



**20 May 2024 20/24**

### *EDITORIAL*

Our members have once again shown that we can rely on them! Thank you to all who have made contributions towards the Comrades goodie bags. Our Comrades runners will once again receive a quality goodie bag. Your generosity is appreciated. Anybody who still wants to make a contribution will be more than welcome to do so.

### *ACHIEVEMENTS*

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

Ansie Breytenbach	1 <sup>st</sup> Female GM – 10 km
Sandra Steenkamp	1 <sup>st</sup> Female walker & 1 <sup>st</sup> GM – 10 km
Keith Reynolds	2 <sup>nd</sup> Male walker & 1 <sup>st</sup> Master – 10 km
Annatjie Greyvenstein	3 <sup>rd</sup> Female GGM walker – 10 km
Sibo Mshengu	2 <sup>nd</sup> Male – 21 km
Alan Hyson	1 <sup>st</sup> Male GGM – 21 km
Jaap Willemse	1 <sup>st</sup> Male walker & 1 <sup>st</sup> GM – 21 km
Elsa Meyer	3 <sup>rd</sup> Female walker & 1 <sup>st</sup> GGM – 21 km

#### **Cross Country (medals in age categories) – Eldoraigine meeting**

Nelius van Rooyen	Gold
Ansie Breytenbach	Gold
Charnette van Rooyen	Silver
Emma Cox	Bronze
David Holliday	Bronze
Keith Reynolds	Bronze

Congratulations to our cross-country athletes!

### *PERSONAL ACHIEVEMENTS*

Sibo Mshengu PB – 21 km

Well done!

### *CAPTAIN'S CORNER*

Comrades training is now well into the tapering period. The next three weeks we encourage everyone to stay healthy and injury free. If need to, take additional Vitamin C, Vitamin B12 and magnesium.

Please join us on Tuesday afternoon, before the time trial, to celebrate Tannie Bertha's 80<sup>th</sup> birthday at the club house.

After the time trial, we will have our Comrades Q&A session. Linley and Joy will share valuable information to help ease those nerves. This is a perfect opportunity for our novice runners to ask any questions they might have. The event is open to everyone that wants to join in the conversation and spirit of Comrades.

#### **Upcoming Comrades Related Events**

- 21 May Comrades Q&A Session
- 30 May Packing of Comrades goodie bags
- 1 June Comrades send-off function
- 2 June Comrades send-off run
- 2 June Comrades church service
- 8 June Umhlanga Parkrun
- 9 June Comrades
- 10 June Comrades after party
- 18 June Comrades Aches & Pains

### **Weekly Time Trials / Tannie Bertha's Birthday / Internal Comrades Q&A**

- Time Trials on Tuesday 21 May 2024 at 17H15 at the club.
- Come and enjoy a piece of cake to celebrate Tannie Bertha's birthday before time trials.
- Comrades Q&A session after time trials.

### **Cross Country Season**

This Saturday, 25 May, is the fourth Cross-Country League Race at **Laerskool Fleur**, starting at 11:00.

**Please note the venue change.**

### **Sunday Long Run**

The last pre-Comrades 'long run' will a Klapperkop run, starting at Castle Gate Shopping Centre @ 6:30am.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

# Irene

Athletics Club



## WEEKLY RUNNING / WALKING SCHEDULE

Tuesday we will have our internal Comrades Q&A session after the weekly TT.

Saturday will be Cross-Country League 4 at Laerskool Fleur.

### Mornings

### Afternoons

<b>Tue</b> 21 May		<b>Time Trial</b> (Comrades Q&A) @ Irene Clubhouse 17:15	4 6 8 km	
<b>Wed</b> 22 May		<b>LSD</b> @ Centurion Theatre 17:15	10 - 15 km	
<b>Thu</b> 23 May		<b>Hills</b> @ Irene Clubhouse 17:15		
<b>Sat</b> 25 May	<b>Cosmo Run</b> @ Pretoria National Botanical Gardens 7:00	5 10 km	<b>AGN Cross Country League 4</b> @ Laerskool Fleur 11:00	1 - 10 km
<b>Sun</b> 26 May	<b>Klapperkop Long Run</b> @ Castle Gate Shopping Centre 6:30	10 - 15 km		

### 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	<b>MiWay Wally Hayward</b>	<b>5/10/21.1/42.2km</b>	<b>Race Day / Social / Hat Race</b>
Thu	02-May	REST		REST
Fri	03-May	REST		REST
Sat	04-May	<b>Jackie Mekler Memorial Race</b>	<b>5/10/25km</b>	<b>Race Day</b>
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	<b>Love Run</b>	<b>5/10/21.1km</b>	<b>League Race</b>
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	<b>Race of Hope</b>	<b>5/10/21.1km</b>	<b>Race Day</b>
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	<b>Skosana Centurion Mall</b>	<b>5/10/21.1km</b>	<b>Race Day</b>
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 : -

8km - Sub 30:15 Minutes  
21.1km - Sub 1h25 Minutes  
42.2km - Sub 3 Hour

#### Bill Rowan Guidelines : -

8km - Sub 35:35 Minutes  
21.1km - Sub 1h39 Minutes  
42.2km - Sub 3:30 Hour

#### Bronze Guidelines : -

8km - Sub 45 Minutes  
21.1km - Sub 2h05 Minutes  
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.

Louwrens	Smit	May 20
Myburgh	Bester	May 20
Niel	Marais	May 20
Anna	Harris	May 20
Carolina	Van der Westhuizen	May 21
Annemarie	Chinchen	May 21
Wesley-Ray	Fawell	May 21
Geoff	Brown	May 23
Gordon	Halford	May 23
Sibusiso	Sibisi	May 24
Neill	Andrews	May 24
Grazyna	Koornhof	May 25
Emma	Cox	May 25
Ryan	Cox	May 25



## THOUGHT FOR THE WEEK

**Don't be afraid to give up the good to go for the great.**

## BAR NEWS

**There will be fires for those who want to braai.  
Be reminded about the Comrades information session.**



## 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 - Laerskool Fleur
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.

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

# ARC IRENE RUN/WALK 25 MAY 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)



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

#### MANUAL ENTRIES

• Run-A-Way Sport (302 Fresco St, Lynwood 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**



PHOTO CORNER



It was good to see Corné Johnstone back at a race on Saturday after a long absence



John Cannon, Lynley September and Con Purchase in good spirit after their race



A new star on the horizon! Sibho Mshengu finished second in the Race of Hope 21 km. He only started running last year



John Ellmore discovered after the race that he ran with his vest the wrong way round



Sandra Steenkamp and Annatjie Greyvenstein on the podium



Keith Reynolds



Alan Hyson



Jaap Willemsse



Holger Hedelt in action on his 230 km journey this weekend



Another great run on Sunday morning