



8 July 2024 27/24

EDITORIAL

As part of our 30 year celebrations we will be presenting a winter night series, see the flyer below. The idea is to get our members together to celebrate. The funds will be used for our big celebration that will take place in October.

We invite all our members to be part of it. It promises to be great fun. Wear you Irene kit and let's form a big "bus" or two.

Invite your family and friends to be part of it, everybody is welcome!

**SERIOUS about our fun**  
**IRENE WINTER NIGHT SERIES**

**5KM & 9KM FUN RUN**  
Flexible start times

**Event 1**  
17 July '24  
@ Irene AC  
17:30 - 18:00

**Event 2**  
7 Aug '24  
@ Irene AC  
17:30 - 18:00

**Event 3**  
4 Sep '24  
@ Irene AC  
17:30 - 18:00

**5km - R50** Entries available on Entry Ninja and at the venue before the start  
**9km - R100** Receive **Discovery Vitality** points

**Enter for any 2 of the 3 events:**

- Receive a **FREE** entry for the birthday bash
- Stand a chance to win amazing prizes (at the bash)
- Receive a special IAC birthday medal (at the bash)

Coffee vendors  
Food stalls available

**IAC BIRTHDAY BASH!!!**  
Information to follow

Headlamps Advisable

Discovery Vitality

Contact: Johan van Vuuren  
081 851 3864

## ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Ice Breaker on Saturday:

Jaap Willemse	1 <sup>st</sup> Male walker – 10 km
Mike Gibbons	1 <sup>st</sup> Male GGM – 10 km
Johan van Vuuren	1 <sup>st</sup> Male GGGM – 10 km
Annatjie Greyvenstein	1 <sup>st</sup> Female GGM – 10 km
Keith Reynolds	1 <sup>st</sup> Male walker – 21 km

## CAPTAIN'S CORNER

With winter in full swing, things are heating up (pun intended) here at Irene AC.

- We hope everyone has seen the news of the Irene Winter Night Series, starting next week 17 July 2024. There will be 3 events and we encourage ALL members to run at least 2 events and work at 1. By entering for 2 events, you will receive a free entry for our BIG 30<sup>th</sup> BIRTHDAY BASH, which you don't want to miss.
- Starting this week for the next four weeks, we will also have an internal trail run series, which will occur on Sunday mornings. See below for more details.

### Weekly Time Trials

Time Trials on Tuesday 9 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.

- 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 Trail Run

As we eagerly wait for the next training block, we decided to spice-up our Sunday Social Runs. From this week we will run our Sunday social runs at a different trail run spot. We start off from home soil at the ARC Grounds from 7:30am.

Please join in the fun and be part of the training groups.

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.  
 Wednesday social run from ECHT Coffee.  
 Saturday is Cross Country League Race 9.  
 Sunday we will do a trail run from Irene Clubhouse.

	Mornings	Afternoons
<div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: 40px; margin: 0 auto;">Tue 9 Jul</div>		Time Trial @ Irene Clubhouse 17:15 4 - 6 - 8 km
<div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: 40px; margin: 0 auto;">Wed 10 Jul</div>		Social Run @ ECHT Coffee 17:15 6 - 8 km
<div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: 40px; margin: 0 auto;">Thu 11 Jul</div>		Speed Work @ Irene Clubhouse 17:15 6 - 8 km
<div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: 40px; margin: 0 auto;">Sat 13 Jul</div>	Springbok Vasbyt @ Voortrekker Monument 7:30 5 - 10 - 21 km	Cross-Country League 9 @ Laerskool Rooihuiskraal 10:00 4 - 8 - 10 km
<div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: 40px; margin: 0 auto;">Sun 14 Jul</div>	Social Trail Run @ Irene Clubhouse (ARC) 7:30 8 - 10 km	

**For More Information**

Johan      081 851 3864  
 Nelius     072 248 7698



# Trene

**ASA** Athletics South Africa

**Athletics Club**

**CROSS-COUNTRY 2024**

**Athletics Gauteng North**





- 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

Rika le Roux had complications after her surgery last week and ended up in ICU. Please keep her in your prayers.

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

Stéfan	Welthagen	Jul 08
Martin	Struwig	Jul 09
Corne	Johnstone	Jul 10
Deepa	Prasant	Jul 10
Rhoda	van Staden	Jul 11
Samuel	Molefe	Jul 12
Rita	Liebenberg	Jul 13
Machiel	Engelbrecht	Jul 14



## 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.

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

#### 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/00299a61111111111111)

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



## SOCIAL EVENING

The monthly social evening will take place on Tuesday this week. Come and enjoy a casual evening with friends and family and enjoy a Prego roll for free. Bring your family along.

## OTHER SPORTS

### **Anneri le Roux:**

Running was something I never thought I would love, but lockdown made sure my path finally crossed with running and sealed the deal. I was a competitive horse rider and I have done over 11000 km competitive riding (that is without the hours spent practising). I was blessed to have been included in a provincial team on 5 occasions as well as on 5 occasions in the National ERASA (Endurance Ride Association of SA) team. I was included in the first Light weight National team for ERASA , and was awarded my National colours and I competed against other countries at National level. I was awarded my permanent number. Having completed 8x Fauresmith rides (this is like our Comrades of endurance riding, total distance of 200km over 3 days) and 14x 120km (this distance is completed in one day). These days I enjoy a more relaxing time with horses and ride for the pure enjoyment of the sport.



## BLANKET PROJECT

Our blanket project was a huge success. Thank you once again to all our members who contributed a blanket or two. We were able to donate 68 blankets to the Abraham Kriel Kinderhuis. A few of the children were present, the rest were lucky to be out for the school holiday. These ones were fortunate to pick their blanket, the rest will have it on their beds when they return.



## BAR NEWS

The monthly social evening will take place on Tuesday this week. Come and enjoy a casual evening with friends and family and enjoy a Prego roll for free. Bring your family along.



## THOUGHT FOR THE WEEK

Your present circumstances don't determine where you can go; they merely determine where you start.

## NOTICE BOARD

**NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS**

**ARC IRENE RUN/WALK**  
**13 JULY 2024**

**ROAD RUN OR TRAIL RUN**

**2KM, 5KM, 10KM, 15KM OR 21KM**  
**GROUP START @ 07H00**  
**ENTER ONLINE AT**  
**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**

Discovery  
*Vitality*



# 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 #SPARWomenTshwane**

**WWW.SPARWOMENSTSHWANE.CO.ZA**

SCAN TO ENTER ONLINE

**EYETHU ATHLETICS CLUB**  
EST 2017  
**EyAC**

**Sat 10 Aug 2024**

# 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

Pre-Entry	
32km	R290
21.1km	R200
10km	R150
5km	R50
Late Entry	
32km	R320
21.1km	R230
10km	R180
5km	R70
<b>Great Grand Masters</b> 50% discount on entry fee (+70 years)	
Temp License R60	

### ENTRIES

- Store entries open 18 May - 8 August 2024**
    - Tshwane Running Shop, Sinoville: 087 688 1336
    - Run-A-Way-Sport, Lynnwood: 012 361 3733
    - Race Nr Sales: 078 220 5763, 083 379 9830, 082 305 2447
  - Online entries open 18 May - 2 August 2024**
    - Enter online at [www.entrynrja.com](http://www.entrynrja.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: 06:30 - 06:30**
- RUN-A-WAY STORE DISCOUNTS: 10% discount for any purchase in the store, the runner will only need to produce the race number at the store before 30 November 2024.



**Medals to all finishers within the cut-off times**

**LUCKY DRAWS ON RACE DAY!**





PHOTO CORNER



We had a “visitor” at the club house on Tuesday last week.



Another and very welcome visitor was Andy Crawshay-Hall. He refused to use his wheelchair inside the club house. Well done!





Breaking the Ice on Saturday morning. Carla and Gerald Hartmann with Wynand Breytenbach



Louwrens Smit couldn't break the Ice, he was still shivering after the race





Johann and Fia Coetzee trying to keep each other warm



Jaap Willemsse on the podium as first walker – 10 km





Annatjie Greyvenstein – First GGM - 10 km



Johan van Vuuren, first GGM (80+) – 10 km





Mike Gibbons – 1<sup>st</sup> GGM – 10 km



Keith Reynolds – First walker – 21 km





They wanted beer but couldn't hold it, had to use a plastic cup



Musa Nkosi and Aloïse Boshoff





Our German member, Holger Hedelt, just can't stop running the Ultra Marathons. He did another 100 km race in Italy yesterday (photo taken just after the start), only 4 weeks after Comrades. His next race will be a 100 miler in 3 weeks' time. After that he plans to do the Kalahari Augrabies Extreme Marathon (250 km) in September.



After nearly 4 years of non-running, Myrna van Wyk can tick the Victoria Falls Half Marathon on her bucket list