



16 June 2025 24/25

EDITORIAL

Don't miss the aches and pains function tomorrow evening. It is not just for Comrades runners. Bring your family along and listen to all the stories and see who will get the different trophies.

It is our monthly social so there will be something to eat for free.

Our Comrades runners are invited once again to share your Comrades stories with us. Whether you had a good or bad experience, please send it to us by replying to this email.



ACHIEVEMENTS

Congratulations to the following members who finished in the top 5 in their respective age categories at the Inter Provincial Cross Country meeting in Rustenburg on Saturday:

Johan van Vuuren	1 st
Emma Cox	2 nd
Ansie Breytenbach	4 th
Nelius van Rooyen	5 th

REGISTRATIONS 2025

Another 5 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 593 members compared to 512 at the same time last year.



Bongani
Mbhalati

Judy
de Beer

Kmogelo
Mmutlana

Katlego
Shabalala

Mbuyelo
Maluleke

CAPTAIN'S CORNER

We would like to congratulate all those who took part in the 2025 Comrades Marathon. Well done to all of you for your hard work and perseverance.

Please diarize the following important dates:

- Club Time Trials – 17 June 2025 at 17:15
- Comrades Aches and Pains – Tuesday 17 June 2025 after the Time Trial

- Saturday Event – 21 June 2025 Soshanguve Great Run at Soshanguve Crossing Mall at 7:00. Distances available are 5km and 10km.
- Saturday Event – Cross Country League 6 at Zonderwater Correctional

Weekly Time Trials

Please join us at the Club House on Tuesday for our Time Trials. Start will be at 17:15 . There is a 4km, 6km and 8km distance available.

Comrades Aches and Pains

Please join us for the Comrades Aches and Pains after our Time Trial at the Club House. All welcome to hear the gruelling tales of the 2025 Comrades Marathon.

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 Soshanguve Great Run starting at the Soshanguve Crossing Mall at 7:00. There will be a 5km and 10 km event.

This Saturday is the Cross Country League 6 taking place at Zonderwater Correctional.

Sunday Social Run

There will be a short social run taking place this Sunday. Time and venue will be communicated through on the Training group.

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
16 Jun - 22 Jun

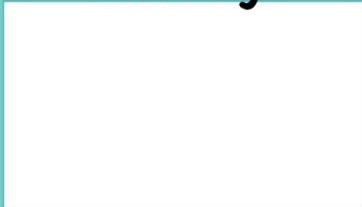
Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday



Tuesday

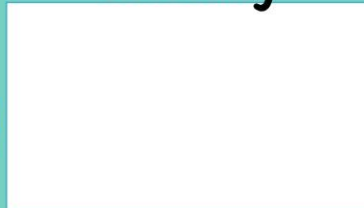
**Comrades
Aches & Pains**

Time Trial 4
@ Club House 6 km
17:15 8

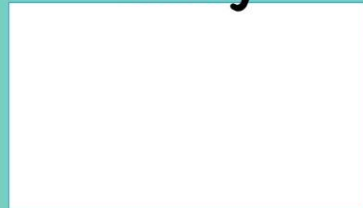
Wednesday



Thursday



Friday



For More Information

Nelius
072 248 7698
Jacqueline
073 887 0757



Saturday

Soshanguve Great Run
@ Soshanguve Crossing
Mall 5 km
7:00 10

Cross Country League 6
@ Zonderwater Correctional

Sunday

Social Run
@ TBC
7:00



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

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

Leanne	Vermaak	16-Jun
Angelique	J van Rensburg	16-Jun
Christiaan	Swart	21-Jun
Brent	May	22-Jun
Karla	Zietsman	22-Jun



THOUGHT FOR THE WEEK

Do what you have to do until you can do what you want to.

NOTICE BOARD

ARC IRENE RUN/WALK
21 JUNE 2025

ROAD RUN OR TRAIL RUN
YOU CHOOSE WHICH ONE YOU WANT TO DO
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

THYME FITCHEF WETZ

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





CELEBRATING YOUTH MONTH

21 JUNE 2025

Online Entry @
<https://live.protime.co.za/event/1149>

VENUE:

SOSHANGUVE CROSSING MALL

Corner Ruth First Road &, Aubrey Matlakala St

SCAN TO ENTER



Athletics
Gauteng North

Race Enquiries: Thabang (076 133 6131)

GARSFONTEIN ICE BREAKER

AGN League Race



21.1KM
10KM
5KM
NEW 1KM

Comrades Comeback race - 1st race after Comrades

5 JULY 2025

GARSFONTEIN PRIMARY SCHOOL

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21.1KM	R230	07:00	16 YEARS	09:00	10:30	R250	1500
10KM	R150	07:00	14 YEARS	08:30	10:30	R170	600
5KM	R70	07:15	9 YEARS	NONE	10:30	R80	FUN RUN
1KM	R50	07:20	-	NONE	08:00	R50	NONE

THESE ENTRY FEES EXCLUDE SERVICE CHARGES

TEMPORARY LICENSE REQUIRED FOR NON REGISTERED ATHLETES ON THE 21.1KM & 10KM: R70
70+ ATHLETES: FREE (PLEASE NOTE - NO PRIZE MONEY WILL BE GIVEN FOR 70+ AGE CATEGORIES)

ONLINE ENTRIES FROM 30 APRIL 2025 - WWW.ENTRYNINJA.COM (UNTIL 1 JULY 2025 MIDNIGHT)

MANUAL ENTRIES
- RUN-A-WAY SPORT (302 FRESIA ST, LYNNWOOD RIDGE)
FROM 31 MAY TO 1 JULY (PLEASE CHECK WITH SHOP FOR OPERATING HOURS)
LATE ENTRIES AND RACE NUMBER COLLECTION
- AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETRONELLA STR. ENTRANCE)
4 JULY FROM 14:00 UNTIL 17:30
- AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETRONELLA STR. ENTRANCE)
RACE DAY FROM 05:30

SCAN HERE
FOR EASY
ENTRY



Leon Bezuidenhout SPRINGBOK VASBYT

Presented by Voortrekker Monument Running Club

Proudly Supported by



Distances: 21 km, 10 km, 5 km fun run:

Date: Saturday **12 July-2025**

Starting Times: Commemoration Ceremony - 07:20

21 km & 10 km - 07:30

5 km - 07:40

Venue: Voortrekker Monument, use the Eeufees Rd entrance

VITALITY POINTS: 10km=600 & 21km=1500

Viscounts Down

September 1978 & February 1979

Official AGN Sanctioned Race



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK
CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.**

ENTRY FEES

21 km: R180 | 10 km: R150 | 5 km: R70

70+ athletes (ID required): Free

Temporary License: R70

Advertised entry fees exclude
service charges.

Entry fees are non-refundable.

Bronze Medal to all finishing
within the cut-off time.

GENERAL INFORMATION

Guarded parking available.

Ample toilet facilities.

Water stations – approximately between
2.5km to 4km.

Tog bag area.

Club Gazebos Welcome.

**UNFORTUNATELY NO PRIZE
MONEY**

Gun to mat timing -10 & 21 km only

MORE INFORMATION

Online pre-entries at www.entryninja.com - Online entries close 09 July 2025.

Pre-entries at Run-A-Way Sports - opens 06 June 2025 & closes 10 July 2025 at 16:00.

Pre-entries at Voortrekker Monument - opens 06 June 2025 & closes 11 July 2025 at 16:00.

Pre-entry collection at the Voortrekker Monument Reception on Friday 11 July 2025 from 13:00 until 16:00 and
on race day from 05:00 until 07:00 only at the Voortrekker Monument.

Entries on race day – At the race venue as from 05H00 until 07H00 strictly.

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining,
will be diverted to the finish.



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



IRENE



MAD MONKEY ADVENTURES

PRESENTED BY MAD MONKEY ADVENTURES

& IRENE AC



27TH AUGUST 2025



Athletics
Gauteng North

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)

**WATCH
THIS
SPACE**



**BROOKLYN
ROAD RACE
6 SEPTEMBER 2025**



Brooklyn Design Square
Cnr. Veale & Bronkhorst Streets

**32 km, 21.1 km, 10 km
& 5 km Fun Run**

EXXARO ROAD RACE CHALLENGE

SUPERSPORT PARK, CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

20 SEPTEMBER 2025



exxaro
POWERING POSSIBILITY

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		



PHOTO CORNER



Nelius van Rooyen, Maryke Gradwell, Ansie Breytenbach and Karen van Zyl at the Inter Provincial Cross Country meeting in Rustenburg on Saturday



Nelius van Rooyen in action



Yolande Cowley at the finish



Johan van Vuuren finishing 1st in his age category