



17 February 2025 7/25

EDITORIAL

The CMA are inviting new members to join the family of Comrades runners. The new board is appreciative of the existing members and hope they maintain that relationship with the CMA.

To club chairs in the respective provinces, we request you reach out to your club runners/volunteers and ask them to get involved with Comrades by becoming members of the CMA. Improved membership will allow the CMA to expand the brand to runners and from this relationship it would give more Comrades runners a voice on how they could add value and aid the Association in making it a better functioning organisation.

Membership fees are R100 per annum and allows members to have their say through voting at general meetings.

We welcome all new members and look forward as the CMA to provide the best service to our clients in the running arena.

Please take note of the following criteria for CMA Membership:

Individuals need to be either a Comrades Runner or Comrades Volunteer before applying for CMA membership.

If so, you are invited to join as a member of the Comrades Marathon Association (CMA). The CMA is a group of passionate individuals who share a common vision and commitment to The Ultimate Human Race.

As a member of the CMA, you will receive:

- Access to exclusive events and socials
- Networking opportunities with other professionals and experts
- Accolades for outstanding contributions

- A sense of belonging and purpose

In addition, you will be able to attend the CMA Annual General Meeting at which you can review the Association's annual performance, make proposals concerning the future of the race, vote on the appointment of future Board Members and provide feedback to the sitting CMA Board.

Any CMA Member wishing to VOTE at the Annual General Meeting needs to be a FULLY PAID & VALID CMA Member by latest 30 June. Therefore, any CMA Member that is approved or has renewed between 1 January to 30 June is ELIGIBLE to vote at the AGM.

Individuals can apply for membership via this [LINK](#)

Should you have any queries, please do not hesitate to contact our office on membership@comrades.com or 033 897 8650.

ACHIEVEMENTS

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

Jaap Willemse	1 st Male GM walker – 21 km
Elsa Meyer	1 st Female GGM walker – 21 km
Dirk Neethling	1 st Male GGM walker – 10 km
Alan Hyson	1 st Male GGM – 10 km
Anna Harris	3 rd Female master – 10 km

PERSONAL ACHIEVEMENTS

Elizna Lourens	PB 21 km
----------------	----------

10 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
	Tony Makris	Aloïse Boshoff
	Overall	Walking Champions
	Jaap Willemse	Elsa Meyer
Senior	Tony Makris	Aloïse Boshoff
	Carel Malan	Elizna Lourens
	Hendrik Basson	Mignon Makris
40 - 49	Bheki Ndlovu	Merinda Kamfer
	Cuthbert Mamabolo	Joy Dekker
	Mfundo Hadebe	Farzana John
50 - 59	Martin Struwig	Melani Swart
	Mthokozisi Mambi	Liezel Anderson
	Gert Fourie	Marlene Paddavattan
60 - 69	Michael vd Westhuizen	
	Henk Basson	
70 - 79	Mike Gibbons	

	Walkers	
60 - 69	Jaap Willemse	
	Mark Richardson	
70 - 79		Elsa Meyer
		Lucia Willemse

REGISTRATIONS 2025

Another 12 members registered during the week of which 6 were new members. Welcome to all of you. We now have 509 members compared to 418 at the same time last year.

If you haven't done it yet, please get your registration done for 2025 as quickly as possible to help us complete the admin process. Please make sure you complete both forms A and B below.

There are 2 forms to complete. FORM A and FORM B
 FORM A is for registering a family account. You should still complete this form even if you are a single member. This data will be used for billing purposes.
 FORM B should be completed for each member, spouse/partner and child (junior members).

Students, 19 years and older will be considered a full member.
AGN licenses are optional. You can select to buy one on FORM B.
Please help us by submitting your info as soon as possible so that we can capture all the data in the new system. Payment will only be due later.

FORM A - Account registration form

<https://forms.gle/LdXXNGkneM7rmGgL7>

FORM B - Member registration form (Complete separately for each member)

<https://forms.gle/BmsgT8SHMrZQpvFZ9>

If you haven't ordered your 2025 Club shirt yet, you can do so here:

<https://forms.gle/f3iFJy1JWHSrKU999>

You will receive an invoice once you have completed Form B. No licence will be issued before full payment is made.

NEW MEMBERS

A warm welcome to the 6 members who joined last week. 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 the time trials on Tuesday and to collect your 2025 licence members.

CAPTAIN'S CORNER

Please diaries the following important dates:

- Club Trial Run – 18 February 2025 at 17:30
- Morning training run – 20 February 2025 at 5:00 at Irene Link
- Saturday Social Run – 22 February 2025, Revolution Trails, Irene Club House at 6:30
- Sunday Event – Pretoria Marathon taking place at Phobians Club at 5:45

Weekly Time Trials

Please come and join us on Tuesday at 17:30 at the club for our weekly Time Trial. Everyone is welcome.

4km, 6km and 8km Trial run available. There is also a 2km distance for anyone who would like to run or walk this distance.

Wednesday LSD Run

This weeks LSD run will take place at the Centurion Theatre at 17:30 for a 10km - 12km distance.

Thursday Morning Session

This weeks morning run will start from Irene Link on Thursday 20 February 2025 at 5:00. For those of you who enjoy the early morning training please come and join us. There will be a 6km – 10km distance.

Thursday Speed Session

Come join us at the Clubhouse at 17:30 for a Speed training session

Saturday Run

This Saturday Revolution Trails will be hosting a run at the Irene Club House. Everyone is welcome to do their Saturday run here. Please note if you wear your Irene gear you do not need to pay an entrance fee. There will be Trail running routes and road running routes of various distances. Start time is 6:30.

Sunday Run

This Sunday is the Pretoria Marathon taking place at the Phobians Club. Start will be at 5:45 and there will be a 5km, 10km, 21km and a 42km available. Our Cara-Fun will be available for all those running.

Please note there will not be a social long run taking place because of this marathon.

There is also the Vaal Marathon taking place on Sunday.

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
17 Feb - 23 Feb

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

Midweek LSD Run 10
@ Centurion Theatre - km
17:30 12

Thursday

ALERT Morning Session 6
@ Irene Link - km
5:00 10
Speed Session
@ Irene Clubhouse
17:30

Friday

Rest Day



For More Information

Nelius
072 248 7698

Jacqueline
073 887 0757



Saturday

Revolution Trails 5
@ Irene Club house 10 km
6:30 21

Sunday

Pretoria Marathon 5
@ Phobians Club 10 km
5:45 21
42
Vaal Marathon Marathon
(CGA)



TRAINING PROGRAMME

February 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1 INTERCARE CLASSIC ROAD RACE 5km 10km 21.1km	2 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
3 Core & Strength Training +/- 60min	4 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	5 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	6 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 300m A - 8 x 400m	7 REST	8 ACE RACE (LEAGUE RACE) 5km 10km 21.1km	9 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
10 Core & Strength Training +/- 60min	11 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	12 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	13 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 400m	14 REST	15 TUKS RACE (21km CLUB CHAMPS) 5km 10km 21.1km	16 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
17 Core & Strength Training +/- 60min	18 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	19 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	20 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 300m A - 8 x 400m	21 REST	22 Long Run Run, CD B - 45min I - 75min A - 90min	23 BALWIN PRETORIA MARATHON 5km 10km 21.1km 42,2km
24 Core & Strength Training +/- 60min	25 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	26 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	27 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 400m	28 REST	1 SUNRISE MONSTER RACE 5km 10km 21.1km 32km	2 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 2025.

LEGEND		
PROGRAM TERMINOLOGY	TWO OCEANS GUIDELINE	COMRADES GUIDELINE
Max HR :		
Max HR estimate - Men: 220 minus age	Blue Medal :	Vic Clapham Medal :
Max HR estimate - Women 228 minus age	8km : Sub 54 minutes	8km : Sub 52 minutes
W/U :	21.1km : Sub 2h26 minutes	21.1km : Sub 2h18 minutes
Warm Up - Easy Jog	42.2km : Sub 4h59 minutes	42.2km : Sub 4h50 minutes
C/D :		
Cool Down - Easy Jog	Bronze Medal :	Bronze Medal :
LSD :	8km : Sub 47 minutes	8km : Sub 45 minutes
Long Slow Distance, 55% - 65% of Max HR	21.1km : Sub 2h09 minutes	21.1km : Sub 2h05 minutes
Min :	42.2km : Sub 4h26 minutes	42.2km : Sub 4h25 minutes
Minutes (Time not Distance)	Sainsbury Medal :	Bill Rowan Medal :
Easy :	8km : Sub 38 minutes	8km : Sub 35 minutes
Long Slow Distance (LSD) - HR below 65%	21.1km : Sub 1h46 minutes	21.1km : Sub 1h39 minutes
Hills Repeats :	42.2km : Sub 3h40 minutes	42.2km : Sub 3h30 minutes
@ 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

PERSONALIA

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

Clifford	Woodroffe	Feb 17
Joseph	Moagi	Feb 18
Linley	September	Feb 18
Mfundo	Hadebe	Feb 18
Kgabo	Diangoane	Feb 19
Freda	Hillocks	Feb 21
Christiaan	Schellingerhout	Feb 21
Déon	Roux	Feb 22
Bonola	Moopa	Feb 22
Dave	Roux	Feb 23



BAR NEWS

There will be fires for those who want to braai



THOUGHT FOR THE WEEK

Running is mind over matter. If your head doesn't mind, your body doesn't matter.

NOTICE BOARD



ARC IRENE RUN/WALK
22 FEBRUARY 2025

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

3KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 06H30
ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

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

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Discovery
Vitality

REVOLUTION TRAILS



Balvin
SPORT
PRETORIA
MARATHON

SUN 23 FEB

**2025 Is Your Year
Make It Count!**

ENTER NOW.

www.pretoriamarathon.co.za





PRETORIA BOBBIES

Slumberland



DESIGN YOUR DREAMS

BOBBIES 3-IN-1
Discovery *Vitality*

8 March 2025

Venue: Mayville Mall, Pretoria

NEW VENUE @ MAYVILLE MALL

FIERCE & FUN



Scan QR Code To
Enter Race

Online Entries Until - 4 March 2025

(All Online Entries go in lucky Draw for Bed)

Run Away Sport Until - 6 March 2025

Tshwane Running Shop Until - 6 March 2025

Starting Time

06:00am (10km & 21km)

06:30am (5km)

Cost

5km Race - R80

10km Race - R150

21km Race - R200

Temp lic - R70

**R20 Additional for
late Entries**

(Clubs are welcome to
set up gazebos)

Pre-entries will go into a
lucky draw to win a

Slumberland Hybrid Firm Bed
(Valued at R8 999)

Discovery
Vitality



SAVE THE DATE



The **Sunrise Monster**

5 KM

10 KM

21 KM

32 KM

1 MARCH 2025

SATURDAY

HARLEQUIN CLUB

GROENKLOOF, PRETORIA



HOSTED BY

**HARLEQUIN
HARRIERS**



5km | 10km | 21.1km

THE MOOO'SE ROAD RACE

Saturday, 15 March '25 • 06h00-09h30

Online Entries at www.entryninja.com

Online Entries Close Tuesday, 11 March 2025



GIC GAP INFRASTRUCTURE CORPORATION

CHOC Childhood Cancer Foundation South Africa
"Keeping more than hope alive"

COMRADES MARATHON QUALIFIER

IRENE

Athletics Gauteng North

Discovery Vitality

IRENE RUNNING FESTIVAL

22 & 23 March 2025

Irene Athletics Club presents
 Limited to 3000 entries per event
 48 km - Mat to mat timing
 10/21 km - Gun to mat timing

MEDALS TO ALL FINISHERS

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za
 Tel: 082 331 2236

Entries close Sunday, 16 March 2025

Ideal seeding opportunity. Qualifying time is **5 hours 50 minutes** (same as for 50km), but with 2km less to run. Mat to mat timing

5km **10km** **21km**

Irene Ultra 48km
#TheQualifier

SMACPIX Online entries only www.entryninja.com T-shirt available to purchase @R180

Mat to Mat Timing for the 48km ONLY!

PRE-ENTRIES ONLY - Sweat Shop
 Dunkeld: 011 325 2567
 - Running High Bedfordview: 011 450 2421
 - Sportmans Warehouse Centurion: 0126650768
 - Run-Away-Sport: 012 361 3733
 - Tshwane Running Shop Sinoville: 076 929 7384

Chamberlain's
 FINISH TIME
 Timekeeping



5KM | 15KM | 32KM

29 MARCH 2025

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

**HOËRSKOOLOVERKRUIIN
127 BRAAM PRETORIUS
STR
SINOVILLE**

15km & 32 km 06:00

**ENTRY FEES:
5 KM R30
15KM R180
32KM R220
TEMPORARY LICENSE FEES: R70
SECURE SCHOOL PARKING R30**



ENTER NOW!

1. Online entries: www.entryninja.com/events/80011-overkruin until 26 March 2025
Online entries can be collected on 28 & 29 March at Hoërskool Overkruin
School sport grounds Lapa
No Temp license is required for the 5km.
2. Run-A-Way sport, 302 Freesia str, Lynnwood, Pretoria (Tel: 012 361 3733) until 28 March 2025
3. Tshwane Running, shop 192 Vinko str, Sinoville, Pretoria (Tel: 076 929 7384) until 28 March 2025
4. Hoërskool Overkruin Lapa on main sport fields on 28 March 2025 from 15:00 - 18:00
5. On race day at Hoërskool Overkruin Lapa on main sport fields on 29 March 2025 from 04:30 – 06:00



ENTRIES CAPPED AT 2500

THE GREEN MILE ROAD RACE 2025

The Mile for life

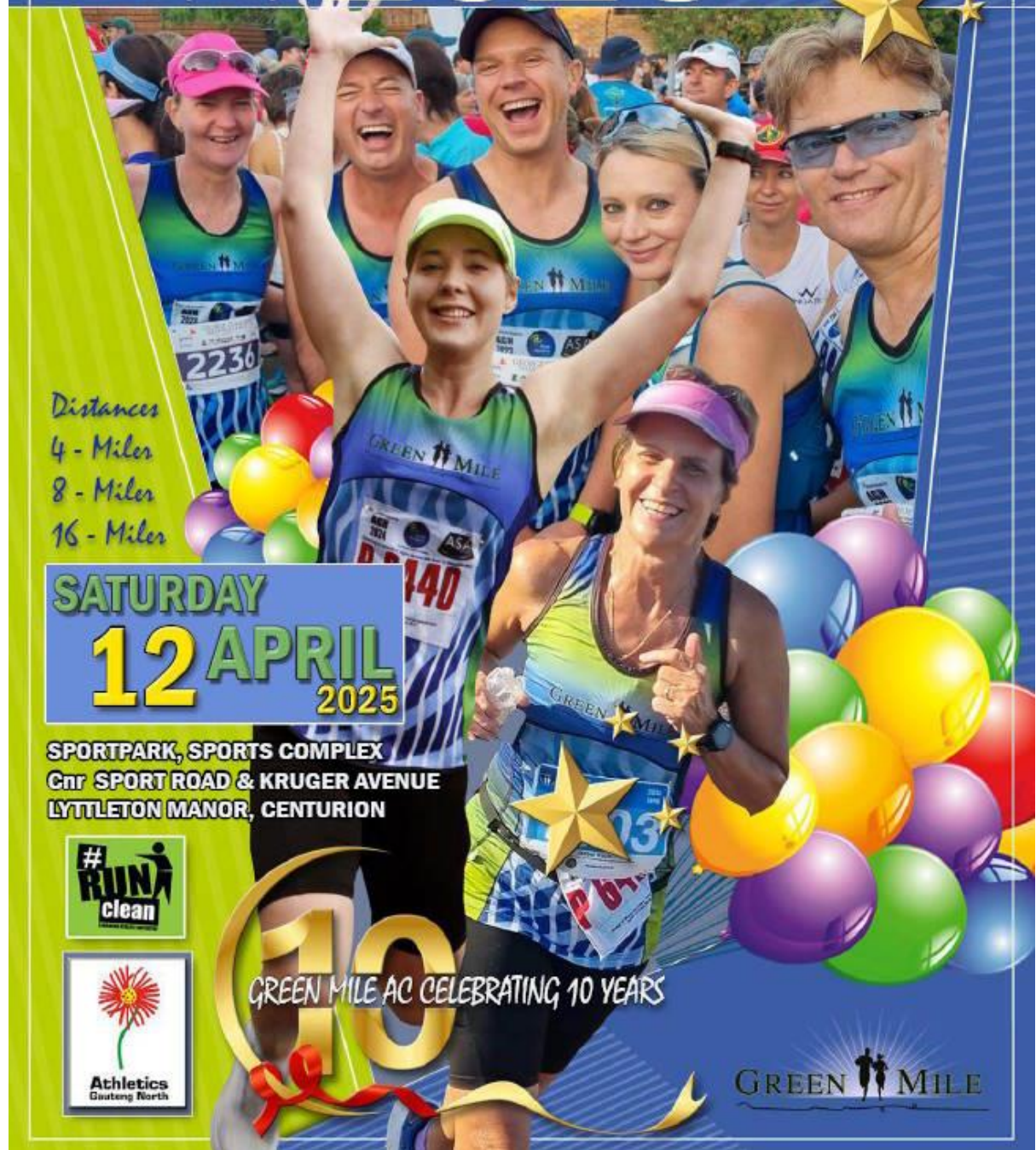
Distances
4 - Miles
8 - Miles
16 - Miles

SATURDAY
12 APRIL
2025

SPORTPARK, SPORTS COMPLEX
Cnr SPORT ROAD & KRUGER AVENUE
LYTTLETON MANOR, CENTURION



GREEN MILE AC CELEBRATING 10 YEARS





50km 21km 10km 5km

DATE: 19 APRIL 2025

VENUE: AKASIA COMMUNITY HALL

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R450	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R180	R70	06:45am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R380	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R120	R70	06:45am
5KM	R70	N/A	06:45am

LONG SLEEVES TSHIRT R250

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



**For general race enquiries contact:
079 965 4524 / 082 909 5868 / 073 497 3141**

www.tshwanenorthultra.co.za



PHOTO CORNER



Time trials last week



Ian Tait and Johan van Vuuren showing their braai skills



Leon Pronk, Pieter Saayman, Douw and Miné van Zyl and Venita Brown



Nelius van Rooyen dressed for Valentine's day



The gazebo at the Tuks race



Bheki Ndlovu



Aloïse Boshoff, our female 21 km club champion



Jenny Cairns, happy with another medal



Kovilan Rajaruthnam



Cuthbert Mamabolo and Liezel Anderson



Mike Gibbons, Jaap Willemse and André Nortje



AD Watts



Lyndsay Bull



Happy to be close to the finish



Suzelle Nothnagel and Farzana John



Yolande Pietersen and Chris van Wyk at the Secunda 21 km



Amy Bridger did the Pirates 21 on Sunday



Belinda Hudson in action at the Peninsula Marathon