



IRENE NEWS

16 February 2026 7/26

EDITORIAL

Thank you to all our members attending the time trials every week. The attendance is excellent these days. It is heart-warming to see so many new members as part of the time trials every Tuesday.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Tuks race on Saturday:

Lisa Nell	1 st Junior Female – 21 km
Melani Swart	1 st Female 50-59 – 21 km
Ansie Breytenbach	2 nd Female 60-69 – 21 km
Henk Basson	3 rd Male 70-79 – 21 km
Jaap Willemse	1 st Male walker 60-69 – 21 km
Elsa Meyer	1 st Female walker 70-79 – 21 km
Karin-Marie van Niekerk	1 st Female walker 60-69 – 21 km
Paulus Masilela	1 st Male 70-79 – 10 km
Estien van Wyngaard	3 rd Female 60-69 – 10 km

Sheren Naidoo

1st Male walker 50-59 – 10 km

Please be reminded that athletes must wear an age category tag in front and at the back to win a podium position. No tag, no prize money.

PERSONAL ACHIEVEMENTS

Amy Bridger	PB 21 km
Tatjana Kleine	PB 21 km
Lisa Nell	PB 21 km
Paul Schoeman	PB 21 km
Nadia Walters	PB 21 km
Elizna Lourens	First Marathon
Tim Houghting	First 10 km
Riaan Semmeling	First 21 km

Well done!

Please let us know by WhatsApp or email about your achievements, don't be shy.

21 KM CLUB CHAMPIONSHIPS

Well done to all our members who did the 21 km Tuks race on Saturday. Our champions are as follows:

	Overall	Running Champions
	Male	Female
	Henry Enslin	Amy Bridger
	Overall	Walking Champions
	Jaap Willemse	Elsa Meyer
Senior	Henry Enslin	Amy Bridger
	Tony Makris	Tatjana Kleine
	Nelius van Rooyen	Nadia Walters
40 - 49	Theuns Potgieter	Farzana John

	AD Watts	Rhoda van Staden
	Rykie Kruger	
50 - 59	Alex Elsworth	Melani Swart
	Mthokozisi Mambi	Belinda Hudson
	johan Nell	Liesel van Olst
60 - 69	Rob Hudson	Ansie Breytenbach
	Drix Pretorius	
70 - 79	Henk Basson	

	Walkers	
60 - 69	Jaap Willemse	Karin-Marie van Niekerk
	Mark Richardson	
70 - 79	Dirk Neethling	Elsa Meyer
		Lucia Willemse



Henry Enslin and Amy Bridger, our 21 km Club champions

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.



Rendani
Madou

Riaan
Semmelink

Tim
Houghting

CAPTAIN'S CORNER

Please diarize the following important dates:

- Mobility Monday sessions – 16 February at 17:30 at the Club House
- Club Time Trials – Tuesday 17 February 2026 is our Time Trial. Please join us at the Clubhouse at 17:20 To catch up and the run starts at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Saturday Event – No events.
- Sunday Event – Balwin Pretoria Marathon, Phobians Club start from 5:30
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumalanga. 27-29 March 2026**

TRAINING CAMP AT ELANDSKLOOF TROUT FARM, MPUMALANGA 27-29 March 2026

This year we are planning a Training Camp weekend for the whole family at Elandskloof Trout Farm, close to Dullstroom in Mpumalanga.

GPS Coordinates:

S25°31'35.0''

E30°7'64.5''

Altitude 1900m

The Program for the weekend will entail training for all walkers and runners and include social and fun activities.

Please note: This venue is not in Dullstroom Town , but on the Elandskloof Trout Farm approximately 14km before Dullstroom on route the R540 between Belfast and Dullstroom. The training routes for the weekend will be on gravel roads and there will be Trail route options on the farm for those interested in Trail Running.

Outline of the Program for the weekend:

- Friday: Arrive at own time. Food is available for purchase with pre-booking or alternatively self-catering.

Meet and Greet/Weekend brief and Ice breaker in the evening at **19:30** in the

Function Lapa.

- Saturday: The morning will entail a Training session varying from 5km-30km on District gravel roads and Trail running options on the farm's Trail routes varying from 5-20km.

Afternoon – Stretch out session followed by a Team building Fun activity.

Evening – Braai, bring your own or be catered for by pre-booking.

- Sunday: Morning Training session with various distances offered varying from 5km-20km.

Brunch after the Training session for purchase or self-catering.

Check out 10:00

Please see other activities available on the Farm's website at elandskloof.co.za and book accommodation with **discount code: IAC2026**

We are looking forward to seeing you at the training Weekend, so make sure you secure your spot timeously!

Mobility Mondays

This Monday 15 February we will be having 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 17 February 2026 is our Time Trial at the Club House. Please join us for a feedback and information session at 17:20 and the run will start 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 Pierre Van Ryneveld at 17:30. Distance covered will be from 5km to 15km.

Thursday Training Session

This Thursday will be a Hills Training session at 17:30 at the Clubhouse.

Saturday Run

No events this Saturday

Sunday Social Run

This Sunday 22 February is the Balwin Sport Pretoria Marathon. Start is at 5:30 from the Phobians Club. There is a 5km, 10km, 21km and 42km event.

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
16 Feb - 22 Feb

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Mobility Monday
with Yolande
@ Club House
17:30

Tuesday

Time Trials
@ Club House
17:30
4km, 6km, 8km

Wednesday

ECHT
Midweek LSD Run
@ Echt PVR
17:30
5km-15km

Thursday

Hills Training Session
@ Clubhouse
17:30

Friday



Mobility
Friday

For More
Information

Lindsay
072 2135094
Jacqueline
073 8870757



Saturday

Rest Day



Sunday

Balwin Pretoria Marathon
Phobians Club
@ 5:30
5km, 10km, 21km, 42km



TRAINING PROGRAMME

February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31 INTERCARE CLASSIC ROAD RACE 5km 10km 21.1km	1 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
2 Core & Strength Training +/- 60min	3 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	4 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	5 Hill Repeats W/U, Hills, C/D J - 10 x 60m B - 6 x 150m I - 6 x 250m A - 4 x 400m	6 Mobility Fridays	7 ACE RACE (LEAGUE RACE) 5km 10km 21.1km	8 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
9 Core & Strength Training +/- 60min	10 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	11 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	12 Speed Session W/U, Speed, C/D J - 6 x 100m B - 6 x 150m I - 5 x 300m A - 3 x 400m + 1 x 200m	13 Mobility Fridays	14 TUKS RACE (21km CLUB CHAMPS) 5km 10km 21.1km	15 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
16 Core & Strength Training +/- 60min	17 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	18 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	19 Hill Repeats W/U, Hills, C/D J - 10 x 80m B - 10 x 200m I - 8 x 200m A - 4 x 300m + 2 x 200m	20 Mobility Fridays	21 Long Run Run, CD B - 45min I - 75min A - 90min	22 BALWIN PRETORIA MARATHON 5km 10km 21.1km 42.2km
23 Core & Strength Training +/- 60min	24 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	25 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	26 Speed Session W/U, Speed, C/D J - 6 x 60m B - 6 x 100m I - 4 x 200m A - 3 x 400m + 2 x 150m	27 Mobility Fridays	28 SUNRISE MONSTER RACE 5km 10km 21.1km 32km	1 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 2026.

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 4h53 minutes	Vic Clapham Medal :	8km : Sub 52 minutes 21.1km : Sub 2h18 minutes 42.2km : Sub 4h50 minutes
WU :	Warm Up - Easy Jog	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
C/D :	Cool Down - Easy Jog	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
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				

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


CLUB AWAY WEEKEND


RUN THE DISTANCE – Irene Training Camp



Join us for an unforgettable weekend of running and good vibes at Elandskloof Trout Farm, Dullstroom

 27–29 March 2026

Whether you're building endurance, chasing mountains, or just keen for a solid running escape — this is for you.

 Book now and use discount code IAC2026

 www.elandskloof.co.za

  Let's run the distance together.



RUN THE DISTANCE
IRENE TRAINING CAMP
27-29 MARCH '26
ELANDSKLOOF TROUT FRAM
DULLSTROOM

Book now using the discount code
IAC2026
SCAN HERE

SERIOUS about our
RUN
Irene

PERSONALIA

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

Ane	Vos	16-Feb
Bradley	Doyle	16-Feb
Clifford	Woodroffe	17-Feb
Linley	September	18-Feb
Joseph	Moagi	18-Feb
Kgabo	Diangoane	19-Feb
Mfundo	Hadebe	19-Feb
Bronwyn	Esterhuizen	20-Feb
Divan	Vlok	20-Feb



BAR NEWS



There will be fires for those who want to braai.

THOUGHT FOR THE WEEK

A photograph of Tony Robbins speaking at a conference. He is wearing a black shirt and a headset microphone, and is gesturing with his hands. The background is dark and out of focus, showing other people in the audience.

No matter how many **mistakes** you make
or how **slow you progress**, you are still **way**
ahead of everyone **who isn't trying**.

— Tony Robbins —

NOTICE BOARD



Discovery Vitality

21 February 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 logo and a 'no dogs' symbol are also present.



Discovery Vitality

21 February 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 logo and a 'no dogs' symbol are also present.



PRETORIA MARATHON

Sunday, 22 February 2026

Start: PHSOB Clubhouse
378 Queens Crescent, Lynnwood, Pretoria



42.2 km	21.1 km	10.5 km	5.2 km
Entry fee: R450* Start time: 5:30am	Entry fee: R300* Start time: 5:30am	Entry fee: R200 Start time: 5:45am	Entry fee: R100 Start time: 7:00am

Temporary License = R70

*Free entry for 70+ athletes for 42km, 21km. Fee includes 10% agn race levy.

Cut-off at 11:30am



Maps and Race information available on www.pretoriamarathon.co.za



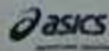
Scan QR code to enter now!

www.peaktiming.co.za

More info: www.pretoriamarathon.co.za



TOTALSPORTS



32G





The **Sunrise Monster**

5 KM 10 KM 21 KM 32 KM

28 FEBRUARY 2026
SATURDAY
HARLEQUIN CLUB
GROENKLOOF, PRETORIA



HOSTED BY
**HARLEQUIN
HARRIERS**

A timing chip is included in your entry fee and will be attached to your official race bib.

www.harlequinharriers.co.za



Harlequin Harriers & Sunrise Monster



@bqh.run & @sunrise.monster

BOBBIES 3-IN-1 SLUMBERLAND ROAD RACE



ON 7TH
MARCH
2026

DOUBLE BED
UP FOR GRABS:
ONLINE
ENTRIES ONLY

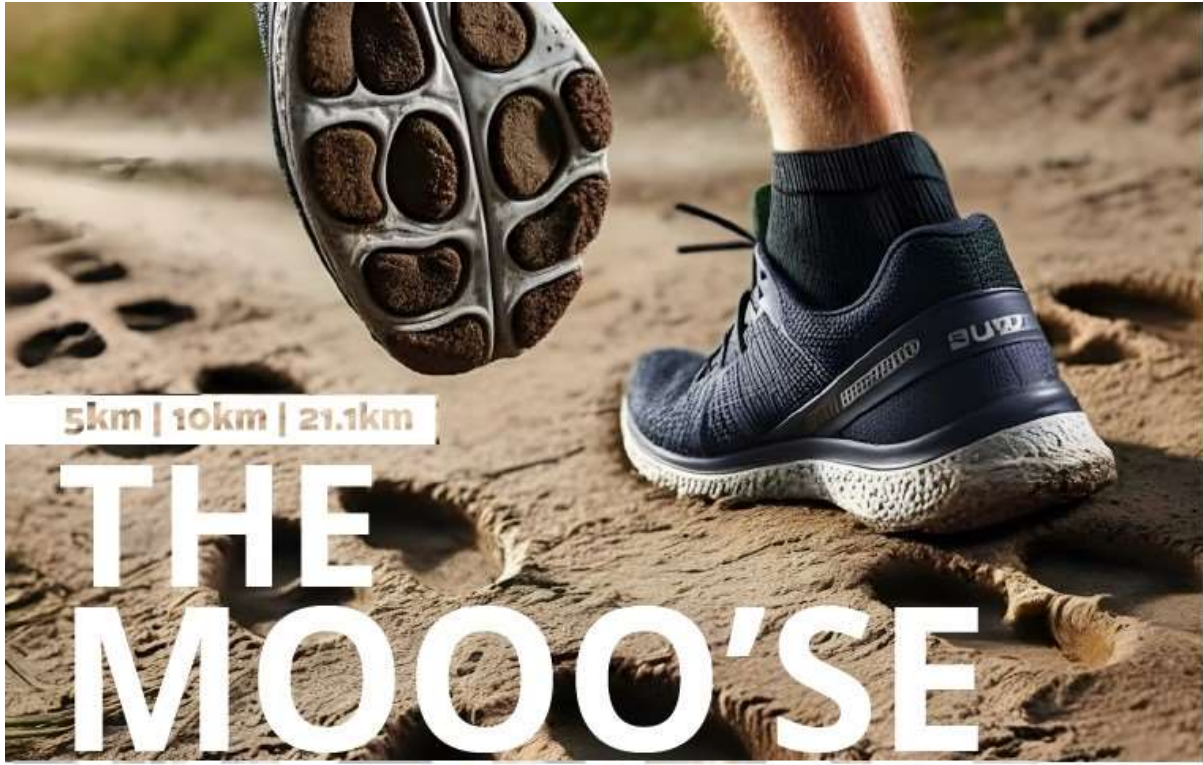
MAYVILLE MALL
CNR VAN
RENSBURG STR &
NIENABER AVE,
MAYVILLE,
PRETORIA

ENTRY FEE:
21Km - R 230
10Km - R 190
5Km - R 50
TEMPORARY
LICENSE - R 70

STARTING
21Km & 10Km - 06:00
5Km - 06:30

7.03

BOBBIES 3-IN-1 SLUMBERLAND ROAD RACE 2026



5km | 10km | 21.1km

THE MOOO'SE ROAD RACE

Saturday, 14 March '26 06h00-09h30

Online entries at www.entryninja.com
Online entries Close Tuesday, 10 March 2026



IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET

30th

Taking It Back Home!



Athletics
Gauteng North

RIGHT  **RUN WALK**

21 March 2026

21.1km & 10km 06:00

... and the **5km 06:20**

Proudly brought to you by



ARCADIA
RUNNING CLUB



Goodie bags & T-shirts to the
1st 500 online entrants

URL & QR code to online entries Right to Run/Walk
<https://www.entryninja.com/events/83361-right-to-run>



aQuellé



Entry fees
21.1km R250
10km R180
5km R100

Temporary Licences R70
 These entry fees exclude
 service charges

ENQUIRIES

RACE OFFICE:

James 082 566 1595

Paul 082 200 4219



EXCLUSIVE BEAST
RACE SHIRT
R180

verkruin
ATLETIEKLUB
**BEAST
RACE**



5KM | 15KM | 32KM

28 MARCH 2026

15KM & 32 KM 06:00 | 5KM FUN RUN 06:15

HOËRSKOOL OVERKRUIN
127 BRAAM PRETORIUS
STREET SINOVILLE

ENTRY FEES:
5 KM R70
15KM R220
32KM R280
TEMPORARY LICENSE FEES: R70
SECURE SCHOOL PARKING R30



ENTER NOW!

1. Online entries: <https://www.entryninja.com/events/83298-overkruin> until 24 March 2026
Online entries can be collected on 25 March 2026 at at Run a Way Sport
27 & 28 March 2026 at Hoërskool Ovekruin sports grounds.
No Temp license is required for the 5km.
2. Run-A-Way sport, 302 Freesia str, Lynnwood, Pretoria (Tel: 012 361 3733) until 27 March 2026
3. Tshwane Running, shop 192 Vinko str, Sinoville, Pretoria (Tel: 076 929 7384) until 27 March 2026
4. Hoërskool Overkruin Lapa on main sport fields on 27 March 2026 from 15:00 - 18:00
5. On race day at Hoërskool Overkruin Lapa on main sport fields on 28 March 2026 from 04:30 – 06:00



ENTRIES CAPPED AT 3500



IRENE ATHLETICS CLUB

IRENE RUNNING FESTIVAL

5 KM | 10 KM | 21 KM | 48 KM

DENEL DYNAMICS
NELMAPIUS DRIVE
IRENE

All races on Saturday

04
APRIL

**COMRADES
QUALIFER
21.1 KM AGN
CHAMPIONSHIPS**

ONLINE ENTRIES

www.entryninja.com
Limited to 5000 entries

*Ideal seeding opportunity.
Qualifying time is 05:59:59*

Mat to mat timing

48 km - Mat to mat timing
10/21 km - Mat to mat timing

063 451 3961
info@irenerunner.co.za

THE GREEN MILE ROAD RACE — 2026 —

**TROPHIES AND PRIZE MONEY
TO ALL CATEGORY WINNERS**

**Distances: 4 - 8 - 16 Miles &
Athletics Gauteng North – 1 Mile Championships**



Official 2026 Athletics Gauteng North League Race



11 APRIL 26



**06H00:
SPORT PARK
SPORTS ROAD
LYTTELTON MANOR
CENTURION**

aQuellé



The Mile for Life



GREEN MILE
The Mile for Life

CHRIS · 082 785 8792
SHAUN · 083 417 5586
JAN-HENDRIK · 072 953 1808

PHOTO CORNER



Action at the time trials last week



More action on Tuesday



Elda Booyesen and Amy Farrar at the start of the Tuks race on Saturday



More Irene members at the start. Lucky Lukhwari, Peter Ramachela, Mthokozisi Bambi, Nwabisa Mtsetfwa and Pieter and Bianke van Schalkwyk



New member Richard Huchzermeyer in action on the 10 km



Theuns Potgieter had an excellent run on the 21 km



As always Paulus Masilela won his age category



AD Watts in full flight



Pieter Pretorius also had a good run



Heimar Beukes with Johan and Lisa Nell in the background



Mthokozisi Mambi is in good form this year



Gert Fourie looking good



Joseph Moagi skipped last year but is back as a member again



All the way from London, Brendon Mossop



A big smile from Marlene Padavattan



Gathering at the best club facility



An even bigger group this time



It was good to see Estien van Wyngaard on the podium again, this time as a runner



Well done to Karin-Marie van Niekerk



She did it again! Congratulations to Lisa Nell



What a nice surprise to see Henk Basson on the podium



Elizna Lourens ran her first Marathon in Secunda on Saturday