



*13 October 2025 41/25*

### *EDITORIAL*

I want to thank all of you who have indicated that you will be willing to work at our race on 25 October. The response was fantastic!

However, we need more route marshals and helpers at the water points

This is an opportunity to have great fun on the day.

Please reply to this email to make yourself available.

### *CAPTAIN'S CORNER*

Please diarize the following important dates:

- Club Time Trials – Tuesday 14 October is our Time Trials at the Club. Start is at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30.
- Friday morning run – This will be an easy morning run starting at 5:00 from Echt, Lyttelton
- Saturday Event – CSIR Road Race starting at 6:00 from the CSIR Main Campus
- Sunday Social Run – Klapperkop Sunday Run starting at 6:00 from Castle Gate Shopping Centre

### **Weekly Time Trials**

Please join us for our weekly Time Trials at the Clubhouse starting at 17:30. There is a 4km, 6km and 8km distance available.

### **Wednesday LSD Run**

This Wednesday is our midweek run starting from Echt Coffee Shop in Lyttelton at 17:30. Distance covered will be between 10km-12km.

### **Thursday Afternoon Sessions**

This Thursday afternoon will be a Speed session for training at home in your own time.

### **Friday Morning Run**

This Friday 17 October there will be an early morning easy run starting at 5:00 from Echt Coffee Shop in Lyttelton. All welcome. Distance covered will be from 8km-10km.

### **Saturday Run**

This Saturday the 18 October is the CSIR Road Race starting at 6:00 from the CSIR Main Campus. There will be a 5km, 10km and 21km event. The Cara-Fun will be there to support you all.

### **Sunday Social Run**

This Sunday's Social Run will be a Klapperkop Run starting at 6:00 from Castle Gate Shopping Centre. Distance covered will be between 15km-20km.

### **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



# ALL THE BEST!!

*Irene*  
Athletics Club

- Deborah Arendse
- Sharon Booyens
- Lindsay Bull
- Suzanne Casey
- Ashleigh Chaperson
- Yolande Cowley
- Arend de Beer
- Gunther de Coning
- Kgabo Diangoane
- Carmen du Toit
- Jacobi du Toit
- Kefentse Ebenezer
- Johan Engelbrecht
- Lezanne Grove
- Mfundo Hadebe
- Andrew Heuvel
- Freda Hillocks
- Duncan James
- Gustav Jansen van Rensburg
- Merinda Kamfer
- Sello Mabeba
- Thuli Malinga
- Tendani Mantshimuli
- Ilana Marais
- Ntopane Mashabela
- Helmon Mkansi
- Aobakwe Modisakekeng
- Kopano Ndlazi
- Ansie Pretorius
- Gustav Pretorius
- Renette Prinsloo
- Alison Pronk
- Leon Pronk
- Paulina Rammabi
- Lufuno Ravhuhali
- David Rookan-Smith
- Michelle Roux
- Londani Shirilele
- Keneiloe Sibisi
- Sibusiso Sibisi
- Louisa Spangenberg
- Rudi Spangenberg
- William Sterrenberg
- Alta Struwig
- Martin Struwig
- Karen Swanepoel
- Christiaan Swart
- Melani Swart
- Donny Thebus
- Elre van Bosch
- Carolina van der Westhuizen
- Charnette van Rooyen
- Nelius van Rooyen
- Karen van Zyl
- Jurie Venter
- Telanie Venter
- Nadene Visser
- Shendl Weinzheimer
- Karla Zietsman



THIS WEEK'S DIARY



Week  
13 Oct - 19 Oct

# Irene

Athletics Club



## WEEKLY TRAINING SESSIONS

### Monday

Stretch &  
Strength Training  
(Self train at home)

### Tuesday

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

### Wednesday

**ECHT**  
Midweek LSD Run 10  
@ Echt Lyttelton - km  
17:30 12

### Thursday

Easy Run  
@ Jitterbugz. Highveld 5 km  
5:30



### Friday



#### For More Information

Nelius  
072 248 7698

Jacqueline  
073 887 0757



### Saturday

CSIR Road Race  
@ CSIR Main Campus  
6:00 5  
10 km  
21



### Sunday

Sunday Klapperkop Run  
@ Castle Gate Centre  
6:00 15  
- km  
20



## TRAINING PROGRAMME

# October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 Core & Strength Training +/- 60min	30 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	1 Midweek LSD W/U, LSD, C/D B - 40min I - 35min A - 75min	2 Speed Session W/U, Speed, C/D B - 8 x 300m I - 6 x 400m A - 8 x 500m	3 REST	4 CHAMBERLAIN CLASSIC ROAD RACE 5km 10km 21km	5 SOCIAL RUN B - 60min I - 75min A - 120min
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 - 45min I - 60min A - 90min	9 Hill Repeats W/U, Hills, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	10 REST	11 MASELELO HALF MARATHON 5km 10km 21km	12 SOCIAL RUN B - 45min I - 45min A - 60min
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 - 45min I - 60min A - 90min	16 Speed Session W/U, Speed, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	17 REST	18 CSIR ROAD RACE 5km 10km 21km	19 SANLAM CAPE TOWN MARATHON 42.2km
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 - 45min I - 60min A - 90min	23 Hill Repeats W/U, Hills, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	24 REST	25 IRENE FARM RACE 5km 10km 21km	26 IRENE FARM WORKERS RACE 5km 10km 21km
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 - 45min I - 60min A - 90min	30 Speed Session W/U, Speed, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	31 REST	KAAPSEHOOP MARATHON 21.1km 42.2km	SOWETO MARATHON 10km 21.1km 42.2km

### 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 3 marathons later the year being Cape Town Marathon, Kaapsehoop / Soweto Marathon or the Jaararanda Marathon. Since Cape Town is first our 12 week training program will start on 28 July. The other 3 programs will be a 14 and 15 week program.

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

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

Mariette	Jasen van Vuuren	14-Oct
Gcobani	Madlala	15-Oct
Masego	Mathibe	15-Oct
Koketso	Mathekga	16-Oct
Keneiloe	Sibisi	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*



**SUCCESS DOES  
NOT CONSIST IN  
NEVER MAKING  
MISTAKES BUT IN  
NEVER MAKING  
THE SAME ONE A  
SECOND TIME.**

NOTICE BOARD



**ARC IRENE RUN/WALK**  
**18 OCTOBER 2025**  
**ROAD RUN**  
ALL FINISHERS RECEIVES A MEDAL  
**3KM, 5KM, 10KM, 15KM OR 21KM**  
RACE STARTS @ 06H30  
ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

Discovery Vitality

REVOLUTION TRAILS

VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION  
FOR MORE INFORMATION CONTACT US AT: 083 264 3931 | [REVOLUTIONTRAILS@GMAIL.COM](mailto:REVOLUTIONTRAILS@GMAIL.COM)

THYME FITCHEF WETZ



**ARC IRENE RUN/WALK**  
**18 OCTOBER 2025**  
**TRAIL RUN**  
ALL FINISHERS RECEIVES A MEDAL  
**3KM, 5KM, 10KM, 15KM OR 21KM**  
RACE STARTS @ 06H30  
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THYME FITCHEF WETZ

# CSIR ROAD RACE

SATURDAY

18 OCTOBER 2025

POWERED BY BestMed

## RUN AND WALK

21.1 KM / 10 KM  
06:00

5 KM | 06:15

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

**LUCKY DRAW FOR ONLINE ENTRIES:**  
5 pairs of Nimbus or Kayano as prizes from Run a Way Sport. (Value is R4000 a pair)



[www.entryninja.com](http://www.entryninja.com)

CSIR MAIN CAMPUS,  
MEIRING NAUDE ROAD,  
BRUMMERIA, PRETORIA

**ENTRIES:** Online at [www.entryninja.com](http://www.entryninja.com)  
Close: Tuesday, 14 October 2025 at midnight

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

**LATE ENTRIES** available at the CSIR on the following collection dates:  
Friday, 17 October 2025 from 14:00 – 18:00  
DEBIT/CREDIT CARD PAYMENTS ONLY (no cash accepted)

### ENTRY COLLECTIONS

Friday, 17 October 2025, CSIR South Gate, Meiring Naude Road, Brummeria from 14:00 - 18:00

Saturday, 18 October 2025, at CSIR North Gate, Meiring Naude Road, from 04:30 - 05:50

**RACE RESULTS:** [results.finishtime.co.za](http://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 4 000 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	R60	R70		06:15		



aQuellé

25 Oct '25

AGN LEAGUE RACE



Discovery  
Vitality

Athletics  
Gauteng North

IRENE

# Irene Farm Race

with Discovery Vitality



## 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

## 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 22 October: Run-Away-Sport: 13:00 – 17:00
- Friday 24 October: Sportsmans Warehouse Centurion: 09:00 – 18:00
- Saturday 25 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!

## 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 21 October or when cap of 5000 is reached  
Online entries: [www.entryninja.com](http://www.entryninja.com)
- Sweat Shop Dunkeld: 011 325 2567
  - Run-Away-Sport: 012 361 3733
  - Tshwane Running Shop Sinoville: 076 929 7384
  - Sportsmans Warehouse Centurion: 012 361 3733
  - Sportsmans Warehouse Montana: 012 548 5131
  - Kloppers Castle Gate: 012 051 4200

## ENTRY FEES

Entry Fee	5km	10km	21.1km
	R 70	R 140	R 230
70+	FREE	FREE	FREE
Late Entries (14-69)	R 80	R 160	R 250

Entry fees exclude service charges



ARC Campus, Nellmapius Drive, Irene



# **TSHWANE OPPIE BOL**



# 10KM 07 AM 5KM 07 30 AM 1.6KM AM RUN & WALK

**DATE / VENUE NOVEMBER 01**  
**SANDB SPORTS GROUNDS, VALHALLA**  
**(THE JACKIE MEKLER ROUTE)**

**PREPARE YOURSELF**  
ENTRIES AVAILABLE AT: PILDITCH AGN, SPAR LES MARAIS, SPORTMANS WAREHOUSE (CENTURION, MONTANA) AND ON RACE DAY



**Athletics**  
Gauteng North



Entry Ninja




LEAVE NO ONE BEHIND



**ENTRY FEE:**  
10KM RACE - R120  
5KM RACE - R80  
1.6KM DREAM MILE - R40  
TEMPORARY LICENCE - R70

**PLEASE CONTACT**  
CAZLE HENDRICKS  
082 818 2956  
NOSISI DLOMO  
072 161 0281

**ONLINE ENTRIES LINK**

 [Tshwane Oppie Bol Entries](#)

**IN SUPPORT OF DISABILITY AWARENESS MONTH**

# TOM JENKINS LEAGUE RACE

31st Run/Walk Challenge

**Run Series**



with



ARCADIA  
RUNNING CLUB



**FUN RUN 5KM | 06:15**

**10KM | 06:00**

**21.1KM | 06:00**

**Saturday, 15 Nov 2025**

**VENUE: Union Buildings, Government Avenue, Pretoria**

**GPS Co-ordinates: 25.7402° S, 28.2120° E**

**Arrive early to avoid late start and disappointment!**

**ENTRY FEES:** | 21.1km | 10km | 5km **Fun Run**

exclude service charges

<b>70+</b>	Free	Free	Free
All other categories:	R230	R180	R100
Temporary licences:	R70	R70	



**PRE-ENTRIES ONLY:**

- Capped at 6 000 entries.
- Late entries: On collection date or race day if cap not reached.
- Online entries: <https://www.entryninja.com/events/82558-tom-jenkins-challenge>
- Pre-entries: from 1 Oct - 13 Nov 2025 at Run-Away-Sport: 012 - 361 3733 and ...  
Friday 14 Nov 2025 race pack collection from 09:00 - 18:00.
- Online entries: will close at midnight on Tuesday 11 Nov 2025.

**RACE NUMBER COLLECTION:**

- Race number collection: Friday, 14 Nov 2025 from 10:00 - 18:00 and ...
- On the day of race 15 Nov 2025 at Pretoria Faith Community Church,  
22 Wessels Street, Arcadia, Pretoria from 04:30 - 05:45.



**ENQUIRIES:**

☎ Race office: 082 200 4219 (Paul)    082 566 1595 (James)



# BDS RACE WITH DISCOVERY Vitality

**21.1KM**  
6:00am

**10KM**  
6:00am

**5KM**  
6:15am

**29 NOV**  
SATURDAY.2025

## ENTRY FEES

ENTRY FEES	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
60-69	R200	R100	R60
LATE ENTRIES (18-69)	R250	R160	R80
ALL OTHER CATEGORIES	R230	R130	R70
TEMPORARY LICENSE	R70	R70	N/A

### 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.

### PARKING

Wonderpark Shopping Underground Parking & Secured Parking.

### RACE NUMBER COLLECTION

- Friday, 28 November: 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 29 November: 04:30 till 06:00 – at the venue.

### RACE INFO

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

### PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 28<sup>th</sup> of November and morning of the race provided we have not reached the 4000

- Online entries: [www.entryninja.co.za](http://www.entryninja.co.za)
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at Wonderpark

FOR ENQUIRIES: STEPHEN BALOYI @082 262 2568 | PETER KHOZA @084 650 3358



**CITY**  
MARATHON



**YOUR CITY . YOUR RACE**

**60<sup>KM</sup> | 30<sup>KM</sup><sub>X2</sub> | 15<sup>KM</sup><sub>X4</sub>**  
**RELAY RELAY**

**+5KM FAMILY FUN WALK**



**DOWN TOWN RUN**

**16 DEC 2025**

**CHURCH SQUARE PRETORIA**

**ONLINE ENTRIES [ENTRYGEEK.COM](http://ENTRYGEEK.COM)**

For more Info- [www.city60marathon.com](http://www.city60marathon.com)



**SITHI 60 WENA O RENG!!!!**



PHOTO CORNER



Well done to Joy and her team for making everything attractive on the social evening



Nature also played its part



Jacqueline Watts getting the food ready



Sandra Pretorius and Amanda de Beer getting ready to dish up



The food was excellent



Happy members enjoying a lovely meal



A beautiful sight to see so many members in the club house



Dressed for the occasion, Michael and Joy Dekker with Jenny Cairns and Henk Basson