



12 May 2025 19/25

EDITORIAL

Thank you to those of you who have already indicated that you will contribute towards the Comrades goody bags, it is highly appreciated. We need many more contributions please.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goodie bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 100 goody bags.

We need it not later than 1 June, the evening when the goodie bags will be packed.

Make use of this opportunity and support our Comrades runners please.

Reply to this email if you can assist in any way.

Kaapsehoop away weekend:

The bookings for the accommodation will be made today (Monday). There are still a few deposit payments outstanding. Please remember: **No deposit, no booking.**

Cross Country 24 May

We are going to present a cross country meeting on Saturday, 24 May. We need helpers please. Reply to this email to make yourself available please.

ACHIEVEMENTS

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

Johan van Vuuren
Ansie Breytenbach

1st Male - 80+ - 10 km
1st Female – 60 – 69 – 10 km

Well done to Lebeauf von Bencke who came first in his age category and third overall in the 10 km at the SA Masters Championships:

REGISTRATIONS 2025

Another 3 members registered during the week of which 1 is first time member. Welcome to you. We now have 583 members compared to 505 at the same time last year.

NEW MEMBERS

A warm welcome to the new member who joined last week. May you enjoy every moment with us. Be active members of this great family. We want to see your face 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 number and running vest/shirt.



Wilbri Vorster

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – 13 May 2025 at 17:15
- Thursday Morning Run – 15 May 2025 at Highveld Spar, 5:00
- Friday – Cross Country League 2 at TUT Campus
- Saturday Event – 17 May 2025, The Grove Mall Race starting at 6:30 at The Grove

Weekly Time Trials

Please join us at the Club House on Tuesday for our Time Trials.

Please note our starting time has changed to 17:15 for the winter season. There is a 4km, 6km and 8km distance available.

Wednesday LSD Run

This Wednesday the LSD run will take place from Echt Coffee Shop, Pierre Van Ryneveld at 17:15 for a 12km-15km distance.

Thursday Morning Run

Our morning run will take place from the Highveld Spar and will start at 5:00 for a 6km-10km distance.

Thursday Afternoon Session

Please join us this Thursday for a Speed Training session at the Club House at 17:15.

Friday Event

This Friday is the Cross Country League 2 held at TUT Campus

Saturday Run

This Saturday is The Grove Mall Race starting at the Grove Mall at 6:30. There will be a 5km, 10km and 21km event.

This is a League Race and our Cara-Fun will be available to all club members.

Sunday

This Sundays Long Run will take place at the Cradle and will start at 6:30 from the Rhino and Lion Park. There will be a 10km, 20km and 30km distance available.

Comrades Information and Question session

All Comrades runners and family members/supporters are welcome to join us for an informative session on 27 May 2025 at the Irene Club House at 18:30. If you have any questions regarding the event or planning for the event this would be a wonderful opportunity to have your questions answered and chat to fellow comrades runners. Our hosts will be Norton Mole and Maureen Mossop.

Cross Country Event hosted at Irene Club

Irene Club will be hosting a Cross Country event on 24 May 2025 from 11:00 till 16:00. We need your support and help to make this event a success. Please can we ask for your assistance on this day to help with various roles from entries to registrations, marshalling and parking. Please contact us to put your name on the list for the day.

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



WEEKLY TRAINING SESSIONS

Monday

Stretch & Strength Training
(Self train at home)

Tuesday

Time Trial @ Club House 17:15
4 - 6 - 8 km

Wednesday

ECHT
Midweek LSD Run @ ECHT Coffee 17:15
12 - 15 km

Thursday

ALERT! Morning Session @ Highveld Spar 5:00 - 10 km
Speed Session @ Irene Club House 17:15

Friday

Cross Country League 2 @ TUT Campus

For More Information
Nelius: 072 248 7698
Jacqueline: 073 887 0757



Saturday

The Grove Mall Race @ The Grove Mall 6:30
5 - 10 - 21 km
(LEAGUE RACE)

Sunday

Cradle Long Run @ Lion & Rhino Park 6:30
10 - 20 - 30 km



TRAINING PROGRAMME

May 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 Long Run B - 75min I - 120min A - 180min	29 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	30 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	1 WALLY HAYWARD MARATHON 10km 21,1km 42,2km	2 REST	3 HOKA HALF RUNFEST 5km 10km 21,1km	4 Sunday Long Run B - 60min I - 90min A - 180min
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 - 55min I - 75min A - 90min	8 Hill Repeats W/U, Hills, C/D B - 6 x 400m I - 8 x 400m A - 8 x 600m	9 REST	10 JACKIE MEKLER ROAD RACE 5km 10km 25km	11 Sunday Long Run B - 60min I - 90min A - 150min
12 Core & Strength Training +/- 60min	13 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	14 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	15 Speed Session W/U, Speed, C/D B - 4 x 400m I - 6 x 400m A - 8 x 600m	16 REST	17 RACE OF HOPE (LEAGUE RACE) 5km 10km 21,1km	18 THE LOVE RUN 5km 10km 21,1km
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 - 55min I - 75min A - 90min	22 Hill Repeats W/U, Hills, C/D B - 6 x 400m I - 8 x 400m A - 8 x 600m	23 REST	24 RACE OF GRATITUDE 5km 10km 21,1km	25 Sunday Long Run 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 400m I - 6 x 600m A - 8 x 800m	30 REST	31 COSMO RUN 5km 10km	1 Sunday Long Run B - 60min I - 90min A - 90min

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. Comrades athletes will go into their tapering period towards the middle of the month building up to their last 2-3 weeks before race day. It is important that a gradual tapering period be planned. All athletes should be conscious to stay healthy and eat healthy in the next few weeks.

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
W/U :	Warm Up - Easy Jog	Vic Clapham Medal : 8km : Sub 52 minutes 21.1km : Sub 2h18 minutes 42.2km : Sub 4h50 minutes
C/D :	Cool Down - Easy Jog	Bronze Medal : 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes
LSD :	Long Slow Distance, 55% - 65% of Max HR	Sainsbury Medal : 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 minutes
Min :	Minutes (Time not Distance)	Bill Rowan Medal : 8km : Sub 35 minutes 21.1km : Sub 1h39 minutes 42.2km : Sub 3h30 minutes
Easy :	Long Slow Distance (LSD) - HR below 65%	
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

Irene

Athletics Club

Planned Long Runs

Date	Run	Distance
6 April	Busstop 7	30km
13 April	BNAC Marathon	42.2 / 48km
18 April	Cradle of Humankind	20 / 30 / 42.2km
19 April	Tshwane Ultra (League)	50km
21 April	Irene Link	30km
26 April	Loskop Marathon	50km
28 April	Magnolia Long Run	15 / 30 / 45km
28 April	Cradle of Humankind	30km
1 May	Wally Hayward Marathon	42.2km
4 May	Midrand Striders Long Run	60km
18 May	Cradle of Humankind	20 / 30km

Irene

COMRADES EVENTS

MORE THAN A RACE
DOWN RUN

Sun 11 May	Irene Long Run	@ Irene Link Shopping Centre	10 - 20km	6:30 am
Sun 18 May	Irene Long Run Cradle	@ Rhino & Lion Park Kromdraai, Cradle	30km	6:30 am
Tue 27 May	Comrades Info / Q&A Session	@ Irene Clubhouse		6:30 pm
Sat 31 May	IAC Comrades Function	@ Irene Clubhouse	<i>Cheers!</i>	2:00 pm
Sun 1 June	Comrades Send-Off Run	Venue TBC	10 - 15km	7:00 am
Sun 1 June	Comrades Church Service	@ PvR Geloofs familie Church		11:00 am
Mon 9 Jun	Post Comrades Function	@ Umhlanga Restaurant TBC		10:30 am
Tue 1 July	Comrades Aches & Pains	@ Irene Clubhouse		6:30 pm



Irene

Athletics Club

**INFORMATION / Q&A
SESSION**

**27 MAY 2025
6:30PM**

IRENE CLUBHOUSE



14 **19**



CONRAD'S DOWN RUN
MORE THAN A RACE
DOWN RUN

CLUB AWAY WEEKEND

Bookings for the away weekend to the Kaapsehoop race are closing today

Please book [HERE](#) to book your spot and then pay 50% deposit into the club's bank account to secure it. Please use 'away weekend' and your name as reference.

No deposit no booking.

CROSS COUNTRY

Irene



Athletics Club CROSS-COUNTRY 2025 (PRE-SEASON)



Athletics
Gauteng North

Sat 10 May	League 1 - Fleur Primary School
Fri 16 May	League 2 - TUT Pretoria West
Sat 24 May	League 3 - Irene Athletics Club
Fri 30 May	League 4 - Eldoraigne High School
Sat 14 Jun	League 5 - Inter Provincials (Brits High School)
Sat 16 Aug	AGN Championships (Lavender Country Market)
Sat 6 Sep	SA Championships (Middelburg)

Qualification criteria

- Must compete in **2 league races** to qualify for the Inter-Provincial team.
- 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

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

Handri	Kymdell	12-May
Charlotte	Geel	12-May
Anita	Marais	13-May
Gibson	Nyamuda	14-May
Riaan	van Staden	14-May
Thinus	Kapp	15-May
Lani	Botha	15-May
Henning	Beukes	16-May
Eujean	Snyman	18-May
Tarryn	Makgetla	18-May
Jordaan	Jacobs	18-May
Prudence	Motseo	18-May



BAR NEWS

There will be fires for those who want to braai



THOUGHT FOR THE WEEK

It doesn't matter what you did or where you were...it matters where you are and what you're doing. Get out there! Sing the song in your heart and NEVER let anyone shut you up!!

NOTICE BOARD

ARC IRENE
SUNSET RUN/WALK
2KM, 5KM & 10KM
ROAD RUN OR TRAIL RUN
You choose which one
14 MAY 2025
REGISTRATION OPENS AT 16H00
RACE STARTS @ 16H30
OR REGISTER AND START ANYTIME BETWEEN
16H00 TILL 18H00
BUY TICKETS ONLINE
WWW.REVOLUTIONTRAILS.CO.ZA
OR ON-THE-DAY
VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT:
REVOLUTIONTRAILS@GMAIL.COM | 083 264 3931

NO LICENSE REQUIRED
OPEN TO NON CLUB MEMBERS

Discovery
Vitality

REVOLUTION TRAILS

THYME
FITCHEF

ARC IRENE RUN/WALK
17 MAY 2025
ROAD RUN OR TRAIL RUN
YOU CHOOSE WHICH ONE YOU WANT TO DO
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 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

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Discovery
Vitality

REVOLUTION TRAILS

THYME
FITCHEF

the grove
mall

Get your 2025
The Grove Mall Race
Socks for only
R95

 **quatro**  **HI-TEC**

The Grove Mall Race

5km, 10km & 21.1km

17 May 2025 • 7am



PHOBIANS



Athletics
Gauteng North

Hosted by Phobians Athletics Club: www.phobians.co.za

Race Office: thegroverace@phobians.co.za

Cnr. Lynnwood & Simon Vermooten, Equestria



24 MAY 2025

5km | 10km | 21.1km

RACE STARTS AT 07:00

Walk
& Run

Race of
Gratitude

Incorporated with the
AGN 21km Championships
SKOSANA Legend



Centurion Mall



Support Skosana Development
The Champions of Tomorrow



#THE HEART OF
CENTURION™

@ | | | centurionmall.co.za

Clifford: 082 447 6744
William: 082 043 2686
loverunningclub@gmail.com



in conjunction with
The Glen High School

DATE:

31st May 2025

Time: 7h00

Entry fee

	21km	10km	5km
All categories	R250	R180	R90
70+	Free	Free	Free
Temporary licenses	R70	R70	N/A

Pre-Entries: 07th - 27th May 2025
Run-Away-Sport: 012 361 3733
302 FREESIA STREET, PRETORIA
<https://www.entryninja.com/event/>
view the website or scan QR Code



Race Number Collection
The Glen High School
181 Corobay Avenue
30 May 9h00 - 19h00

**C
O
M
R
A
D
E**

5/10/21km

SEND OFF





PVR DORPSFEES NIGHT RACE



PRESENTED BY MAD MONKEY ADVENTURES & IRENE AC



27TH AUGUST 2025



STARTING POINT

PIERRE VAN RYNEVELD GELOOFSFAMILIE
14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

5 KM START TIME 18:30 R70 ENTRY FEE

10 KM START TIME 18:30 R150 ENTRY FEE

DOGS & PRAMS WELCOME ON THE 5KM

 Register Now!
www.entryninja.com

**ONLINE ENTRIES
CLOSE 25 AUG '25**

Athletes, join us for a "braai & kuier" afterwards. Wood for the braai will be provided

A FESTIVAL NOT TO BE MISSED !

**WATCH
THIS
SPACE**



**BROOKLYN
ROAD RACE
6 SEPTEMBER 2025**



Brooklyn Design Square
Cnr. Veale & Bronkhorst Streets

**32 km, 21.1 km, 10 km
& 5 km Fun Run**

PHOTO CORNER



The Irene bus at the Jackie Mekler 25 km



The bus runners after the race



Laurinda Koch after her Jackie Mekler race



Johan van Vuuren on the podium at the Jackie Mekler



Ansie Breytenbach was also on the podium



Irene members before the start of their race at the cross country meeting



This is what the start looks like of one of the groups at the cross-country meeting



Sibo Mshengu finished 5th in his very competitive group



Emma Cox also finished in the top five



Alta Struwig in action



New member Karen van Zyl



The Sunday morning training group