

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^{rd} GM male -10 km Ansie Breytenbach 3^{rd} GM female -10 km Janine Rädel 2^{nd} Female walker -10 km Keith Reynolds 3^{rd} Male walker -21 km Sandra Steenkamp 2^{nd} Female walker -21 km Elsa Meyer 3^{rd} 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



WEEKLY RUNNING / WALKING SCHEDULE

Tuesday Time Trials.
Saturday is Cross Country League Race 6.
Sunday we will run from Irene Link.

Mornings

其

Afternoons

Time Trial
@ Irene Clubhouse
17:15

4 Km
8

Social Run

@ Centurion Theatre
17:15

6

- Km

Thu 4 Jul

Johan

Nelius

Speed Work
@ Irene Clubhouse
17:15

Speed Work
- Km
8

Grasfontein Ice Breaker 5

@ Laerskool Garsfontein 10
7:00 21

© Laerskool Rooihuiskraal 10:00 10

8 km

Sun
7 Jul @ Irene Link Shopping Centre - Km
7:00 10



For More Information



Tue

2 Jul

Wed

3 Jul

081 851 3864 072 248 7698





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.

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DAY	DATE	Activity	Distance/Time	COMMENT
Mon	01-Jul	Core and Strength Training		Hour long session
Tue	02-Jul	Time Trial	B = 4km. 1 & A = 8 km	TIME TRIAL - Refer Legend
Wed	03-Jul	Easy Run	B = 8km l&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	GARSTFONTEIN ICE BREAKER	5/10/21.1km	Race Day
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. 1 & A = 8 km	TIME TRIAL - Refer Legend
Wed	10-Jul	Easy Run	B = 8km l&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	SPRINGBOK VASBYT	5/10/21.1km	LEAGUE RACE
Sun	14-Jul	Long Run	10 - 15km	Long Run
Mon	15-Jul	Core and Strength Training		Hourlong session
Tue	16-Jul	Time Trial	B = 4km, 1 & A = 8 km	TIME TRIAL - Refer Legend
Wed	17-Jul	Easy Run	B = 8km l&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
Sat	20-Jul	MANDELA DAY RUN	5/10km	Race Day
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. 1 & A = 8 km	TIME TRIAL - Refer Legend
Wed	24-Jul	Easy Run	B = 8km l&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	TUT CORPORATE RACE	5/10/21.1km	Race Day
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, 1& A = 8 km	TIME TRIAL - Refer Legend
Wed	31-Jul	Easy Run	B = 8km l&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	SPAR WOMANS RACE	5/10km	Race Day

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

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 11th Fauresmith Endurance Race. Well done, Wilna, we are pride 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



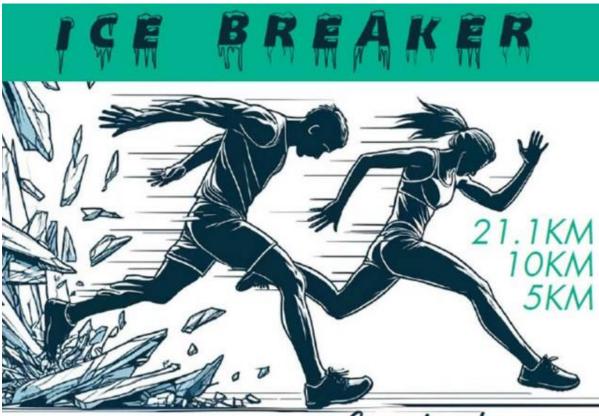
THOUGHT FOR THE WEEK

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

NOTICE BOARD







6 July 2024 Garsfontein 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)

LATE ENTRIES AND RACE NUMBER COLLECTION

Scan here for easy entry















Presented by Voortrekker Monument Running Club

Proudly Supported by



Distances: 21 km, 10 km, 5 km fun run:

Date: Saturday 13 July-2024

Commemoration Ceremony - 07:20

Starting Times: 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 toiletfacilities Water stations

Togbagarea 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 - 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.











START TIME:

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

Venue: Pretoria West Campus Staatsartillerie Rd, Pretoria West, Pretoria, 0183

ENTRY FEE:

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.

Manuel Entries: 25 July 2024 - 26 July 2024 © 10am until 3pm & 27 July 2024 © 40 and until 45 mm un

Online Entry @ www.entryninja.com



Entries Collection: TUT Pretoria Camp & Building 51-118 (Athletics Office





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

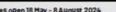
INFORMATION/ENQUIRIES: 078 220 5763 | 083 379 9830

ENTRY FEES

Great Grand Masters entry fee (+70 years)

Temp License R60

ENTRIES





Store entries open 18 May - 8 August 2024 - Tahwane Running Shop, Sinoville: 087 588 1336 - Run-A-Way-Sport, Lynnwood: 012 381 3733 - Raco Nr Salos: 078 220 5763, 083 379 9830, 082 305 2447

Online entries open 18 May - 2 August 2024 - Enter online at 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 rune number of the store before the runner will only need to produ 30 November 2024.





















PHOTO CORNER



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



Janine Rädel on the podium



Ansie Breytenbach



Rob Hudson



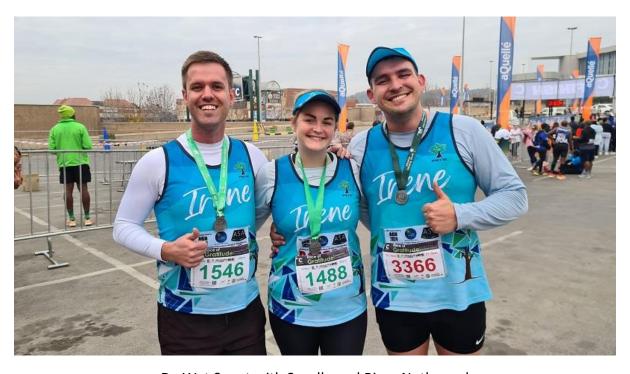
Sandra Steenkamp and Elsa Meyer



Keith Reynolds



Jackie and Mike Schlebusch after the race



De Wet Swart with Suzelle and Ricus Nothnagel