



13 January 2025 2/25

EDITORIAL

There are a few underprivileged runners in our club that are urgently looking for running shoes to train with. If anyone has used shoes that are still in a good condition that are not used anymore, please donate these shoes. You can bring these shoes to the club house on Tuesday evenings. Your donation will make a huge difference!

We are trying to establish the need for morning training groups. Please read the Captain's Corner letter and respond to it.

ACHIEVEMENTS

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

Given Msiza	2 nd male – 10 km
Janine Rädcl	2 nd Female walker – 10 km
Retha Knoetze	3 rd Female walker – 10 km
Sandra Steenkamp	1 st Female walker – 21 km
Elsa Meyer	2 nd Female walker – 21 km

PERSONAL ACHIEVEMENTS

Janine Rädcl PB – 10 km walk

Well done!

REGISTRATIONS 2025

Membership registrations for 2025 are going exceptionally well. We now have 407 registered members compared to 355 at the same time last year.

If you haven't done it yet, please get your registration done for 2025 as quickly as possible to help us complete the admin process. Please make sure you complete both forms A and B below.

There will be 2 forms to complete. FORM A and FORM B

FORM A is for registering a family account. You should still complete this form even if you are a single member. This data will be used for billing purposes.

FORM B should be completed for each member, spouse/partner and child (junior members). Students, 19 years and older will be considered a full member.

AGN licenses are optional. You can select to buy one on FORM B.

Please help us by submitting your info as soon as possible so that we can capture all the data in the new system. Payment will only be due later.

FORM A - Account registration form

<https://forms.gle/LdXXNGkneM7rmGqL7>

FORM B - Member registration form (Complete separately for each member)

<https://forms.gle/BmsgT8SHMrZQpvFZ9>

If you haven't ordered your 2025 Club shirt yet, you can do so here:

<https://forms.gle/f3iFJy1JWHSrKU999>

You will receive an invoice once you have completed Form B. You will have 60 days to settle your account, but we humbly request that you do it as soon as possible.

NEW MEMBERS

A warm welcome to the 15 new members who joined last week. 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 stay for the social evening on Tuesday after the time trials. This will be a get to know each other to make you feel at home with us. It will also serve as an info evening where all your questions will be answered.

You will receive a free drink, and the food will also be on the house.



Chanette
Viljoen

Eben
van Wyk

Gary
Grant

Janine
Nortje

Jessica
Grant



Koketso
Mathega

Krysten
Smithers

Melanie
Knoop

Milan
Bishoff

Minki
Fourie



Riana
De Necker

Siyamthando
Lobese

Tarryn
Makgetla

Thula
Mafenuka

Wessel
Joubert

SOCIAL EVENING

Don't miss this special occasion. Free drinks for all the first-time members and free food for all present.

IRENE SOCIAL

14 JANUARY 2025

 **WELCOME!** 

**LET'S GET TO KNOW
EACH OTHER...**

- **BE THERE FOR A**
- **MEET AND GREET**
- **WEAR SOMETHING
THAT STARTS WITH
THE FIRST LETTER
OF YOUR FIRST NAME**

**HAMBURGERS ON
THE HOUSE. ✓
THE BAR IS OPEN.
BRING THE FAMILY!**



**ITS AN IRENE
FAMILY MEETING**



New members! INFO EVENING!

- MORE INFO ABOUT THE CLUB.
- MEET CLUB MEMBERS.
- FREQUENTLY ASKED QUESTIONS.



TUESDAY
14 JANUARY
18:30
AT THE
CLUBHOUSE

ENJOY ONE FREE
DRINK AT THE BAR
FOR ALL NEW
MEMBERS.*



Irene Athletics Club



Please diaries the following important dates:

- Club Social – 14 January 2025 after our Time Trial
- Club Info session - 14 January 2025 at 18:30 for all new members
- PWC George Classen Event – 18 January 2025 at 6:00

Weekly Time Trials

Please come and join us on Tuesday at 17:30 at the club for our weekly Time Trial. This Tuesday is our Monthly social which will be a great time to meet fellow members and have a fun filled evening together.

Wednesday LSD Run

This weeks LSD run will take place at the Centurion Theatre at 17:30

Thursday Hills Training

Come join us at the Clubhouse at 17:30 for a Hills training session

Saturday Run

The PWC George Claassen Run will be taking place at the PnP Faerie Glen Shopping Centre at 6:00. There will be a 5km, 10km and 21km event.

Sunday Social Run

This Sunday's Social long run will be at Klapperkop and will start at Plato in Monument Park, next to the Monument Park Laerskool at 5:30.

Weekly Morning Runs

We would like to hear from you about starting a weekly early morning run. For those of you who would be interested in running in the mornings could you please contact Nelius or Jacqueline so we can determine the feasibility and possible options around this. If there is anyone who has an established regular early morning routine and who will be willing to assist in facilitating morning runs, please contact us enabling us to consider this possibility as well.

Thank you.

Happy Running Team

Nelius 072 248 7698

Jacqueline 073 887 0757

THIS WEEK'S DIARY



Week
13 Jan - 19 Jan

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Stretch &
Strength Training

Tuesday

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

Wednesday

Midweek LSD Run 10
@ Centurion Theatre - km
17:30 12

Thursday

Hills Session
@ Irene Clubhouse
17:30

Friday

Rest Day
REST AND RECHARGE

For More Information

Nelius
072 248 7698
Jacqueline
073 887 0757



Saturday

PWC George Claassen 5
@ PnP Faerie Glen 10 km
Shopping Centre 21
6:00

Sunday

Klapperkop Long Run 10
@ Plato Monument - km
Park 18
5:30
Springs Striders Road Race
(CGA)



TRAINING PROGRAMME

January 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6 Core & Strength Training +/- 60min	7 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	8 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	9 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	10 REST	11 PVR DORPS FEES ROAD RACE 5km 10km 21.1km	12 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
13 Core & Strength Training +/- 60min	14 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	15 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	16 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	17 REST	18 PWC GEORGE CLAASSEN RACE 5km 10km 21.1km	19 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
20 Core & Strength Training +/- 60min	21 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	22 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	23 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	24 REST	25 AKASIA ROAD RACE (LEAGUE RACE) 5km 10km 21.1km 42.2km	26 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
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 - 30min I - 45min A - 60min	30 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	31 REST	1 INTERCARE CLASSIC ROAD RACE 5km 10km 21.1km	2 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 2025.

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 :	
W/U :	Warm Up - Easy Jog	8km :	Sub 54 minutes	8km :	Sub 52 minutes
C/D :	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 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	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

CLOTHING

Members who have ordered and paid for the 2025 T-shirts can collect them on Tuesday, 17:00 – 19:00.

MASTERS ATHLETICS

We want to encourage our members to participate in the Masters athletics this year. It is fun, challenging and very enjoyable.

Masters athletics is a category of track and field designed for athletes of older age groups. The age divisions typically start at 35 years old and are divided into five-year intervals (e.g., 35-39, 40-44, etc.), allowing athletes to compete against others in their age group.

Masters athletics provides an opportunity for older athletes to continue enjoying the sport and stay fit, while competing in a structured and supportive environment. Events can include sprints, middle-distance races, hurdles, jumps, throws, and multi-event competitions.

It is possible to obtain National colours as a Masters athlete.

To become part of it or for more information, contact Gretha Viljoen at 082 625 5189 or secretary@gnma.co.za

PERSONALIA

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

Gert	Fourie	Jan 13
John	Ward	Jan 13
Kobus	van Niekerk	Jan 13
Alsanda	Myataza	Jan 13
Amanda	de Beer	Jan 13
Mike	Schlebusch	Jan 13
Lezanne	Grove	Jan 14
Candice	Molver	Jan 14
Tjaart	van Wyk	Jan 16
Ilani	Walters	Jan 17
Fanie	Van Wyngaard	Jan 17
Elani	Swanepoel	Jan 17
Maryke	Bester	Jan 18
Mark	Richardson	Jan 18



BAR NEWS

Social evening. Free hamburgers to all present and a free drink to the first-time members.



THOUGHT FOR THE WEEK

Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness.

NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK 18 JANUARY 2025



ROAD RUN OR TRAIL RUN

YOU CHOOSE WHICH ONE YOU WANT TO DO

3KM, 5KM, 10KM, 15KM OR 21KM

GROUP START @ 06H30

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





2025

George Claassen Memorial Road Race
Hosted by Pretoria Marathon Club



49th running of the PwC George Claassen Memorial Road Race

Saturday 18 January 2025

George Claassen Memorial Road Race



Scan to register online

Start times:

21.1km/10km run/walk	6am
5km fun run	6.15am

Cut-off times:

Cut-off time for the 21.1km at the entrance to Pick n Pay Hyper (9.7km) at 7h30
Cut-off for all distances is 9h30

Race venue:

Faerie Glen Shopping Centre cnr Atterbury Road and Sellikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com
Race results: results.finishtime.co.za

aQuellé.

League Race

Discovery
Vitality



2025 WONDERPARK AKASIA road race

Online
entries close
on Tuesday
21 January
2025

JOHANN VAN EEDEN

42.2 KM

Start: 05:30

Cut-off

@20km 08:15

21.1 KM

Start:

05:30

10 KM

Start:

06:00

5 KM

Fun run

Start:

06:10

PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION

076 234 5329

WONDERPARK SHOPPING CENTRE

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



enter online

25 JANUARY 2025



fourways
aquastill

wonderpark
SHOPPING CENTRE



Run with your heart for your health



- 21,1 km
- 10 km
- 5 km

 Castle Gate Shopping Centre, Pretoria East

 Saturday, 1 February 2025

 06h00

- Athletics Gauteng North registered races.
- R10 per 5km fun run entry donated to CHOC.
- Additional parking available on-site.
- Medals to all finishers within cut-off times.
- Pre-entries close on 27 January 2025

Scan or visit
intercare.co.za



ATHLETICS CLUB EERSTERUST



08
FEB
20
25

LEAGUE
RACE



RACE FEE
5KM
R60

START TIME: 6:10AM

RACE FEE
10KM
R150

START TIME: 6:00AM

TEMPORARY
LICENSE **R70**

RACE FEE
21KM
R200

START TIME: 6:00AM



ONLINE
ENTRY PAGE

<https://www.entryninja.com/events/81379-ace>



#SappiTuksRace

sappi

TuksRace

PRETORIA'S MOST LOVED RACE

15 FEB 2025

Walk/Run 1km, 5km, 10km or 21.1km
Hillcrest Sports Campus



QR code to online entries

TuksSport

sappi



Athletics
Gauteng North



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



GIC GAP INFRASTRUCTURE CORPORATION

CHOC Childhood Cancer Foundation South Africa "Keeping more than hope alive"

COMRADES MARATHON QUALIFIER

IRENE

Athletics Gauteng North

Discovery *Vitality*

IRENE RUNNING FESTIVAL

22 & 23 March 2025

Irene Athletics Club presents
 Limited to 3000 entries per event
 48 km - Mat to mat timing
 10/21 km - Gun to mat timing

MEDALS TO ALL FINISHERS

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za
 Tel: 082 331 2236

Entries close Sunday, 16 March 2025

Ideal seeding opportunity. Qualifying time is **5 hours 50 minutes** (same as for 50km), but with 2km less to run. Mat to mat timing

5km **10km** **21km**

Irene Ultra 48km #TheQualifier

SMACPIX Online entries only www.entryninja.com T-shirt available to purchase @R180

Mat to Mat Timing for the 48km ONLY!

PRE-ENTRIES ONLY - Sweat Shop
 Dunkeld: 011 325 2567
 - Running High Bedfordview: 011 450 2421
 - Sportmans Warehouse Centurion: 0126650768
 - Run-Away-Sport: 012 361 3733
 - Tshwane Running Shop Sinoville: 076 929 7384

Chamberlain's + FITNESS TIME Timekeeping



50km 21km 10km 5km

DATE: 19 APRIL 2025

VENUE: AKASIA COMMUNITY HALL

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R450	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R180	R70	06:45am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R380	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R120	R70	06:45am
5KM	R70	N/A	06:45am

LONG SLEEVES TSHIRT R250

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



**For general race enquiries contact:
079 965 4524 / 082 909 5868 / 073 497 3141**

www.tshwanenorthultra.co.za



PHOTO CORNER



Despite a heavy thundershower on Tuesday afternoon, these members braved the weather to do the first time trial of the year



Ready for action at the Om die Dorp race on Saturday



New member Lorraine Perumal with Elizna Lourens at the start



Brett Muir and Devan Nadarajah



Liezel Anderson, Joy Dekker and Maureen Mossop in action



The Irene setup at the finish. We invite all our members to make use of our excellent facilities at AGN races



Derek Oldnall, Miles Saxby, John Ellmore (founder members) with Alan Hyson



Deborah Mhura after finishing her race



Happy faces at the Cara-Fun after the race



A happy Johan van Vuuren with three of his grandchildren who also participated



Llewellyn Jacobs with new member Stacy Poggenpoel at the Biogen Half Marathon on Sunday