



14 July 2025 28/25

EDITORIAL

The leftovers of the Comrades 'muti bags' will still be available at the club house on Tuesday evening for the last time. Please come to collect it or make arrangements for it to be collected.

We call on all our members once again to make use of our facilities at the AGN races. We put in a lot of effort to ensure that our members get only the best. This is also the place to get to know each other, especially the new members. It is still much safer to leave your belongings at the Cara-Fun than in your car.

ACHIEVEMENTS

Unfortunately, the Springbok Vasbyt race had no prizes for the winners.

REGISTRATIONS 2025

Another 3 first-time members registered during the week. Welcome to you. 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 now have 602 members. We had 521 members at the same time last year.



Alexander Nwabisa Siyabonga
Viljoen Mtsetfwa Maphalala

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – 15 July 2025 at 17:15
- Saturday Event – Mandela Day Walk and Run at Wanderers Stadium, 19 July 2025

Weekly Time Trials

Please join us at the Club House on Tuesday for our weekly Time Trials starting at 17:15. There is a 4km, 6km and 8km route.

Wednesday LSD Run

Please note the Wednesday Long runs have been paused for the Winter months. Please continue with your own training at home.

Thursday Morning Runs and Afternoon Sessions

Please note that the Thursday morning runs and the afternoon training sessions will all be paused now for the winter months. Please continue with your own training programs.

Saturday Run

This Saturday is the Mandela Day Walk and Run held at the Wanderers Stadium. Start time is 7:30 and there will be a 5km, 10km and 21km event.

Sunday Social Run

This Sundays Social Run will be a Trail run at Wolwespruit starting at 6:30. Distance covered will be between 5km and 10km. Please note there is an entrance fee of R45 per person to run the trails.

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

THIS WEEK'S DIARY

Week
14 Jul - 20 Jul

Irene
Athletics Club

SERIOUS about our **run**
irene

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Stretch & Strength Training (Self train at home)	Time Trial @ Club House 17:15 4 - 6 - 8 km	
Thursday	Friday	
Saturday	Sunday	
Mandela Day Walk & Run @ Wanderers Stadium 7:30 5 - 10km - 21	Trail Run @ Wolwespruit 6:30 5 - 10 km R45/person Entrance Fee	

Join our community

IRENE TRAINING GROUP 2025

For More Information
Nelius 072 248 7698
Jacqueline 073 887 0757

IRENE

TRAINING PROGRAMME

July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Core & Strength Training +/- 60min	1 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	2 EASY RUN	3 EASY RUN	4 REST	5 GARSFONTEIN ICE BREAKER (LEAGUE RACE) 5km 10km 21,1km	6 SOCIAL RUN B - 30min I - 45min A - 60min
7 Core & Strength Training +/- 60min	8 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	9 EASY RUN	10 EASY RUN	11 REST	12 SPRINGBOK VASBYT 5km 10km 21,1km	13 SOCIAL RUN B - 30min I - 45min A - 60min
14 Core & Strength Training +/- 60min	15 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	16 EASY RUN	17 EASY RUN	18 REST	19 MANDELA DAY RUN / WALK 5km 10km	20 SOCIAL RUN B - 30min I - 45min A - 60min
21 Core & Strength Training +/- 60min	22 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	23 EASY RUN	24 EASY RUN	25 REST	26 TUT CORPORATE RACE 5km 10km 21,1km	27 SOCIAL RUN B - 30min I - 45min A - 60min
28 12 WEEK MARATHON TRAINING START (CAPE TOWN MARATHON)	29 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	30 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 45min	31 Hill Repeats W/U, Hills, C/D B - 4 x 200m I - 6 x 300m A - 8 x 300m	1 REST	2 SPAR WOMANS RACE 5km 10km	3 SOCIAL RUN B - 30min I - 45min A - 60min

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 Jacaranda 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.

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 Max HR estimate - Women 228 minus age	Blue Medal : 8km : Sub 54 minutes 21.1km : Sub 2h26 minutes 42.2km : Sub 4h59 minutes
W/U :	Warm Up - Easy Jog	Bronze Medal : 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes
C/D :	Cool Down - Easy Jog	Sainsbury Medal : 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 minutes
LSD :	Long Slow Distance, 55% - 65% of Max HR	Vic Clapham Medal : 8km : Sub 52 minutes 21.1km : Sub 2h18 minutes 42.2km : Sub 4h50 minutes
Min :	Minutes (Time not Distance)	Bronze Medal : 8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 minutes
Easy :	Long Slow Distance (LSD) - HR below 65%	Bill Rowan Medal : 8km : Sub 35 minutes 21.1km : Sub 1h39 minutes 42.2km : Sub 3h30 minutes
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	

For All Enquiries Regarding Training :
Call/WhatsApp on 072 248 7698 or 073 887 0757

CROSS COUNTRY

Irene



Athletics Club

CROSS-COUNTRY 2025 (PRE-SEASON)



Sat 10 May	League 1 - Fleur Primary School
Fri 16 May	League 2 - TUT Pretoria West
Sat 24 May	League 3 - Irene Athletics Club
Fri 30 May	League 4 - Eldoraigne High School
Sat 14 Jun	League 5 - Inter Provincials (Brits High School)
Sat 16 Aug	AGN Championships (Lavender Country Market)
Sat 6 Sep	SA Championships (Middelburg)

Qualification criteria

- Must compete in 2 league races to qualify for the Inter-Provincial team.
- Must compete in 4 league races **plus** the AGN champs, to qualify for SA Champs.
- Age tags are compulsory from 35 years and older.
- Must compete in correct age category.
- Must wear AGN license and age category tag during events.



PERSONALIA

Please keep Yolande Pietersen in your prayers. She was admitted to hospital with serious kidney function problems.

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

Johann	Coetzee	15-Jul
Tamrin	Holliday	15-Jul
Liezel	Anderson	16-Jul
Elizna	Lourens	17-Jul
Karen	Van Zyl	17-Jul
Magda	Brits	19-Jul
Kabelo	Mahlagare	19-Jul
Thinus	Breytenbach	19-Jul



THOUGHT FOR THE WEEK

Don't let the fear of the past colour the future.

NOTICE BOARD

ARC IRENE RUN/WALK
19 JULY 2025
ROAD FUN RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 07H00
ENTER ONLINE AT
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

THYME FITCHEF WETZ

ARC IRENE RUN/WALK
19 JULY 2025
TRAIL RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
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THYME FITCHEF WETZ

CORPORATE RACE

**21 KM, 10 KM
& 5KM**

2025

Entries Collection @ The Cricket Club House

@ PRETORIA WEST CAMPUS

21KM, 10KM & 5KM

Online Entries @
www.entryninja.com

**REGISTER
NOW**

26 JULY 2025

START TIME:
• 21.1 KM: 06H50
• 10 KM: 07H05
• 5 KM: 07H05



Quagga Road 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 | [AGN LEAGUE RACE](#)

ENTRY FEES

Pre-Entry

32km	R300
21.1km	R210
10km	R170
5km	R70

Late Entry

32km	R330
21.1km	R240
10km	R200
5km	R100

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

Temp License R70

ENTRIES

Store entries open 1 May - 4 August 2025

- Tshwane Running Shop, Sinoville: 087 688 1336
- Run-A-Way-Sport, Lynnwood: 012 361 3733
- Race Nr Sales: 078 220 5763, 083 379 9830, 082 305 2447

Online entries open 1 May - 1 August 2025

- Enter online at www.entryninja.com

Online entries collection: 8 August 2025

- Quagga Shopping Centre 12:00-17:00

Late entries sales at the venue: 8 August 2025 12:00 - 17:00

Race Day Entry Sales: 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 2025.



Medals to all finishers within the cut-off times





PVR DORPSFEES NIGHT RACE



PRESENTED BY MAD MONKEY ADVENTURES & IRENE AC



27TH AUGUST 2025



STARTING POINT

PIERRE VAN RYNEVELD GELOOFSFAMILIE
14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

5 KM START TIME 18:30 R70 ENTRY FEE

10 KM START TIME 18:30 R150 ENTRY FEE

DOGS & PRAMS WELCOME ON THE 5KM

 Register Now!
www.entryninja.com

**ONLINE ENTRIES
CLOSE 25 AUG '25**

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

A FESTIVAL NOT TO BE MISSED !

DANVILLE DEVELOPMENT AC

KOLONNADE
RETAIL PARK
"quick and convenient"

ULTIMATE EAST CHALLENGE RACE

INCORPORATING AGN 10KM CHAMPIONSHIPS



**Athletics
Gauteng North**

@ KOLONNADE RETAIL PARK

5KM & 10KM

Online Entries @
www.entryninja.com

30 AUGUST 2025

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



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



Enquiries: Lesetja (076 120 2388) / Wandile (071 942 8067)



BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

6 SEPTEMBER 2025

IN MEMORY OF ANDREW GREYLING

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
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BROOKLYN MALL  BROOKLYN SQUARE

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

www.entryninja.com

EXXARO ROAD RACE CHALLENGE

SUPERSPORT PARK, CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

20 SEPTEMBER 2025



exxaro
POWERING POSSIBILITY

CHAMBERLAIN

CAPITAL CLASSIC

SATURDAY, 4 OCTOBER 2025

PHSOB Club: 378 Queens Crescent, Lynnwood

- 21.1KM RUN

starts 06h00

- 10KM RUN

starts 06h00

- 5KM FUN RUN

starts 06h15

Earn Discovery
Vitality Points!

RUN THE 21 IN A TRADITIONAL SCOTTISH KILT AND WIN!

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card.



GET A FREE T-SHIRT

The first 2000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

START YOUR DAY WITH BAGPIPES

Set off to the unique sounds of the MacChamberlain Highlanders pipe band.



PHOBIANS
Athletics Club



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

CSIR MAIN CAMPUS,
MEIRING NAUDE ROAD,
BRUMMERIA, PRETORIA

ENTRIES: Online at 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

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



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

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!

PRE-ENTRIES ONLY

- Pre-entries close on 21 October or when cap of 5000 is reached
Online entries: 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

CITY
MARATHON



YOUR CITY . YOUR RACE

60^{KM} | 30^{KM}_{X2} | 15^{KM}_{X4}
RELAY RELAY

+5KM FAMILY FUN WALK



DOWN TOWN RUN

16 DEC 2025

CHURCH SQUARE PRETORIA

ONLINE ENTRIES ENTRYGEEK.COM

For more Info- www.city60marathon.com



SITHI 60 WENA O RENG!!!!



PHOTO CORNER



A lovely photo of the Voortrekker Monument, coloured by the early morning sun on Saturday at the Springbok Vasbyt race



Jurgens Prinsloo close to the finish



Eujean Snyman before getting to the stairs of the Monument



John Cannon getting down the stairs



Lisinda van Zyl on her way around the Monument



Chérien and Deon Roux



Annatjie Greyvenstein and Lynette Gough



Amanda de Beer



Annatjie Greyvenstein, Lynette Gough and Amanda de Beer after completing the 10 km



Retha Stoltz nearly at the bottom of the stairs



Letha Kotze had a lonely race



Cuthbert Mamabolo did the tough 21 km with his news shoes that he won with the lucky draw recently



Only 3 km to go for Ansie Breytenbach on the tough 21 km



Magda Brits also did the tough 21 km