



12 January 2026 2/26

EDITORIAL

The 2026 licences are now available. Registered, paid-up members can collect theirs every Tuesday from 17:00 to 19:00 at the admin desk in the clubhouse.

Some members have paid their membership fee but not ordered a 2026 licence. If you haven't ordered yet, please visit <https://store126837536.shop.netcash.co.za/products> to do so.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Om die Dorp race on Saturday:

Ansie Breytenbach	1 st Female – 60-69 – 10 km
Mike Gibbons	1 st Male – 70-79 – 10 km
Janine Rädell	1 st Female walker – 10 km
Retha Knoetze	2 nd Female walker – 10 km
Jaap Willemse	2 nd Male walker – 10 km
Alex Elsworth	1 st Male 50-59 – 21 km
Elsa Meyer	3 rd Female walker – 21 km

IRENE ATHLETICS CLUB

VOL.1 NUM.2026 * IRENE SOCIAL EVENING * 13 JANUARY 2026

BREAKING NEWS

OUT WITH THE OLD
AND IN WITH THE
NEW!

A new year means new goals and getting rid of the "old things" of 2025. Come with us as we officially transition into the new year together!

As we start the new year come and share with us your goals for the year. And get to know your running family.

AS WE RUN
WE BECOME



*There will be some boerewors rolls for you to enjoy
First come first serve*

REGISTRATIONS 2026

Membership registrations for 2026 are going extremely well!

Registrations are done on a new platform this year. Ensure that you complete the Google form first. When you submit the google form you will find the link to Netcash where you will select what you need and do the required payments.

The following membership packages will be available in 2026:

Irene Membership 2026	Full Year	ASA Licence
Full Membership	R650	R230
Spouse/Life Partner	R550	R230
Pensioner (65+)	R500	R230
Student (Turning 23 or less during 2026)	R250	R230
Junior (Turning 19 or less during 2026)	R250	R120

Please bear in mind that you do need an ASA licence to participate in official races. The licence is NOT included in the membership package.

There will be 400 T-shirts available to order. First come first serve.

Running vests/shirts will be free to first time new members.

Members who worked at our races during the year will receive a discount voucher to use during the registration process.

The link is available on our website www.irenerunner.co.za

NEW MEMBERS

A warm welcome to the members who have joined Irene AC for the first time. 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 your first time trials as soon as possible.



Ané
Pieterse

Ané
Vos

Aubrey
Naidoo

Chris
Herbst

Desmond
Mcunu

Jade
Ratzlaff



Jenny
Van Blerk

John
Swanepoel

Lance
van der Scholtz

Martinus
Mostert

Neël
Swanepoel

Olivia
Buck



Reghardt
Pieterse

Robert
Atkinson

Sizani
Maphala

Tayla-Ann
Macaskill

Zelna
Botes

Sithembinkosi
Kunene

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 13 January 2026 is our Time Trial and first Social for year. Please join us at the Clubhouse at 17:20 to catch up with fellow members and enjoy our fun Time Trial and Social afterwards.
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30.
- Saturday Event – PwC George Claassen Run starting at 6:00 at Faerie Glen Pick n Pay.
- Sunday Social Run – Social Run will start from Elvis Brew in Hazelwood at **5:30**.
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumalanga. 27-29 March 2026**

TRAINING CAMP AT ELANDSKLOOF TROUT FARM, MPUMALANGA 27-29 March 2026

This year we are planning a Training Camp weekend for the whole family at Elandskloof Trout Farm, close to Dullstroom in Mpumalanga.

GPS Coordinates:

S25°31'35.0''

E30°7'64.5''

Altitude 1900m

The Program for the weekend will entail training for all walkers and runners and include social and fun activities.

Please note: This venue is not in Dullstroom Town, but on the Elandskloof Trout Farm approximately 14km before Dullstroom on route the R540 between Belfast and Dullstroom. The training routes for the weekend will be on gravel roads and there will be Trail route options on the farm for those interested in Trail Running.

Outline of the Program for the weekend:

- Friday: Arrive at own time. Food is available for purchase with pre-booking or alternatively self-catering.

Meet and Greet/Weekend brief and Ice breaker in the evening at **19:30** in the

Function Lapa.

- Saturday: The morning will entail a Training session varying from 5km-30km on District gravel roads and Trail running options on the farm's Trail routes varying from 5-20km.

Afternoon – Stretch out session followed by a Team building Fun activity.

Evening – Braai, bring your own or be catered for by pre-booking.

- Sunday: Morning Training session with various distances offered varying from 5km-20km.

Brunch after the Training session for purchase or self-catering.

Check out 10:00

Please see other activities available on the Farm's website at elandskloof.co.za and book accommodation with **discount code: IAC2026**

We are looking forward to seeing you at the training Weekend, so make sure you secure your spot timeously!

Weekly Time Trials

Tuesday 13 January 2026 is our Time Trial and first Social for 2026. Please join us at the Clubhouse at 17:20 to enjoy our Time Trial and fun social evening together.

There is a 4km, 6km and 8km distance available.

Wednesday LSD Run

This Wednesday is our midweek run starting from Echt Coffee Shop in Lyttelton at 17:30.

Distance covered will be 5km, 10km or 15km.

Thursday Training Session

This Thursday will be a Speed Training Session at the Irene Oval and Krige Lane at 17:30.

Saturday Run

This Saturday 17 January 2026 is the PwC George Claassen Event at Faerie Glen Pick n Pay. Start is at 6:00 and there is a 5km, 10km and 21km distance available. Please remember our Cara-Fun will be there for you for safe guarding of your items and provide you with coffee and tea and a light breakfast.

Sunday Social Run

This Sunday's Social Run will be through the streets of Waterkloof and will start with our Summer Schedule of **5:30**. We will start at Elvis Brew in Hazelwood, please note there is paid secure parking available close by. Distance will be from 5km-11km.

Training questions and comments

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

Happy Running Team

Lindsay 072 213 5094

Jacqueline 073 887 0757

THIS WEEK'S DIARY



Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Strength Training
& Core
(Self train at home)

Tuesday

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

Wednesday

ECHT
Midweek LSD Run
@ Echt Lyttelton
17:30
5km, 10km, 15km

Thursday

Speed Training Session
Irene Oval & Krige Lane
17:30

Friday

 Mobility
Friday

For More
Information

Lindsay
072 2135094
Jacqueline
073 8870757



Saturday

PwC George Claassen
@ Faerie Glen
6:00
5km, 10km, 21km

Sunday

Sunday Social Run
Waterkloof Run
Elvis Brew @ 5:30
5km, 11km



TRAINING PROGRAMME

January 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3	4
5 Core & Strength Training +/- 60min	6 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	7 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	8 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	9 Mobility Fridays	10 PVR OM DIE DORP ROAD RACE 5km 10km 21.1km	11 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
12 Core & Strength Training +/- 60min	13 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km IAC Social	14 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	15 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	16 Mobility Fridays	17 PWC GEORGE CLAASSEN RACE 5km 10km 21.1km	18 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
19 Core & Strength Training +/- 60min	20 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	21 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	22 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	23 Mobility Fridays	24 AKASIA ROAD RACE 5km 10km 21.1km 42.2km	25 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
26 Core & Strength Training +/- 60min	27 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	28 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	29 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	30 Mobility Fridays	31 INTERCARE CLASSIC ROAD RACE (LEAGUE RACE) 5km 10km 21.1km	1 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 2026.

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 :	Vic Clapham Medal :
WU :	Warm Up - Easy Jog	8km : Sub 54 minutes	8km : Sub 52 minutes
CD :	Cool Down - Easy Jog	21.1km : Sub 2h26 minutes	21.1km : Sub 2h18 minutes
LSD :	Long Slow Distance, 55% - 65% of Max HR	42.2km : Sub 4h59 minutes	42.2km : Sub 4h50 minutes
Min :	Minutes (Time not Distance)	Bronze Medal :	Bronze Medal :
Easy :	Long Slow Distance (LSD) - HR below 85%	8km : Sub 47 minutes	8km : Sub 45 minutes
Hills Repeats :	@ 70%-80% of max HR	21.1km : Sub 2h09 minutes	21.1km : Sub 2h05 minutes
Sprints Session :	85-95% of Max HR	42.2km : Sub 4h26 minutes	42.2km : Sub 4h25 minutes
Tempo Run :	65-75% effort level	Sainsbury Medal :	Bill Rowan Medal :
Program Legend :	B = Beginner I = Intermediate A = Advanced	8km : Sub 38 minutes	8km : Sub 35 minutes
		21.1km : Sub 1h46 minutes	21.1km : Sub 1h39 minutes
		42.2km : Sub 3h40 minutes	42.2km : Sub 3h30 minutes

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


CLUB AWAY WEEKEND


  RUN THE DISTANCE – Irene Training Camp   



Join us for an unforgettable weekend of running and good vibes at Elandskloof Trout Farm, Dullstroom

 27–29 March 2026

Whether you're building endurance, chasing mountains, or just keen for a solid running escape — this is for you.

 Book now and use discount code IAC2026

 www.elandskloof.co.za

  Let's run the distance together.

RUN THE DISTANCE

IRENE TRAINING CAMP

27-29 MARCH '26

ELANDSKLOOF TROUT FRAM
DULLSTROOM



Book now using the
discount code
IAC2026



SCAN HERE

PERSONALIA

Congratulations to Nico and Mariette van Niekerk who got married recently.

We wish them a lifetime of happiness together and may they run many races together.



Congratulations to the following members who celebrate their birthdays during the week:

Carla	Hartmann	12-Jan
Amanda	de Beer	13-Jan
Gert	Fourie	13-Jan
Lezanne	Grove	14-Jan
Ane	Pieterse	16-Jan
Fanie	Van Wyngaard	17-Jan
Elani	Swanepoel	17-Jan
Maryke	Bester	18-Jan

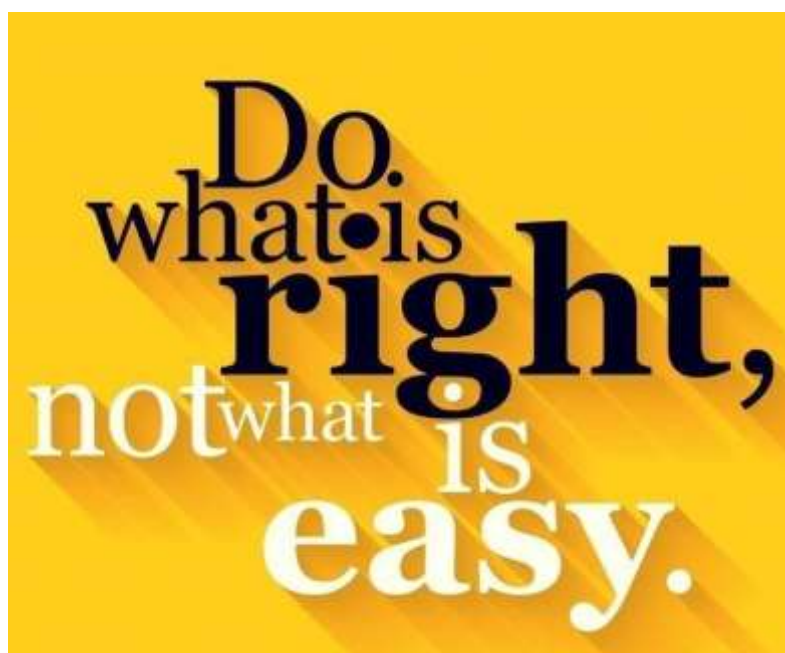


BAR NEWS



**Social evening. Free boerewors rolls for members and their families
No take aways**

THOUGHT FOR THE WEEK



NOTICE BOARD



Discovery Vitality

17 January 2026

ARC IRENE TRAIL RUN

3KM | 5KM | 10KM | 15KM | 21KM

REGISTRATION OPENS @ 05H45
RACE STARTS @ 06H30
OR REGISTER & START BETWEEN 06H30 TILL 08H00

Finisher medals

Venue: Irene Athletics Clubhouse | ARC Irene Grounds | Centurion | Gauteng
ENTER AT WWW.REVOLUTIONTRAILS.CO.ZA | WHATSAPP: 083 264 3931

REVOLUTION TRAILS

The poster features a male trail runner in a forest setting. It includes logos for Discovery Vitality and Revolution Trails, a date badge for 17 January 2026, a 'No Dogs' symbol, and a 'Finisher medals' badge. The race title 'ARC IRENE TRAIL RUN' is prominently displayed in large white letters, with distances listed below. Registration and start times are provided in a smaller font, and the venue and contact information are at the bottom.



Discovery Vitality

17 January 2026

ARC IRENE ROAD RUN

3KM | 5KM | 10KM | 15KM | 21KM

REGISTRATION OPENS @ 05H45
RACE STARTS @ 06H30
OR REGISTER & START BETWEEN 06H30 TILL 08H00

Finisher medals

Venue: Irene Athletics Clubhouse | ARC Irene Grounds | Centurion | Gauteng
ENTER AT WWW.REVOLUTIONTRAILS.CO.ZA | WHATSAPP: 083 264 3931

REVOLUTION TRAILS

The poster features a female road runner on a paved path. It includes logos for Discovery Vitality and Revolution Trails, a date badge for 17 January 2026, a 'No Dogs' symbol, and a 'Finisher medals' badge. The race title 'ARC IRENE ROAD RUN' is prominently displayed in large white letters, with distances listed below. Registration and start times are provided in a smaller font, and the venue and contact information are at the bottom.



2026 | Hosted by Pretoria Marathon Club

PwC George Claassen Road Race

Fifty years of legacy. Twenty years proud.

17 January 2026

Scan to register online



Free pair of sox to the first 2500 online entries.

Start times:

21.1km/10km run/walk – 6am
5km fun run – 6:15am

Cut-off times:

21.1 km split at Pick n Pay Hyper (9.7 km) – 07:30am.
All distances – 09:30am

Race venue: Start/finish

Faerie Glen Shopping Centre, Corner Atterbury Road and Selikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com

Race results: results.finishtime.co.za



JOHANN VAN EEDEN

42.2 KM

Start: 05:30

Cut-off

@20 km 08:15

21.1 KM

Start:

05:30

10 KM

Start:

06:00

5 KM

Start:

06:10



Scan to enter online

PRE-ENTRIES ONLY: www.entryninja.com

WONDERPARK SHOPPING CENTRE

GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za

RACE INFORMATION

071 483 1796

Online entries close on Tuesday 20 January 2026





intercare classic



LEAGUE RACE



5K 10K 21K



LOCATION

WHEN



CASTLE GATE SHOPPING CENTRE



JAN 31 @ 6:00



Join our goal to be back at the top in 2026! Boost your energy, meet new friends, and enjoy a light breakfast!

[WWW. ENTRYNINJA.COM](http://WWW.ENTRYNINJA.COM)





RUN/WALK YOUR STORY. SHARE YOUR WHY.

Join the Intercare Classic Road Race 2026

21.1 km | 10 km | 5 km fun run



SATURDAY, 31 JAN 26
FROM 06H00
Pre-entries close
26 Jan 2026



CASTLE GATE
SHOPPING CENTRE
Waterkloof Ridge
Pretoria



ENTER ONLINE @
ENTRY NINJA



Medals for finishers within cut-off times
AGN registered league race | Proceeds support CHOC

PHOTO CORNER



The start of the 2026 time trials



The fast runners passing the club house



Christelle van Niekerk is in good shape for this time of the year



Tony and Mignot Makris with Fires van Vuuren



Cuthbert Mamabolo



Johan Nell, Natasha Pienaar and Lisa Nell



New member Hanno Korf



Mariette and Nico van Niekerk



Amy Gray, a visitor, with Leandri de Beer and Zonah van Rensburg



Aobakwe Modisakeng



New member Zoë Nell



Saturday morning at the Om die Dorp race. The place to be at every race in Pretoria



Ansie Breytenbach started the year well



Mike Gibbons started where he finished last year



Well done to Alex Elsworth with his podium finish



Our walkers always make us proud. Well done to Retha Knoetze and Janine Radel



At 79 Elsa Meyer is still competing with the youngsters