



**6 May 2024 18/24**

### *EDITORIAL*

We want to encourage our members to participate in the AGN cross country series. You can easily fit it in after a Saturday morning's race. Running cross country will improve your strength, speed and fitness and will make you a better road athlete. The next meeting will take place on Friday evening at Eldoraigh High School. Entry fee is only R30. See the programme under the Notice Board section.

### *ACHIEVEMENTS*

Congratulations to the following members who were on the podium during the last week:

**Wally Hayward:**

Anna Harris	1 <sup>st</sup> Female master – 10 km
Estien van Wyngaard	2 <sup>nd</sup> Female GM – 10 km
Mike Gibbons	1 <sup>st</sup> Male GGM – 10 km
Miemie Nel	1 <sup>st</sup> Female walker – 10 km
Ansie Breytenbach	3 <sup>rd</sup> Female GM – 21 km
Elsa Meyer	1 <sup>st</sup> Female walker – 21 km
Tania Thompson	2 <sup>nd</sup> Female walker – 21 km

**Jackie Mekler:**

Anna Harris	1 <sup>st</sup> Female master – 10 km
Ansie Breytenbach	1 <sup>st</sup> Female GM – 10 km
Alan Hyson	1 <sup>st</sup> Male GGM – 10 km
Wynand Breytenbach	3 <sup>rd</sup> Male walker – 10 km
Tannie Thompson	1 <sup>st</sup> Female walker – 25 km
Karin-Marié van Niekerk	2 <sup>nd</sup> Female walker – 25 km

### **Cross Country (medals in age categories)**

Ansie Breytenbach – Gold

David Holliday – Silver

### **SA Masters Championships (medals in age categories)**

#### **5000m**

Janine Radel	Gold
Elsa Meyer	Gold
Lucia Willemse	Silver
Johann Coetzee	Gold
Jaap Willemse	Silver

#### **10 000m**

Annatjie Greyvenstein	Gold
Miemie Nel	Silver
Lucia Willemse	Bronze
Johann Coetzee	Gold

#### **20 000m**

Jaap Willemse	Gold
Keith Reynolds	Silver
Sandra Steenkamp	Gold
Elsa Meyer	Gold

## ***PERSONAL ACHIEVEMENTS***

Miné van Zyl	First Marathon
Heidi Taylor	First Marathon
Christiaan Swart	First Marathon
Shendl Weinzheimer	First Marathon
Aloise Boshoff	First Marathon
Tasha Pretorius	First half Marathon
Craig Potter	PB – 21 km
Elizna Coetzee	PB – 21 km
Rhoda van Staden	PB 25 – km

Well done to all of you!

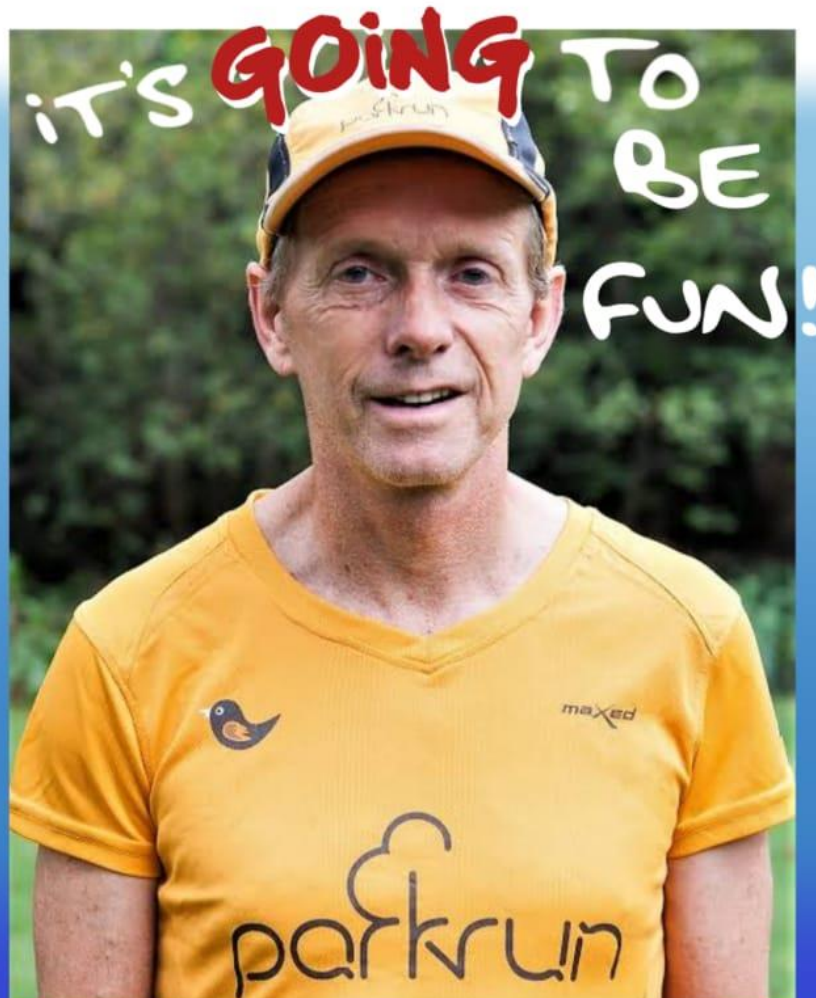
Please keep us updated with your personal achievements.

## ***SOCIAL EVENING***

It won't be the normal social evening tomorrow but with Bruce Fordyce there to listen to, it will be much better! Don't miss out!

## 'UNOFFICIAL' SOCIAL

Bruce Fordyce will be coming to Irene to chat and share lots of FUN running stories! This is not just for Comrades runners. It's for anybody who enjoys being active. Come and join the chat.



TUESDAY 7 MAY

## CAPTAIN'S CORNER

Today is the **FINAL** day for the Comrades athletes to SUBMIT their qualifying times to Comrades. If you have not submitted your qualifying times yet, please do so as soon as possible.

As from 1 May, the time trials as well as the training sessions will start at 17:15 in the evenings.

We also request everyone to be mindful when you leave the running club on Tuesday evenings. There are still runners on the route up to 18:15 – 18:30 and we request everyone to drive slowly and not use your spotlights as these are blinding the runners.

### **Weekly Time Trials**

Time Trials on Tuesday 7 May 2024 at 17H30 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.

This week Bruce Fordyce will visit us for a casual chat after the time trials. Don't miss out on this amazing opportunity to meet the legend himself.

### **Wednesday LSD @ ECHT Coffee**

Wednesday we will have our monthly LSD run from ECHT Coffee, Pierre van Ryneveld. Starting at 17:15 and please join for a coffee afterwards.

### **Cross Country Season**

This Friday, 10 May, is the second Cross-Country League Race at Hoërskool Eldoraigue in the afternoon, starting at 16:00. We would like to see Irene well presented at this years Cross Country events. Please ask Wynand or Nelius should you need more information.

### **Saturday League Race**

Love Run will be the next league race from The Glen High School, starting at 7am. Please join for the league race and stay afterwards for something to eat (free of charge).

### **Sunday Long Run**

This Sunday we will have a different starting point for our Klapperkop Long Run.

We will start from West Café in Forest Walk Shopping Centre, Hazelwood, at 6:30. There will be various route options from 10 – 30km. Afterwards we will join for something to eat at West Café.

We would like to wish all the mothers in our club a **HAPPY MOTHER'S DAY!** Hope you get spoiled by your loved ones.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

*THIS WEEK'S DIARY*



# Irene





Athletics Club



## WEEKLY RUNNING / WALKING SCHEDULE

### Mornings

### Afternoons

<b>Tue</b> 7 May		<b>Time Trial</b> @ Irene Clubhouse 17:15	4 6 8 km
<b>Wed</b> 8 May	<b>ECHT</b>	<b>LSD</b> @ ECHT Coffee 17:15	10 - 15 km
<b>Thu</b> 9 May		<b>Hills</b> @ Irene Clubhouse 17:15	
<b>Fri</b> 10 May		<b>AGN Cross Country League 2</b> @ Hoërskool Eldoraigne 16:00	1 - 10 km
<b>Sat</b> 11 May	<b>Love Run</b> <b>(League Race)</b> @ The Glen High School 7:00		5 10km 21
<b>Sun</b> 12 May	<b>Long Run</b> @ West Café, Hazelwood 6:30		10 - 30 km
			<b>HAPPY</b> <b>MOTHER'S</b> <b>DAY</b>

### 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 :-

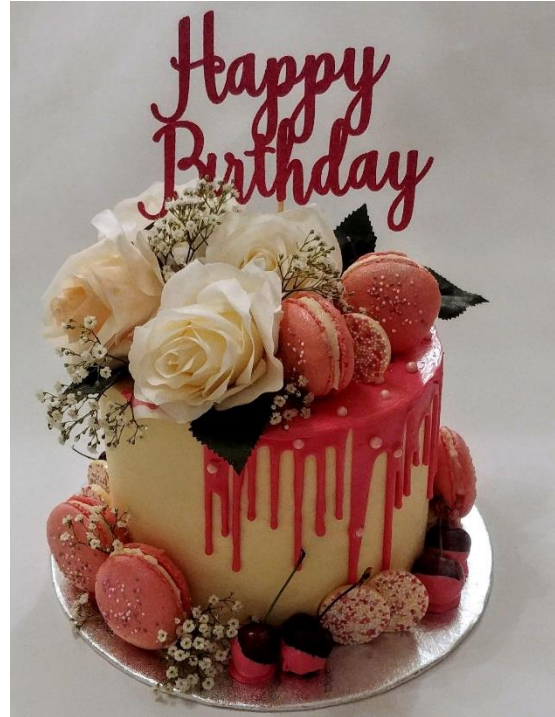
8km - Sub 45 Minutes  
21.1km - Sub 2h05 Minutes  
42.2km - Sub 4h25 Hour



## PERSONALIA

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

Jaundre	Jackson	May 06
Diane	Kee-du Plessis	May 07
Sheren	Naidoo	May 09
Werner	Zandberg	May 10
Derick	Stokes	May 11
Rika	le Roux	May 12
Handri	Kymdell	May 12



## THOUGHT FOR THE WEEK

**Don't wait for the right moment to start, start and make each moment right.**

## BAR NEWS

**There will be fires for those who want to braai.**





## IN THE MAILBOX

On 1 May 2024, 13 555 days after completing my first Marathon (Golden Reef M&S Glassworks) on 22 March 1987, I reached the milestone of completing my 250th official run of 42.2km or longer. 127 Standard Marathons and 123 Ultras.

As in the past when I reached 100 and 200 runs I requested a race number that would mark the occasion. Little did I know what lay ahead when they arranged the number "A3250" for me.

I suppose it started going "wrong" when I stubbed my toe on a piece of concrete that had dripped off a cement mixer and solidified onto the tar while out on a training run on Sunday (3 days ago). Seems I got the landing sorted from previous experiences and managed to not have a single part of my face touch the ground.

Grazed arms, thigh and shoulder and damaged ribs plus the toe I stubbed that turned blue almost immediately, was what I managed to escape with. I hit the ground hard enough to "bounce" before settling. Got up and did another 2 km to the next refreshment station where I could clean up before completing the further 6 km of the planned run.

Took an easy 3km walk on Monday without any problems. When I woke up on Tuesday morning I heard the "click" that confirmed a cracked rib.

Passed by a pharmacy on Tuesday evening to get a local anaesthetic to put on the toe as that was the biggest challenge to deal with. Completed a 4km run without too much discomfort and decided I was "good to go" as long as I kept the breathing easy and did not put too much stress on the lungs.

Got to the race early as I heard the expected 9000 people for the 21 & 42 km events and a further 4000 for the 5 & 10 km.

Added another layer of cream on the toe just before the start and headed to the start early to get into the "A" batch I had been allocated.

There was a mix up early in the race and it seems that the "A" seeded runners were either following an unofficial vehicle or the lead vehicle missed a turn. As a result we were taken on an additional 3km loop to get back on to the correct course. We then had to work our way through from the back of the 9000 runners/walkers on the route. At least now I can say that the "3" in the allocated number has some specific significance.

Glad to have chatted to a few Johannesburg Harriers runners along the route as it was a member of their club that I met on a bus to the Comrades marathon in 1988 that wore a badge stating he was a "Centurion Runner". I learned that this meant he had completed 100 official Marathons or Ultras. Somehow the concept stayed with me over the years and got me to where I am today.

Start of the 250 Journey (Track Suit Badges) 1. M& S Glassworks (42.2) 2. Bloemfontein Frasers (64km) 3. Argus Two Oceans (56) 4. Comrades Marathon



## NOTICE BOARD

# Irene

## PRE COMRADES EVENTS

**NO DOUBT! NAKANJANI 2024 UP RUN**

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



# Treene



Athletics Club

## CROSS-COUNTRY 2024



Athletics  
Gauteng North

- 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 - Fountains (Voetspore)
- 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.



### CROSS COUNTRY LEAGUE 2 - Night Race

10 May 2024

RACE	START	DIST	AGE CATEGORIES
1	16:00	1 KM	Girls 8 yrs (Born 2016, 2017, 2018))
2	16:10	1 KM	Boys 8 yrs (Born 2016, 2017, 2018))
3	16:20	2 KM	Girls 9 yrs (Born in 2015), Girls 10 yrs (Born in 2014)
4	16:30	2 KM	Boys 9 yrs (Born in 2015), Boys 10 yrs (Born in 2014)
5	16:40	3 KM	Boys 11 yrs (Born in 2013), Boys 12 yrs (Born in 2012)
6	17:00	3 KM	Girls 11 yrs (Born in 2013), Girls 12 yrs (Born in 2012), Girls 13 yrs (Born in 2011)
7	17:15	4 KM	Men 23 (Born 2002 to 2004), Senior Men (1990 to 2004)
8	17:35	4 KM	Boys 13 yrs (Born in 2011), Boys 14 yrs (Born in 2010), Boys 15 yrs (Born in 2009)
9	17:55	4 KM	Girls 14 yrs (Born in 2010), Girls 15 yrs (Born in 2009)
10	18:15	4 KM	Girls 16 yrs (Born in 2008), Girls 17 yrs (Born in 2007)
11	18:35	4 KM	Women 23yrs (Born 2002 to 2004), Senior Women (1990 to 2004), Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70 yrs, Women 75+ yrs..., Men 75 yrs, Men 80 yrs, Men 85+ yrs.....
12	18:55	6 KM	Boys 16 yrs (Born in 2008), Boys 17 yrs (Born in 2007), Junior Women (Born 2005 & 2006), Men 60 yrs, Men 65 yrs, Men 70 yrs
13	19:25	8 KM	Junior Men (Born 2005 & 2006), Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
14	20:05	10 KM	Senior Men (1990 to 2004), Senior Women (1990 to 2004)
League 2: Eldoraigne High School - Friday 10 May 2024			



NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

# ARC IRENE RUN/WALK 11 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)



AGN LEAGUE



# Love to Run 5/10/21 KM

## 11 May 2024

**New Venue !!!**  
The Glen High School  
Garstfontein Road, Pretoria

**PRE-ENTRIES from 15 March 2024 – 7 May 2024**  
Online entries: <https://www.entryninja.com/events>  
Run-Away-Sport: 012 - 361 3733

Late entries: On collection dates or race day at an additional cost of R20

Entry Fees	21.1km	10km	5km
All categories	R240	R150	R70
70+	Free	Free	Free
Temporary licences	R60	R60	N/A

**RACE NUMBER COLLECTION**  
**Hatfield Christian Church**  
9 May 9h00 - 17h00 - 10 May 9h00 - 13h00  
**The Glen High School**  
10 May 14h00 - 18h00 - 11 May 5h00 - 7h00





Quatro  
**Race of Hope**

**18 MAY 2024 • 7AM**  
**5km, 10km & 21.1km**



**Athletics**  
Gauteng North



the grove  
mall

For more enquiries: Paul: 082 200 4219

**Gnr. Lynnwood & Simon Vermooten, Equestria, Pretoria**

# Irene

Athletics Club

**INFORMATION / Q&A**

**SESSION**

**21 MAY 2024**

**7PM**

**IRENE CLUBHOUSE**



**NO DOUBT!  
NAKANJANI  
2024 UP RUN**





## PHOTO CORNER



Albert & Lucille Pretorius with Annemarie & Paul Chinchon. A family who has trained for a long time to do the Wally 21 km



Ready to do their first Marathon: Miné van Zyl, Heidi Taylor, Christiaan Swart, Shendl Weinzheimer and Aloise Boshoff





Kendall Baker and Lindsay Bull put in a lot of effort for the hat race



The Irene gazebo was a very busy place on Wednesday





Showing off with their hats before being judged



The prize winners: Estien van Wyngaard (3<sup>rd</sup>), Lyndsay Bull (2<sup>nd</sup>) and the winner Kendall Baker. Congratulations!





Vanessa Ramahuma and Linky Makgahlela



Miemie Nel was the first lady walker in the 10 km





Tasha Pretorius finishing her first 21 km



Johan Engelbrecht with Miné van Zyl and Shendl Weinzheimer on their first Marathon





Thank you to Fires van Vuuren who made sure that there was something to eat



The 10 km podium winners at the Jackie Mekler: Letha Kotze, Ansie Breytenbach, Anna Harris and Wynand Breytenbach





Alan Hyson was also on the podium. First time as a GGM



Rob Hudson, Louwrens Smit and Michael van der Westhuizen at the cross country on Saturday





Charlene van Niekerk also decided to participate in cross country. Here she is with Ansie Breytenbach



The AGN walkers team who participated at the SA Championships with many familiar Irene faces





Our time trial route turned into yellow on Sunday with the Wings for Life World Run taking place there.