



17 November 2025 46/25

EDITORIAL

The Tom Jenkins Challenge on Saturday was the last league race of the year. Thank you to all our members who supported the league races during the year. We must put in a big effort next year to support these races to show the strength of our club.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Tom Jenkins race:

Ansie Breytenbach	1 st Female 60-69 – 10 km
Annatjie Greyvenstein	1 st Female 80+ - 10 km
Victor Phetoe	2 nd Male 60-69 – 10 km
Rhoda van Staden	1 st Female walker – 10 km
Melani Swart	1 st Female 50-59 – 21 km
Paulus Masilela	2 nd Male 70-79 – 21 km

PERSONAL ACHIEVEMENTS

AGN finally awarded their walkers of the year! Congratulations to Elsa Meyer (Female 2023 & 2024), Jaap Willemse (Male 2023) and Annatjie Greyvenstein (Female 2025).

We are proud of you.

Chris van Wyk	PB – 21 km
Yolande Pietersen	PB – 5 km

ANNUAL GENERAL MEETING

A very successful AGM was held on Tuesday. Thank you to all our members who were present at the meeting. Congratulations to the committee members elected.

The following members will serve on the 2026 management committee:



AD Watts	Johan J van Vuuren	Amanda de Beer	Fires van Vuuren
Chairman	Finances	Admin	Logistics



Anneri le Roux	Lyndsay Bull	Jacqueline Watts	Janine Rädell
Social	Club Captain	Ladies Captain	Walkers Captain



Alta Struwig	Blanche van Vuuren	Megan Brown	Wynand Breytenbach
Events	Apparel / Charity	Marketing	General Manager

YEAR-END FUNCTION (PRIZEGIVING)

♡♡ You're Invited ♡♡
**IRENE YEAR-
END FUNCTION
& PRIZE GIVING**

Saturday 29 November

~~~~~ from 14.00

Lamb potjie with rice, bread and salad  
will be served, with ice-cream after.

The bar will be open. Tickets R50 p/p.

Children under 10 R20. Bring the family.

RSVP to Joy 083 284 4884

by 22 November



**COME AND LET YOUR HAIR DOWN**

**SEE YOU THERE!**

## CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 18 November is Time Trials at the Clubhouse. Start is at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Saturday Event – The Tougher One at the Voortrekker Monument at 5:30
- Sunday Social Run – Social run starting from Castle Gate Centre at 6:00

### **Weekly Time Trials**

Please join us this Tuesday for our Time Trials at the Clubhouse starting 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 between 10km-12km.

### **Saturday Run**

This Saturday the 22 November is The Tougher One held at the Voortrekker Monument at 5:30. There is a 5km, 10k and 21km distance available. Please note our Cara-Fun will be there to support and accommodate you for the morning before and after the race.

### **Sunday Social Run**

This Sundays Social Run will start at Castle Gate Centre at 6:00. Distance covered will be between 12km-20km.

### **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  
17 Nov - 23 Nov

# Irene

Athletics Club



## WEEKLY TRAINING SESSIONS

### Monday

Stretch &  
Strength Training  
(Self train at home)

### Tuesday

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

### Wednesday

**ECHT**  
Midweek LSD Run  
@ Echt Lyttelton  
17:30  
10km - 12km

### Thursday



### Friday



For More  
Information

Lindsay  
072 2135094  
Jacqueline  
073 8870757



### Saturday

The Tougher One  
@ Voortrekker Monument  
5:30  
5km, 10km, 21km

### Sunday

Social Run  
@ Castle Gate Centre  
6:00  
12km - 20km



## TRAINING PROGRAMME

# November 2025



| MONDAY                                      | TUESDAY                                                           | WEDNESDAY                                                                 | THURSDAY                                                                               | FRIDAY     | SATURDAY                                                                   | SUNDAY                                                  |
|---------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------|----------------------------------------------------------------------------|---------------------------------------------------------|
| 27<br>Core & Strength Training<br>+/- 60min | 28<br>Time Trial<br>W/U, TT, C/D<br>B - 4km<br>I - 6km<br>A - 8km | 29<br>Midweek LSD<br>W/U, LSD, C/D<br>B - 45min<br>I - 60min<br>A - 90min | 30<br>Speed Session<br>W/U, Speed, C/D<br>B - 8 x 300m<br>I - 8 x 400m<br>A - 8 x 600m | 31<br>REST | 1<br>KAAPSEHOOP MARATHON<br>21.1km<br>42.2km                               | 2<br>SOCIAL RUN<br>B - 45min<br>I - 45min<br>A - 60min  |
| 3<br>Core & Strength Training<br>+/- 60min  | 4<br>Time Trial<br>W/U, TT, C/D<br>B - 4km<br>I - 6km<br>A - 8km  | 5<br>Midweek LSD<br>W/U, LSD, C/D<br>B - 30min<br>I - 30min<br>A - 30min  | 6<br>Hill Repeats<br>W/U, Hills, C/D<br>B - 8 x 200m<br>I - 8 x 300m<br>A - 8 x 400m   | 7<br>REST  | 8<br>JARAANDA CITY CHALLENGE (42km CLUB CHAMPS)<br>5km, 10km<br>21km, 42km | 9<br>SOCIAL RUN<br>B - 45min<br>I - 45min<br>A - 60min  |
| 10<br>Core & Strength Training<br>+/- 60min | 11<br>Time Trial<br>W/U, TT, C/D<br>B - 4km<br>I - 6km<br>A - 8km | 12<br>Midweek LSD<br>W/U, LSD, C/D<br>B - 30min<br>I - 30min<br>A - 30min | 13<br>Easy Run                                                                         | 14<br>REST | 15<br>TOM JENKINS CHALLENGE (LEAGUE RACE)<br>3km<br>10km<br>21km           | 16<br>SOCIAL RUN<br>B - 45min<br>I - 45min<br>A - 60min |
| 17<br>Core & Strength Training<br>+/- 60min | 18<br>Time Trial<br>W/U, TT, C/D<br>B - 4km<br>I - 6km<br>A - 8km | 19<br>Midweek LSD<br>W/U, LSD, C/D<br>B - 30min<br>I - 30min<br>A - 30min | 20<br>Easy Run                                                                         | 21<br>REST | 22<br>MULLER POTGIETER RACE<br>5km<br>10km<br>21km                         | 23<br>SOCIAL RUN<br>B - 45min<br>I - 45min<br>A - 60min |
| 24<br>Core & Strength Training<br>+/- 60min | 25<br>Time Trial<br>W/U, TT, C/D<br>B - 4km<br>I - 6km<br>A - 8km | 26<br>Midweek LSD<br>W/U, LSD, C/D<br>B - 30min<br>I - 30min<br>A - 30min | 27<br>Easy Run                                                                         | 28<br>REST | IRENE CLUB YEAR-END FUNCTION                                               | 30<br>SOCIAL RUN<br>B - 45min<br>I - 45min<br>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 Jaaranda 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 is the final month of training for 2025. Most of you will either already completed your marathon, or perhaps the big race is still looming. This month is all about tapering and getting yourself ready for your big race. Rest, eat well and stay healthy before your big race. Should need any assistance in setting a goal, feel free to contact us.

| LEGEND              |                                                                               |                     |
|---------------------|-------------------------------------------------------------------------------|---------------------|
| PROGRAM TERMINOLOGY | TWO OCEANS GUIDELINE                                                          | COMRADES GUIDELINE  |
| Max HR :            | Max HR estimate - Men: 220 minus age<br>Max HR estimate - Women 228 minus age | Blue Medal :        |
| W/U :               | Warm Up - Easy Jog                                                            | 8km :               |
| C/D :               | Cool Down - Easy Jog                                                          | 21.1km :            |
| LSD :               | Long Slow Distance, 55% - 65% of Max HR                                       | 42.2km :            |
| Min :               | Minutes (Time not Distance)                                                   | Bronze Medal :      |
| Easy :              | Long Slow Distance (LSD) - HR below 65%                                       | 8km :               |
| Hills Repeats :     | @ 70%-80% of max HR                                                           | 21.1km :            |
| Sprints Session :   | 85-95% of Max HR                                                              | 42.2km :            |
| Tempo Run :         | 65-75% effort level                                                           | Sainsbury Medal :   |
| Program Legend :    | B = Beginner<br>I = Intermediate<br>A = Advanced                              | 8km :               |
|                     |                                                                               | 21.1km :            |
|                     |                                                                               | 42.2km :            |
|                     |                                                                               | Vic Clapham Medal : |
|                     |                                                                               | 8km :               |
|                     |                                                                               | 21.1km :            |
|                     |                                                                               | 42.2km :            |
|                     |                                                                               | Bill Rowan Medal :  |
|                     |                                                                               | 8km :               |
|                     |                                                                               | 21.1km :            |
|                     |                                                                               | 42.2km :            |

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.

|           |              |        |
|-----------|--------------|--------|
| Ian       | Tait         | 17-Nov |
| Jeannie   | Snyman       | 18-Nov |
| Wessel    | van Deventer | 18-Nov |
| Them bani | Mashimbye    | 20-Nov |
| Adele     | Rogers       | 21-Nov |
| Anton     | du Preez     | 22-Nov |
| Conrad    | Langerman    | 22-Nov |
| Pierre    | Barnard      | 22-Nov |
| Anandi    | Meiburg      | 23-Nov |



## BAR NEWS

**There will be fires for those who want to braai.**



## IN THE MAILBOX

### **NOMINATIONS FOR TRAIL AND MOUNTAIN RUNNING AD HOC COMMITTEE**

We are requesting nominations for knowledgeable members of the Trail and Mountain Running community within your province to be put forward for selection for ASA Ad Hoc Committee.

We request that your nominees have a strong understanding and experience in both Trail and Mountain running disciplines and are registered and licensed with an affiliated ASA club.

Nominations should be sent to Ms. Atlehang Mofokeng [Atlehangm@athleticssa.co.za](mailto:Atlehangm@athleticssa.co.za) by Friday, 28 November 2025.

*THOUGHT FOR THE WEEK*

***PUSH YOURSELF,  
BECAUSE NO ONE ELSE  
IS GOING TO DO IT  
FOR YOU.***



NOTICE BOARD



**ARC IRENE RUN/WALK**  
**22 NOVEMBER 2025**  
**ROAD RUN**  
ALL FINISHERS RECEIVES A MEDAL  
**3KM, 5KM, 10KM, 15KM OR 21KM**  
RACE STARTS @ 06H30  
ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)

THYME  
FITNESS



**ARC IRENE RUN/WALK**  
**22 NOVEMBER 2025**  
**TRAIL RUN**  
ALL FINISHERS RECEIVES A MEDAL  
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REVOLUTION TRAILS

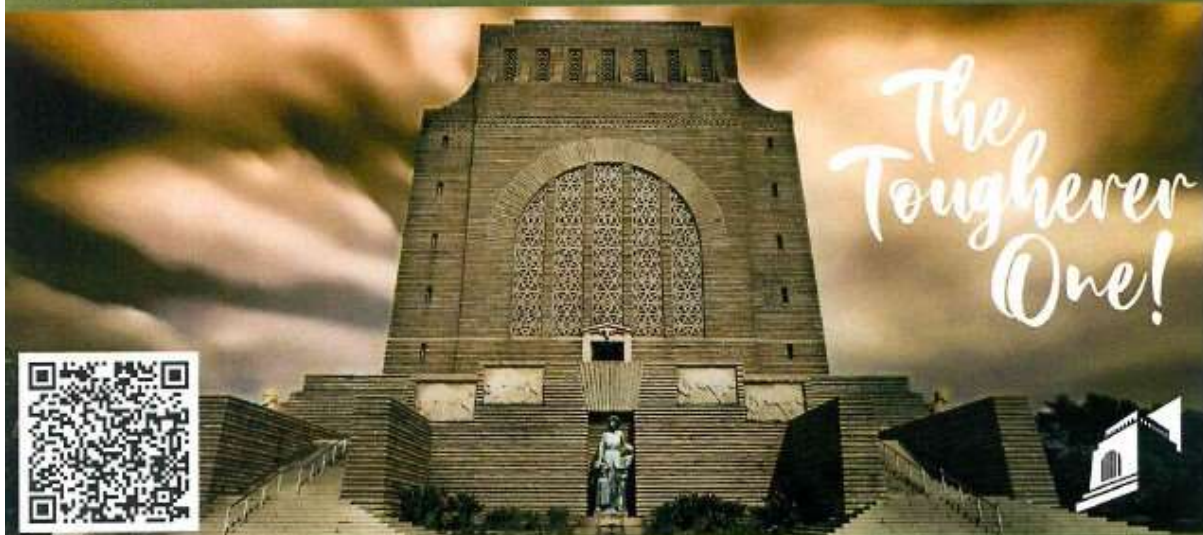
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FOR MORE INFORMATION CONTACT US AT: 083 264 3931 | [REVOLUTIONTRAILS@GMAIL.COM](mailto:REVOLUTIONTRAILS@GMAIL.COM)

THYME  
FITNESS

WETZ

# VOORTREKKER MONUMENT

## HALF MARATHON, 10 KM & 5 KM FUN RUN



OFFICIAL AGN SANCTIONED RACE

 22 November 2025

Join the 57th annual Muller Potgieter Memorial Race. Muller Potgieter was a highly talented long-distance runner who won various marathons and achieved a fourth place in the 1968 Comrades at the age of 23. He tragically died in an accident a few months later.

 **21.1 km & 10 km** | 05:30

 **5 km FUN RUN** | 05:50

 Voortrekker Monument, Pretoria

Timekeeping only for races of 10 & 21.1 km

Water available at water station, bring your own container or bottle



BECS Services (Pty) Ltd  
In association with BECS Environmental (Pty) Ltd



Vitality Points: 10 km = 600 & 21 km = 1500



# BDS RACE WITH DISCOVERY Vitality

**21.1 KM**  
6:00am

**10 KM**  
6:00am

**5 KM**  
6:15am

**29 NOV**  
SATURDAY.2025

## ENTRY FEES

| ENTRY FEES           | 21.1KM | 10KM | 5KM  |
|----------------------|--------|------|------|
| 70+                  | FREE   | FREE | FREE |
| 60-69                | R200   | R100 | R80  |
| LATE ENTRIES (18-69) | R250   | R150 | R80  |
| ALL OTHER CATEGORIES | R230   | R130 | R70  |
| TEMPORARY LICENSE    | R70    | R70  | N/A  |

### 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

Wonderpark Shopping Underground Parking & Secured Parking.

### RACE NUMBER COLLECTION

- Friday, 28 November: 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 29 November: 04:30 till 06:00 – at the venue.

### RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times: 10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

### PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 28<sup>th</sup> of November and morning of the race provided we have not reached the 4000

- Online entries: [www.entryninja.co.za](http://www.entryninja.co.za)
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at Wonderpark

FOR ENQUIRIES: STEPHEN BALOYI @082 262 2568 | PETER KHOZA @084 650 3358



**CITY**  
MARATHON



**YOUR CITY . YOUR RACE**

**60<sup>KM</sup> | 30<sup>KM</sup><sub>X2</sub> | 15<sup>KM</sup><sub>X4</sub>**  
**RELAY RELAY**

**+5KM FAMILY FUN WALK**



**DOWN TOWN RUN**

**16 DEC 2025**

**CHURCH SQUARE PRETORIA**

**ONLINE ENTRIES [ENTRYGEEK.COM](http://ENTRYGEEK.COM)**

For more Info- [www.city60marathon.com](http://www.city60marathon.com)



**SITHI 60 WENA O RENG!!!!**



PHOTO CORNER



Lani Botha in good spirit at the Tom Jenkins Challenge.



Mphathisemi Maungedzo looks ready for action



There was a big turnout at the caravan



Neli Maseko and Musa Mdluli warming up at the start



Mike Gibbons and Karin-Marie van Niekerk



Ingrid Norval



More happy faces before the start



Thank you to our walkers who ensured that there was something special to eat for all members.  
Nelda Smith was in charge on the day



Lynette Gough, Kendall Baker, Lyndsay Bull and Jacqueline Watts in good spirit after their race



Relaxing after the race



Karin-Marie van Niekerk, Retha Stoltz and Annatjie Greyvenstein



The van Staden pram ended up with more than just the two kids



Our podium winners at the Tom Jenkins Challenge: Rhoda van Staden, Annatjie Greyvenstein, Ansie Breytenbach, Victor Phetoe, Melani Swart and Paulus Masilela



Elsa Meyer, Jaap Willems and Annatjie Greyvenstein receiving their Walker of the Year awards



Christelle van Niekerk did the Hoka 21 km in Stellenbosch on Saturday