12 October 2026 40/26

EDITORIAL

The response from our members to help at our race on 31 October has been excellent! Thank you to all of you who have responded. At this stage we still need a few more helpers in the following areas:

- Handing out race packs on Friday
- Registrations on Saturday morning
- Parking marshals on Saturday morning

Please reply to this email to make yourself available.

The Purple Run on Sunday was a huge success! Thank you to everybody who supported it and a special word of thanks to Blanche van Vuuren for her wonderful support on the route.

CAPTAIN'S CORNER

Thank you to all who joined in this Sunday with our Purple Run in association with the Pink Initiative.
We have extended the opportunity to donate new or preloved bras at our Time Trial at the Club House this Tuesday and any donations to the I love Boobies can be made through this QR code.
This will also be made available at the Club House on Tuesday.

Please diarize the following important dates:

- Mobility Monday – This Monday is Mobility Monday with Yolande at the Club House at **17:20**
- Club Time Trials – Tuesday 13 October is our Time Trials at the Club House. Please join us for our **17:30** start.
- Wednesday Evening Run - Midweek Run from Echt Pierre Van Ryneveld at **17:30**
- Saturday Run – CSIR Road Race starting from CSIR Main campus at 6:00
- Sunday Run – JRAC Half Marathon starting from Sutherland High School at 6:00. 5km and 21km available
    - Sunday Social Easy run starting from Plato Volley Roper, Brooklyn at 6:00 for 5km-10km

Mobility Mondays:

This Monday 12 October is Mobility Monday with Yolande at the Club House at 17:20.

Please bring your own mat, elastic band and weights.

Tuesday Weekly Time Trials

Tuesday 13 October is our Time Trials at the Club House. Please join us at the Club House for a 17:30 start.
There is a 4km, 6km and 8km distance available.

Wednesday LSD Run

This Wednesday 14 October is our midweek run starting at Echt Coffee Shop in Pierre Van Ryneveld at **17:30**. Please bring a headlamp. Distance will be 5km-10km

Thursday Training Session

This Thursday 15 October is a Hills Training Session at the Club House at **17:30.**

Saturday Run

This Saturday 17 October is the CSIR Road Race starting from the CSIR Main Campus at 6:00. There is a 5km, 10km and 21km distance available.

Sunday Run

This Sunday 18 October is JRAC Half Marathon starting at 6:00 from Sutherland High School. There is a 5km and 21km distance available.

Social Run – This will be an easy social run starting from Plato Volley Roper in Brooklyn at 6:00 for an easy run through the Jacaranda streets of Brooklyn. 5km – 10km distance.

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

TRAINING PROGRAMME

October 2026

IRENE ATHLETICS CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 **Core & Strength Training** +/- 60min	29 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	30 **Midweek LSD** **W/U, LSD, C/D** B - 40min I - 55min A - 75min	1 **Hill Session** **W/U, Hill, C/D** B - 6 x 300m I - 6 x 400m A - 8 x 500m	2 **REST**	3 **CHAMBERLAIN CLASSIC ROAD RACE** 5km 10km 21km	4 **SOCIAL RUN** B - 60min I - 75min A - 120min
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 - 45min I - 60min A - 90min	8 **Speed Repeats** **W/U, Speed, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	9 **REST**	10 **MASELELO HALF MARATHON** 5km 10km 21km	11 **SOCIAL RUN** B - 45min I - 45min A - 60min
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 - 45min I - 60min A - 90min	15 **Hill Session** **W/U, Hills, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	16 **REST**	17 **CSIR ROAD RACE** 5km 10km 21km	18 **SOCIAL RUN** B - 60min I - 75min A - 120min
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 - 45min I - 60min A - 90min	22 **Speed Repeats** **W/U, Speed, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	23 **REST**	24 **JACARANDA CITY CHALLENGE MARATHON** 5km 10km 21km 42 km (IRENE AC 42 km CLUB CHAMPIONSHIP)	25 **SOCIAL RUN** B - 45min I - 45min A - 60min
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 - 45min I - 60min A - 90min	29 **Speed Session** **W/U, Speed, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	30 **REST**	31 **IRENE FARM RACE** 5 km 10 km 21.1km	1 **SOCIAL RUN** B - 60min I - 75min A - 120min

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 2 marathons later the year being Kaapsehoop or the Jacaranda Marathon.

The final month has approached and marathon season is upon us. Tapering should start 2-3 weeks before race day, gradually decreasing distance and effort. You worked hard, go get those medals.
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	**Blue Medal :**		**Vic Clapham Medal :**	
	Max HR estimate - Women 228 minus age	8km :	Sub 54 minutes	8km :	Sub 52 minutes
W/U :	Warm Up - Easy Jog	21.1km :	Sub 2h26 minutes	21.1km :	Sub 2h18 minutes
C/D :	Cool Down - Easy Jog	42.2km :	Sub 4h59 minutes	42.2km :	Sub 4h50 minutes
LSD :	Long Slow Distance, 55% - 65% of Max HR				
Min :	Minutes (Time not Distance)	**Bronze Medal :**		**Bronze Medal :**	
Easy :	Long Slow Distance (LSD) - HR below 65%	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				
Program Legend :	B = Beginner	**Sainsbury Medal :**		**Bill Rowan Medal :**	
	I = Intermediate	8km :	Sub 38 minutes	8km :	Sub 35 minutes
	A = Advanced	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 072 213 5094 or 073 887 0757

PERSONALIA

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

Courtney	Green	12-Oct
Mariette	van Niekerk	14-Oct
Reyn	Vlietstra	15-Oct
Tracy	Thompson	17-Oct
Henry	Enslin	18-Oct
Sarel	Van der Walt	18-Oct
Ilana	Marais	18-Oct

BAR NEWS

There will be fires for those who want to braai

THOUGHT FOR THE WEEK

Never lose hope. Storms make people stronger and never last forever

NOTICE BOARD

CSIR ROAD RACE

SATURDAY

17 OCTOBER 2026

CONQUER THE TRAIL,OWN THE HILLS

Powered by bestMed medical scheme

RUN AND WALK

21.1 KM /10 KM
06:00

5 KM | 06:10

FREE T-SHIRTS for the first 200 ONLINE Entries received in either the 10 km or 21.1 km races.

https://www.entryninja.com/events/13742-csir-2026

CSIR MAIN CAMPUS, MEIRINGNAUDE ROAD, BRUMMERIA, PRETORIA

ENTRIES: ONLINE AT WWW.ENTRYNINJA.COM

Open: Friday, 1 August 2026; **close:** Tuesday, 13 October 2026 at midnight

Entries also available at Run-A-Way Sport - 302 Freesia Street, Lynnwood Ridge, 012 361 3733

LATE ENTRIES: If not sold out, LATE ENTRIES available at the CSIR on the following collection dates Friday, 16 October 2026 from 14:00 – 18:00
DEBIT/CREDIT CARD PAYMENTS ONLY (no cash accepted)

ENTRY COLLECTIONS

Friday, 16 October 2026, CSIR South Gate, Meiring Naude Road, Brummeria from 14:00 - 18:00
Saturday, 17 October 2026, at CSIR North Gate, Meiring Naude Road, from 04:30 - 05:50

RACE RESULTS: HTTPS://RESULTS.FINISHTIME.CO.ZA/

MEDALS

GOLD - All category winners and first man and first woman in the 5 km Fun Run

SILVER - Second place male and female in the 10 km and 21 km open categories

BRONZE - First 4000 finishers within the cut-off time

FREE ENTRY for athletes aged 70 years and older on race day.

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE	MINIMUM AGE	START TIME	CUT OFF	PRIZE GIVING
21.1 KM	R200	R230	16 years	06:00	09:15	09:00
10 KM	R150	R180	14 years	06:00	08:00	09:00
5 KM	R50	R60		06:10		

science, technology & innovation
Department: Science, Technology and Innovation
REPUBLIC OF SOUTH AFRICA

CSIR
Teaching lives through innovation

Powered by bestMed medical scheme

Athletics South Africa

Irene Primary School
YOU'RE INVITED
Moonlight
Fun Run/Walk
FRIDAY, 23 OCTOBER 2026
VENUE: Irene Primary School Sports Ground
RACE INFO: 5km & 8km – Race starts @18:00
ENTRY FEE: R100 adults & R50 children under 12
TICKETS: www.ticketpro.co.za
DOGGIES AND WHEELCHAIRS WELCOME!
@ no cost
CONTACT PERCY: communications@ireneprimary.co.za
Like and follow us on Facebook @Irene Primary School
Community • Fitness • Fun • Together

JACARANDA CITY MARATHON CHALLENGE 26
EARLY COMRADES & TWO OCEANS QUALIFIER
INCORPORATING AGN MARATHON CHAMPIONSHIP
24 OCTOBER 2026
5KM · 10KM · 21.1KM · 42.2KM
SOUTH AFRICA'S
LARGEST
MARATHON
IN 2025
Organised by:
FARANANI athletics club
Presented and Produced by:
sportsVendo
Sanctioned by:
INCORPORATING AGN MARATHON CHAMPIONSHIP
Athletics Gauteng North
Acknowledgement:
SMACPIX

IRENE FARM RACE

31 OCT '26

Athletics Gauteng North

5km 10km 21.1km

with Discovery Vitality

IRENE

PARKING

- Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.
- Entrance to the ARC is opposite Denel Dynamics

RACE NUMBER COLLECTION

- Wednesday 28 October: Run-Away-Sport: 13:00 – 17:00
- Friday 30 October: Sportsmans Warehouse Centurion: 09:00 – 18:00
- Saturday 31 October (Race day): At the venue: 04:30 – 05:50)

FUN FOR THE WHOLE FAMILY

Bring the whole family along to join the Irene AC and 5000 enthusiasts and run/walk along the tranquil streets of Southdowns, the Irene Dairy Farm & Irene Golf Course. Farm animals along the route. There just isn't another race like this!

ENTRY FEES

Entry Fee	5km	10km	21.1km
	R 70	R 150	R 240
70 +	FREE	FREE	FREE
Late Entries (14-69)	R 80	R 170	R 260

Entry fees exclude service charges

RACE INFO

- The 10 and 21km will start at 6:00
- The 5km fun run starts at 06:15
- The 1km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1km
- Water points at ± every 3km
- Cut-off times:10km-2hours, 21km-3hours.
- Food and drinks stalls available
- 21km is not Wheelchair-friendly

PRE-ENTRIES ONLY

Pre-entries close on 27 October or when cap of 5000 is reached
Online entries: www.entryninja.com

- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Sportsmans Warehouse Centurion: 012 361 3733
- Kloppers Castle Gate: 012 051 4200

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

aQuellé

ARC Campus, Nellmapius Drive, Irene

Please note that Irene members are not allowed to run/walk this race. We need our members to work on the day to ensure that we present a top-class race.

TSHWANE OPPIE BOL

HALF MARATHON

21.1KM	06:00 AM
10KM	06:15 AM
5KM	08:00 AM
1.6KM	08:00 AM

SAVE THE DATE

VALHALLA PRETORIA
07 NOVEMBER 2026
AGN LEAGUE RACE

Athletics Gauteng North

CITY OF TSHWANE

Discovery Vitality

ONLINE ENTRIES:

ENTRY FEE:
- 21.1KM RACE - R220
- 10KM RACE - R150
- 5KM RACE - R100
- 1.6KM DREAM MILE - R80
- TEMPORARY LICENCE - R70

PLEASE CONTACT
CAZLE HENDRICKS
082 818 2956
DIMAKATSO SHILANGU
064 895 1832
NOSISI DLOMO
072 161 0281

MEDALS TO ALL FINISHERS!

IN SUPPORT OF DISABILITY AWARENESS MONTH

ARCADIA

TOM JENKINS *Challenge*

ATHLETICS
GAUTENG NORTH

WITH
Discovery Vitality

UNION BUILDINGS
PRETORIA

14 NOVEMBER 2026

06H00
10KM & 21.1KM

06H15
5KM

CHOOSE YOUR CHALLENGE

5KM | **10KM** | **21.1KM**

FREE 500 T-SHIRTS

(10 AND 21KM ONLINE ENTRANTS ONLY)

AFTER THE 1ST 500,
T-SHIRTS WILL BE FOR SALE AT R250

ENTRIES OPENING ON
05 AUGUST 2026

ONLINE ENTRIES WILL CLOSE ON
TUESDAY 10 NOVEMBER 2026

PROUDLY SPONSORED BY

NISSAN GEZINA
012 404 0000

aQuellé

Discovery Vitality

RACE OFFICE / ENQUIRIES: JAMES 082 566 1595 | PAUL 082 200 4219

YEAR-END FUNCTION

PHOTO CORNER

Elisna Houy and Estien van Wyngaard busy with the preparations for the social evening

The “manne” that can braai

The social evening was well attended

The weather was perfect

Clayton and Yolande Bezuidenhout enjoying themselves

It was a nice surprise to see Janny Cairns again after her ordeal at Comrades this year. We are so grateful that she has recovered well

Karen and Mark Richardson

The Irene group that started the 30 km on Sunday morning

The top of Tom Jenkins is getting closer

Johan Engelbrecht and Sharon Booyens still looking fresh after a serious climb

A beautiful sunrise at Tom Jenkins Road. Rykie Kruger and Pieter Pretorius enjoying it

Jacqueline Watts looking as fresh as a daisy

Henk Basson, Joy Dekker, Amanda de Beer, Sandra Pretorius and Hestha Conradie had no rush

The Jacarandas made the route very special

The sun shining through the Jacarandas

The route was definitely not boring

Nice to find the city so quiet in the early morning hours

The group became bigger after joining with the 15 km group

Wolwespruit at last

Well done to these four

Gerard and Bertha van den Raad’s grandson ran the Melbourne half Marathon on Sunday