



10 February 2025 6/25

EDITORIAL

Thank you to all our members who took part in the second league race of the year on Saturday. A total of 50 Irene members participated. Your names will all be in the draw for the running shoes.

Please take note again that we must all wear black shorts/ski-pants/skirts with our Irene race tops at races. No other colours please!

Just a reminder that paid up members can collect their 2025 licence numbers on Tuesday at the club house from 17:00 till 19:00.

The Tuks 21 km race this coming Saturday will serve as our club 21 km championships.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the ACE race on Saturday:

Anna Harris	1 st Female master – 10 km
Ansie Breytenbach	1 st Female GM – 10 km
Annatjie Greyvenstein	1 st Female GGM – 10 km
Mike Gibbons	1 st Male GGM – 10 km
Elsa Meyer	1 st Female GGM - 21 km

PERSONAL ACHIEVEMENTS

Gerda Steyn

First Marathon

REGISTRATIONS 2025

Another 18 members registered during the week of which 8 were new members. Welcome to all of you. We now have 497 members compared to 411 at the same time last year.

If you haven't done it yet, please get your registration done for 2025 as quickly as possible to help us complete the admin process. Please make sure you complete both forms A and B below.

There are 2 forms to complete. FORM A and FORM B

FORM A is for registering a family account. You should still complete this form even if you are a single member. This data will be used for billing purposes.

FORM B should be completed for each member, spouse/partner and child (junior members). Students, 19 years and older will be considered a full member.

AGN licenses are optional. You can select to buy one on FORM B.

Please help us by submitting your info as soon as possible so that we can capture all the data in the new system. Payment will only be due later.

FORM A - Account registration form

<https://forms.gle/LdXXNGkneM7rmGqL7>

FORM B - Member registration form (Complete separately for each member)

<https://forms.gle/BmsgT8SHMrZQpvFZ9>

If you haven't ordered your 2025 Club shirt yet, you can do so here:

<https://forms.gle/f3iFJy1JWHSrKU999>

You will receive an invoice once you have completed Form B. No licence will be issued before full payment is made.

NEW MEMBERS

A warm welcome to the 8 members who joined last week. May you enjoy every moment with us. Be active members of this great family. We want to see your faces as often as possible.

We would like to meet you personally and invite you to attend the time trials on Tuesday and to collect your 2025 licence members.



Karabo
Temo

Kgadi
Makgola

Lesego
Mangena

Mapiki
Kgosana



Tshireletso
Mangena

Shani
Wildenboer

Lisa
Nell

Johan
Nell

SOCIAL EVENING

Don't miss out on our monthly social evening on Tuesday after the time trials. It promises to be a very special evening. Free burgers to all present!

IRENE SOCIAL

11 February 2025

VALENTINES

MUSIC QUIZ

**HOSTED
BY OUR
ESTEEMED
CHAIRMAN**



DON'T MISS THIS ONE!

**♥ WEAR RED AND ♥
SHOW YOUR LOVE
FREE BURGERS**



IRENE

CAPTAIN'S CORNER

Please diarize the following important dates:

- Special Club Trial Run – 11 February 2025 at 17:30
- Monthly Social – 11 February 2025 after the Time Trial
- Morning training run – 13 February 2025 at 5:00 at Irene Link
- Tuks Road Race – 15 February 2025 at 6:00, LC De Villiers

Weekly Time Trials

Please come and join us on Tuesday at 17:30 at the club for our weekly Time Trial with a twist. Everyone is welcome.

4km, 6km and 8km Trial run available. There is also a 2km distance for anyone who would like to run or walk this distance.

Please remember the monthly social afterwards for a fun filled musical night with our chairman. This one should not be missed.

Wednesday LSD Run

This weeks LSD run will take place at the Centurion Theatre at 17:30 for a 10km - 12km distance.

Thursday Morning Session

This weeks morning run will start from Irene Link on Thursday 13 February 2025 at 5:00. For those of you who enjoy the early morning training please come and join us. There will be a 6km – 10km distance.

Thursday Speed Session

Come join us at the Clubhouse at 17:30 for a Hills training session

Saturday Run

This Saturdays event is the 21km Club champs. It is the Tuks Road Race at LC De Villiers. There will be a 5km, 10km and 21km distance. Start time is 6:00. Our Cara-Fun will be available for all those running.

Sunday Social Run

This Sunday's Social long run will start at Plato Monument Park for a run through Klapperkop. The run will start at 5:30.

There is also the Pirates Half Marathon on Sunday.

Training questions and comments

Please feel free to contact us with any training questions or comments.

Happy Running Team

Nelius 072 248 7698

Jacqueline 073 887 0757

THIS WEEK'S DIARY



Irene

Athletics Club



Week
10 Feb - 16 Feb

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Stretch & Strength Training (Self train at home)	Monthly Social Special Time Trial @ Club House 17:30 4 - 6 - 8 km	Midweek LSD Run @ Centurion Theatre 17:30 10 - km 12
Thursday	Friday	For More Information Nelius 072 248 7698 Jacqueline 073 887 0757
Morning Session @ Irene Link 5:00 - 6:10 km Hills Session @ Irene Clubhouse 17:30 ALERT!		
Saturday	Sunday	
Tuks Road Race (21km Club Champs) @ LC De Villiers 6:00 5 - 10 - 21 km 	Klapperkop Long Run @ Plato Monument Park 5:30 10 - km 18 Pirates Half Marathon (CGA)	



Join our community



IRENE TRAINING GROUP 2025

Irene

Athletics Club

HALF MARATHON CLUB CHAMPIONSHIPS

06:00



15 February
2025

TUKSRACE

21.1KM

TRAINING PROGRAMME

February 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1 INTERCARE CLASSIC ROAD RACE 5km 10km 21.1km	2 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
3 Core & Strength Training +/- 60min	4 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	5 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	6 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 300m A - 8 x 400m	7 REST	8 ACE RACE (LEAGUE RACE) 5km 10km 21.1km	9 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
10 Core & Strength Training +/- 60min	11 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	12 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	13 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 400m	14 REST	15 TUKS RACE (21km CLUB CHAMPS) 5km 10km 21.1km	16 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
17 Core & Strength Training +/- 60min	18 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	19 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	20 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 300m A - 8 x 400m	21 REST	22 Long Run Run, CD B - 45min I - 75min A - 90min	23 BALWIN PRETORIA MARATHON 5km 10km 21.1km 42,2km
24 Core & Strength Training +/- 60min	25 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	26 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	27 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 400m	28 REST	1 SUNRISE MONSTER RACE 5km 10km 21.1km 32km	2 Sunday Long Run Run, CD B - 60min I - 90min A - 120min

Notes

This program is a guideline that can be followed for whatever your goal is for the year. It has the basic elements required in a training program. Contact us if you have a more specific requirement. The general program leads up to 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 we presume you have already built up a good base. Should you not be properly prepared for a January marathon, then don't stress; there is still plenty of 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 intend to complete Two Oceans and/or Comrades 2025.

LEGEND		
PROGRAM TERMINOLOGY	TWO OCEANS GUIDELINE	COMRADES GUIDELINE
Max HR :	Max HR estimate - Men: 220 minus age	Blue Medal :
	Max HR estimate - Women 228 minus age	8km : Sub 54 minutes
W/U :	Warm Up - Easy Jog	21.1km : Sub 2h26 minutes
C/D :	Cool Down - Easy Jog	42.2km : Sub 4h59 minutes
LSD :	Long Slow Distance, 55% - 65% of Max HR	Bronze Medal :
Min :	Minutes (Time not Distance)	8km : Sub 47 minutes
Easy :	Long Slow Distance (LSD) - HR below 65%	21.1km : Sub 2h09 minutes
Hills Repeats :	@ 70%-80% of max HR	42.2km : Sub 4h26 minutes
Sprints Session :	85-95% of Max HR	Sainsbury Medal :
Tempo Run :	65-75% effort level	8km : Sub 38 minutes
Program Legend :	B = Beginner	21.1km : Sub 1h46 minutes
	I = Intermediate	42.2km : Sub 3h40 minutes
	A = Advanced	Bill Rowan Medal :
		8km : Sub 35 minutes
		21.1km : Sub 1h39 minutes
		42.2km : Sub 3h30 minutes

For All Enquiries Regarding Training :
Call/WhatsApp on 072 248 7698 or 073 887 0757

PERSONALIA

Johan van Vuuren (Oudste) and Louwrens Smit both underwent surgery during the week. Johan is back home but Louwrens had some complications and was in theatre again on Sunday afternoon. Keep them both in your prayers please.

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

Thabiso	Mashaba	Feb 09
Devan	Nadarajah	Feb 11
Liesel	Van Olst	Feb 12
Michael	Gibbons	Feb 12
Les	Chidi	Feb 12
Vanessa	Ramahuma	Feb 12
Deborah	Arendse	Feb 12
Marianne	Katzke	Feb 13
Michelle	Geel	Feb 13
Marvellous	Zwane	Feb 13
Nancy	Mapanzule	Feb 14
Ilse	Merrick	Feb 14
Nelisile	Maseko	Feb 16



BAR NEWS

Social evening.

Free burgers to all present



THOUGHT FOR THE WEEK

Maturity is when you stop complaining and making excuses and start making changes.

NOTICE BOARD



ARC IRENE RUN/WALK
15 FEBRUARY 2025

ROAD RUN OR TRAIL RUN
YOU CHOOSE WHICH ONE YOU WANT TO DO

3KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 06H30
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

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Discovery
Vitality

REVOLUTION
TRAILS



#SappiTuksRace

sappi

TuksRace

PRETORIA'S MOST LOVED RACE

15 FEB 2025

Walk/Run 1km, 5km, 10km or 21.1km
Hillcrest Sports Campus



QR code to online entries

TuksSport

sappi



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA





Discovery
Vitality

Athletics
Gauteng North

Mams 10 Race

16 February 2025 • Mams Mall (Mamelodi East)

6:30 am (10km Run/Walk) • 6:45 (5km Run/Walk)

PRIZE MONEY 10KM MEN & FEMALE

Position	1	2	3
Open	1500	1000	500
Walker	500	300	150
Junior	500	300	200
40 - 49	300	150	
50 - 59	300	150	
70+	300	150	

5KM REGISTRATION FEE:
R80 (No running license required)



Online entries available on or
Scan the QR Code to register
www.entryninja.com/events/81484-mams-mall

10KM REGISTRATION FEE:
ASA licensed athletes: R150
Unlicensed athletes: R150 + *R70 temporary license

www.mamsmall.co.za

- All prize winner to be presented at giving. If not, they forfeit prize money
- No prize money will be paid retrospectively. No Age Tags = No Prize
- Walkers must also have a W Tag
- All 5km and 10km finishers will earn Vitality Points



MAMS MALL

Balvin
SPORT
PRETORIA
MARATHON

SUN 23 FEB

2025 Is Your Year
Make It Count!

ENTER NOW.

www.pretoriamarathon.co.za





PRETORIA BOBBIES

Slumberland



DESIGN YOUR DREAMS

BOBBIES 3-IN-1
Discovery *Vitality*

8 March 2025

Venue: Mayville Mall, Pretoria

NEW VENUE @ MAYVILLE MALL

FIERCE & FUN



Scan QR Code To
Enter Race

Online Entries Until - 4 March 2025

(All Online Entries go in lucky Draw for Bed)

Run Away Sport Until - 6 March 2025

Tshwane Running Shop Until - 6 March 2025

Starting Time

06:00am (10km & 21km)

06:30am (5km)

Cost

5km Race - R80

10km Race - R150

21km Race - R200

Temp lic - R70

**R20 Additional for
late Entries**

(Clubs are welcome to
set up gazebos)

**Pre-entries will go into a
lucky draw to win a**

Slumberland Hybrid Firm Bed
(Valued at R8 999)

Discovery
Vitality



SAVE THE DATE



The **Sunrise Monster**

5 KM

10 KM

21 KM

32 KM

1 MARCH 2025

SATURDAY

HARLEQUIN CLUB

GROENKLOOF, PRETORIA



HOSTED BY

**HARLEQUIN
HARRIERS**



5km | 10km | 21.1km

THE MOOO'SE ROAD RACE

Saturday, 15 March '25 • 06h00-09h30

Online Entries at www.entryninja.com

Online Entries Close Tuesday, 11 March 2025



GIC GAP INFRASTRUCTURE CORPORATION

CHOC Childhood Cancer Foundation South Africa "Keeping more than hope alive"

COMRADES MARATHON QUALIFIER

IRENE

Athletics Gauteng North

Discovery *Vitality*

IRENE RUNNING FESTIVAL

22 & 23 March 2025

Irene Athletics Club presents
 Limited to 3000 entries per event
 48 km - Mat to mat timing
 10/21 km - Gun to mat timing

MEDALS TO ALL FINISHERS

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za
 Tel: 082 331 2236

Entries close Sunday, 16 March 2025

Ideal seeding opportunity. Qualifying time is **5 hours 50 minutes** (same as for 50km), but with 2km less to run. Mat to mat timing

5km **10km** **21km**

Irene Ultra 48km
 #TheQualifier

SMACPIX Online entries only www.entryninja.com T-shirt available to purchase @R180

Mat to Mat Timing for the 48km ONLY!

PRE-ENTRIES ONLY - Sweat Shop
 Dunkeld: 011 325 2567
 - Running High Bedfordview: 011 450 2421
 - Sportmans Warehouse Centurion: 0126650768
 - Run-Away-Sport: 012 361 3733
 - Tshwane Running Shop Sinoville: 076 929 7384

Chamberlain's
 FINISH TIME
 Timekeeping



5KM | 15KM | 32KM

29 MARCH 2025

15KM & 32 KM 06:00 | 5KM FUN RUN 06:15

**HOËRSKOOLOVERKRUIN
127 BRAAM PRETORIUS
STR
SINOVILLE**

15km & 32 km 06:00

**ENTRY FEES:
5 KM R30
15KM R180
32KM R220
TEMPORARY LICENSE FEES: R70
SECURE SCHOOL PARKING R30**



ENTER NOW!

1. Online entries: www.entryninja.com/events/80011-overkruin until 26 March 2025
Online entries can be collected on 28 & 29 March at Hoërskool Overkruin
School sport grounds Lapa
No Temp license is required for the 5km.
2. Run-A-Way sport, 302 Freesia str, Lynnwood, Pretoria (Tel: 012 361 3733) until 28 March 2025
3. Tshwane Running, shop 192 Vinko str, Sinoville, Pretoria (Tel: 076 929 7384) until 28 March 2025
4. Hoërskool Overkruin Lapa on main sport fields on 28 March 2025 from 15:00 - 18:00
5. On race day at Hoërskool Overkruin Lapa on main sport fields on 29 March 2025 from 04:30 – 06:00



ENTRIES CAPPED AT 2500

THE GREEN MILE ROAD RACE 2025

The Mile for life

Distances
4 - Miles
8 - Miles
16 - Miles

SATURDAY
12 APRIL
2025

SPORTPARK, SPORTS COMPLEX
Cnr SPORT ROAD & KRUGER AVENUE
LYTTLETON MANOR, CENTURION



GREEN MILE AC CELEBRATING 10 YEARS





50km 21km 10km 5km

DATE: 19 APRIL 2025

VENUE: AKASIA COMMUNITY HALL

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R450	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R180	R70	06:45am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R380	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R120	R70	06:45am
5KM	R70	N/A	06:45am

LONG SLEEVES TSHIRT R250

1st 500 ONLINE ON 50KM QUALIFY FOR FREE RACE T-SHIRT



**For general race enquiries contact:
079 965 4524 / 082 909 5868 / 073 497 3141**

www.tshwanenorthultra.co.za



PHOTO CORNER



The two best supporters on Saturday, Alta Struwig and Theuns Nieuwoudt



Amanda de Beer after her race



Telanie and Jurie Venter with their son and Telanie's mother



Johan and Blanche van Vuuren



Emile Myburgh enjoying his burger after the race



It appears that Ricus Nothnagel had a very satisfying race



It was good to see Johan de Klerk at a race again



The three ladies who were on the 10 km podium: Annatjie Greyvenstein, Anna Harris and Ansie Breytenbach



Well done to our own Gerda Steyn who ran her first Marathon



Myburgh Bester and Retha Knoetze with Estien and Fanie van Wyngaard at the Hobie Park run in PE



Due to injuries Giel Cillie can't run at the moment. He and his son swam the Midmar mile on Saturday



The Sunday morning run from Irene Link was well attended