



5 August 2024 31/24

EDITORIAL

Only 30 people have registered online thus far to do the second run of the Winter Series on Wednesday, 7 July.

Come on Irene members, you can do better than that. Please support this project to raise money for the birthday bash in October and the upgrade of the ablution facilities at the club house.

Invite your family and friends to be part of it, everybody is welcome!

SERIOUS about our run
Flexible start times
irene

IRENE WINTER NIGHT SERIES

IRENE

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

5KM & 9KM FUN RUN

Headlamps Advisable

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)

Contact: Johan van Vuuren
081 851 3864

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the SPAR Women's Race:

Rhoda van Staden	3 rd Walker
Janine Radel	5 th Walker
Sandra	7 th Walker
Elsa Meyer	8 th Walker
Miemie Nel	10 th Walker
Annatjie Greyvenstein	3 rd GGM

Well done to Janine Radel who did her PB in the process.

CAPTAIN'S CORNER

This week will be our 2nd Winter Night Series Event. We encouraged EVERY IAC Member to join and promote this event. We really would like to host a spectacular 30th Birthday Bash in October.

Training is back in full swing, and we will not only be working towards a marathon in October / November, but we also have our 10km and 42km Club Championships coming up.

- PVR Night Race – 28 August 2024 (**10km Club Champs**)
- Cape Town Marathon – 20 October 2024
- Kaapsehoop Marathon – 2 November 2024
- Soweto Marathon – 3 November 2024
- Jacaranda Marathon - 9 November 2024 (**42.2km Club Champs**)

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

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.

Irene Winter Trail Series

This week will be our 2nd Winter Night Series Event. Remember, if you run two of the three events, you will receive a free entry to our 30th Birthday Bash in October.

Cross Country

The Cross-Country season is ending soon. As per the rules, you must run 4 league races as well as the AGN Cross Country Championships on 17 August to qualify for the ASA National Championships.

The only race still available to make up the 4 required league races are the remaining secondary school league race which can be used for qualification.

- 7 August League 25 Curro Hazeldean
- 17 August AGN Cross-Country Championships
- **7 September ASA National Cross-Country Championships**

Sunday Long Run

Join us for the Sunday Long Run at Irene Link Shopping Centre.

10km Club Championship

This year our 10km Club Championships will be at the PVR Dorpsfees Night Race. The Championship is for all ages.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene



Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Tuesday Time Trials.

Wednesday is our second Night Series Event.

Saturday is the Quagga Road Race.

Sunday we will run Irene Link Shopping Centre.

Mornings

Afternoons

Tue
6 Aug



Time Trial
@ Irene Clubhouse
17:15
4
6
8 km

Wed
7 Aug



Irene Winter Night Series
Event 2
@ Irene Clubhouse
17:30
5
9 km

Thu
8 Aug



Speed Work
@ Irene Clubhouse
17:15
6
-
8 km

Sat
10 Aug

Quagga Road Race
@ Quagga Shopping Centre
6:45
5
10
21
32 km



Sun
11 Aug

Long Run
@ Irene Link Shopping Centre -
6:30
10
15 km



For More Information



Johan
Nelius

081 851 3864
072 248 7698



PERSONALIA

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

Kaylee	Birch	Aug 06
Takalani	Mashamba	Aug 08
Danie	Labuschagne	Aug 09
Jacques	Pelser	Aug 11



BAR NEWS

There will be fire for those who want to braai.



THOUGHT FOR THE WEEK

One way to keep momentum going is to have constantly greater goals.

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 5 August to 8 September 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	05-Aug	Core and Strength Training		Hour long session
Tue	06-Aug	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	07-Aug	IRENE WINTER NIGHT SERIES	5/9km	Race Day
Thu	08-Aug	Speed session - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	09-Aug	REST		REST
Sat	10-Aug	QUAGGA ROAD RACE	5/10/21.1/32km	Race Day
Sun	11-Aug	Long Run	15km	Long Run
Mon	12-Aug	Core and Strength Training		Hour long session
Tue	13-Aug	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	14-Aug	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	15-Aug	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	16-Aug	REST		REST
Sat	17-Aug	RUN WITH JAC (SWARTKOP LAPA)	5/10/21.1km	LEAGUE RACE
Sun	18-Aug	Long Run	10km	Long Run
Mon	19-Aug	Core and Strength Training		Hour long session
Tue	20-Aug	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	21-Aug	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	22-Aug	Speed sessions	Interval Training	Warm up before the session
Fri	23-Aug	REST		REST
Sat	24-Aug	Long Run	20km	Long Run
Sun	25-Aug	ABSA RUN YOUR CITY	10km	Race Day
Mon	26-Aug	Core and Strength Training		Hour long session
Tue	27-Aug	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	28-Aug	PVR NIGHT RACE	5/10 km	10KM CLUB CHAMPS
Thu	29-Aug	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	30-Aug	DAWN TO DUSK	100Miler / 24hour	Race Day
Sat	31-Aug	DAWN TO DUSK	12hour	Race Day
Sun	01-Sep	Long Run (For those not doing D2D)	15km	Long Run
Mon	02-Sep	Core and Strength Training		Hour long session
Tue	03-Sep	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	04-Sep	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	05-Sep	Speed sessions - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	06-Sep	REST		REST
Sat	07-Sep	BROOKLYN ROAD RACE	5/10/21.1/33km	Race Day
Sun	08-Sep	Long Run	20km	Long 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)

Winter is almost over and it is definitely time to dust off the running shoes.

The 10km Club Championships is on 28 August, which is all about speed.

The next few months are a great opportunity to work on some speed while you are preparing for your marathon towards the end of October and beginning of November. Our 42.2km Club Championships is also on 9 November 2024.

Tuesday's are time trials, which is an ideal opportunity to work in some speedwork and interval training.

Wednesday's we have our social runs for your weekly easy session.

Thursday's we have quality sessions which will focus on speed and hill training.

Saturday's are race days which you can either use as a fast short or long run.

Sunday's we have our social runs which will focus on endurance.

Join in the weekly training sessions and let's all work together towards our goals.

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

NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK 10 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





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 R160
 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 R50

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.entrynrja.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 DISCOUNT: 30% 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.

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



Start collecting your
PvR Night Race
Airplane Medalals

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

A festival not to be missed

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

2

This race will serve as our club 10 km championships

Trene



Athletics Club

10KM CLUB CHAMPIONSHIPS



28 August

@

18:30



PVR NIGHT RACE 10KM

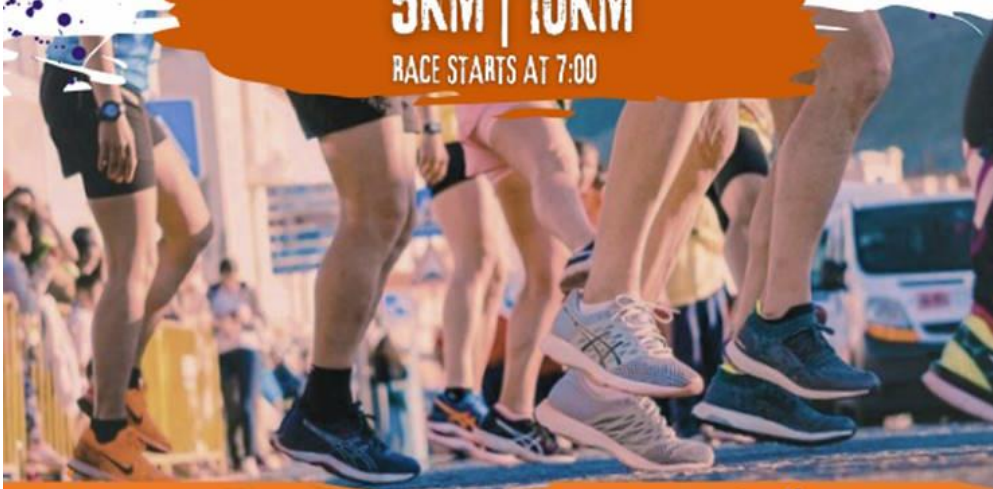




ULTIMATE FAST CHALLENGE RACE

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

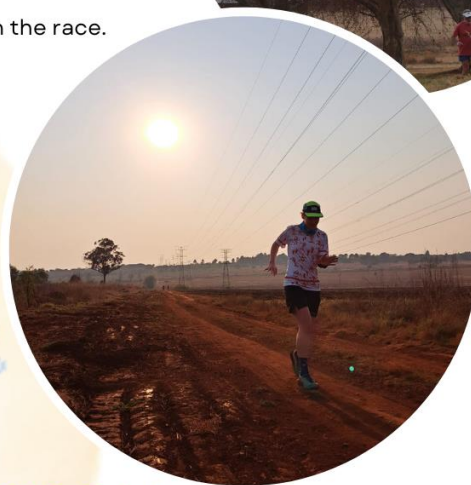
Race details

- 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:

- 12+ Loop entrants receive T-shirt & buff (entries must be in by 23 Aug 2024)
- 3 / 6 Loop entrant receive buff
- 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



Trene



Athletics Club

MARATHON CLUB CHAMPIONSHIPS



9 November

@

5:30am



JACARANDA CITY CHALLENGE

42.2KM



PHOTO CORNER



Members are invited to bring their kids along on Tuesdays



Dean de Beer in action at the time trials



Michael, Carolina and Markus van der Westhuizen at the Skukuza21 on Saturday



Annatjie Greyvenstein (right) on the podium at the SPAR Women's race



The Walker's podium winners on Saturday



Rhoda van Staden, the first Irene walker on Saturday



It seems that they all had fun