



16 March 2026 11/26

EDITORIAL

We still require many more of our members to assist at the Irene Running Festival on 4 April. Reply to this email if your name is not on the list yet.

There has been a complaint from the race referee that a few of Irene members did not wear both licence numbers at the Mooos'e race on Saturday. Please ensure that you adhere to this rule to avoid possible disqualification in the future.

Please note that the Cara-Fun will not be at the Sunnypark race this coming Saturday.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Mooos'e race:

Noel Banda	1 st Male 60-69 – 21 km
Jaap Willemse	1 st Male walker – 10 km
Retha Knoetze	1 st Female walker – 10 km
Lucia Willemse	3 rd Female walker -10 km
Karin-Marie van Niekerk	1 st Female 60-69 – William Mpamba Memorial 10 km

PERSONAL ACHIEVEMENTS

Natasha Pienaar	PB – 21 km
Johan Nell	PB – 21 km
Roux Wildenboer	PB – 21 km
Chris van Wyk	PB – 10 km
Yolande Pietersen	PB – 10 km walk

Well done!

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.



Darno
van der Merwe

Drikus
Badenhorst

Mzi
Dlanga

CAPTAIN'S CORNER

Please diarize the following important dates:

- Mobility Monday sessions – 16 March at 17:30 at the Club House

- Club Time Trials – Tuesday 17 March 2026 is our Time Trial. Please join us at the Clubhouse at 17:20 To catch up and the run starts at 17:30
- Run Smart Series – Tuesday 17 March 2026 at 18:30 we will start with our first Talk of the series: Optimal Nutrition for Exercise and Health. Please join us for this informative talk after the Time Trial
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Saturday Event – The Right to Run Race from Sunnypark Centre from 6:00
- Sunday Run – Sunday Social Run from Castle Gate Centre starting at **6:00**.
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumalanga. 27-29 March 2026**

Mobility Mondays

This Monday 16 March is 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 March 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.

Run Smart Series

Tuesday 17 March at 18:30 will be the start of our Run Smart Series. Please join us for a talk by Shani, a Dietician, who will speak about Optimal Nutrition for Exercise and Health. This will be an informative talk that can benefit everyone so please come and join us after the Time Trial.

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 the Club House, start is 17:30.

Saturday Run

This Saturday 21 March 2026 is The Right to Run Race starting at 6:00 from the Sunnypark Shopping Centre. Distances available are 5km, 10km, 21km. Please note that the Cara-Fun will NOT be there.

Sunday Social Run

This Sundays Social Run will start from Castle Gate Shopping Centre at **6:00**. Distance covered will be 5km-18km.

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 Mar - 22 Mar

Irene Athletics Club

SERIOUS about our Run
irene

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Mobility Monday with Yolande @ Club House 17:30	Time Trials @ Club House 17:30 4km, 6km, 8km	ECHT Midweek LSD Run @ Echt PvR 17:30 5km-15km
Thursday	Friday	For More Information Lindsay 072 2135094 Jacqueline 073 8870757
Hills Training Session @ Club House 17:30	Mobility Friday	
Saturday	Sunday	
The Right to Run Race @ Sunnypark Mall 6:00 5km,10km,21km	Sunday Social Run @ Castle Gate 6:00 5km-18km	

Join our community

REST AND RECHARGE

IRENE

TRAINING PROGRAMME

March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 - 45min I - 60min A - 75min	5 Hill Repeats W/U, Hills, C/D J - 8 x 50m + 2 x 100m B - 6 x 150m I - 6 x 300m A - 2 x 400m + 1 x 300m	6 MOBILITY FRIDAYS	7 PRETORIA BOBBIES 3-IN-1 (LEAGUE RACE) 5km 10km 21.1km	8 Sunday Long Run Run, CD B - 60min I - 90min A - 150min
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 - 45min I - 60min A - 75min	12 Speed Session W/U, Speed, C/D J - 8 x 100m B - 8 x 120m I - 6 x 300m A - 2 x 400m + 2 x 200m	13 MOBILITY FRIDAYS	14 THE MOOSE ROAD RACE 5km 10km 21.1km	15 Sunday Long Run Run, CD B - 60min I - 90min A - 150min
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 - 45min I - 60min A - 75min	19 Hill Repeats W/U, Hills, C/D J - 8 x 50m B - 6 x 100m I - 5 x 200m A - 2 x 300m	20 MOBILITY FRIDAYS	21 RIGHT TO RUN SUNNYPARK 5km 10km 21.1km	22 IRENE RUNNING FESTIVAL 48km
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 - 45min I - 60min A - 75min	26 Speed Session W/U, Speed, C/D J - 10 x 80m B - 6 x 100m I - 4 x 200m + 2 x 100m A - 2 x 200m + 2 x 120m	27 MOBILITY FRIDAYS	28 OVERKRUIM BEAST 5km 15km 32km	29 Sunday Long Run Run, CD B - 60min I - 90min A - 150min

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.

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 4h53 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) 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	Bronze Medal : 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes Sainsbury Medal : 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 minutes	Bronze Medal : 8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 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


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:

Joy-Ann	Dekker	16-Mar
Yolande	Cowley	16-Mar
Cadence	Fick	17-Mar
Kendall	Baker	17-Mar
Mthokozisi	Mambi	17-Mar
Steve	Sackett	18-Mar
Rykie	Kruger	18-Mar
Willem	Du Toit	18-Mar
Emile	Myburgh	19-Mar
Hestha	Conradie	18-Mar
Anna	Pieterse	19-Mar
Chantal	Heuvel	20-Mar
Egmond	Van Niekerk	20-Mar
Johan	Janse Van Vuuren	21-Mar
Dillon	Wheatcroft	22-Mar



BAR NEWS



There will be fires for those who want to braai

THOUGHT FOR THE WEEK

**WHAT
YOU DO TODAY
CAN IMPROVE
ALL YOUR
TOMORROWS.**

Ralph Manston

NOTICE BOARD



Discovery
Vitality

21 MARCH 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

Prohibited dog icon

The poster features a woman in athletic wear running on a dirt path through a sunlit forest. The background is a vibrant mix of green and yellow, suggesting a bright, sunny day. The text is overlaid on a dark green circular graphic.



Discovery
Vitality

21 MARCH 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
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30th

Taking It Back Home!


Sunnypark
SHOPPING CENTRE



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**

Overkruin
ATLETIEKLUB
**BEAST
RACE**



5KM | 15KM | 32KM

28 MARCH 2026

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

**HOËRSKOOI 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 Overkruin 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
NELLMAPIUS 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

ITG **MPILENG**
Group

TNU
TSHWANE NORTH ULTRA

2026

**The Ultimate Comrades
Ultra Qualifier in Tshwane**

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R495	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R200	R70	06:30am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R420	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R135	R70	06:30am
5KM	R70	N/A	06:30am

18 APRIL 2026



VENUE: AKASIA COMMUNITY HALL

50k **21k** **10k** **5k**



LONG SLEEVES T-SHIRT R250
1st 500 ONLINE ON 50KM QUALIFY
FOR FREE RACE T-SHIRT

www.tshwanenorthultra.com Contact: 079 965 4524 / 073 497 3141

Supported by
City of Tshwane AC

ITG **MPILENG**
Group



Pretoria Military Marathon
Club Will Presents

JACKIE MEKLER MEMORIAL RACE 2026

AGN
League
Race



AGN
League
Race



- 25KM - 42nd Commemorative race
- 10KM - 32nd PMMC Memorial run
- 5KM - Fun run

Saturday
09 May 2026



Start From
06:30 am



Pretoria Military
Sports Club
Thaba Tshwane



ARMSCOR

Online entries @ www.entryninja.com



Aluta Gauthuse 083 259 9741, Keabetswe Ndlala 076 109 4561

Modise Madikazi 083 472 4453

PHOTO CORNER



The attendance of the time trials is excellent every Tuesday



Mikael and Lahni Alberts at the Moo'se race on Saturday



Paul and Madele Schoeman with Nadia and Stephan Walters



Noel Banda, Tracey Thompson and Lenin Sithole



Mother and daughter team, Maryke Gradwell and Ansie Breytenbach



Uida Enslin and Karla Zietsman



Nadene Visser, Myrna van Wyk and Belinda Hudson



New member Eric Bauser



The Cara-Fun was a very popular place on Saturday morning



André Vollenhoven with his wife Nadia who ran her first 10 km and who will be joining the club now



A lovely Irene bus finishing the 21 km



Retha Knoetze and Lucia Willemse on the podium



Jaap Willemse



Karin-Marie van Niekerk in Polokwane



Despite the weather these brave ones were there on Sunday morning