



5 February 2024 5/24

EDITORIAL

We are 30 years old! We have so much to celebrate. Thank you to all of you who were part of the celebrations on Saturday. Allow me to share a bit of our history with you.

HISTORY OF IRENE ROAD RUNNING CLUB (NOW IRENE ATHLETICS CLUB)

The Irene Road Running Club was established in 1994 due to the initiative of employees from the Agricultural Research Council (ARC), Irene Campus. Frieda Basson and Sylvia Sutherland did the groundwork in recruiting potential members, enabling the new Irene Road Running Club (IRRC) to qualify for affiliation with the then Northern Transvaal Marathon Association (NTMA) which later became Athletics Gauteng North.

Pieter Sutherland, not an employee of the ARC but an experienced runner was approached to take up the responsibility of getting the wheels in motion to officially affiliate the new club with NTMA. Affiliation was granted on 1 February 1994. The first founder committee members were selected at the club's first Annual General Meeting and a constitution was also drawn up at that meeting.

Club activities started with a few but very enthusiastic members. The committee and members then designed the club clothing and also on the tree as logo. In the first year of its existence a number of 60 members joined the club.

Time trials were held once a week from under a tree in front of a tractor shed at the farm buildings. The route was to the weather station on top of the hill and back to the shed. There was only a water and coke table at the finish, no club house and NO PUB. The children were entertained by climbing up the stacked baled cattle feed grass. Occasionally one of the children would wander to the tractor and set off the alarms.

The first race Irene members participated in was the Onderstepoort Striders Race.

As the social member on the committee, Sylvia Sutherland ensured that there was enough to eat and drink at the races. This contributed to members from other clubs joining Irene. There was only an Irene sun umbrella at the races where members got together.

Ishmael Mashiangalo was the first IRRC athlete to make his mark and was selected for the Northern Transvaal Marathon Team to participate in the SA Marathon Championships held in East London on 5 March 1994.

As Chairman Pieter Sutherland decided to present the first Irene race in November 1994. The Centurion Golf Estate was in its early development stages and they came aboard as sponsor for the amount of R5000. They saw it as a way to advertise the estate and one condition was that the route should go through the Estate. Members of the club also put in a huge effort to collect money individually.

With very little or no experience the first race, 21.1 km only was held on 19 November 1994. Personnel of the ARC were used to man one of the water points. The winner of the race was Nixon Nkodima in a time of 1:08:11. The first lady was Madeleine Otto in a time of 1:24:42. With total of 811 finishers the race was a huge success and IRRC was on the map.

Membership more than doubled in 1995 to 128 and from then on it just increased every year. The original vision of just being a small club was something of the past.

A 10 km was added to the November race in 1995. The Centurion Golf Estate doubled their sponsorship to R10 000. The race itself was a disaster when the heavens opened the night before the race and it was water all over. The 21 km route was flooded and had to be cancelled. Because the Golf Estate didn't get the exposure they bargained for, the IRRC had to pay back R3000 of the sponsorship.

There was a need for a club house but without money it seemed like a dream never to come true. In 1998 one of the committee members discovered that there was an empty building at the pig research centre. It was in a bad condition and after negotiations with the ARC management the green light was given to use it as a club house. To raise money for the revamp of the building, members were asked to buy bronze, silver or gold "bricks" at R100, R250 and R500 respectively. The "bricks" were to be put up in the club house. It was a huge success and on 24 October the club house was officially opened by Dr Giel Scholtz, one of the directors of the ARC. A lot of money was spent since then to turn it into the great facility we have today.

The club grew to become one of the biggest clubs in the South Africa. We are known as a well-managed club and for the excellent races we have presented over the years. Other clubs also envy us for the excellent facilities we have and for everything that goes back to our members.

It is indeed a privilege to be a member of Irene Athletics Club.



From umbrellas at races we upgraded to our first gazebo. Today we have the best facilities at races with our tailormade Cara-Fun and gazebos.




DIE CENTURION

BUITEKLUB LANDGOED

PADWEDLOOP

Aangebied deur IRENE PADHARDLOOPKLUB

THE CENTURION COUNTRY CLUB

ESTATE ROAD RACE

Presented by IRENE ROAD RUNNING CLUB

21,1 km

19 NOVEMBER '94

START / BEGIN: 06:00

PRETDRAF • FUN RUN 5 km • BEGIN/START: 06:15

Enjoy the country and farm atmosphere of the Irene Animal Production Institute campus. The route passes the various research units on the Institute's ground as well as various places of interest in Irene including the site of the future Centurion Country Club development.

VENUE / PLEK:

IRENE ANIMAL PRODUCTION INSTITUTE

IRENE DIEREPRODUKSIE-INSTITUUT

The front page of the flyer of our first race

ACHIEVEMENTS

Congratulations to the following member who was on the podium at the Intercare Race on Saturday:

Mark Richardson

1st GM Walker – 21 km

PERSONAL ACHIEVEMENTS

Aloïse Boshoff

PB – 21 km

Sibo Mshengu

PB – 21 km

Well done!

Please let us know about your achievements.

REGISTRATIONS 2024

Another 9 members registered during the week of which 3 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 3 members who joined last week. May you enjoy every moment with us. Be active members of this great family. We want to see your faces as often as possible.

We would like to meet you personally and invite you to attend the time trials on Tuesday.



Marco Schepers



Marleen Rolland




Ronnie Makgoka

SOCIAL EVENING

IRENE SOCIAL

6 FEB
HAPPY 30TH ★
BIRTHDAY

☀️
LET'S TRAVEL BACK
★ **TO 1994**



★
COME AND ENJOY
THE NOSTALGIA
BAR VOUCHERS UP
FOR GRABS ★
HAMBURGERS ON
THE HOUSE!

If you want vegetarian, please let Joy know at 083 284 4884

CAPTAIN'S CORNER

Thank you to every Irene Member who joined this weekend for either the birthday run at Castle Gate or our social run at Irene Link. It was a great celebratory weekend. If this was any indication of the year ahead, we can't wait.

Weekly Time Trials

This week we have our monthly social event right after our time trials on Tuesday 6 February 2024. Everyone must please start together and stay for a drink (or few) and a burger after the run. The time trial book will be available, please write your time in once you are done. Last week's results will be published soon.

IAC League Races (Running and Walking)

Next league race is this coming Saturday at the ACE Race. There will be something to eat after the race. (Yes, its free).

Half Marathon Club Championships

The half marathon club championships are approaching and will take place at the Tuks Bestmed Road Race on 17 February 2024. Hope everyone is busy preparing. Although there will be an overall winner, age group categories will also compete against each other.

Running Regards

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene

Athletics Club



WEEKLY RUNNING / WALKING SCHEDULE

Tuesday Time Trials with our monthly social afterwards.

Everyone start together at 17:30.

AGN League Race at **ACE Race** on Saturday.

Something to eat afterwards.

Mornings

Tue
6 Feb



Wed
7 Feb



Thu
8 Feb



Sat
10 Feb

ACE Race
@ Eersterust Sport Stadium
AGN League Race
6:00

5
10
21

Sun
11 Feb

Klapperkop Run / Walk
Parking at Castle Gate
6:00

10
-
15

Afternoons

Time Trial
Monthly Social
@ Irene Clubhouse
17:30

4
6
8

Midweek LSD
@ Centurion Theatre
17:30

12
-
15

Hills session
@ Irene Clubhouse
17:30



For More Information

Johan
Nelius

081 851 3864
072 248 7698



TRAINING PROGRAMME

Duration: Monday 5 February to 3 March 2024

Short Term Goal: To achieve short term goals over the next few months

Long Term Goal: To improve fitness, Attain Goal distance/PB, Complete Two Oceans and/or Comrades 2024

DAY	DATE		Distance/Time	COMMENT
Mon	05-Feb	Core and Strength Training		Hour long session
Tue	06-Feb	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	07-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	08-Feb	Hill repeats	B = 6 x 200m, I = 6 x 300m, A = 8 x 300m	Warm up before the session
Fri	09-Feb	REST		REST
Sat	10-Feb	ACE RACE	5/10/21km	LEAGUE RACE
Sun	11-Feb	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	12-Feb	Core and Strength Training		Hour long session
Tue	13-Feb	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer legend
Wed	14-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	15-Feb	Speed session	W/U, (400m Sprint, 200m jog) x 4-6, CD	Warm up before the session
Fri	16-Feb	REST		REST
Sat	17-Feb	BESTMED TUKS	1/5/10/21km	CLUB CHAMPS
Sun	18-Feb	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	19-Feb	Core and Strength Training		Hour long session
Tue	20-Feb	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	21-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	22-Feb	Hill repeats/Easy run (NOT HILLS) if Marathon	B = 6 x 200m, I = 6 x 300m, A = 8 x 300m	Warm up before the session
Fri	23-Feb	REST		REST
Sat	24-Feb	Revolution Trails @ The Club	Easy run	No run if doing the marathon next day
Sun	25-Feb	PRETORIA MARATHON	10/21/42km	RACE DAY
Mon	26-Feb	Core and Strength Training		Hour long session
Tue	27-Feb	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer legend
Wed	28-Feb	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD
Thu	29-Feb	Speed session	W/U, (400m Sprint, 200m jog) x 4-6, CD	Warm up before the session
Fri	01-Mar	REST		REST
Sat	02-Mar	SUNRISE MONSTER	10/21/32km	RACE DAY
Sun	03-Mar	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run

Hills Repeats	(70-80% of max HR)
Quality session (Sprints)	85-95% of Max HR
Tempo	65-75% effort level

For All Enquiries Regarding Training :

training@irenerunner.co.za or call/whatsapp on 081 851 3864 or 072 248 7698

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.

Laura	Neto	Feb 05
Theuns	Willemse	Feb 05
Christopher	Van Wyk	Feb 07
Blanche	Van Vuuren	Feb 08
Thabiso	Mashaba	Feb 09
Devan	Nadarajah	Feb 11



THOUGHT FOR THE WEEK

Stop giving other people the power to control your happiness, your mind, and your life. If you don't take control of yourself and your own life, someone else is bound to try.

BAR NEWS

100 Free Hamburgers. No take aways



NOTICE BOARD

ARC IRENE

SUNSET RUN/WALK

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

7 FEBRUARY 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

REVOLUTION TRAILS

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK 10 FEBRUARY 2024

Discovery
Vitality

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



Irene

Athletics Club

HALF MARATHON CLUB CHAMPIONSHIPS

6am



17 February
2024



TUKS BESTMED

21.1KM

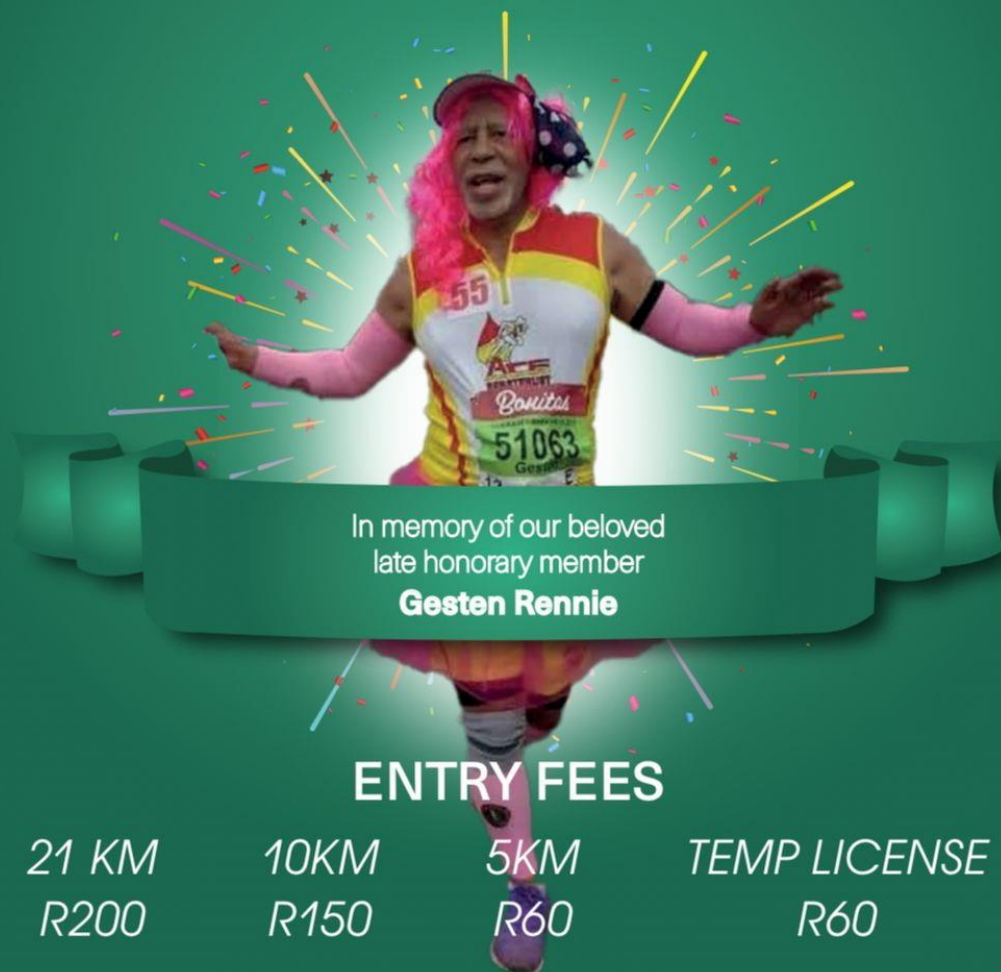




ACE RACE

21 km, 10km & 5km FUN RUN

10 FEBRUARY 2024
Eersterust Sport Stadium



In memory of our beloved
late honorary member
Gesten Rennie

ENTRY FEES

21 KM
R200

10KM
R150

5KM
R60

TEMP LICENSE
R60



Bestmed TuksRace

Run/walk

1km 5km 10km 21.1km

CELEBRATING
PRETORIA'S
MOST LOVED
RACE, 10 YEARS
AND BEYOND

Saturday, 17 February 2024
Hillcrest Sports Campus



bestMed
personally yours





ENTER AT: www.peaktiming.co.za / www.webtickets.co.za

MANUAL ENTRIES AT WEBTICKETS AT ANY PICK'N PAY STORE



The Pretoria Marathon, hosted by Phobians Athletics Club, has been held for almost 30 years in the capital city and has become a legendary test of fitness. The race is a double-lapper, winding through leafy streets of jacarandas and climbing up to historic Fort Klapperkop, with its spectacular views of the city bowl and the Union Buildings. If you're in luck you may spot zebras and wildebeest alongside the road, before dropping down to Fountains Circle. Dig deep for a push up to Brooklyn when the route takes you through the grounds and past the beautiful old buildings of Pretoria Boys High School, and then back to the finish at the PBHS Old Boys Club. Perfectly timed as a qualifier for both Two Oceans and Comrades, our race also attracts hard-core endurance runners looking for a training marathon at altitude (5102ft) that takes them outside their comfort zone. Push your limits. Endure. Achieve.

RACE	START / FINISH VENUE	START TIME	EARLY BIRD FEES UP TO 15 DEC	FEE AFTER 15 DEC	TEMP. LIC
42km	PHSOB Club, Lynnwood	05H30	R380*	R450*	R50
21km	PHSOB Club, Lynnwood	05H30	R250*	R300*	R50
10km	PHSOB Club, Lynnwood	06H00	R170	R200	R50
5km	PHSOB Club, Lynnwood	08H00	R80	R100	N/A

*FREE ENTRY FOR 70+ ATHLETES FOR 42KM, 21KM. FEE INCLUDES 10% AGN RACE LEVY.

THE ROUTES

The 42km, 21km, 10km and 5km races start and finish at the PHSOB Club in Lynnwood. The 42km and 21km routes climb up to Fort Klapperkop in the Groenkloof Nature Reserve, before looping back down through Pretoria Boys High School. Just after 17km, the marathon splits off for its second lap, with the half-marathon continuing onwards to the finish at the Club.

Starting and finishing at the Club, the 10km race is routed through the suburbs of Brooklyn and Menlo Park. Its fast and flat!

REGISTRATION

PHSOB Club 378 Queens Crescent, Lynnwood.

Friday 23 February 12H00 - 17H00
Saturday 24 February 10H00 - 17H00

NO LATE ENTRIES (42k/21k/10k)
NO RACE PACK COLLECTION ON RACE DAY.
5KM ENTRIES AVAILABLE AT START ON RACE DAY

FINISH VENUE

The Finish Venue for all races is the PHSOB Club, 378 Queens Crescent, Lynnwood.

**ONLINE
ENTRIES
CLOSE:**

**Monday
19th February**



PHOBIANS
Athletics Club



RACE OFFICE

063 772 3537 | info@theroc.co.za
RACE DIRECTOR: GRAHAME GERTSCH - 073 171 7507
EMAIL: INFO@PRETORIAMARATHON.CO.ZA



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

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

PHOTO CORNER



It was a very busy morning at the Irene Cara-Fun and gazebos on Saturday morning



John Cannon is back after battling with injuries for a few years



Getting together for a prayer before the race



Happy faces before the start



Tamaryn & Craig Paterson with Zoë Scholtz



The Prinsloo and Enslin families. They became friends 20 years ago at our 10th anniversary celebrations



We were fortunate to have six of our founder members celebrating with us on Saturday.
Here are Mike Gibbons, Derek Oldnall, John Ellmore and Miles Saxby



The other two founder members: Derrick van der Merwe and Louwrens Smit



The start with the trolley



Excitement on all the faces. A very special occasion



We are 30 years old!



Lovely Irene cup cakes for everyone



Club captain Fires van Vuuren and his wife Blanche



Well done to Mark Richardson who was the first GM walker on the 21 km