



13 May 2024 19/24

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Love Run:

Jacque van der Waals	1 st Female Vet & 3 rd Female – 10 km
Anna Harris	1 st Female master – 10 km
Ansie Breytenbach	1 st Female GM – 10 km
Mike Gibbons	1 st Male GGM – 10 km
Ilse Merrick	1 st Female walker – 10 km
Retha Knoetze	2 nd Female walker – 10 km
Lucia Willemse	3 rd Female walker – 10 km
Jaap Willemse	1 st Male walker – 21 km
Keith Reynolds	2 nd Male walker – 21 km

Cross Country (medals in age categories) – Uitsig meeting

Charlene van Niekerk	Silver
Louwrens Smit	Bronze

PERSONAL ACHIEVEMENTS

Magda Brits First Marathon

Well done!

Congratulations to Elsa Meyer who received the trophy for the best South African female master athlete of the year!

Please keep us updated with your personal achievements.



CAPTAIN'S CORNER

Thank you for those that attended our long run yesterday from West Café.

This week we will have two long run options. Please let us know should you wish to join The Cradle option.

We hope all the Comrades athletes have submitted their qualifying times. We are approaching the tapering period, and it should also mean you should start preparing mentally for the race. Please attend the Comrades Q&A session on 21 May for any questions you might have.

Irene is starting to have great representation at the Cross-Country. Should you wish to join, there is still time to qualify for the Inter Provincials.

Weekly Time Trials

Time Trials on Tuesday 14 May 2024 at 17H15 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.

Cross Country Season

This Saturday, 18 May, is the third Cross-Country League Race at Hoërskool Pretoria-Noord, starting at 11:00. We would like to see Irene well presented at this year's Cross Country events. Please ask Wynand or Nelius should you need more information.

Sunday Long Run

This Sunday we will have two Long Run options:

Option 1 – Irene Link Shopping Centre at 6:30am

Option 2 – The Cradle @ Rhino & Lion Park at 6:30am

Please let us know should you wish to join the Cradle run.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene



Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

Saturday will be Cross-Country League 3 at Hoërskool Pretoria-Noord.

Sunday you can join for a long run at The Cradle **OR** a long run from Irene Link.

Mornings

Afternoons

Tue
14 May



Time Trial
@ Irene Clubhouse
17:15

4
6 km
8

Wed
15 May



LSD
@ Centurion Theatre
17:15

10
- km
15

Thu
16 May



Hills
@ Irene Clubhouse
17:15



Sat
18 May

Race of Hope
@ The Grove Mall
7:00

5
10 km
21

AGN Cross Country League 3
@ Hoërskool Pretoria-Noord
11:00

1
- km
10

Sun
19 May

Long Run
@ Irene Link Shopping Centre
6:30

10
- km **OR**
20

Long Run
@ Rhino & Lion Park (The Cradle)
6:30

10
- km
30

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
(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/00299800000000000000)

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

REGISTRATIONS 2024

Another 12 members registered during the last two weeks of whom 11 were first time members. Welcome to all of you. We are very happy with the number of children who have registered as members to participate in the cross-country series.

NEW MEMBERS



Benjamin Sher



Cianna Sissing



Mattea Sissing



Maya Sissing



Emma Cox



Ryan Cox



Hannah Teki



Owen Ahlschläger



Naomi Mahlatje



Ntebalang Matshaphale



Rayner Weintzheimer

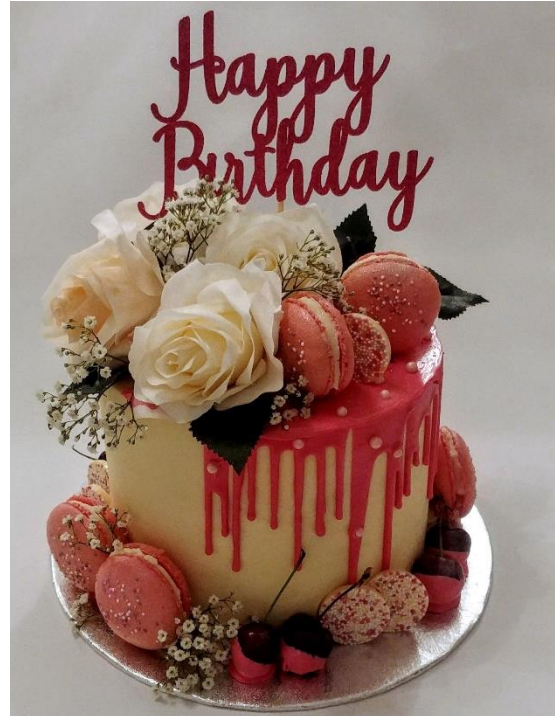


Wessie vd Westhuizen

PERSONALIA

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

Anita	Marais	May 13
Gibson	Nyamuda	May 14
Wilmarie	Van der Merwe	May 15
Thinus	Kapp	May 15
Henning	Beukes	May 16
Ntombizodwa	Mtshagi	May 16
Jordaan	Jacobs	May 18



THOUGHT FOR THE WEEK

Make the most of the best and the best of the worst, and keep your standards high. Never settle for anything less than you deserve or are capable of achieving.

BAR NEWS

There will be fires for those who want to braai.



NOTICE BOARD

Irene

PRE COMRADES EVENTS



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

Irene

Athletics Club

CROSS-COUNTRY 2024




Sat 4 May	League 1 - Uitsig High School
Fri 10 May	League 2 - Hoërskool Eldoraigne
Sat 18 May	League 3 - Hoërskool Pretoria Noord
Sat 25 May	League 4 - Fountains (Voetspore)
Sat 20 Jul	League 14 - Inter Provincials (Middelburg)
Sat 17 Aug	AGN Championships (Montana)
Sat 7 Sep	SA Championships (Vaal Triangle)

Qualification criteria

- Must compete in 2 of the 4 league races to qualify for Inter Provincials.
- Must compete in 4 league races **plus** the AGN champs, to qualify for SA Champs.
- Age tags are compulsory from 35 years and older.
- Must compete in correct age category.
- Must wear AGN license and age category tag during events.





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**



ICE BREAKER



21.1KM
10KM
5KM

6 July 2024 *Garsfontein Primary School*

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21.1KM	R200	07:00	16 Years	09:00	10:30	R220	1500
10KM	R140	07:00	14 Years	08:30	10:30	R160	600
5KM	R60	07:15	9 Years	None	10:30	R70	FUN RUN

Temporary license required for non registered athletes on the 21.1km & 10km: R60
70+ athletes: 50% discount on entry fee

ONLINE ENTRIES FROM 10 MAY 2024 - www.entryninja.com (until 1 July 2024)

MANUAL ENTRIES

• Run-A-Way Sport (D02 Fresco St, Lynnwood Ridge)
From 13 May to 4 July (please check with shop for operating hours)

LATE ENTRIES AND RACE NUMBER COLLECTION

• Dutch Reformed Church Garsfontein (285 Emma Hartmann Str.)
5 July from 13:00 until 17:30
• At the venue (Garsfontein Primary School - Petronella Str. entrance)
Race day from 05:30

Scan here
for easy
entry



PHOTO CORNER



Sarel and Marinda van der Walt after finishing their 240 km hike. Well done!



The elders enjoying something to eat at the Love Run on Saturday



Nelius van Rooyen relaxing after his 21 km on Saturday



Myburgh Bester and Retha Knoetze enjoying a moment together



Maureen Mossop, Joy Dekker and Henk Basson



Our new pink T-shirts are getting more popular every week



Our 10 km ladies podium winners on the 10 km run: Anna Harris, Jacquie van der Waals and Ansie Breytenbach



Our walking ladies made a clean sweep on the 10 km walk: Retha Knoetze, Ilse Merrick and Lucia Willemse



After battling with injuries for quite a while, Fanie van Wyngaard did a 10 km again



The Sunday morning training group posing with a zebra at Klapperkop