



**1 July 2024 26/24**

### *EDITORIAL*

We received another 33 blankets on Tuesday which brings the total to 68. Thank you once again to all of you who contributed towards this worthy cause.

There are members in our club who participate in other sports as well. Please send us info and photos to share with the rest of the Irene family. We start with Wilna Meiring today.

### *ACHIEVEMENTS*

Congratulations to the following members who were on the podium at the Race of Gratitude on Saturday:

Rob Hudson	3 <sup>rd</sup> GM male – 10 km
Ansie Breytenbach	3 <sup>rd</sup> GM female – 10 km
Janine Rädell	2 <sup>nd</sup> Female walker – 10 km
Keith Reynolds	3 <sup>rd</sup> Male walker – 21 km
Sandra Steenkamp	2 <sup>nd</sup> Female walker – 21 km
Elsa Meyer	3 <sup>rd</sup> Female walker – 21 km

Cross Country (medals in age categories) – Voortrekker Monument meeting

David Holliday	Gold
Nelius van Rooyen	Silver
Melani Swart	Silver
Charnette van Rooyen	Bronze
Rykie Kruger	Bronze
Keith Reynolds	Bronze

Congratulations to our cross-country athletes!

## CAPTAIN'S CORNER

Winter is in full swing. We encourage everyone to try and stay healthy and flu free. Take extra precaution to drink additional vitamins and immune boosters. If you are sick, rather take a few days off and recover properly before resume running again.

### Weekly Time Trials

Time Trials on Tuesday 2 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.

### 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.

- 6 July League Race 6 – Laerskool Rooihuiskraal
- 13 July League Race 9 – Laerskool Rooihuiskraal
- 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 Long Run

Sunday we will run from Irene Link Shopping Centre.

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.

Saturday is Cross Country League Race 6.

Sunday we will run from Irene Link.

### Mornings

### Afternoons

<b>Tue</b> 2 Jul		<b>Time Trial</b> @ Irene Clubhouse 17:15	4 6 8	<b>km</b>		
<b>Wed</b> 3 Jul		<b>Social Run</b> @ Centurion Theatre 17:15	6 - 8	<b>km</b>		
<b>Thu</b> 4 Jul		<b>Speed Work</b> @ Irene Clubhouse 17:15	6 - 8	<b>km</b>		
<b>Sat</b> 6 Jul	<b>Grasfontein Ice Breaker</b> @ Laerskool Garsfontein 7:00	5 10 21	<b>km</b>	<b>Cross-Country League 6</b> @ Laerskool Rooihuiskraal 10:00	4 8 10	<b>km</b>
<b>Sun</b> 7 Jul	<b>Social Run</b> @ Irene Link Shopping Centre 7:00	8 - 10	<b>km</b>			

### For More Information

Johan  
Nelius

081 851 3864  
072 248 7698



# Trene

ASA  
Athletics South Africa

Athletics Club  
**CROSS-COUNTRY 2024**

Athletics  
Gauteng North





**Qualification criteria**

- 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.

**Schedule:**

- Sat 22 Jun League 5 - Voortrekker Monument
- Sat 6 Jul League 6 - Laerskool Rooihuiskraal
- Sat 13 Jul League 9 - Laerskool Rooihuiskraal
- Sat 20 Jul League 14 - Inter Provincials (Middelburg)
- Sat 27 Jul League 19 - Laerskool Rooihuiskraal
- Sat 17 Aug AGN Championships (Montana)
- Sat 7 Sep SA Championships (Vaal Triangle)

## PERSONALIA

Rika le Roux will undergo surgery this week, we wish her the best.

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

Maggie	Van Rooyen	Jul 01
Karin-Marié	Van Niekerk	Jul 01
Norton	Mole	Jul 01
Maureen	Mossop	Jul 03
Tau	Kgomongwe	Jul 03
Joy	Maseko	Jul 03
Craig	Potter	Jul 04
Marizette	Nel	Jul 05
Lucky	Lukhwareni	Jul 06
Andrew	Heuvel	Jul 07
Charl	Jansen van Vuuren	Jul 07
Laurinda	Koch	Jul 07



# 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/channel/00299a61111111111111)

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

## SOCIAL EVENING

Please note that the monthly social evening will take place on 9 July this month. More info to follow.

## OTHER SPORTS

Every Tuesday and Saturday we get together to run as an Irene Family. But many of us also have something else outside the Irene Family, which is close to our hearts. It is no different with Wilna Meiring's love for horse riding.

The past week (25 – 27 June) Wilna and her horse, Mijasto Cleopatra, did the National Horse Endurance Race. The race is presented at Fauresmith in the Free State with a distance of 206 km over 3 days. At certain check points your horse will be examined by a veterinarian.

It's not just about your horse, but the harmony between rider and horse.

Only 52% of the entries, complete the race. This year, Wilna completed her 11<sup>th</sup> Fauresmith Endurance Race. Well done, Wilna, we are proud of you.



Please share your love with other sport, outside the club. We would like to share it with the Irene Family.

## BAR NEWS

**There will be fire for those who want to braai**



THOUGHT FOR THE WEEK

It is better to fail in originality than to succeed in imitation.

NOTICE BOARD



**ARC IRENE**  
**SUNSET RUN/WALK**  
2KM, 5KM & 10KM  
**ROAD RUN OR TRAIL RUN**  
You choose which one  
**3 JULY 2024**  
GROUP START @ 16H30  
OR REGISTER AND START ANYTIME BETWEEN  
16H30 TILL 18H00  
Discovery  
**Vitality**  
BUY TICKETS ONLINE  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)  
or ON-THE-DAY  
VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION  
FOR MORE INFORMATION CONTACT US AT:  
[REVOLUTIONTRAILS@GMAIL.COM](mailto:REVOLUTIONTRAILS@GMAIL.COM) | 083 264 3931

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

REVOLUTION TRAILS



**ARC IRENE RUN/WALK**  
**6 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)

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REVOLUTION TRAILS



# 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](http://www.entryninja.com) (until 1 July 2024)**

**MANUAL ENTRIES**

• Run-A-Way Sport (D02 Fresia 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.)

3 July from 13:00 until 17:30

• At the venue (Garsfontein Primary School - Patronella Str. entrance)

Race day from 05:30

**Scan here  
for easy  
entry**







# Leon Bezuidenhout SPRINGBOK VASBYT

Presented by Voortrekker Monument Running Club

Proudly Supported by



**Distances:** 21 km, 10 km, 5 km fun run:  
**Date:** Saturday **13 July-2024**  
**Starting Times:** Commemoration Ceremony - 07:20  
21 km & 10 km - 07:30  
5 km - 07:40  
**Venue:** Voortrekker Monument, use the Eeufees Rd entrance

**VITALITY POINTS: 10km=600 & 21km=1500**

**Arthur Piercy**

**September 1987 Mirage Accident**

**Official AGN Sanctioned Race**



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK**

21 km: R160 | 10 km: R140 | 5 km: R60

70+ athletes (ID required): Free

Temporary License: R60

Entry fees are non-refundable

Guarded parking available

Ample toilet facilities

Water stations

Togbag area

Club Gazebos Welcome

**UNFORTUNATELY NO PRIZE MONEY.**

Bronze Medal to all finishing within the cut-off time.

Gun to mat timing.

## **MORE INFORMATION**

Online pre-entries at [www.entryninja.com](http://www.entryninja.com) - Online entries close 09 July 2024.

Pre-entries at Run-A-Way Sports - opens 07 June 2024 & closes 11 July 2024 at 16:00.

Pre-entries at Voortrekker Monument - opens 07 June 2024 & closes 12 July 2024 at 16:00.

Entry collection at the Voortrekker Monument on race day from 05:00 until 07:00 only.

Entries on race day – At the race venue as from 05H00 until 07H00 strictly.

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining will be diverted to the finish.

No pets allowed

The Safety at Sports and Recreational Events Act 2 of 2010 will be strictly adhered to.

The 5 km fun run does not include any off-tar sections; baby strollers and wheelchairs are welcome.



Tshwane University  
of Technology  
*We empower people*

20  
YEARS  
2004-2024



Athletics  
Building North

# CORPORATE RACE

## 21.1 KM & 10 KM 2024



# 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: 01 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 #SPARWomenTshwane**

**WWW.SPARWOMENSTSHWANE.CO.ZA**

**SCAN TO ENTER ONLINE**

**Eyethu ATHLETICS CLUB EST 2017**

**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**
    - Tshwane 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.entrynrja.com](http://www.entrynrja.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: 06:30 - 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!**



PHOTO CORNER



Saturday morning before the Race of Gratitude. Dave Roux, Yolande Pietersen, Christopher van Wyk and Wynand Breytenbach



Janine Rädell on the podium



Ansie Breytenbach



Rob Hudson



Sandra Steenkamp and Elsa Meyer



Keith Reynolds



Jackie and Mike Schlebusch after the race



De Wet Swart with Suzelle and Ricus Nothnagel