13 July 2026 27/26

EDITORIAL

Please take note that there will be no club gazebo on Saturday at the Sweet Sole 5/10 km race taking place in Akasia.

Be reminded the next league race will be the TUT Corporate race on 25 July.

Save the date of 25 September. We are going to have a Ball at the Chairman's Ball again this year!

ACHIEVEMENTS

Congratulations to the Lynette Gough who was the first female 60-69 at the Springbok Vasbyt 10 km.

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.

Chris Delport

Jason Robberts

Viljoen du Toit

Danielle Gordon

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 14 July is our Time Trial. Please join us at the Club House for our 17:15 start
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:15.
- Saturday Run – Sweet Soles Run, start at Akasia Community Hall at 7:00. 5km, 10km
- Sunday Run – Versus Out and Back from Versus Shop, Hazelwood at 7:00

Weekly Time Trials

Tuesday 14 July is our Time Trial at the Club House. Please join us for the start at 17:15 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 17:15. Distance covered will be from 5km to 15km. Please bring a headlamp.

Thursday Training Session

This Thursday there will be a Hills session at the Club starting at 17:15.

Saturday Run

Sweet Soles Run from Akasia Community Hall, start at 7:00. 5km and 10km event

Sunday Social Run

This Sunday is our Versus Out and Back long social run starting from Versus Shop, Hazelwood at 7:00.

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

July 2026

IRENE ATHLETICS CLUB

July month calendar

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ength Training +/- 60min	30 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	1 EASY RUN	2 EASY RUN	3 REST	4 **GARSFONTEIN ICE BREAKER** 5km 10km 21,1km	5 **SOCIAL RUN** B - 30min I - 45min A - 60min
6 **Core & Strength Training** +/- 60min	7 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	8 EASY RUN	9 EASY RUN	10 REST	11 **SPRINGBOK VASBYT** 5km 10km 21,1km	12 **SOCIAL RUN** B - 30min I - 45min A - 60min
13 **Core & Strength Training** +/- 60min	14 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	15 EASY RUN	16 EASY RUN	17 REST	18 **SOCIAL RUN** **B - 30min** **I - 45min** **A - 60min**	19 **SOCIAL RUN** B - 30min I - 45min A - 60min
20 **Core & Strength Training** +/- 60min	21 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	22 EASY RUN	23 EASY RUN	24 REST	25 **TUT CORPORATE RACE** **(LEAGUE RACE)** 5km 10km 21,1km	26 **SOCIAL RUN** B - 30min I - 45min A - 60min
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 - 45min	30 **Hill Repeats** **W/U, Hills, C/D** B - 4 x 200m I - 6 x 300m A - 8 x 300m	31 REST	1 **SPAR WOMANS RACE** 5km 10km	2 **SOCIAL RUN** B - 30min I - 45min A - 60min

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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 marathons later the year being Kaapsehoop or the Jacaranda Marathon.

This month we will start gradually getting into running again building a good base for our 12 week program to start. You may still take some days off and try not to be hard on yourself should you miss a training day. Use the next 4 weeks to get use to running again.

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

Condolences to Jacqueline Watts and her family. Her mother passed away during the week.

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

Johann	Coetzee	15-Jul
Tamrin	Holliday	15-Jul
Henco	Botha	15-Jul
Liezel	Anderson	16-Jul
Elizna	Lourens	17-Jul
Robyn	Cowley	17-Jul
Magda	Brits	19-Jul
Kabelo	Mahlagare	19-Jul
Paul	Tshabalala	19-Jul

BAR NEWS

There will be fire for those who want to braai

THOUGHT FOR THE WEEK

Don’t stop when you’re tired. Stop when you’re done.

NOTICE BOARD

Sweet Soles Athletics Club

Sweet Soles

10KM RUN!

18 July 2026
AKASIA Community Hall
10km - 07:00 and 5km - 07:15

Online Entries closing date: 14 July 2026

Early Registration		Late Entries	
Distance	**Entry fee**	**Distance**	**Entry fee**
10 km	R150	10 km	R170
5 km	R70	5 km	R80
70+	Free		

Temporary license R70

URL and QR code to online entry page: Sweet Soles Road Race 2026

https://www.entryninja.com/events/83855-sweet-soles-road-race-2026

ATHLETICS
GAUTENG NORTH

Discovery Vitality

Discovery vitality members can earn 600 vitality points by completing 10km

ENQUIRIES

Elias Modiba: 072 875 5340
Steven Tshiloane: 071 300 9368

TUT AGN LEAGUE 2026
CORPORATE RACE

Saturday, 25 July 2026

Pretoria West Campus

21KM	10KM	5KM
07:00am	07:00am	07:15am

HOW TO ENTER

ONLINE
www.entryninja.com
Opens 20 April 2026
Closes 20 July 2026

LATE ENTRIES
@Cricket Club House
23 - 24 July 2026
25 July from 04:00am
until race starts

COLLECTIONS
@Cricket Club House
10:00 – 17:00
23 – 24 July 2026
25 July from 04:00am
until race starts

ENTRY FEE:
Temporary license - R70
5km - R70 (R80 late entry)
10km - R150 (R170 late entry)
21km - R200 (R220 late entry)

RACE ORGANISERS:
Whitney - 063 347 7714
Beatrice - 072 587 1163
Oratile - 067 287 7112

T-shirt + Goodie Bag
FOR FIRST 300 ENTRIES

Tshwane University of Technology
We empower people
FISU HEALTHY CAMPUS
PTA NOORD TOYOTA
ATHLETICS GAUTENG NORTH

SCAN TO ENTER ONLINE

EyAC

Sat 8 Aug 2026

Quagga Centre Race

Eyethu Fitness Test

START TIMES

32KM Start 6:45

21.1KM Start 7:00

10KM Start 7:10

5KM Start 7:20

VENUE: QUAGGA SHOPPING CENTRE CNR. WF NKOMO & QUAGGA STREET, PTA WEST

INFORMATION/ENQUIRIES: 078 220 5763 | 083 379 9830

ENTRY FEES

Pre-Entry

32km	R310
21.1km	R230
10km	R190
5km	R90

Late Entry

32km	R340
21.1km	R260
10km	R220
5km	R110

Great Grand Masters
50% discount on entry fee (+70 years)

Temp License R70

ENTRIES

Store entries open 19 May - 31 July 2026
- Tshwane Running Shop, Sinoville: 087 688 1336
- Run-A-Way-Sport, Lynnwood: 012 361 3733
- AGN Office: 012 327 4930, Pilditch Stadium, PTA West

Online entries open 19 May - 31 July 2026
- Enter online at www.entryninja.com

Online entries collection: 7 August 2026
- Quagga Shopping Centre 12:00-17:00

Late entries sales at the venue: 7 August 2026 12:00 - 17:00
Race Day Entries: 05:30-06:30

RUN-A-WAY STORE DISCOUNTS: 10% discount for any purchase in the store, the runner will only need to produce the race number at the store before 30 November 2026

Medals to all finishers within the cut-off times

LUCKY DRAWS ON RACE DAY!

EyAC · Athletics · aQuellé Run-A-Way Sport · Discovery Vitality · PTA Noord Toyota · Finish Time · Quagga Centre

DORPSFEES
PIERRE VAN RYNEVELD
TOWN FESTIVAL
2026

PVR DORPSFEES NIGHT RACE

IRENE

MAD MONKEY ADVENTURES

PRESENTED BY MAD MONKEY ADVENTURES
& IRENE AC

26TH AUGUST 2026

START & FINISH
PIERRE VAN RYNEVELD GELOOFSFAMILIE
14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

5 KM START TIME 18:30

10 KM START TIME 18:30

DOGS & PRAMS WELCOME ON THE 5KM

SHOES 4 Souls

Athletics
Gauteng North

Discovery Vitality

Register Now!
www.entryninja.com

ONLINE ENTRIES
CLOSE 23 AUG '26

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

A FESTIVAL NOT TO BE MISSED !

ULTIMATE FAST CHALLENGE RACE

CHASE THE FINISH. BEAT THE CLOCK.

Athletics
Gauteng North

@ KOLONNADE RETAIL PARK

5KM & 10KM

Online Entries @
www.entryninja.com

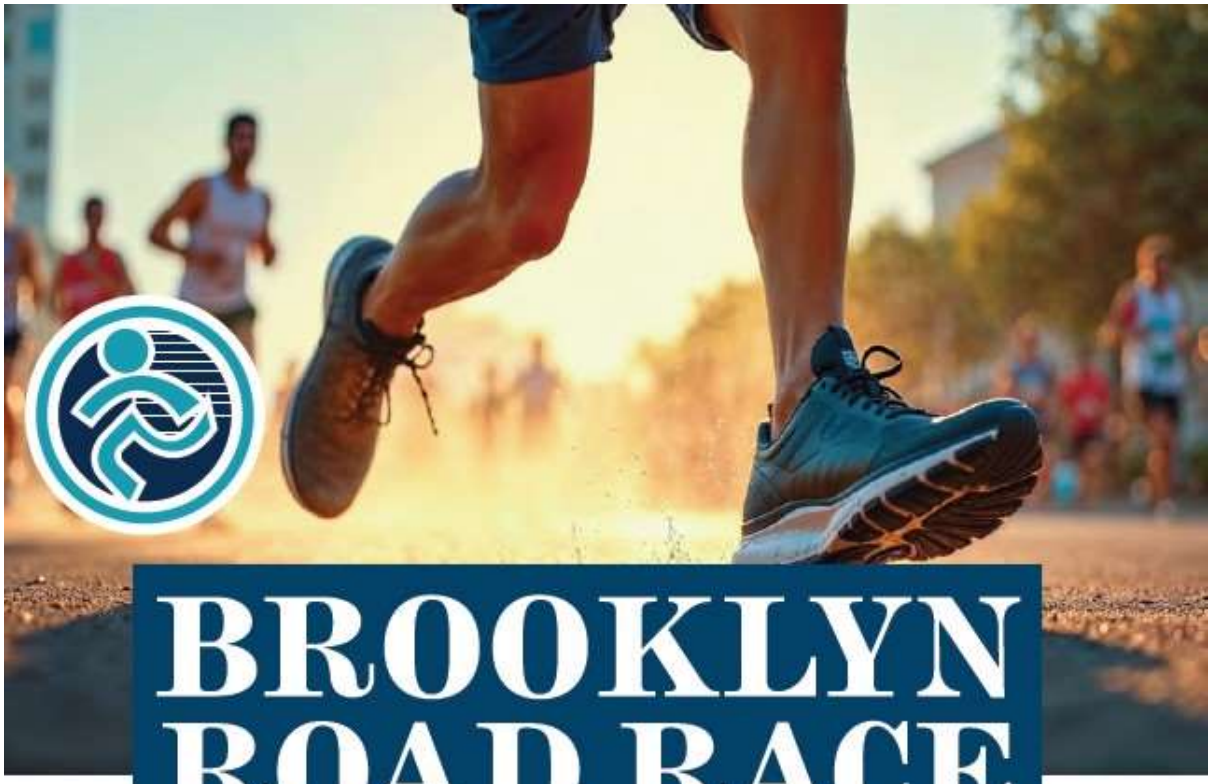
29 AUGUST 2026

07:00 AM (START)
09:00 AM (PRIZE GIVING)

ENTRY FEE:
Temporary License: R70
5KM: R80
10KM: R150

CLICKS aQuellé KOLONNADE RETAIL PARK "quick and convenient" vivo BLUE RIBBON PTA NOORD TOYOTA

Enquiries: Lesetja (076 120 2388)



BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

5 SEPTEMBER 2026

START IN DEY STREET & FINISH IN BRONKHORST STREET, BROOKLYN MALL

STARTING TIMES:

33 km 6:00am	21,1 km 6:00am	10 km 6:00am	5 km 6:10am

MAT TO MAT TIMING (06H00-6H10)

BARNARD

Athletics Gauteng North

#RUN clean

Discovery Vitality

CLICK, TAP OR SCAN TO REGISTER ONLINE

BROOKLYN MALL

Tel: 012 346 1063 | www.brooklynmall.co.za

www.entryninja.com

The Clarens Titanic Trail Run has once again offered Irene Club members a discount when entering this amazing and challenging Trail event.

Please see details on the advert for more information and booking details.

PHOTO CORNER

Sunrise at the Springbok Vasbyt race with the Irene gazebos very prominent

Robert Watson and Michelle Verwey-Watson ready to do their first race in Irene Colours

The annual ceremony taking place before the start of the race

It was good to see Leon Geel back on the road

“Wolfie” getting ready for his trip on the lead bike

Ready for action

The canon that was used to start the race

Pieter Pretorius at the 7 km mark of the 10 km

Matome Ramachela looking in good shape

Jurgens Prinsloo enjoying a drink at the water station

Sandra Pretorius looking as fresh as a daisy

Rykie Kruger and Lynette Gough had time to pose for a photo

Miles Saxby and John Ellmore not far from the finish