



8 January 2024 1/24

EDITORIAL

I trust that all of you had a wonderful break and an enjoyable festive season. On behalf of the management committee, I want to wish all our members a year filled with good health, wealth, and happiness. May all your dreams come true. Don't count the days in 2024, make the days count.

With everything back to normal, we can all look forward to an exciting year ahead. It is a very special year with the club celebrating its 30th birthday. We want all our members to be part of the activities and celebrations. The Club has so much to offer. Attend the time trials and join the training groups. Participate in the races and make use of our excellent facilities at the races. Enjoy a cup of coffee and a rusk or something cold. Your tog bag is much safer at the Cara-Fun than in your car.

REGISTRATIONS 2024

Membership registrations for 2024 have gone extremely well thus far. We now have 324 registered members compared to 218 at the same time last year. This is a good indication that we can expect a great year ahead.

NEW MEMBERS

A warm welcome to the 45 members who have joined Irene AC for the first time. 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 first time trials on Tuesday, 16 January and to be part of the social evening after the time trials.



Amy Bridger



Ansie Pretorius



Chistopher v Wyk



Clifford Woodroffe



Correli van Zijl



Dalene Kee



Jean de Beer



Elhaimer Mohamed



Elizna Coetzee



Erika Theron



Eugene Boooyens



Gibson Nyamuda



Helmon Mkanzi



Henning Beukes



Ivan Maritz



Jarryd Swanepoel



Kagisho Mabelane



Laurinda Koch



Leon Geel



Lianda de Beer



Linky Makgahlela



Magriet Bester



Marizette Nel



Mignon Black



Mmapula Seleka

* Morning runs- Tuesday, Wednesday & Thurs



Natasha Swanepoel



Noeraan Madatt



Nsuku Chanakira



Onja Prinsloo



Petrie Rossouw



Sam Rolland



Sharon Booyens



Sipiwe Mahlangu



Sizwe Masondo



Tiego Selaba



Tony Makris



Tshepo Malefo



Ty Gradwell



Vonani Bila



Willie Jordaan



Yolande Pietersen



Amanda de Beer



Neill Andrews



Tasha Pretorius



Moloka Ramahuma

SOCIAL EVENING

Our first social evening will take place on 16 January after the time trials. Don't miss this special event. Have a look at the flyer below and be part of the fun.

IRENE SOCIAL EVENING

16 JANUARY

WELCOME TO 
IRENE AC 2024!

WE HAVE A NEW LOOK!



Let's get to know each others history.
Wear your oldest club vest that you
own. Irene or other club. If this year
is your first year in a club, wear
your new vest or a shirt that inspires
you. Let's see where we all come
from...

Just for fun! 
BOEREWORS ROLLS
ON THE HOUSE!

CAPTAIN'S CORNER

The club will re-open on 16 January 2024, but a non-official time trial on 9 January 2024 @ 17H30 at the club. Admin desk will be closed.

This year, there will only be 2 notification channels.

1) Irene Notifications 2024 via WhatsApp.

This group will only allow IAC Admin to post any club related information. Club members won't be able to post. This is to provide all members immediate information. We request that all members remain on this group, but you may leave should you wish. We will do our best to limit the messages as much as possible.

2) Irene Training Group 2024 via WhatsApp.

This group will allow all members to post any training related matters. No advertising, discrimination, vulgar language, etc. will be tolerated. Should you wish to be added to the training group, please contact Johan or Nelius.

Some of you already received the questionnaire. Please complete so we can update the current 2023 WhatsApp groups. We also request all members to pay their membership fee as soon as possible.

The WhatsApp groups will be updated the week of 16 January 2024.

The Telegram group will be closed. All members on the Telegram group will be transferred to the WhatsApp groups. Should you not have WhatsApp, please let us know.

Saturday runs with Revolution Trails @ ARC Grounds: (Irene Members only)

If no AGN race is presented over the weekend, a training run will be organised at the clubhouse in conjunction with Revolution Trails. IAC has negotiated with Revolution Trails

for a fee of R50 if you want to receive your Vitality Points. To claim this fee, you need to purchase a wristband from IAC. No wristband, no discount will be allowed. More information regarding the wristband will follow in the next few weeks.

For this weekend, you need to run with your IAC Clothes so they can identify that you are an IAC Member.

If you don't want to receive Vitality Points the R50 fee will be waived, and you will be allowed to run for free.

IAC League Races (Running and Walking)

Until AGN reinstate the monthly league races, IAC has compiled a list of AGN races that will constitute as our internal league races. As usual, the Cara-Fun will be at these races and something to eat after the race for the members that has completed the race. We will also reinstate the point system to determine our annual Athlete of the Year awards. Please see the 2024 Irene Athletic Club (IAC) League Race Schedule below. Our League Race's kicks-off on 20 January 2024 with the PWC George Claassen race.

Training Programme

The training programme kicks-off this week. Below is the January 2024 training programme. This is only a guideline, should you need more information, please contact Johan or Nelius. We hope everyone has already made their 2024 GOALS. Write them down, share them with as many people as possible, and let's all work together to success.

Running Regards

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene

Athletics Club



WEEKLY RUNNING / WALKING SCHEDULE

No race on Saturday. Club run at IAC clubhouse.
Option to participate in **Revolution Trails** to get Vitality points
at a discounted rate of **R50** per IAC member.

Mornings

Tue
9 Jan



Wed
10 Jan



Thu
11 Jan



Sat
13 Jan

Irene Clubrun
@ Irene Clubhouse
Optional Revolution Trail @ R50pp
6:30
2 - 21 km

Sun
14 Jan

Long Run / Walk
@ Irene Link
6:00
10 - 15 km

Afternoons

Time Trial
@ Irene Clubhouse
17:30
4 - 8 km

Midweek LSD
@ Centurion Theatre
17:30
12 - 15 km

Hills
@ Irene Clubhouse
17:30



For More Information

Johan
Nelius

081 851 3864
072 248 7698



TRAINING PROGRAMME

Tue	16-Jan	4/6/8 KM Time Trial	TIME TRIAL
Wed	17-Jan	60min to 90min (focus on longer than "normal" run distance)	LSD - EASY
Thu	18-Jan	8 x 200m Hill Repeats	Warm up before the session
Fri	19-Jan	REST	REST
Sat	20-Jan	PWC GEORGE CLAASSEN (5/10/21.1)	RACE DAY
Sun	21-Jan	90min to 120min	Long Run
Mon	22-Jan	Core and Strength Training	Hour long session
Tue	23-Jan	4/6/8 KM Time Trial	TIME TRIAL
Wed	24-Jan	60min to 90min (focus on longer than "normal" run distance)	LSD - EASY
Thu	25-Jan	Marathoin Runners rest OR 4 x 300m Hill repeats (Number and distance)	Warm up before the session
Fri	26-Jan	REST	REST
Sat	27-Jan	AKASIA (5/10/21.1/42.2)	RACE DAY
Sun	28-Jan	REST or 90min to 120 min for non Akasia Race runners	Long Run
Mon	29-Jan	Core and Strength Training	Hour long session
Tue	30-Jan	4/6/8 KM Time Trial	TIME TRIAL
Wed	31-Jan	60min to 90min (focus on longer than "normal" run distance)	LSD - EASY
Thu	01-Feb	8 x 200m Hill Repeats	Warm up before the session
Fri	02-Feb	REST	REST
Sat	03-Feb	INTERCARE CLASSIC (5/10/21.1) - IAC 30th BIRTHDAY RUN	
Sun	04-Feb	90min to 120min	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

LEAGUE RACE SCHEDULE



2024 IAC LEAGUE RACE SCHEDULE

All Irene members are encouraged to **attend** and **participate** in league races.

The caraFUN will be present at all the league races and **food** will be served after the race.

Points will be allocated as per the points table and count towards the **Athlete of the Year** awards at the end of the year.

20 January	PWC George Claassen	10 / 21.1km
17 February	BestMed Tuks (21.1km Club Championships)	10 / 21.1km
9 March	Buco Bobbies 3-in-1	10 / 21.1km
13 April	The Green Mile	8 / 16 Mile
1 May	MiWay Wally Hayward	10 / 21.1 / 42.2km
6 July	Garsfontein Ice Breaker	10 / 21.1km
17 August	Run with JAC (Swartkop Lapa)	10 / 21.1km
21 September	Exxaro Road Race	10 / 21.1km
19 October	CSIR Road Race	10 / 21.1km
9 November	Jacaranda City Challenge (42.2km Club Champs)	10 / 21.1 / 42.2km

For More Information

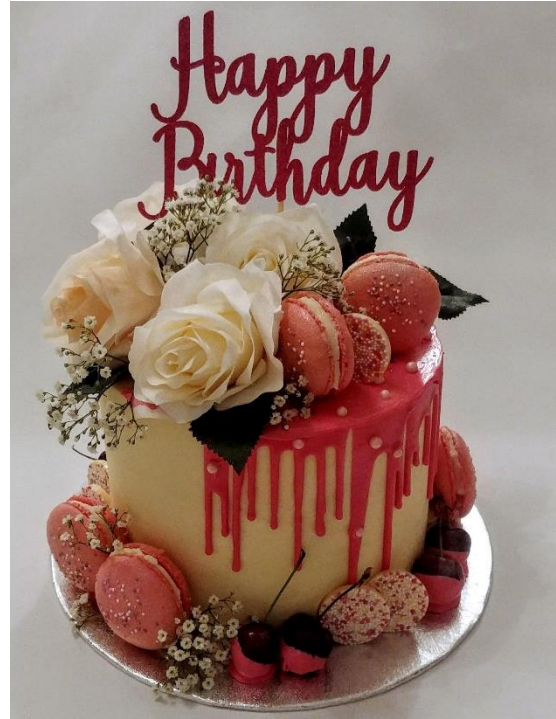
Johan
Nelius

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.

Giel	Cillié	Jan 08
Lenin	Sithole	Jan 08
Deena	Naidoo	Jan 08
Nelius	Van Rooyen	Jan 09
Candice	Van der Spuy	Jan 10
Heilet	Basson	Jan 11
Carla	Hartmann	Jan 12
Gert	Fourie	Jan 13
Mike	Schlebusch	Jan 13
Kobus	van Niekerk	Jan 13
John	Ward	Jan 13
Amanda	de Beer	Jan 13
Lezanne	Grove	Jan 14



IN MEMORIAM

Pete van der Merwe, well known sports commentator who has officiated at our races as MC for many years, has passed away on Saturday after being very ill during the last few months. Our condolences to his loved ones.

We salute him for his contribution and dedication to road running for many years.

He will be missed by the entire running community.



THOUGHT FOR THE WEEK

Once you realize you deserve a bright future, letting go of your dark past is the best choice you will ever make.

BAR NEWS

Social evening!!!

Free boerewors rolls for members and their families present.



NOTICE BOARD

Please note that the Ford Race of 13 January has been cancelled.

**NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS**

ARC IRENE RUN/WALK

13 JANUARY 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

Discovery
Vitality





48th running of the PwC George Claassen Memorial Road Race
Saturday 20 January 2024



Scan to register online

Start times:

21.1km/10km run/walk	6am
5km fun run	6.30am

Cut-off times:

Cut-off time for the 21.1km at the entrance to
Pick n Pay Hyper (9.7km) at 7.30am

Cut-off time at 10am

Race venue:

Pick n Pay Hyper, Faerie Glen Atterbury Rd.

Start/finish:

Pick n Pay Hyper, Faerie Glen cnr Atterbury Rd.
and Selikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com

Race results: results.finishtime.co.za



2024 WONDERPARK AKASIA road race

Online
entries close
on Monday
22 January
2024

JOHANN VAN EEDEN
42.2^{KM}
Start Time: 05:30
Cut-off @20km 8:15

21.1^{KM}
Start Time:
05:30

10^{KM}
Start Time:
06:00

5^{KM}
Start Time:
06:10

PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION
076 234 5329

WONDERPARK SHOPPING CENTRE
GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za



Scan to
enter online

27 JANUARY 2024



HOËRSKOO
GERRIT MARITZ

fourways
aquastill



wonderpark
SHOPPING
CENTRE



Saturday, 3 February, 2024 at 06h00
Castle Gate Shopping Centre

● 21,1 km ● 10 km ● 5 km

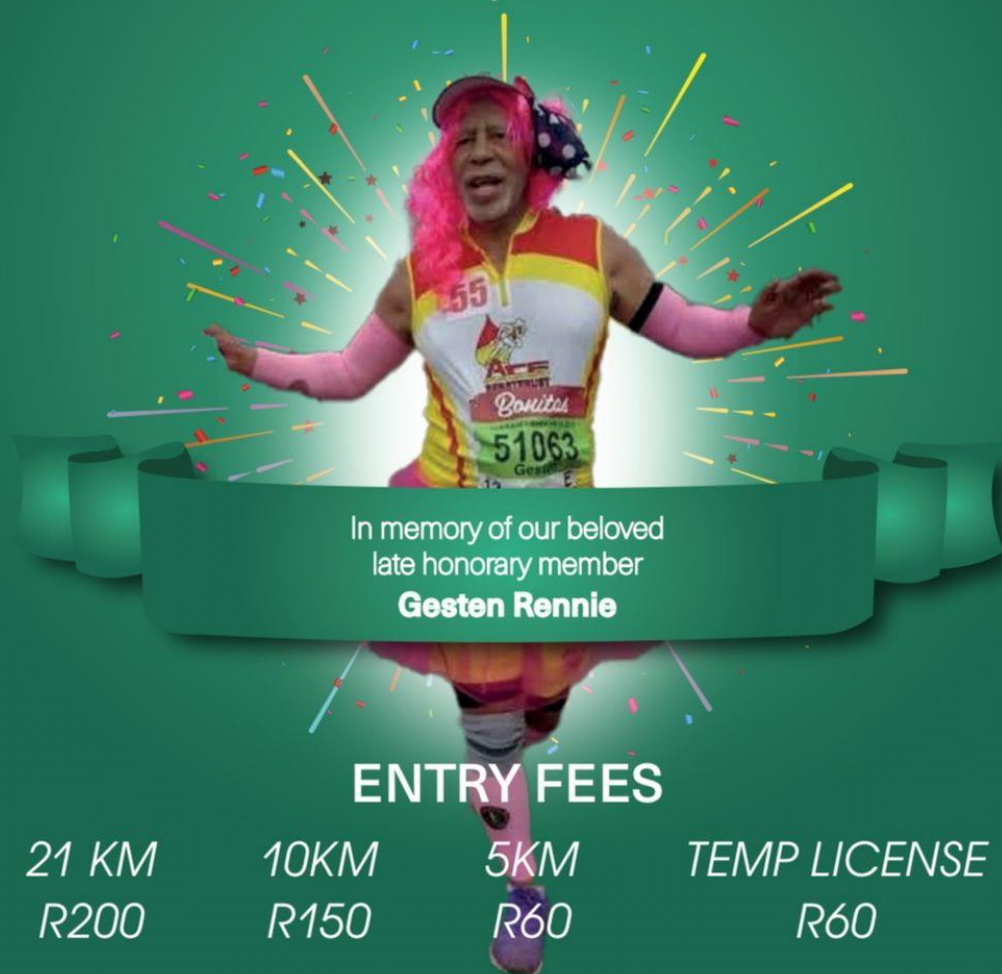




ACE RACE

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





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**



ATHLETICS
GAUTENG NORTH

PHOBIA

Athletics Club



RACE OFFICE

063 772 3537 | info@theroc.co.za

RACE DIRECTOR: GRAHAME GERTSCH - 073 171 7507
EMAIL: INFO@PRETORIAMARATHON.CO.ZA

Balvin
SPORT

PHOTO CORNER



The old year fun run on 30 December was a huge success and well attended



Athletes waiting for the race to start



Club captain Fires van Vuuren making sure that everyone is familiar with the route



Travers Snyman and Chris Cloete in action



Aloïse Boshoff, Melani Swart and Karin Sack having fun



A real challenge between Belinda Hudson and Cari Snyman



Mother and daughter running together



Happy to finish



It was great to see Rose Kavallineas back on the road after a knee and hip replacements



Enjoying their picnic after the run



Jaap and Lucia Willemse at a race in Westville during their holiday



Gert Fourie with his daughter at a race in Swakopmund on 23 December. Very proud of his new club colours.



Gert in action at the Wits Kudus 15 km on Saturday. He said he received a lot of complements about our new colours.