



29 April 2024 17/24

EDITORIAL

Thank you to those of you who have already indicated that you will contribute towards the Comrades goody bags, it is highly appreciated. We need many more contributions please.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goodie bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 100 goody bags.

We need it not later than 1 June, the evening when the goodie bags will be packed.

Make use of this opportunity and support our Comrades runners please.

Reply to this email if you can assist in any way.

ACHIEVEMENTS

Congratulations to the following member who were on the podium over the weekend:

Sandra Steenkamp 1st Female GM – SA Marathon Championships

An excellent achievement!

SOCIAL EVENING

There won't be the traditional social evening this month. The Wally Hayward race will serve as our monthly social. Free boerewors rolls to our members attending.

The big thing is to wear a hat. Be creative and funny. It was big fun in the past, let's do it again.

CRAZY HAT RUN

The Wally Hayward is
the annual hat race.



Run/walk the race
wearing a crazy hat.



Prizes for the best,
most creative hat.

Let's bring our old
traditions back.



Boerewors rolls
available for our
members after the race.

WEDNESDAY 1 MAY

Hats of the past



REGISTRATIONS 2024

Another 5 members registered during the week of whom all 4 were first time members. Welcome to all of you. We have now reached the 500 membership mark.

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



Deepa Prasant



Jolanda Potgieter



Kalliopy Marangellis



Leo van de Merwe

CAPTAIN'S CORNER

This week is the final week for the Comrades athletes to qualify AND SUBMIT their qualifying times to Comrades. Closing date for submissions is 6 May 2024. If you have not submitted your qualifying times yet, please do so as soon as possible.

The running calendar is getting full, and we will try our best to ensure all events are circulated to the whole team. Please ensure you follow all social media platforms to stay up to date.

This week the Cross-Country season is kicking-off.

From 1 May, the time trials as well as the training sessions will start at 17:15 in the evenings. We also request everyone to be mindful when you leave the running club on Tuesday evenings. There are still runners on the route up to 18:15 – 18:30 and we request everyone to drive slowly and not use your spotlights as these are blinding the runners.

Weekly Time Trials

Time Trials on Tuesday 30 April 2024 at 17H30 at the club, 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.

Wednesday Wally Marathon / Funky Hat Race / Monthly Social

Wednesday is the Wally Hayward Marathon. This is the last Comrades qualifying marathon in AGN. The Wally will also serve as our monthly social with something to eat afterwards. It is also our annual Hat Race and request everyone to run with a funky hat. There will be prizes for the best hats.

Cross Country Season

This Saturday, 4 May, is the start of the Cross-Country season at Uitsig High School. We would like to see Irene well presented at this years Cross Country events. Please ask Wynand or Nelius should you need more information.

Sunday Long Run

This Sunday we will have our usual long run from Irene Link, starting at 6:30. Midrand Striders is also hosting there annual 60km long run from Midrand High School, starting at 5:30.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene



Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Wednesday is our monthly social at the Wally Hayward.

Please wear a funky hat during the race.

Saturday is the start of the Cross Country 2024 season.

Sunday is the annual Midrand Striders long run.

Mornings

Afternoons

Tue
30 Apr



Time Trial
@ Irene Clubhouse
17:30

4
6 km
8

Wed
1 May

MiWay Wally Hayward
(Monthly Social)
@ Centurion Rugby Club
6:30

5
10
21 km
42



Thu
2 May



REST DAY

Sat
4 May

Jackie Mekler Memorial Race
@ Pretoria Military Sportsground
6:30

5
10 km
25

AGN Cross Country League 1
@ Uitsig High School
11:00

1
- km
10

Sun
5 May

Long Run
@ Irene Link Shopping Centre
6:30

20
- km
25

Midrand Striders Long Run
@ Midrand High School
6:30

60km

For More Information

Johan
Nelius

081 851 3864
072 248 7698



TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 29 April to 26 May 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	29-Apr	Core and Strength Training		Hour long session
Tue	30-Apr	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	01-May	MiWay Wally Hayward	5/10/21.1/42.2km	Race Day / Social / Hat Race
Thu	02-May	REST		REST
Fri	03-May	REST		REST
Sat	04-May	Jackie Mekler Memorial Race	5/10/25km	Race Day
Sun	05-May	Long Run	Long Run	Irene Link / Midrand Striders
Mon	06-May	Core and Strength Training		Hour long session
Tue	07-May	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	08-May	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY (Echt Coffee)
Thu	09-May	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 600m	Warm up before the session
Fri	10-May	REST		REST
Sat	11-May	Love Run	5/10/21.1km	League Race
Sun	12-May	Long Run	Long Run	West Café
Mon	13-May	Core and Strength Training		Hour long session
Tue	14-May	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	15-May	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY (Centurion Theatre)
Thu	16-May	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 600m	Warm up before the session
Fri	17-May	REST		REST
Sat	18-May	Race of Hope	5/10/21.1km	Race Day
Sun	19-May	Long Run	Long Run	Irene Link / The Cradle
Mon	20-May	Core and Strength Training		Hour long session
Tue	21-May	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	22-May	Midweek Long Run	B = 30 Mins, I = 60 Mins A = 90 Mins	LSD - EASY (Centurion Theatre)
Thu	23-May	Hill repeats	B = 6 x 300m, I = 6 x 400m, A = 8 x 600m	Warm up before the session
Fri	24-May	REST		REST
Sat	25-May	Skosana Centurion Mall	5/10/21.1km	Race Day
Sun	26-May	Long Run	Long Run	Caste Gate - Klapperkop

LEGEND :

TERMINOLOGY

W/U	Warm Up - Easy Jog
C/D	Cool Down - Easy Jog
LSD	Long Slow Distance (65 - 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/00299100000000000000)

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.

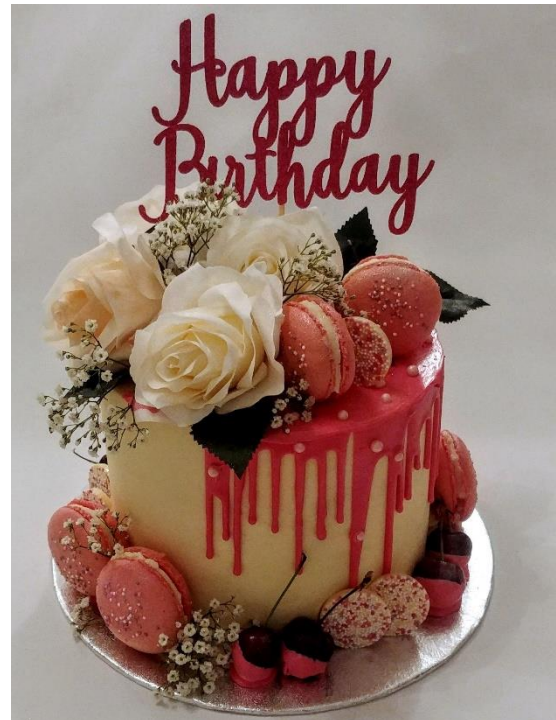
If you are looking at your first marathon, the focus must be on getting through it and enjoying it. The outcome will be the baseline to work from for future goals. Learn from it and adjust accordingly - seek advise from trusted sources. Below is a guideline that you should be achieving if you are intending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

Marike	Jacobs	Apr 29
Rhodene	Leydekkers	Apr 29
Elré	van Bosch	Apr 29
Richard	Goodchild	Apr 29
Andre	Smuts	Apr 30
Velon	Govender	May 02
Barbara	Cairns	May 02
Deane	van Rooyen	May 03
Gareth	Nicholson	May 03
Pieter	Olivier	May 03
Yolande	Pietersen	May 03
Portia	Ravhuhali	May 04
Tania	Thompson	May 05



THOUGHT FOR THE WEEK

It doesn't matter what you did or where you were...it matters where you are and what you're doing. Get out there! Sing the song in your heart and NEVER let anyone shut you up!!

BAR NEWS

There will be fires for those who want to braai.



NOTICE BOARD

Irene

PRE COMRADES EVENTS



NO DOUBT! NAKANJANI 2024 UP RUN

Sun 28 Apr	Magnolia Long Run	@ Magnolia Road Runners Clubhouse	15km, 30km, 45km	6:00 am
Sun 5 May	Midrand Striders Long Run	@ Midrand High School	60km	5:30 am
Sun 12 May	Irene Long Run Klapperkop	@ West Cafe, Forest Walk Shopping Centre	10 - 20km	6:30 am
Sun 19 May	Irene Long Run Cradle	@ Rhino & Lion Park Kromdraai, Cradle	30km	6:30 am
Tue 21 May	Comrades Info / Q&A Session	@ Irene Clubhouse	Q&A	7:00 pm
Sat 1 Jun	IAC Comrades Function	@ Irene Clubhouse	Cheers!	TBC
Sun 2 Jun	Comrades Send-Off Run	Venue TBC	10 - 15km	7:00 am
Sun 2 Jun	Comrades Church Service	@ PvR Geloofsfamilie Church		11:00 am

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

ARC IRENE RUN/WALK

4 MAY 2024

ROAD RUN OR TRAIL RUN

2KM, 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





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.finishtime.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



Quatro
Race of Hope

18 MAY 2024 • 7AM
5km, 10km & 21.1km



Athletics
Gauteng North



the grove
mall

For more enquiries: Paul: 082 200 4219

Gnr. Lynnwood & Simon Vermooten, Equestria, Pretoria

Irene

Athletics Club



**INFORMATION / Q&A
SESSION**

21 MAY 2024

7PM

IRENE CLUBHOUSE



**NO DOUBT!
NAKANJANI
2024 UP RUN**



PHOTO CORNER



Kalliopy Marangelis getting ready for her first Irene time trial



On their way



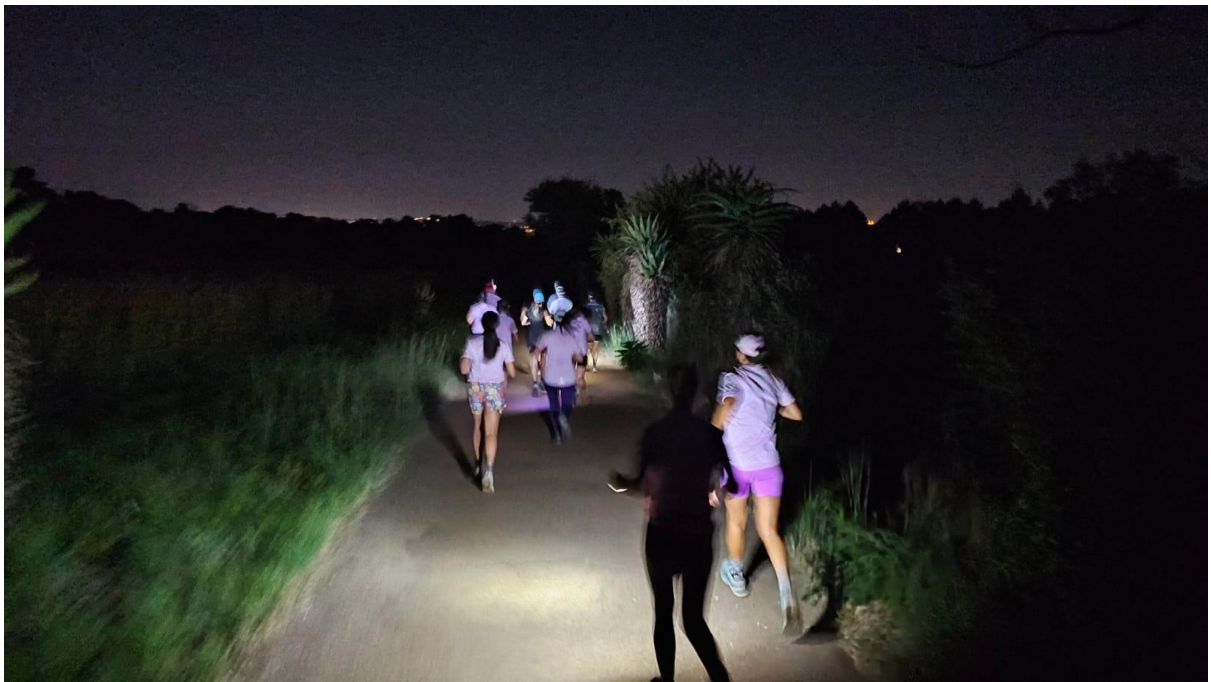
Running can be a serious business, no smiles at all



All dressed in pink for the pink moon run



Some were doing the trail route



It really was a pink affair at the club on Wednesday evening



Fires and his daughter having fun with the pink moon



A pit stop at the Irene water point on Sunday morning