



3 November 2025 44/25

EDITORIAL

Please be reminded that the Annual General Meeting of Irene Athletics Club will take place in the Lapa at the club house on Tuesday, 11 November 2025 at 18:30.

All members are welcome.

ACHIEVEMENTS

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

Ansie Breytenbach	1 st Female 60-69 – 10 km
Annatjie Greyvenstein	1 st Female 70+ - 10 km
Anna Harris	2 nd Female 50-59 – 10 km
Noel Banda	2 nd Male – 60-69 – 42 km

Congratulations also to the following members who were on the podium at the Oppibol 10 km race a week ago:

Jaap Willemse	1 st Male walker
Elsa Meyer	1 st Female walker & 1 st 70+ open
Retha Stoltz	2 nd Female walker

Congratulations to **Gustav Pretorius** and **Aloïse Boshoff** who are our 2025 Club Marathon Champions. Well done also to all the category winners.

	MALE	TIME	FEMALE	TIME
Overall				
1	Gustav Pretorius	02:59:40	Aloïse Boshoff	03:28:50
2	Lenin Sithole	03:09:56	Amy Bridger	03:45:52
3	Bheki Ndlovu	03:23:43	Lorraine Perumaul	04:03:02
Senior				
1	Gustav Pretorius	02:59:40	Aloïse Boshoff	03:28:50
2	Odwa Golela	04:04:19	Amy Bridger	03:44:53
3	Leon Geel	04:16:04	Maryke Bester	04:12:39
40-40				
1	Lenin Sithole	03:09:56	Lorraine Perumaul	04:03:02
2	Bheki Ndlovu	03:23:43	Karen Swanepoel	04:16:41
3	Francois Bester	03:39:27	Alta Struwig	04:24:29
50-59				
1	Martin Struwig	03:54:38	Liezel van Olst	04:16:03
2	Lufuno Makwarela	04:02:07	Yolande Cowley	04:35:34
3	Alex Elsworth	04:04:29		
60-69				
1	Noel Banda	03:36:52	Tendani Mantshimuli	05:23:13

PERSONAL ACHIEVEMENTS

Aloïse Boshoff	PB - Marathon
Amy Bridger	PB – Marathon
Charnette van rooyen	First Marathon
Suzanne Casey	First Marathon
Gustav Janse van Rensburg	First Marathon

Well done!

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday is our Time Trials at the Club. Start is at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30.
- Saturday Event – Tom Jenkins Challenge at the Union Buildings at 6:00
- Sunday Social Run – Social run starting from Irene Link at 6:00

Weekly Time Trials

Please join us for our weekly Time Trials at the Clubhouse starting at 17:30. There is a 4km, 6km and 8km distance available.

The AGM takes place after the time trials at 18:30. All members are invited.

Wednesday LSD Run

This Wednesday is our midweek run starting from Echt Coffee Shop in Lyttelton at 17:30. Distance covered will be between 10km-12km.

Saturday Run

This Saturday 15 November is the Tom Jenkins Challenge starting from the Union Buildings at 6:00. There is a 5km, 10km and 21km distance available. **LEAGUE RACE!**

Sunday Social Run

This Sunday Social Run will start at Irene Link at 6:00. Distance covered will be between 15km-20km.

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



Week
10 Nov - 16 Nov

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Stretch &
Strength Training
(Self train at home)

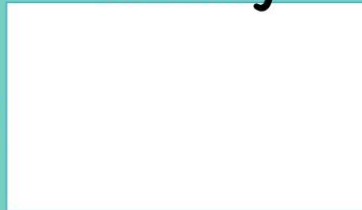
Tuesday

Time Trial
@ Club House
17:30
4
6
8 km

Wednesday

ECHT
Midweek LSD Run
@ Echt Lyttelton
17:30
10
-
12 km

Thursday



Friday



For More Information

Nelius
072 248 7698
Jacqueline
073 887 0757



Saturday

Tom Jenkins Challenge
@ Union Buildings
6:00 5
10km
21

Sunday

Social Run
@ Irene Link Centre
6:00 15
-
20 km



TRAINING PROGRAMME

November 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 Core & Strength Training +/- 60min	28 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	29 Midweek LSD W/U, LSD, C/D B - 45min I - 60min A - 90min	30 Speed Session W/U, Speed, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	31 REST	1 KAAPSEHOOP MARATHON 21.1km 42.2km	2 SOCIAL RUN B - 45min I - 45min A - 60min
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 - 30min A - 30min	6 Hill Repeats W/U, Hills, C/D B - 8 x 200m I - 8 x 300m A - 8 x 400m	7 REST	8 JARANDA CITY CHALLENGE (42km CLUB CHAMPS) 5km, 10km 21km, 42km	9 SOCIAL RUN B - 45min I - 45min A - 60min
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 - 30min A - 30min	13 Easy Run	14 REST	15 TOM JENKINS CHALLENGE (LEAGUE RACE) 5km 10km 21km	16 SOCIAL RUN B - 45min I - 45min A - 60min
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 - 30min A - 30min	20 Easy Run	21 REST	22 MULLER POTGIETER RACE 5km 10km 21km	23 SOCIAL RUN B - 45min I - 45min A - 60min
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 - 30min A - 30min	27 Easy Run	28 REST	IRENE CLUB YEAR-END FUNCTION	30 SOCIAL RUN B - 45min I - 45min A - 60min

Notes

This program is a guideline that can be followed for whatever your goal is for the remainder of 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 3 marathons later in the year being Cape Town Marathon, Kaapsehoop / Soweto Marathon or the Jararanda Marathon. Since Cape Town is first our 12 week training program will start on 28 July. The other 3 programs will be a 14 and 15 week program.

This is the final month of training for 2025. Most of you will either already completed your marathon, or perhaps the big race is still looming. This month is all about tapering and getting yourself ready for your big race. Rest, eat well and stay healthy before your big race. Should need any assistance in setting a goal, feel free to contact us.

LEGEND		
PROGRAM TERMINOLOGY	TWO OCEANS GUIDELINE	COMRADES GUIDELINE
Max HR : Max HR estimate - Men: 220 minus age Max HR estimate - Women 228 minus age	Blue Medal : 8km : Sub 54 minutes 21.1km : Sub 2h26 minutes 42.2km : Sub 4h59 minutes	Vic Clapham Medal : 8km : Sub 52 minutes 21.1km : Sub 2h18 minutes 42.2km : Sub 4h50 minutes
W/U : Warm Up - Easy Jog		
C/D : Cool Down - Easy Jog		
LSD : Long Slow Distance, 55% - 65% of Max HR	Bronze Medal : 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes	Bronze Medal : 8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 minutes
Min : Minutes (Time not Distance)		
Easy : Long Slow Distance (LSD) - HR below 65%	Sainsbury Medal : 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 minutes	Bill Rowan Medal : 8km : Sub 35 minutes 21.1km : Sub 1h39 minutes 42.2km : Sub 3h30 minutes
Hills Repeats : @ 70%-80% of max HR		
Sprints Session : 85-95% of Max HR		
Tempo Run : 65-75% effort level		
Program Legend : B = Beginner I = Intermediate A = Advanced		

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

YEAR-END FUNCTION (PRIZEGIVING)

♡♡ You're Invited ♡♡
**IRENE YEAR-
END FUNCTION
& PRIZE GIVING**

Saturday 29 November

~~~~~ **from 14.00**

**Lamb potjie with rice, bread and salad  
will be served, with ice-cream after.**

**The bar will be open. Tickets R50 p/p.**

**Children under 10 R20. Bring the family.**

**RSVP to Joy 083 284 4884**

**by 22 November**



**COME AND LET YOUR HAIR DOWN**

**SEE YOU THERE!**

## PERSONALIA

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

|         |                   |        |
|---------|-------------------|--------|
| Dayne   | Jekels            | 10-Oct |
| Tony    | Bridger           | 11-Nov |
| Gerrie  | Esterhuizen       | 11-Nov |
| Janine  | Rädel             | 13-Nov |
| Zonah   | Jansen v Rensburg | 13-Nov |
| Estie   | Visser            | 14-Nov |
| Nadia   | Saayman           | 14-Nov |
| Uida    | Enslin            | 15-Nov |
| Letha   | Kotze             | 15-Nov |
| Richard | Reynolds          | 15-Nov |
| Myrna   | van Wyk           | 16-Nov |
| Leon    | Pronk             | 16-Nov |
| Martin  | Prinsloo          | 16-Nov |



## BAR NEWS

**AGM at 18:30**

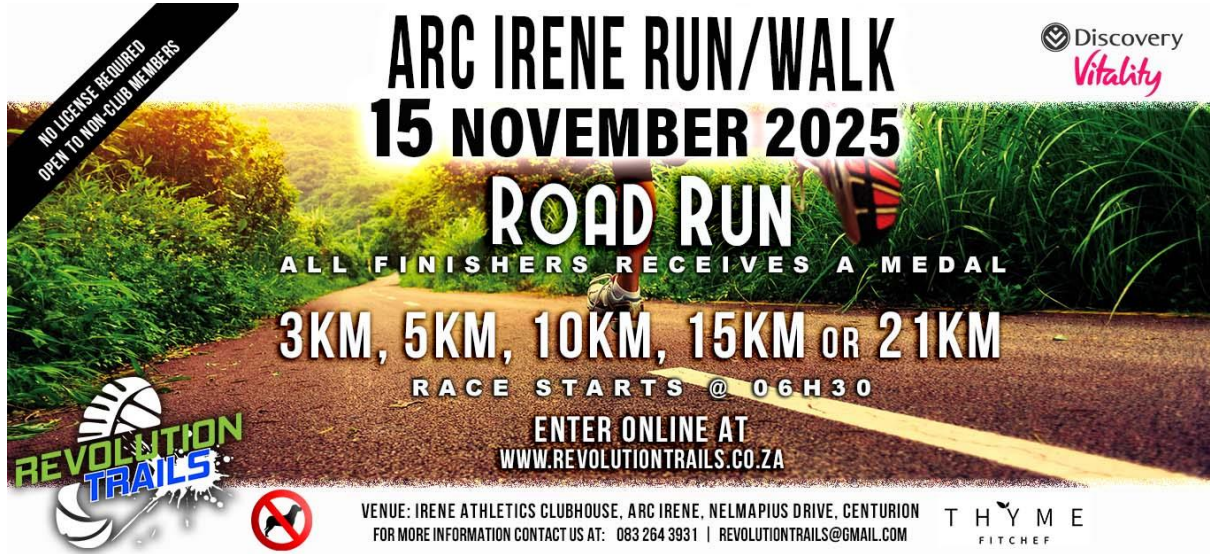


*THOUGHT FOR THE WEEK*

**SOMETIMES LATER  
BECOMES NEVER.  
DO IT NOW.**

A vibrant sunset scene with a bright orange and yellow sky. The sun is low on the horizon, partially obscured by tall, thin grasses. The foreground shows dark, layered rock formations. The overall mood is inspirational and urgent.

NOTICE BOARD



**ARC IRENE RUN/WALK**  
**15 NOVEMBER 2025**  
**ROAD RUN**  
ALL FINISHERS RECEIVES A MEDAL  
**3KM, 5KM, 10KM, 15KM OR 21KM**  
RACE STARTS @ 06H30  
ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

Discovery Vitality

REVOLUTION TRAILS

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)

THYME FITCHEF



**ARC IRENE RUN/WALK**  
**15 NOVEMBER 2025**  
**TRAIL RUN**  
ALL FINISHERS RECEIVES A MEDAL  
**3KM, 5KM, 10KM, 15KM OR 21KM**  
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THYME FITCHEF WETZ

# TOM JENKINS LEAGUE RACE

31st Run/Walk Challenge  
**Run Series**



with



**Saturday, 15 Nov 2025**

**FUN RUN 5KM | 06:15**  
**10KM | 06:00**  
**21.1KM | 06:00**

**VENUE: Union Buildings, Government Avenue, Pretoria**

**GPS Co-ordinates: 25.7402° S, 28.2120° E**

**Arrive early to avoid late start and disappointment!**

**ENTRY FEES:** | 21.1km | 10km | 5km **Fun Run**

exclude service charges

|                       |      |      |      |
|-----------------------|------|------|------|
| <b>70+</b>            | Free | Free | Free |
| All other categories: | R230 | R180 | R100 |
| Temporary licences:   | R70  | R70  |      |



**PRE-ENTRIES ONLY:**

- Capped at 6 000 entries.
- Late entries: On collection date or race day if cap not reached.
- Online entries: <https://www.entryninja.com/events/82558-tom-jenkins-challenge>
- Pre-entries: from 1 Oct - 13 Nov 2025 at Run-Away-Sport: 012 - 361 3733 and ...  
Friday 14 Nov 2025 race pack collection from 09:00 - 18:00.
- Online entries: will close at midnight on Tuesday 11 Nov 2025.

**RACE NUMBER COLLECTION:**

- Race number collection: Friday, 14 Nov 2025 from 10:00 - 18:00 and ...
- On the day of race 15 Nov 2025 at Pretoria Faith Community Church,  
22 Wessels Street, Arcadia, Pretoria from 04:30 - 05:45.



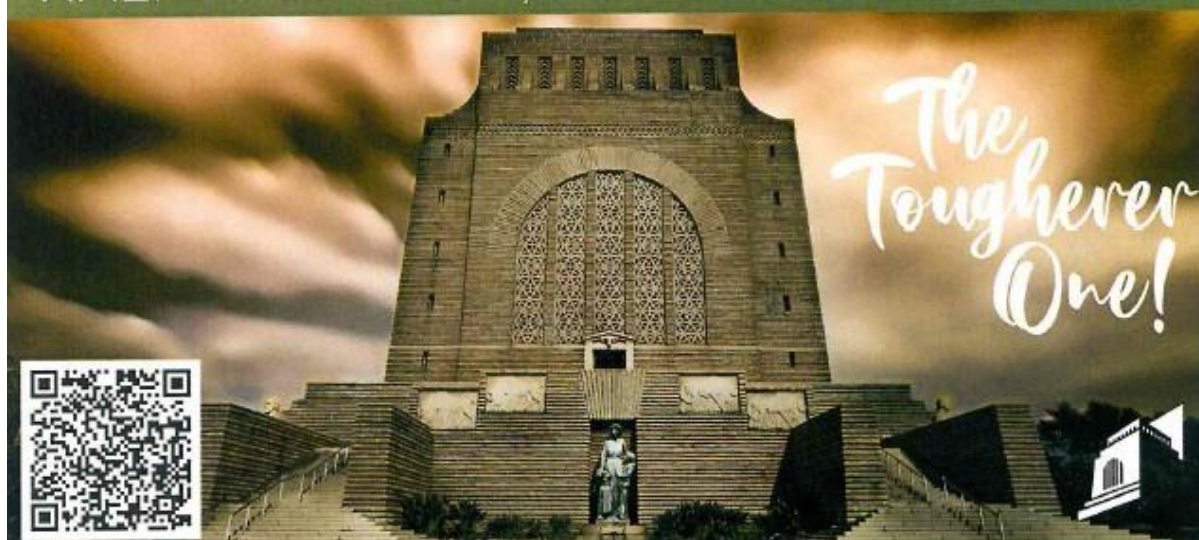
**ENQUIRIES:**

📞 Race office: 082 200 4219 (Paul)    082 566 1595 (James)

League race. There will be something to eat for all members

# VOORTREKKER MONUMENT

## HALF MARATHON, 10 KM & 5 KM FUN RUN



OFFICIAL AGN SANCTIONED RACE

 22 November 2025

Join the 57th annual Muller Potgieter Memorial Race. Muller Potgieter was a highly talented long-distance runner who won various marathons and achieved a fourth place in the 1968 Comrades at the age of 23. He tragically died in an accident a few months later.

 **21.1 km & 10 km** | 05:30

 **5 km FUN RUN** | 05:50

 Voortrekker Monument, Pretoria

Timekeeping only for races of 10 & 21.1 km

Water available at water station, bring your own container or bottle



Vitality Points: 10 km = 600 & 21 km = 1500



# BDS RACE WITH DISCOVERY Vitality

**21.1KM**  
6:00am

**10KM**  
6:00am

**5KM**  
6:15am

**29 NOV**  
SATURDAY.2025

## ENTRY FEES

| ENTRY FEES           | 21.1KM | 10KM | 5KM  |
|----------------------|--------|------|------|
| 70+                  | FREE   | FREE | FREE |
| 60-69                | R200   | R100 | R60  |
| LATE ENTRIES (18-69) | R250   | R160 | R80  |
| ALL OTHER CATEGORIES | R230   | R130 | R70  |
| TEMPORARY LICENSE    | R70    | R70  | N/A  |

### PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

### PARKING

Wonderpark Shopping Underground Parking & Secured Parking.

### RACE NUMBER COLLECTION

- Friday, 28 November: 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 29 November: 04:30 till 06:00 – at the venue.

### RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times: 10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

### PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 28<sup>th</sup> of November and morning of the race provided we have not reached the 4000

- Online entries: [www.entryninja.co.za](http://www.entryninja.co.za)
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at Wonderpark

FOR ENQUIRIES: STEPHEN BALOYI @082 262 2568 | PETER KHOZA @084 650 3358



**CITY**  
MARATHON



**YOUR CITY . YOUR RACE**

**60<sup>KM</sup> | 30<sup>KM</sup><sub>X2</sub> | 15<sup>KM</sup><sub>X4</sub>**  
**RELAY RELAY**

**+5KM FAMILY FUN WALK**



**DOWN TOWN RUN**

**16 DEC 2025**

**CHURCH SQUARE PRETORIA**

**ONLINE ENTRIES [ENTRYGEEK.COM](http://ENTRYGEEK.COM)**

For more Info- [www.city60marathon.com](http://www.city60marathon.com)



**SITHI 60 WENA O RENG!!!!**



*PHOTO CORNER*

**Action at the Jacaranda race**



Lenin Sithole



Bheki Ndlovu



Aloise Boshoff



Alex Elsworth



Amy Bridger



Lorraine Perumaul



Siyabonga Maphalala



Charnette and Nelius van Rooyen



Geertjie Bloem



Carole Mutloane



Odwa Golela



Suzanne Casey



Alta Struwig



Charnette van Rooyen, Suzanne Casey and Gustav Jansen van Rensburg ran their first Marathon



Noel Banda on the podium



Ansie Breytenbach



Anna Harris



Saturday morning at the East Coast Brewery Parkrun