

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 Sandra Steenkamp Keith Reynolds Annatjie Greyvenstein Sibo Mshengu Alan Hyson Jaap Willemse Elsa Meyer 1^{st} Female GM – 10 km 1^{st} Female walker & 1^{st} GM – 10 km 2^{nd} Male walker & 1^{st} Master – 10 km 3^{rd} Female GGM walker – 10 km 2^{nd} Male – 21 km 1^{st} Male GGM – 21 km 1^{st} Male walker & 1^{st} GM – 21 km 3^{rd} Female walker & 1^{st} GGM – 21 km

Cross Country (medals in age categories) – Eldoraigne 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 Well done!	PB – 21 km			
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 80th 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



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

Long rem	r ooan	To improve fitness, Attain Goal distance	PD, complete connades 2024		
DAY	DATE	Activity	Distance/Time	COMMENT	
Mon	29-Apr	Core and Strength Training		Hour long session	
Tue	30-Apr	Time Trial	B = 4km, 1 & 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	
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		
WIU	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 HB)	
Quality session (Sprints)	85-95% of Max HR	
Tempo	65-75% effort level	
for Dist/Time - B= Beginner, I = Intermedia	te, A = Advanced	
For All Enquiries Regarding Traini	ng :	
Call/whatsapp on 081 851 3864 or 1	072 248 7698	
This program is a guideline that can be foll are required in a training program. Contact up to the major events like Two Oceans at goals. If you are targeting the Akasia or other Ma up a good base. Should you not be proper	us if you have a more specific requiremend of Comrades and some adaptation will be rathon in January or early February, then 1	nt. The general program leads required if these are not your presume you have already built
time to work up to and achieve a qualifier. If you are looking at your first marathon, th the baseline to work from for future goals. Below is a guideline that you should be act	e focus must be on getting through it and Learn from it and adjust accordingly - se	enjoying it. The outcome will be ek advise from trusted sources.

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 1539 Minutes 42.2km - Sub 3:30 Hour

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.

	1	
Louwrens	Smit	May 20
Myburgh	Bester	May 20
Niel	Marais Ma	
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	Сох	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.



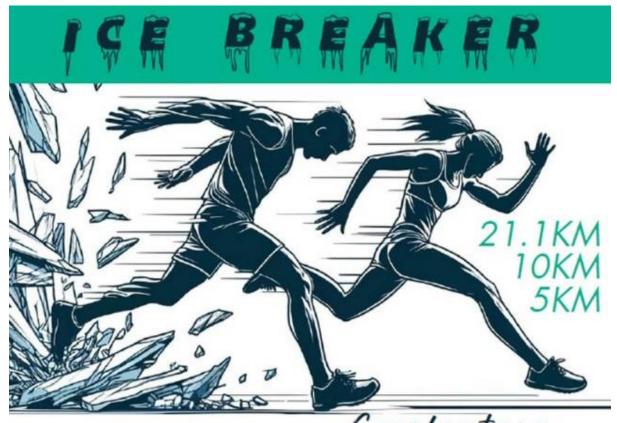
NOTICE BOARD











6 July 2024 Garsfontein Primary School

DISTANCE	ENTRY FEE	START TIME	MINIMUM	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 July 2024)



Athleti

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! Sibo 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



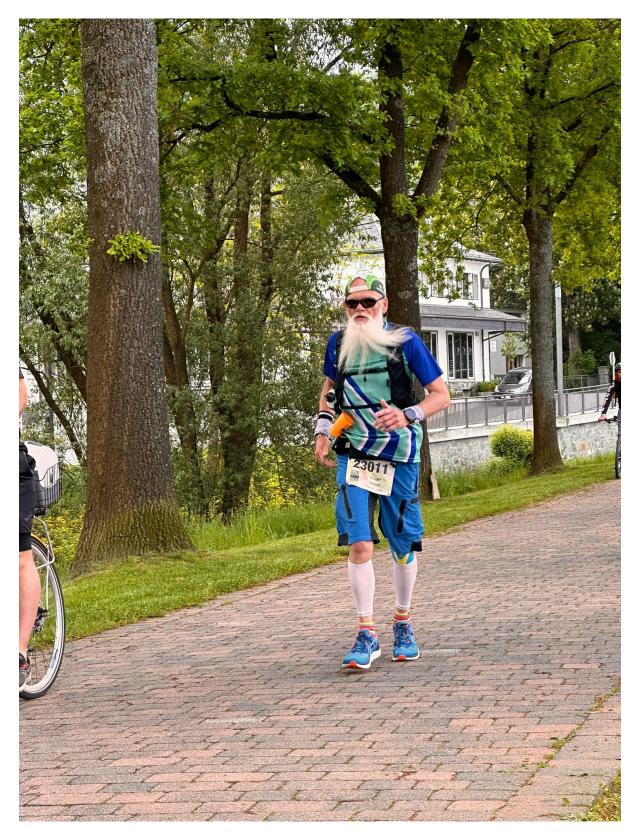
Keith Reynolds



Alan Hyson



Jaap Willemse



Holger Hedelt in action on his 230 km journey this weekend



Another great run on Sunday morning