sellkats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com

Race results: results.finishtime.co.za



Run with your heart for your health



- 21,1 km
- 10 km
- 5 km

 Castle Gate Shopping Centre, Pretoria East

 Saturday, 1 February 2025

 06h00

- Athletics Gauteng North registered races.
- R10 per 5km fun run entry donated to CHOC.
- Additional parking available on-site.
- Medals to all finishers within cut-off times.
- Pre-entries close on 27 January 2025

Scan or visit
intercare.co.za



PHOTO CORNER



Our new gazebos, sponsored by Auto Excellence



Lucia Willemse on the podium at the Oppi Bol race



Ilse Merrick



Jaap Willemsse



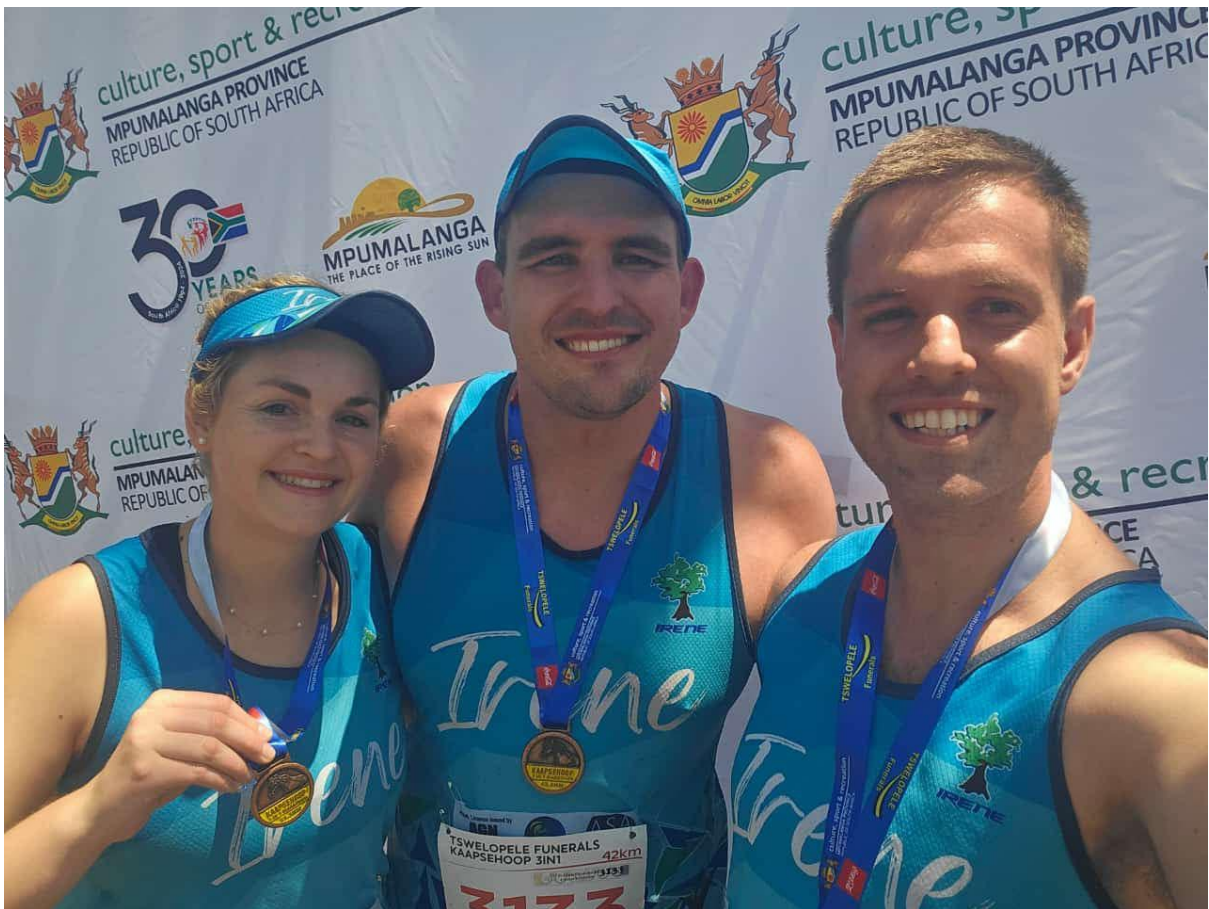
Wynand Breytenbach



Ansie Breytenbach



Prince with the Prinsloo crew at Kaapsehoop



Suzelle and Ricus Nothnagel with De Wet Swart at Kaapsehoop