



8 April 2024 14/24

EDITORIAL

What a weekend! The Irene Running Festival is something of the past and what a huge success it was. We can be proud of what we have achieved. We presented races on both days of high quality that was enjoyed by thousands of people.

Without our club members who helped at the event, it wouldn't have been so successful. Thank you to each and everyone of you who were involved. No matter what you did, you made a difference. We appreciate your time, effort and dedication.

ACHIEVEMENTS

Congratulations to the following members who were on the podium:

Ansie Breytenbach	1 st Female GM – Irene 21 km
Keith Reynolds	3 rd Male master – Irene 21 km
Marie van Dyk	1 st Female GGM walker – 21 km

Ansie and Keith also finished in the same positions in the 21 km AGN championships.

Congratulations also to our walkers who received medals in their respective age categories in the 3000 meter and 5000 meter at the AGN Masters championships.

Elsa Meyer	Gold x 2
Gerard van den Raad	Gold x 2
Retha Knoetze	Gold x 2
Ilse Merrick	Gold & Bronze
Johann Coetzee	Gold
Janine Radel	Gold

Andre Smuts
Jaap Willemse
Miemie Nel
Fia Coetzee
Lucia Willemse
Annatjie Greyvenstein

Gold
Silver
Silver
Silver
Silver
Silver

SOCIAL EVENING

IRENE SOCIAL

It's the extra fun
PUB RUN!

Enjoy a shooter at the club and then off for a run to the 'pub' for more shooters! Be on the lookout for surprises along the way 🐰 Bring the kids along for an Easter egg hunt at the clubhouse.

Delicious beef burgers will be served after the run. Veggie burgers also available.

Special tree planting ceremony for the over 80's

**COME AND JOIN!
IT'S GOING TO BE FUN**

Tuesday 9 April

REGISTRATIONS 2024

One more new member registered during the week. A warm welcome to Sekhobe Letsie.

CAPTAIN'S CORNER

What a fantastic weekend! Thank you to everyone that came and helped or supported over the weekend. The word on the street is that it was a fantastic weekend. All members can be proud that they are part of the IAC family.

This week is a big week as many members are on their way to Cape Town to run either the 56km on Saturday or the 21km on Sunday. We wish everyone safe travels and a fantastic race. Go get those medals, seedings or PB's. But most of all, enjoy it!

Congratulations to everyone that have completed the Irene Ultra. We hope you have achieved your goals.

Please remember to share your PB's.

Weekly Time Trials

Time Trials on Tuesday 9 April 2024 at 17H30 at the club, with our monthly social afterwards. There will be an easter hunt for the kiddies and a special Pub Run for the adults. Everyone must please start together. The time trial book will be available, please write your time in once you are done. Last week's results will be published soon.

Saturday Races

Besides for Oceans Ultra Marathon in Cape Town, we also have The Green Mile Road Race here back at home.

Sunday Long Run

Sunday we will head out to Klapperkop, starting at Castle Gate Shopping Centre at 6am.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene

Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE



It is Oceans Week.

Good luck to everyone and safe travels to Cape Town.

Mornings

Tue
9 Apr



Wed
10 Apr



Thu
11 Apr



Sat
13 Apr

Two Oceans Ultra Marathon
@ Newlands Main Road.
Cape Town
5:10

56 km

Sun
14 Apr

Two Oceans Half Marathon
@ Newlands Main Road.
Cape Town
6:30

21 km

Afternoons

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

4
6
8 km

Midweek LSD
@ Centurion Theatre
17:30

10
-
15 km

Speed Session
@ Irene Clubhouse
17:30



The Green Mile Road Race
@ Sportpark, Lyttleton
6:00

4
8
16 Mile

Klapperkop Run / Walk
Parking at Castle Gate
6:00

15
-
20 km

For More Information

Johan
Nelius

081 851 3864
072 248 7698



TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 1 April to 28 April 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	01-Apr	Core and Strength Training		Hour long session
Tue	02-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	03-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	04-Apr	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	05-Apr	REST		REST
Sat	06-Apr	Irene Running Festival	5/10/21km	Work Day
Sun	07-Apr	Irene Running Festival	48km	Race Day / Work Day
Mon	08-Apr	Core and Strength Training		Hour long session
Tue	09-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	10-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	11-Apr	Speed session	W/U, (400m Sprint, 200m jog) x 6-8, CD	Warm up before the session
Fri	12-Apr	REST		REST
Sat	13-Apr	Two Oceans / The Green Mile	56km : 4/8/16 Miles	Race Day
Sun	14-Apr	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	15-Apr	Core and Strength Training		Hour long session
Tue	16-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	17-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	18-Apr	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 400m	Warm up before the session
Fri	19-Apr	REST		REST
Sat	20-Apr	Loskop / Tshwane North	50km : 5/21/50km	Race Day
Sun	21-Apr	LSD	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Mon	22-Apr	Core and Strength Training		Hour long session
Tue	23-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	24-Apr	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY
Thu	25-Apr	Speed session	W/U, (600m Sprint, 400m Jog) x 6-8, CD	Warm up before the session
Fri	26-Apr	REST		REST
Sat	27-Apr	Revolution Run @ Clubhouse	B = 60 Mins, I = 90 mins, A = 120 Mins	Long Run
Sun	28-Apr	Magnolia Long Run	15/30/45km	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/00299818513864)

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.

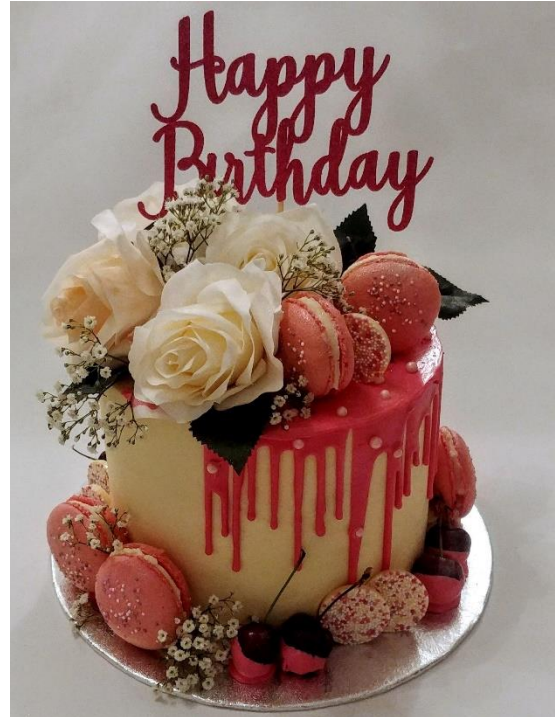
If you are looking at your first marathon, the focus must be on getting through it and enjoying it. The outcome will be the baseline to work from for future goals. Learn from it and adjust accordingly - seek advice from trusted sources. Below is a guideline that you should be achieving if you are intending to complete Comrades 2024.

Silver Training Guidelines :-	Bill Rowan Guidelines :-	Bronze Guidelines :-
8km - Sub 30:15 Minutes	8km - Sub 35:35 Minutes	8km - Sub 45 Minutes
21.1km - Sub 1h25 Minutes	21.1km - Sub 1h39 Minutes	21.1km - Sub 2h05 Minutes
42.2km - Sub 3 Hour	42.2km - Sub 3:30 Hour	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.

Charles	Walters	Apr 10
Liam	Sterrenberg	Apr 10
Lourensa	Eckard	Apr 10
Magda	Wilcocks	Apr 11
Anja	Vlok	Apr 13
Carl	Gresse	Apr 14



THOUGHT FOR THE WEEK

Don't let the fear of the past colour the future.

BAR NEWS

Free burgers to all present, no take aways



NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

13 APRIL 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



THE GREEN MILE ROAD RACE — 2024 —

<https://www.entryninja.com/events/79887-green-mile-2024>

Enter At:



PRE-ENTRY R200 / LATE ENTRY R220

16 MILE RUN
(25.76 KM)
START TIME - 6 : 00

PRE-ENTRY R150 / LATE ENTRY R150

8 MILE RUN
(12.88 KM)
START TIME - 6 : 00

PRE-ENTRY R50 / LATE ENTRY R50

4 MILE RUN
(6.44 KM)
START TIME - 6 : 15

SATURDAY APRIL 13

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTELTON MANOR, CENTURION

HugePC
Computer Distributors

Contact Us:

Marius: - 082 5766 755
Chris: - 082 785 8792
Moneen: - 083 298 5975
marius.photo@absamail.co.za

SAFETY X PRESS STROMBERG®

the mile of life

GREEN MILE



Live your way



Wednesday, 1 May 2024

Centurion Rugby Club

270 West Ave, Die Hoewes,
Centurion,
Next to SuperSport Park



	EARLY BIRD ENTRY FEE:	CAPPED ENTRIES:
42.2 km	R 300	4 000
21.1 km	R 200	3 000
10 km	R 150	2 000
Fun Run	R 50	1 000
Kiddies Dash	R 20	-

Early Bird Entry Fee (NO increase from 2022)
1 January 2024 to 29 February 2024

Online registrations at
www.active.com
or scan the QR code



ONLINE ENTRIES ONLY
NO 10km, 21.1 km or 42.2 km entries on
race day (unless the entry cap has NOT
been reached).
Online entries close on 15 April 2024.

10x
R10 000
Cash
Prizes!



Last Comrades Qualifier
in Gauteng

www.wally.co.za



Wally Hayward



www.finishline.co.za



www.active.com



Enter the Wally and get an obligation free quote to get
into the draw. T's and C's apply.

Click the button or visit
www.miway.co.za/campaign/miway-wally-hayward-marathon-2024
to get your obligation free quote and for the T's & C's.



40th Commemorative Jackie Mekler Memorial Race 2024

25
kms

10
kms

5
kms

04 May 2024

ATHLETICS GAUTENG NORTH
ROAD RUNNING RACE/WALK

Hosted by -
Pretoria Military Marathon Club

Venue - Pretoria Military Sportsground
Thaba Tshwane (Voortrekkerhoogte)





AGN LEAGUE



Love to Run 5/10/21 KM

11 May 2024

New Venue !!!

The Glen High School
Garstfontein Road, Pretoria

PRE-ENTRIES from 15 March 2024 – 7 May 2024

Online entries: <https://www.entryninja.com/events>
Run-Away-Sport: 012 - 361 3733

Late entries: On collection dates or race day at an additional cost of R20

Entry Fees	21.1km	10km	5km
All categories	R240	R150	R70
70+	Free	Free	Free
Temporary licences	R60	R60	N/A

RACE NUMBER COLLECTION

Hatfield Christian Church

9 May 9h00 - 17h00 - 10 May 9h00 - 13h00

The Glen High School

10 May 14h00 - 18h00 - 11 May 5h00 - 7h00

PHOTO CORNER



Mariet Louw, Letha Kotze, Johan van Vuuren, Zoe Scholtz and Gerna Horak at the Decathlon store handing out race packs



GIC did a great job to ensure that there was ample branding at the venue



A beautiful sight to see so many people at our race venue.



Bragging with their medals



Yolande Pietersen and Christopher van Wyk close to the finish



Vanessa Mole and Johan Engelbrecht wearing pink head gear that we might get in the near future.



One of the "buses" starting their second lap



Setting an example to work at Irene races



Shoeshoe Letsie, Vanessa Ramahuma, Louwrens Smit, Fia Coetzee and Vanessa Mole



One of the bus spacers with his Irene Running Festival flag



A happy Noel Banda after completing his 48 km



Club spectators supporting the finishers



The CHOC water point on Saturday



The medal tables



One of the Irene water stations on Saturday



Stuart Brown, a serious Irene supporter



A water point like you have never seen before, 16 trucks lined up at the station of Faber Vervoer



The Irene ladies who participated at the AGN Masters Championships