



15 July 2024 28/24

EDITORIAL

Only 46 people have registered online thus far to do the first run of the Winter Series on Wednesday, 17 July. Only 33 Irene members form part of this.

Come on Irene members, you can do better than that. Please support this project to raise money for the birthday bash in October and the upgrade of the ablution facilities at the club house.

Those who don't want to run in the dark will have the opportunity to start from 16:00.

Invite your family and friends to be part of it, everybody is welcome!

## ACHIEVEMENTS

Congratulations to the following member who was on the podium:

Alan Hyson

1<sup>st</sup> Male GGM – Mauritius 21 km

## CAPTAIN'S CORNER

This week is an exciting week with our first Winter Night Series Event. We hope to see many Irene members at the events. If you are not able to run, please volunteer to assist on the day.

Saturday is also the Cross-Country Interprovincial Race at Middelburg. We would like to wish our members who were selected to represent AGN at the event all the best with their respective races.

- Emma Cox
- Charnette van Rooyen
- Charlene van Niekerk
- Ansie Breytenbach
- David Holliday
- Nelius van Rooyen
- Keith Reynolds
- Rob Hudson
- Michael van der Westhuizen

### **Weekly Time Trials**

Time Trials on Tuesday 16 July 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. **Please run on the right-hand side of the road.**

### **Irene Winter Trail Series**

It is time to dust off those Comrades dirt from our 'tekkies'. Let's all join and support the Winter Night Series.

Not only are we raising funds for our big 30th Birthday Celebration in October, but we also would like to renovate our ablution facilities at the clubhouse. It's 3 Wednesdays over 3 months, not too much to ask for.

We are looking forward to seeing many Irene members at the events.

### **Cross Country**

You can still qualify for the ASA National Championships on 7 September 2024. To qualify you must run at least 4 Cross-Country League Races. Below is the list of the remaining races.

- 20 July League Race 14 – Interprovincial Championships (Middelburg)
- 27 July League Race 19 – Laerskool Rooihuiskraal
- 17 August AGN Cross-Country Championships
- **7 September ASA National Cross-Country Championships**

### **Sunday Trail Run**

As we eagerly wait for the next training block, we decided to spice-up our Sunday Social Runs. This week we will run at Wolwespruit from 7:30am. There is a fee of R45 applicable for trail runners. Please join in the fun and be part of the training groups.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

# Irene



Athletics Club

## WEEKLY RUNNING / WALKING SCHEDULE

Tuesday Time Trials.

Wednesday is our first Night Series Event.

Saturday is the Cross-Country Interprovincial League.

Sunday we will do a trail run from Wolwespruit.

Mornings

Afternoons

<p>Tue 16 Jul</p>		<p>Time Trial @ Irene Clubhouse 17:15</p> <p>4 6 8 km</p>
<p>Wed 17 Jul</p>		<p>Irene Winter Night Series Event 1 @ Irene Clubhouse 17:30</p> <p>5 9 km</p>
<p>Thu 18 Jul</p>		<p>Speed Work @ Irene Clubhouse 17:15</p> <p>6 - 8 km</p>
<p>Sat 20 Jul</p>	<p>Cross-Country Interprovincials @ Middelburg 9:00</p> <p>4 8 10 km</p>	
<p>Sun 21 Jul</p>	<p>Social Trail Run @ Wolwespruit 7:30</p> <p>8 - 10 km</p>	

For More Information

Johan  
Nelius

081 851 3864  
072 248 7698



## PERSONALIA

Rika le Roux had complications after her surgery last week and ended up in ICU. Please keep her 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.

Johann	Coetsee	Jul 15
Liezel	Anderson	Jul 16
Elizna	Coetsee	Jul 17
Magda	Brits	Jul 19



## TRAINING PROGRAMME

### IRENE Athletics Club Training Program

Duration: Monday 1 July to 4 August 2024

Short Term Goal: To achieve short term goals over the next few months.

Long Term Goal: To improve fitness, Attain Goal distance/PB.

DAY	DATE	Activity	Distance/Time	COMMENT
Mon	01-Jul	Core and Strength Training		Hour long session
Tue	02-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	03-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	04-Jul	Speed sessions - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	05-Jul	REST		REST
Sat	06-Jul	<b>GARSTFONTEIN ICE BREAKER</b>	<b>5/10/21.1km</b>	<b>Race Day</b>
Sun	07-Jul	Long Run	10 - 15km	Long Run
Mon	08-Jul	Core and Strength Training		Hour long session
Tue	09-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	10-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	11-Jul	Hill Repeats - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	12-Jul	REST		REST
Sat	13-Jul	<b>SPRINGBOK VASBYT</b>	<b>5/10/21.1km</b>	<b>LEAGUE RACE</b>
Sun	14-Jul	Long Run	10 - 15km	Long Run
Mon	15-Jul	Core and Strength Training		Hour long session
Tue	16-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	17-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	18-Jul	Speed sessions - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	19-Jul	REST		REST
Sat	20-Jul	<b>MANDELA DAY RUN</b>	<b>5/10km</b>	<b>Race Day</b>
Sun	21-Jul	Long Run	10 - 15km	Long Run
Mon	22-Jul	Core and Strength Training		Hour long session
Tue	23-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	24-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	25-Jul	Hill Repeats - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	26-Jul	REST		REST
Sat	27-Jul	<b>TUT CORPORATE RACE</b>	<b>5/10/21.1km</b>	<b>Race Day</b>
Sun	28-Jul	Long Run	10 - 15km	Long Run
Mon	29-Jul	Core and Strength Training		Hour long session
Tue	30-Jul	Time Trial	B = 4km, I & A = 8 km	TIME TRIAL - Refer Legend
Wed	31-Jul	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	01-Aug	Speed sessions - 400m	B = 4, I=6, A=8	Warm up before the session
Fri	02-Aug	REST		REST
Sat	03-Aug	<b>SPAR WOMANS RACE</b>	<b>5/10km</b>	<b>Race Day</b>

**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/business/profile/918513864072)

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

**BAR NEWS**

There will be fire for those who want to braai.



**THOUGHT FOR THE WEEK**

You must expect great things of yourself before you can do them.

NOTICE BOARD

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

# ARC IRENE RUN/WALK 20 JULY 2024



## ROAD RUN OR TRAIL RUN



2KM, 5KM, 10KM, 15KM OR 21KM

GROUP START @ 07H00

ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)



Tshwane University  
of Technology  
*We empower people*

20  
YEARS  
2004-2024



# CORPORATE RACE

21.1 KM & 10 KM

# 2024

## LEAGUE RACE

# 27 July 2024

START TIME:

- 21.1 KM: 06H15
- 10 KM: 06H30
- 5 KM: 06H45

Venue: Pretoria West Campus

Staatsartillerie Rd, Pretoria West, Pretoria, 0183

ENTRY FEE:

Temporary License: R60  
 5 KM: R50  
 10 KM: R110  
 21.1 KM: R150

RACE ORGANIZERS:

Whitney Matseba: 063 347 7714  
 Beatrice Themane: 072 587 1163  
 Junior Tibane: 084 663 5703

Online Entries Open: 02 May 2024 & closes on the 22 July 2024

Race day Entries: 27 July 2024 @04:45am until the race start

Online Entries Collection: 25 July 2024 to 26 July 2024 from 10am to 3pm

Manual Entries: 25 July 2024 - 26 July 2024 @ 10am until 3pm  
& 27 July 2024 @04:45am until the race starts

Online Entry @  
[www.entryninja.com](http://www.entryninja.com)

## REGISTER NOW

Entries Collection: TUT Pretoria Campus  
@ Building 51-118 (Athletics Office)

SPAR 

  
Women's  
CHALLENGE  
10/5km

Tshwane

 CENTURION SUPERSPORT PARK

 3 AUGUST 2024  14H00

#ChooseYou #SPARWomenstshwane

[WWW.SPARWOMENSTSHWANE.CO.ZA](http://WWW.SPARWOMENSTSHWANE.CO.ZA)





**Sat 10 Aug 2024**

# Quagga Road Race

## Eyethu Fitness Test

### START TIMES

**32KM**  
Start 6:45

**21.1KM**  
Start 7:00

**10KM**  
Start 7:10

**5KM**  
Start 7:20

**VENUE:** QUAGGA SHOPPING CENTRE CNR. WF NKOMO & QUAGGA STREET, PTA WEST

**INFORMATION/ENQUIRIES:** 078 220 5763 | 083 379 9830

### ENTRY FEES

Pre-Entry	
32km	R290
21.1km	R200
10km	R150
5km	R50
Late Entry	
32km	R320
21.1km	R230
10km	R180
5km	R70
<b>Great Grand Masters</b> 50% discount on entry fee (+70 years)	
Temp License R60	

### ENTRIES

**Store entries open 18 May - 8 August 2024**

- Tehwane Running Shop, Sinoville: 087 688 1336
- Run-A-Way-Sport, Lynnwood: 012 361 3733
- Race Nr Sales: 078 220 5763, 083 379 9830, 082 305 2447

**Online entries open 18 May - 2 August 2024**

- Enter online at [www.entryninja.com](http://www.entryninja.com)

**Online entries collection: 09 Aug 2024**

- Quagga Shopping Centre 12:00-17:00

**Late entries sales at the Venue: 09 Aug 2024 | 12:00 - 17:00**  
**Race Day Entry Sales: 05:30 - 06:30**

RUN-A-WAY STORE DISCOUNTS: 10% discount for any purchase in the store, the runner will only need to produce the race number at the store before 30 November 2024.

Medals to all finishers within the cut-off times

**LUCKY DRAWS ON RACE DAY!**



# 2024 DAWN 2 DUSK

## 12 HOUR CIRCUIT RACE AND 100 MILER CIRCUIT RACE 31 AUGUST 2024 (DAWN 2 DUSK) 30-31 AUGUST 2024 (100 MILER)

The date and venue have now finally been fixed. It will be 31 August 2024 for the Dawn 2 Dusk and 30-31 August 2024 for the 100 miler. The venue will be as in 2023, Gerrit Maritz High School in Pretoria North.

Entries will be administered in the same way as last year. Entries will be online with Peak Timing.

Let's start with the options you have

### 1. RACE CATEGORIES

#### 12 HOUR RACE CATEGORIES: (age categories will be explained later)

1. Men (individual)
2. Women (individual)
3. Mixed relay teams
4. Men's relay teams
5. Women's relay teams
6. Four member teams (any gender)

#### 100 MILER CATEGORIES

1. Men (individual)
2. Women (individual)
3. Two or four member teams (any gender)

Walkers enter in the same categories. In certain instances (like individual walkers and teams only consisting of walkers) separate categories will be **considered**. This will only be determined after entries have closed

### 2. ENTRY FEES

The fees for the different races are as follows (the same as last year)

- 80 Km Individual: R 500 (including a green jacket for first time finishers)
- 80 Km Teams of 2: R 750
- 80 Km Teams of 4: R 1000
- 100 miler Individual: R 600 (including a white jacket for first time finishers)
- 100 Miler Teams of 2: R 800
- 100 Miler Teams of 4: R 1200

All fees include the famous Dawn 2 Dusk white jacket **for those who qualify for a permanent number**

### 3. HOW TO ENTER

- Entries will be done online, making use of a website provided by Peak Timing, the official timing system for the race

You will be required to lock in using the following link

<https://secure.onreg.com/onreg2/front/step1.php?id=6604>

Click on “New entry” and you will have the different options available:

<b>80Km Individual</b>	<b>ENTER</b>
------------------------	--------------

---

**ZAR 500.00** 12/03/2022 until 30/07/2022 (+ 6.00%)

---

<b>80Km Team of 2</b>	<b>ENTER</b>
-----------------------	--------------

---

**ZAR 750.00** 12/03/2022 until 30/07/2022 (+ 6.00%)

---

<b>80Km Team of 4</b>	<b>ENTER</b>
-----------------------	--------------

---

**ZAR 1,000.00** 12/03/2022 until 30/07/2022 (+ 6.00%)

---

**100 Miler Individual**

ENTER

---

**ZAR 600.00** 12/03/2022 until 30/07/2022 (+ 6.00%)

---

**100 Miler Team of 2**

ENTER

---

**ZAR 800.00** 23/03/2022 until 30/07/2022 (+ 6.00%)

---

**100 Miler Team of 4**

ENTER

---

**ZAR 1,200.00** 23/03/2022 until 30/07/2022 (+ 6.00%)

---

Follow the instructions and you will officially be part of Dawn 2 Dusk

## PLEASE NOTE

- **Closing date: 15 July 2024 (for all those qualifying for a permanent number)**
- **Closing date: 28 July 2024 (for all other entries)**

Let the entries roll in ....

Full detail on the race will be provided after entries have closed

PLEASE, AS IN THE PAST, DO NOT WHATSAPP OR SMS ME FOR INFO. YOU ARE WELCOME TO CALL ME ON MY CELLPHONE OR SEND ME AN E-MAIL

Greetings

Gerrie

082 940 5453

[gerrie.s@mweb.co.za](mailto:gerrie.s@mweb.co.za)

**Let's try to be the biggest club at the Dawn to dusk this year!**



**RUN & WALK**  
**STARTING TIMES**

33km	6.00am
21km	6.00am
10km	6.00am
5km	6.10am

# BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

---

## 7 SEPTEMBER 2024

---

START IN DEY STREET & FINISH IN BRONKHORST STREET, BROOKLYN MALL  
[www.entryninja.com](http://www.entryninja.com)

   

IN MEMORY OF ANDREW GREYLING

SCAN TO REGISTER ONLINE



BROOKLYN MALL  BROOKLYN SQUARE  
Tel: 012 346 1063 | [www.brooklynmall.co.za](http://www.brooklynmall.co.za)

# 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](http://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

PHOTO CORNER



Christopher van Wyk and Yolande Pietersen in good spirit last Tuesday



Charnette & Nelius van Rooyen, Suzanne Casey, Marinda van der Walt and Anneri le Roux enjoying the free Prego rolls



Fires in action at the fire



Anna Harris and new member Jaqueline Watts before the start of the Springbok Vasbyt





Ansie Breytenbach and Nadene Visser coming down the steps of the Voortrekker Monument



John Cannon in an awkward position



Jacqueline Watts ran her first race in Irene colours



Nadene Visser, Jacqueline Watts, Ansie Breytenbach, Mike Gibbons, John Cannon and Buks van Deventer



Henk Basson and Joy Dekker finishing their race



Alan Hyson on the podium in Mauritius. He won a KFC voucher, along with a wooden medal, a Pepsi, a chicken sandwich, and a macaroon.



Elizna Coetzee did the Top of the Waterberg Trail run



Sunday morning run at the club house