



9 September 2024 36/24

EDITORIAL

The Irene Birthday Bash on 4 & 5 October to celebrate our 30th anniversary is going to be very special. We need all our members and as many of our former members to make it a memorable occasion. Members from other clubs will also be very welcome. Scroll down to see the flyer.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Brooklyn race:

Elsa Meyer	1 st Female walker – 21 km
Mike Gibbons	1 st GGM male – 10 km
Ansie Breytenbach	1 st GM female – 10 km
Janine Rädcl	1 st Female walker – 10 km
Miemie Nel	2 nd Female walker – 10 km
Jaap Willemse	2 nd Male walker – 10km

Keith Reynolds	1 st - Source of the Nile Trail Run Uganda
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Well done to Anna Pieterse who completed her 8th Dawn to Dusk and therefore qualified for her 2nd permanent number!

PERSONAL ACHIEVEMENTS

Janine Rädcl	PB – 10 km walk
Lindsay Bull	PB – 21 km

SOCIAL EVENING

It is social evening time again on Tuesday! Come and enjoy a fun filled evening with your club mates. Predict your time and run the time trial in reverse! Free hamburger for those present.

IRENE SOCIAL

SPRING HANDICAP

**PREDICT YOUR TIME.
RUN THE TIME TRIAL IN
REVERSE.
CLOSEST TO PREDICTED
TIME WINS A PRIZE!
DRESS FLORAL AND FRESH**

  **THEN...**  

QUIZ NIGHT

**COME JOIN A TEAM!
TEAMS OF 6
OUR QUIZ LADIES WILL
PUT US TO THE TEST!
HAMBURGERS AVAILABLE
FOR THOSE PRESENT**

IT'S GOING TO BE FUN

10 SEPTEMBER

IRENE BIRTHDAY BASH

Please save this date! You just have to be there. Start inviting your friends from other clubs.



INVITES YOU

AS WE CELEBRATE
thirty YEARS OF RUNNING



Please join us for a Birthday Party Honoring

IRENE ATHLETICS CLUB



On October 05th, celebrating from 8am - 6pm

 **At the ARC Grounds
Doringkloof, Centurion, 0062**

**Coffee, craft beer and food on sale or bring
your picnic basket.**



CAPTAIN'S CORNER

Thank you to everyone who has supported the club at any of the Irene Night Run Series Events. Your contributions are really appreciated, and we cannot wait to host our 30th Birthday Bash in a month's time. Keep your eyes on the socials with all the information regarding the bash. Each and every Irene member is invited to come and enjoy the day with us. Please bring as many friends and family along for the 2 day event.

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

- **Irene 30th Birthday Bash – 4/5 October 2024**
- Cape Town Marathon – 20 October 2024
- Irene Farm Road Race – 26 October 2024
- Kaapsehoop Marathon – 2 November 2024
- Soweto Marathon – 3 November 2024
- Jacaranda Marathon - 9 November 2024 **(42.2km Club Champs)**

Weekly Time Trials

Spring has arrived, therefor our weekly time trials and training sessions will move back to the normal timeslot, starting at 17:30. Please remember to scan and complete your time trial results after your run. Results will be posted weekly.

ASA National Cross-Country Championships

Congratulations to our members who competed at the ASA National Cross-Country Championships. Results:

- | | |
|--|---|
| • Charnette van Rooyen (u/35) – 42 nd | • David Holliday (u/35) – 33 rd |
| • Sandra Kruger (u/45) – 28 th | • Nelius van Rooyen (u/35) – 34 th |
| • Melani Swart (u/50) – 17 th | • Rykie Kruger (u/45) – 53 rd |

It was a great season, and we hope more Irene members will compete in the 2025 season.

Muller Potgieter Road Race

This Saturday is the Muller Potgieter Road Race at the Voortrekker Monument from 6:30am.

Sunday Long Run

Join us for the Sunday Long Run at Irene Link Shopping Centre from 6:00am.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene

Athletics Club



WEEKLY RUNNING / WALKING SCHEDULE

"I often hear someone say, 'I'm not a real runner.' We are all runners, some just run faster than others. I never met a fake runner."

—Bart Yasso

Mornings

Afternoons

Tue
10 Sep



Time Trial
@ Irene Clubhouse
17:30

4
6
8 km

Wed
11 Sep



Social Run
@ Centurion Theatre
17:30

8
-
10 km

Thu
12 Sep



Hill Repeats
@ Irene Clubhouse
17:30

7
-
9 km

Sat
14 Sep

Muller Potgieter Road Race
@ Voortrekker Monument
6:30

5
10
21 km



Sun
15 Sep

Irene Link Long Run
@ Irene Link Shopping Centre
6:00

10
-
15 km



For More Information

Johan
Nelius

081 851 3864
072 248 7698



PERSONALIA

Giel Cillié had a knee replacement last week and Aletha van den Bergh had her prostheses of her knee replacement removed. She will get another replacement in two months' time. Please think of them both in your prayers.

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

Pierre	Marais	Sep 09
Dean	de Beer	Sep 09
Tersia	Odendaal	Sep 10
Jacobus	Mare	Sep 10
Lindsay	Bull	Sep 11
Pieter	Saayman	Sep 12
Jason	Hubner	Sep 13
Marisia	Koch	Sep 14
Miné	Van Zyl	Sep 15



BAR NEWS

Social evening. Free hamburgers to all present.



THOUGHT FOR THE WEEK

Maturity is when you stop complaining and making excuses and start making changes.

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 9 September to 6 October 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	09-Sep	Core and Strength Training		Hour long session
Tue	10-Sep	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	11-Sep	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	12-Sep	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	13-Sep	REST		REST
Sat	14-Sep	MULLER POTGIETER RACE	5/10/15km	Race Day
Sun	15-Sep	Long Run	15km	Long Run
Mon	16-Sep	Core and Strength Training		Hour long session
Tue	17-Sep	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	18-Sep	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	19-Sep	Speed sessions - 600m	WU, (600m run, 400m Rec) x 4x/6x/8x	Warm up before the session
Fri	20-Sep	REST		REST
Sat	21-Sep	EXXARO ROAD RACE	5/10/21.1km	LEAGUE RACE
Sun	22-Sep	Long Run	20km	Long Run
Mon	23-Sep	Core and Strength Training		Hour long session
Tue	24-Sep	SPIRIT OF FLIGHT	5/10km	Race Day
Wed	25-Sep	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	26-Sep	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	27-Sep	REST		REST
Sat	28-Sep	FORD 3-IN1 SPRING RACE	5/10/21km	Race Day
Sun	29-Sep	Long Run	20km	Long Run
Mon	30-Sep	Core and Strength Training		Hour long session
Tue	01-Oct	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	02-Oct	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	03-Oct	Speed sessions - 600m	WU, (800m run, 200m Rec) x 4x/6x/8x	Warm up before the session
Fri	04-Oct	IRENE BITHDAY BASH	30hour track	Race Day
Sat	05-Oct	IRENE BITHDAY BASH	30hour track	Race Day
Sun	06-Oct	Long Run (For those not doing D2D)	25km	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/002998513864)

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



ARC IRENE RUN/WALK
14 SEPTEMBER 2024

ROAD RUN OR TRAIL RUN
YOU CHOOSE WHICH ONE YOU WANT TO DO

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

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

**Discovery
Vitality**

**REVOLUTION
TRAILS**



THE 56th CONSECUTIVE RUNNING OF THE

MULLER POTGIETER



ROAD RACE

Muller Potgieter was a highly talented long-distance runner who won various marathons and achieved a fourth place in the 1968 Comrades at the age of 23. He tragically died in an accident a few months later. The Gauteng North running community decided to honour him by hosting an annual memorial race, the first one taking place in October

1969 Follow this link for Muller Potgieter history <https://vtmclub.co.za/muller-potgieter-gedenkwedloop/>

Official AGN Sanctioned Race

Distances: 10km & 15km Races and a 5km Fun Run

Date: Saturday 14 September 2024

Start: 10km & 15km – 06:30 / 5km – about 06:45

Venue: Voortrekker Monument, use the Eeufees Rd entrance

Earn 600 Discovery Vitality Points (10 & 15km finishers)



EXXARO ROAD RACE CHALLENGE

NEW VENUE
SUPERSPORT PARK, CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

21 SEPTEMBER 2024

LEAGUE AND CHAMPIONSHIP RACE

exxaro

POWERING POSSIBILITY

St Martin's Centenary Dash

100 years running

come and celebrate our vibrant heritage

5 km FUN RUN

2 km COLOUR RUN

100 ft DASH

Theme:
Heritage

Spot prizes for
best-dressed

Saturday 21 September
9am

Check-in opens at
8am on the day

**CLICK HERE TO
REGISTER**



Registration Fees:

5km - R 100

2km - R 50

100 ft dash - **free**
(kids under 3 years)

St Martin's Church - 16 King Street - Irene



Reg & Payments at Parish Office:

Mon- Fri: 8am - 3pm

Sunday: 8am - 9am

Tel: 012 667 2180

Email: office@stmartinsirene.org

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:
 - o There is only one winner, the last person to complete a lap.
 - o All other competitors are a DNF.
 - o 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:
 - o Only the competitors that run until the last lap, finish the race.
 - o 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

- 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.

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

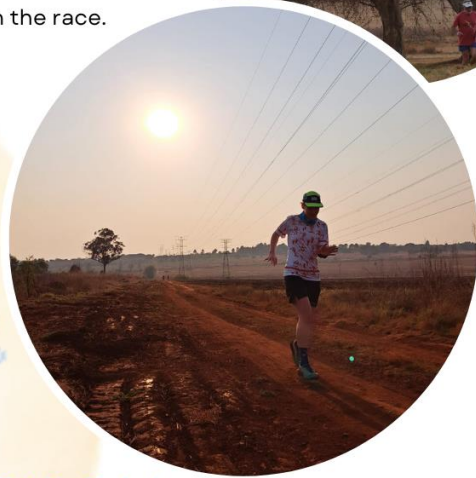
Entries includes:

- 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

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:
 - o Last man / woman standing, 28 September 2024 at 06:00.
 - o 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).

Presented by Mad Monkey Adventures (contact Johan: +27 81 851 3864)



Ford

FORD

3-IN-1 SPRING RACE

FORD MOTOR COMPANY SPORTS
AND RECREATION CENTRE

ENTRY FEES ARE AS FOLLOWS

- 5KM - R70
- 10KM - R160
- 21KM - R220

Start time:

21km & 10km | 06:00

5km | 06:30

There will be a draw after the race.
Prizes galore and give aways

These entry fees exclude service fees.

28
SEPTEMBER
2024

Ford





CHAMBERLAIN CAPITAL CLASSIC

SATURDAY, 5 OCTOBER 2024
PHSOB Club: 378 Queens Crescent, Lynnwood

Earn Discovery
Vitality Points!

> **21.1KM RUN**
starts 06h00

> **10KM RUN**
starts 06h00

> **5KM FUN RUN**
starts 06h15

RUN THE 21 IN A TRADITIONAL SCOTTISH KILT AND WIN!

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card.

GET A FREE T-SHIRT

The first 2000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

START YOUR DAY WITH BAGPIPES

Set off to the unique sounds of the MacChamberlain Highlanders pipe band.



PHOBANS
Athletics Club





Irene Primary School

Moonlight Fun Run/Walk



Date: Friday, 11 October 2024

Venue: Irene Primary School Sports Ground

Race Info: 5km - Race starts @18:00

Entry Fee: R100 adults & R50 children under 12

Tickets available at ticketpro from 30/08/2024:

www.ticketpro.co.za

Tickets will also be available at the school from 12:00 to 16:30 on race day (card payments only)

Doggies and wheelchairs welcome ! @ no cost

**Contact Percy: communications@ireneprimary.co.za
or send us a message on our Facebook Messenger @**

Irene Primary School



CSIR

LEAGUE RACE

19 OCTOBER 2024

ROAD RACE

POWERED BY
BestMed

CSIR MAIN CAMPUS,
MEIRING NAUDE ROAD,
BRUMMERIA, PRETORIA

RUN AND WALK | 21.1 KM/10 KM | 06:00

CUT-OFF TIME IS 09:15

Any participant taking part in the 21.1 km who has not reached the Main Gate at 08:30 will not be permitted to complete it for safety reasons.

RUN AND WALK | 5 KM | 06:10

RACE VENUE

START AND FINISH is at the CSIR Main Campus, Meiring Naude Road, Brummeria, Pretoria



www.entryninja.com

21.1 KM | 10 KM | 5 KM

ONLINE ENTRIES: www.entryninja.com | RACE RESULTS: results.finishtime.co.za

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE	MINIMUM AGE	START TIME	CUT OFF	PRIZE GIVING
21.1 KM	R200	R230	16 years	06:00	09:15	09:00
10 KM	R150	R180	14 years	06:00	08:00	09:00
5 KM	R50	R60		06:30		





26 OCT '24



IRENE

Irene Farm Race

with Discovery Vitality

21.1
KM

10
KM

5
KM

QR Code



ENTRY FEES

Entry Fee	21.1km	10km	5km
70+	Free	Free	Free
60-69	R200	R100	R50
Late entries (18-69)	R250	R150	R80
All other racing ages	R230	R130	R60

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

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

RACE NUMBER COLLECTION

Friday 25 October: 09:00 till 18:00 - at the Decathlon Centurion Tel: 010 361 3733

Race day (Saturday 26 October): 04:00 till 06:00 - at the venue



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
- Waterpoints 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

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 5000 entries
- (Pre-entries close on 20 October or when cap is reached).

- Online entries: www.entryninja.com

- Sweat Shop Dunkeld: 011 325 2567

- Running High Bedfordview: 011 450 24211

- Decathlon Bryanston Tel: 076 874 7789

- Decathlon Centurion: 010 880 1845

- Run-Away-Sport: 012 361 3733

- Tshwane Running Shop Sinoville: 076 929 7384

ARC Campus, Nellmapius Drive, Irene

JACARANDA CITY CHALLENGE

EARLY COMRADES & TWO OCEANS QUALIFIER

5KM

10KM

21.1KM

42.2km

09
NOVEMBER
2024

INCORPORATING
AGN MARATHON
CHAMPIONSHIP



Athletics
Gauteng North



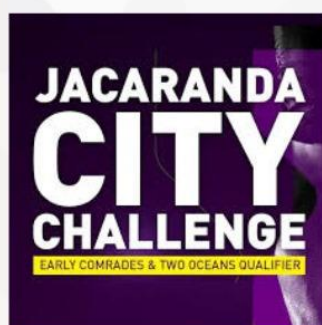
sportsVendo
WEIGHTS IN MOTION



Irene

Athletics Club

MARATHON CLUB CHAMPIONSHIPS



9 November

@

5:30am



JACARANDA CITY CHALLENGE

42.2KM



PHOTO CORNER



Craig Potter knows how to dress his children



Johan van Vuuren was a very happy man on Saturday with his daughter Marisia and three grandchildren doing the Brooklyn race with him



Gerald and Carla Hartmann before the start



Rosemarie Hannweg with her daughter



The 10 km podium winners: Miemie Nel, Janine Rädcl, Mike Gibbons, Ansie Breytenbach and Jaap Willemse



Miemie Nel and Janine Rädcl on the podium



Jaap Willemse



Ansie Breytenbach



Mike Gibbons



Elsa Meyer on the 21 km podium



Keith Reynolds – Winner of the Source of the Nile Trail Run Uganda