



13 April 2026 15/26

EDITORIAL

Dear Fellow Runners,

As we can all feel, winter has arrived. Forecasters suggest this year will be particularly cold due to the heavy summer rains we experienced. Because of this, we feel it is our responsibility to help those in need—especially the children in our communities.

This year, our goal is to collect 250 blankets to support two organizations in need: one in Potchefstroom and another in Olievenhoutbosch.

We understand that the rising cost of living and fuel prices affect us all, but these children deserve to wake up after a warm, restful night. We are asking for your support in one of the following ways:

- * A donation of R100: This can be paid into the club account or via card at the clubhouse. (If you or your firm would like to make a cash contribution and require a Section 18A Tax Certificate, please contact us directly so that we can arrange this for you.)
- * A blanket donation: Physical blankets can be dropped off at the club.

Delivery Schedule:

- * April 17: First delivery to Abraham Kriel Children's, Potchefstroom

* May 22: Second delivery to Olievenhoutbosch Christian School

Please help us make this happen. We have succeeded in the past, and with your help, we can do it again.

Warm regards,

Johan (Fires) & Blanche

ACHIEVEMENTS

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

Alex Elsworth	1 st Male 50-59 – 16 mile
AD Watts	3 rd Male 40-49 – 16 mile
Lynette Gough	3 rd Female 60-69 – 16 mile
Ansie Breytenbach	1 st Female 60-69 – 8 mile
Sandra Pretorius	2 nd Female 50-59 – 8 mile
Annatjie Greyvenstein	1 st Female 70+ - 8 mile
Louwrens Smit	3 rd Male 70+ - 8 mile
Jaap Willemse	1 st Male walker & 1 st 60-69 – 8 mile
Retha Knoetze	1 st Female walker & 1 st 60-69 – 8 mile
Sheren Naidoo	1 st Male walker 50-59 – 8 mile

PERSONAL ACHIEVEMENTS

Elizna Lourens	First Ultra
Tamryn Holliday	First Ultra
Amy Bridger	PB - Ultra
Tatjana Kleine	PB – 10 km

Well done!

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.



Daniel
Vos

Given
Msiza

Tamara
Shava

CAPTAIN'S CORNER

Congratulations to all those who participated in the Two Oceans Marathon this weekend. We hope you had a wonderful experience and achieved your goals.

Please diarize the following important dates:

- Mobility Monday sessions – 13 April at 17:30 at the Club House
- Club Time Trials – Tuesday 14 April is our Time Trial. This Tuesday an Adidas station will be available at the Club from 17:00 for a VIP experience
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Saturday Event – Tshwane North Ultra event at Akasia Community Hall from 6:00
- Sunday Run – Sunday LSD run from Irene Link, start at 5:30 for the long distance runners and 6:00 for the shorter distance runners.

Mobility Mondays

This Monday 13 April is our Mobility Mondays at the Clubhouse with Yolande. Start time is 17:30. Please come and enjoy this session with her. Please bring a towel or yoga mat, small weights, exercise bands.

Weekly Time Trials

Tuesday 14 April is our Time Trial at the Club House. This Tuesday there will be an Adidas stand at the Club House for an activation station and VIP experience. Please come and see what they have to offer.

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

Wednesday LSD Run

This Wednesday is our midweek run starting from Echt Coffee Shop in Pierre Van Ryneveld at 17:30. Distance covered will be from 5km to 15km.

Thursday Training Session

This Thursday there will be no Hills or Speed session but there will be a program to do at home.

Saturday Run

This Saturday is the Tshwane North Ultra starting from Akasia Community Hall at 6:00.

There is a 5km, 10km, 21km and 50km distance available.

Sunday Social Run

This Sunday is a long social run for two groups. Runners wanting to cover 20km or more will start at 5:30 from Irene Link and runners wanting to cover 5km-15km can start at 6:00 from Irene Link.

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



Week

13 April - 19 Apr

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Mobility Monday
with Yolande

@
Club House
17:30

Tuesday

Time Trials & Adidas
VIP experience

@ Club House
From 17:00
4km, 6km, 8km



Wednesday

ECHT
Midweek LSD Run

@ Echt PvR
17:30
5km-15km

Thursday

No Training session

Home Training
session

Friday



Mobility
Friday

For More
Information

Lindsay
072 2135094
Jacqueline
073 8870757



Saturday

Tshwane North Ultra

@ Akasia Community Hall
at 6:00
5km, 10km, 21km, 50km

Sunday

Sunday Social Run

@ Irene Link
5:30 start for 20+ km
6:00 start for 5-15km



TRAINING PROGRAMME

April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 Core & Strength Training +/- 60min	11 Time Trial W/U, TT, C/D B - 4km I - 8km A - 8km	1 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	2 Hill Repeats W/U, Hills, C/D J - 8x80m B - 5x100m I - 4x200m A - 3x200m & 4x300m	3 MOBILITY FRIDAYS	4 IRENE RUNNING FESTIVAL 5km, 10km, 21.1km & 48km	5 EASTER SUNDAY
6 Long Run B - 75min I - 120min A - 180min	7 Time Trial W/U, TT, C/D B - 4km I - 8km A - 8km	8 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	9 Speed Session W/U, Speed, C/D B - 4x100m I - 3x150m A - 4x200m	10 MOBILITY FRIDAYS	11 THE GREENMILE ROAD RACE (LEAGUE RACE) TWO OCEANS ULTRA MARATHON (56K) 6km 12km 25km	12 Sunday Long Run/ TWO OCEANS HALF MARATHON (21.9K) B - 60min I - 90min A - 150min
13 Core & Strength Training +/- 60min	14 Time Trial W/U, TT, C/D B - 4km I - 8km A - 8km	15 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	16 Speed Session W/U, Speed, C/D J - 8x80m B - 5x100m I - 4x200m A - 3x200m (post Ocean) 5x300m (non-Ocean)	17 MOBILITY FRIDAYS	18 TSHWANE NORTH ULTRA MARATHON 5km 10km 21.1km 50km	19 Sunday Long Run B - 60min I - 90min A - 180min
20 Core & Strength Training +/- 60min	21 Time Trial W/U, TT, C/D B - 4km I - 8km A - 8km	22 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	23 Hill Repeats W/U, Hills, C/D B - 5x100m I - 4x200m A - 4x400m	24 MOBILITY FRIDAYS	25 LOSKOP MARATHON 21.1km 50km	26 Sunday Long Run B - 60min I - 90min A - 180min
27 Core & Strength Training +/- 60min	28 Time Trial W/U, TT, C/D B - 4km I - 8km A - 8km	29 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	30 Speed Session W/U, Speed, C/D J - 8x80m B - 4x100m I - 3x200m A - 4x300m	1 MIWAY WALLY HAYWARD MARATHON 5km 10km 21km 48km	2 REST	3 Sunday Long Run B - 60min I - 90min A - 180min

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 : 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
WU : Warm Up - Easy Jog C/D : Cool Down - Easy Jog LSD : Long Slow Distance, 55% - 65% of Max HR Min : Minutes (Time not Distance) 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	Bronze Medal : 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes Sainsbury Medal : 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 minutes	Bronze Medal : 8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 minutes 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

Lucia Willemse was in ICU during the week but she is much better and recovering well.

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

Decky	Makwakwa	14-Apr
Elze	Le Roux	15-Apr
Jame	Buyskes	15-Apr
Ciara	Mannion	15-Apr
Venita	Brown	15-Apr
Victor	Phetoe	16-Apr
John	Swanepoel	17-Apr
Hercules	Erasmus	17-Apr
Tayla	Buyskes	18-Apr



BAR NEWS



There will be fires for those who want to braai

THOUGHT FOR THE WEEK

Success is not how high you have climbed, but how you make a positive difference to the world.

NOTICE BOARD



Discovery
Vitality

18 APRIL 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

NO DRONES

The poster features a woman in athletic wear running on a paved road through a green, sunlit landscape. The background is a soft-focus view of trees and a path leading into the distance.



Discovery
Vitality

18 APRIL 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

NO DRONES

The poster features a man in athletic wear running on a dirt trail through a dense forest. The background is a soft-focus view of tall trees and a path leading into the distance.



MPILENG
Group



2026

*The Ultimate Comrades
Ultra Qualifier in Tshwane*

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R495	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R200	R70	06:30am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R420	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R135	R70	06:30am
5KM	R70	N/A	06:30am

18 APRIL 2026



VENUE: AKASIA COMMUNITY HALL

50k  **21k**  **10k**  **5k**



LONG SLEEVES T-SHIRT R250
1st 500 ONLINE ON 50KM QUALIFY
FOR FREE RACE T-SHIRT

www.tshwanenorthultra.com Contact: 079 965 4524 / 073 497 3141





 Est. 1977
miway
WALLY HAYWARD MARATHON

FRIDAY, 1 MAY 2026
Centurion Rugby Club
 270 West Ave, Die Hoewes, Centurion
 Next to SuperSport Park

-  Wally Hayward 
- www.wally.co.za 
- www.finishtime.co.za 
- www.racepass.com 



**SCAN OR CLICK
HERE TO ENTER**

	EARLY BIRD ENTRY FEE:	CAPPED ENTRIES:
42.2 km	R 350	3 500
21.1 km	R 250	4 500
10 km	R 180	3 000
Fun Run	R 100	1 000
KIDS ZONE	R 100	200

Early Bird Entry Fee:
 1 January 2026 to 28 February 2026
 Online registrations at
www.racepass.com
 or scan the QR code
ONLINE ENTRIES ONLY
 NO entries on race day
 (unless the entry cap has NOT been reached).
 Online entries close on 14 April 2026.



**Last Comrades Qualifier
in Gauteng**

#BORNTORUN

Pretoria Military Marathon
Club Will Presents

JACKIE MEKLER MEMORIAL RACE

2026

AGN
League
Race



AGN
League
Race



- 25KM - 42nd Commemorative race
- 10KM - 32nd PMMC Memorial run
- 5KM - Fun run

Saturday
09 May 2026



Start From
06:30 am



Pretoria Military
Sports Club
Thaba Tshwane



Discovery
Vitality



ARMSCOR

Online entries @ www.entryninja.com



Aluta Gaothuse 083 259 9741, Keabetswe Ndlala 076 109 4561

Modise Madikazi 083 472 4453

LOVE RUNNING
GET FIT • GET FRIENDS • CHANGE THE WORLD

MAY 23 | **TIME:**
2026 | 06:45
06:55



PRE-ENTRIES: OPEN UNTIL 19TH MAY 2026
RUN-AWAY-SPORTS: 012 361 3733 | 302 FRESIA STREET, PRETORIA

CONQUER THE HILLS

IN PARTNERSHIP WITH



THE GLEN HIGH SCHOOL
Respect with honour



ATHLETICS
GAUTENG NORTH



SPONSORED BY



WILLIAM: 082 043 2686
AVHASHONI MADULA: 072 199 1136
LOVERUNNIGNCLUB@GMAIL.COM

PHOTO CORNER



Johan van Vuuren with his children Johan Jnr and Jolandi at the Geen Mile race



Peter Ramachela finishing his 8 mile race



Goodman Mbonambi



Paulina Rammabi and Elsa Meyer



Carina van der Merwe with her son Darno



Lynette Gough on the podium



Well done to Sandra Pretorius with her first podium position



AD Watts, our chairman, also finished in a podium position



Alex Elsworth is becoming a regular face on the podiums



As usual, Jaap Willemse was the first walker



Leandri and Arend de Beer did the Ossewa Trail run. Arend finished 20th overall



Tania Thompson and Karin-Marie van Niekerk also did the Ossewa Trail run



Elizna Lourens did her first Ultra



David and Tamryn Holliday at the Two Oceans. Tamryn also did her first Ultra



Willem, Tamryn and Ané Pieterse after their Two Oceans race



A very happy Helen Page-Shipp after her race



Tersia Odendaal and Willem Pieterse enjoying a cold one



Johan Engelbrecht, Londani Sherilele and Sharon Booyens



Anna Pieterse with Grazyna and Philip Koornhof



The photo of Carla's water point's helpers was left out last week

