



*June 2024 25/24*

### *EDITORIAL*

Thank you to all who donated blankets last week. A total of 35 blankets were received. Our aim is to collect at least 60 blankets from our 500 members. There will be another opportunity on Tuesday for more donations. Let's put in a great effort please.

The blankets will be donated to the Abraham Kriel Kinderhuis.

### *ACHIEVEMENTS*

Congratulations to the following members who have been selected for the Gauteng North cross-country team to participate in the Inter Provincial Cross-Country event in Middelburg on 20 July:

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

The following members were the trophy winners at the Comrades Aches and Pains function last Tuesday:

First male	Samuel Molefe
First female	Melani Swart
First male novice	Marco Schepers

First female novice	Amy Bridget
Vasbyt	Lisel van Olst
Last Irene finisher	Riaan & Renette Prinsloo
Spirit of Comrades	Joy Dekker

Congratulations!

## 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.

### Cross Country

Congratulations to the following chosen members to represent AGN at the Interprovincial Cross-Country Championships on 20 July 2024.

- Charnette van Rooyen (35-39)
- Charlene van Niekerk (40-44)
- Ansie Breytenbach (60-64)
- Michael van der Westhuizen (60-64)
- David Holliday (35-39)
- Nelius van Rooyen (35-39)
- Keith Reynolds (55-59)
- Rob Hudson (60-64)

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**

### Weekly Time Trials

Time Trials on Tuesday 25 June 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.

### League Race

This Saturday is the next AGN League Race at the Race for Gratitude from Centurion Mall. As usual, there will be something to eat afterwards. It's the first race in quite some time and we encourage everyone to please attend.

### Sunday Long Run

Sunday we will run from West Café towards Klapperkop and back.

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 again.  
Saturday is an AGN League Race.  
Sunday we will run Klapperkop from West Café.

	Mornings	Afternoons
Tue 25 Jun		Time Trial @ Irene Clubhouse 17:15 4 - 6 - 8 km
Wed 26 Jun		Social Run @ Centurion Theatre 17:15 6 - 8 km
Thu 27 Jun		Speed Work @ Irene Clubhouse 17:15 6 - 8 km
Sat 29 Jun	Race for Gratitude (League Race) @ Centurion Mall 7:00 5 - 10 - 21 km	
Sun 30 Jun	Klapperkop Run @ West Café 7:00 8 - 10 km	

**For More Information**

Johan 081 851 3864  
Nelius 072 248 7698

# Irene



## Athletics Club

### CROSS-COUNTRY 2024



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)

### 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.



## PERSONALIA

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

Kgomotso	Lukhele	Jun 25
SW	Engelbrecht	Jun 25
Arné	Marais	Jun 25
Marie	Van Dyk	Jun 27
Rhenier	De Beer	Jun 27
Suzanne	Casey	Jun 28
Belinda	Hudson	Jun 28
Derek	Oldnall	Jun 28
Fly	Makola	Jun 28
Geoff	CARTER	Jun 28
Vuledzani	Thenga	Jun 29





## TRAINING PROGRAMME

### IRENE Athletics Club Training Program

**Duration:** Monday 3 June to 30 June 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	03-Jun	Core and Strength Training		Hour long session
Tue	04-Jun	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	05-Jun	REST		REST
Thu	06-Jun	REST		REST
Fri	07-Jun	REST		REST
Sat	08-Jun	<b>Revolution Trail Run</b>	<b>5/10/21.1km</b>	<b>Race Day</b>
Sun	09-Jun	<b>Comrades Marathon</b>	<b>86km</b>	<b>Race Day</b>
Mon	10-Jun	Core and Strength Training		Hour long session
Tue	11-Jun	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	12-Jun	REST		REST
Thu	13-Jun	REST		REST
Fri	14-Jun	REST		REST
Sat	15-Jun	<b>Soshanguve Great Run</b>	<b>5/10km</b>	<b>Race Day</b>
Sun	16-Jun	REST		REST
Mon	17-Jun	Core and Strength Training		Hour long session
Tue	18-Jun	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	19-Jun	REST		REST
Thu	20-Jun	REST		REST
Fri	21-Jun	REST		REST
Sat	22-Jun	<b>Cross-Country</b>	<b>4/8km</b>	<b>League Race 5</b>
Sun	23-Jun	REST		REST
Mon	24-Jun	Core and Strength Training		Hour long session
Tue	25-Jun	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer Legend
Wed	26-Jun	REST		REST
Thu	27-Jun	REST		REST
Fri	28-Jun	REST		REST
Sat	29-Jun	<b>Centurion Mall Race of Gratitude</b>	<b>5/10/21.1km</b>	<b>League Race</b>
Sun	30-Jun	REST		REST

#### 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	(70-90% 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 advice 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

*BAR NEWS*

There will be fire for those who want to braai



*THOUGHT FOR THE WEEK*

The best way to predict the future is to create it.

*NOTICE BOARD*

**ARC IRENE RUN/WALK**  
**29 JUNE 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)

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

Discovery Vitality

REVOLUTION TRAILS



29 JUNE 2024

5km | 10km | 21.1km

RACE STARTS AT 07:00

Walk  
& Run

Race of  
**Gratitude** | League Race  
SKOSANA Legend



Centurion Mall



Support Skosana Development  
The Champions of Tomorrow



Athletics  
South Africa

#THE  OF  
CENTURION™

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# 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 (102 Fresco 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.)
- 5 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 #SPARWomenstshwane  
[WWW.SPARWOMENSTSHWANE.CO.ZA](http://WWW.SPARWOMENSTSHWANE.CO.ZA)



PHOTO CORNER



First Irene male finisher, Samuel Molefe



First female, Melani Swart





First female novice, Amy Bridget





The "Vasbyter", Liesel van Olst



Our last finishers, Riaan and Renette Prinsloo





Spirit of Comrades winner, Joy Dekker





Rika Myburgh in action at the Knysna Marathon





Charnette van Rooyen, Melani Swart and Sandra Kruger at the cross-country on Saturday



David Holliday, Rykie Kruger, Nelius van Rooyen and Keith Reynolds also at the cross-country



The Deck

# Irene Sunday Social Run

