



**19 January 2026 3/26**

## **EDITORIAL**

Several people submitted the Google form but have not paid. If payment is not received by month's end, their names will be removed from the system.

The 2026 licences are now available. Registered, paid-up members can collect theirs every Tuesday from 17:00 to 19:00 at the admin desk in the clubhouse.

Some members have paid their membership fee but not ordered a 2026 licence. If you haven't ordered yet, please visit <https://store126837536.shop.netcash.co.za/products> to do so.

## **ACHIEVEMENTS**

Congratulations to the following members who were on the podium at the PWC George Claassen on Saturday:

Mike Gibbons	1 <sup>st</sup> Male – 70-79 – 10 km
Paulus Masilela	1 <sup>st</sup> Male – 70-79 – 21 km
Jaap Willemse	2 <sup>nd</sup> Male walker & 1 <sup>st</sup> 60-69 – 10 km
Sheren Naidoo	1 <sup>st</sup> Male walker – 50-59 – 10 km
Retha Stoltz	1 <sup>st</sup> Female walker – 50- 59- 10 km

Dirk Neethling  
Elsa Meyer

1<sup>st</sup> Male walker – 70-79 – 21 km  
1<sup>st</sup> Female walker – 70-79 – 21 km

Janine Rädell

2<sup>nd</sup> Female walker – 3000m AGN T&F league meeting

## REGISTRATIONS 2026

Membership registrations for 2026 are going extremely well!

Registrations are done on a new platform this year. Ensure that you complete the Google form first. When you submit the google form you will find the link to Netcash where you will select what you need and do the required payments.

The following membership packages will be available in 2026:

<b>Irene Membership 2026</b>	<b>Full Year</b>	<b>ASA Licence</b>
Full Membership	R650	R230
Spouse/Life Partner	R550	R230
Pensioner (65+)	R500	R230
Student (Turning 23 or less during 2026)	R250	R230
Junior (Turning 19 or less during 2026)	R250	R120

Please bear in mind that you do need an ASA licence to participate in official races. The licence is NOT included in the membership package.

There will be 400 T-shirts available to order. First come first serve.

Running vests/shirts will be free to first time new members.

Members who worked at our races during the year will receive a discount voucher to use during the registration process.

The link is available on our website [www.irenerunner.co.za](http://www.irenerunner.co.za)

## 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.



André  
Vollenhoven

Busisiwe  
Dlamini

Carli  
Enslin

Conrad  
van den Berg

Estrolita  
Lawrence

Henry  
Enslin



Jolane  
Mangoejane

Karen  
Richardson

Lara  
Kamfer

Marlene  
Oosthuizen

Richard  
Huchzermeyer

Ronel  
van der Merwe



Rual  
Kruger

Venessa  
de Wet

## CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 20 January 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 – Wonderpark Akasia Marathon starting at 5:30 from Wonderpark Shopping Centre.
- Sunday Social Run – Midstream Run at 5:30. More details to follow  
Johnson Crane Marathon starting at 5:30 from Willowmore Stadium, Benoni.
- **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](http://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!

### **Weekly Time Trials**

Tuesday 20 January 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 5km, 10km or 15km.

### **Thursday Training Session**

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

### **Saturday Run**

This Saturday is the Wonderpark Akasia Marathon starting at Wonderpark Shopping Centre starting at 5:30.

There will be a 5km, 10km, 21km and 42km event available. Please remember the CaraFun will be there to assist you with refreshments and bag storage.

### **Sunday Social Run**

This Sunday is the Johnson Crane Marathon starting at 5:30 at the Willowmore Park Stadium, Benoni. There is a 5km, 10km, 21km and 42km event.

There will be a Sunday Social run starting in Midstream at 5:30. Distance covered will be 6km-12km. More details will be sent out closer to the time.

## 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**  
19 Jan - 25 Jan

**Irene**  
Athletics Club

SERIOUS about our fun  
irene

## WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Strength Training & Core (Self train at home)	<b>Time Trials</b> @ Club House 17:30 4km, 6km, 8km	<b>ECHT</b> <b>Midweek LSD Run</b> @ Echt PvR 17:30 5km, 10km, 15km
Thursday	Friday	<b>For More Information</b> Lindsay 072 2135094 Jacqueline 073 8870757
<b>Hills Training Session</b> TBC 17:30	<b>REST AND RECHARGE</b> Mobility Friday	
Saturday	Sunday	
<b>Wonderpark Akasia</b> @ Wonderpark Centre 5:30 5km, 10km, 21km, 42km	<b>Sunday Social Run</b> Midstream Run @ 5:30 6km-12km <b>Johnson Crane Marathon</b> @ 5:30, Benoni	

Join our community

IRENE TRAINING GROUP 2025  
WEEKLY GROUP

# TRAINING PROGRAMME

January 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3	4
5 Core & Strength Training +/- 60min	6 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	7 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	8 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	9 Mobility Fridays	10 PVR OM DIE DORP ROAD RACE 5km 10km 21.1km	11 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
12 Core & Strength Training +/- 60min	13 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km IAC Social	14 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	15 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	16 Mobility Fridays	17 PWC GEORGE CLAASSEN RACE 5km 10km 21.1km	18 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
19 Core & Strength Training +/- 60min	20 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	21 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	22 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	23 Mobility Fridays	24 AKASIA ROAD RACE 5km 10km 21.1km 42.2km	25 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
26 Core & Strength Training +/- 60min	27 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	28 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	29 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	30 Mobility Fridays	31 INTERCARE CLASSIC ROAD RACE (LEAGUE RACE) 5km 10km 21.1km	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.

LEGEND		
PROGRAM TERMINOLOGY	TWO OCEANS GUIDELINE	COMRADES GUIDELINE
<b>Max HR :</b> Max HR estimate - Men: 220 minus age Max HR estimate - Women 228 minus age	<b>Blue Medal :</b>	<b>Vic Clapham Medal :</b>
<b>WU :</b> Warm Up - Easy Jog	8km : Sub 54 minutes	8km : Sub 52 minutes
<b>CD :</b> Cool Down - Easy Jog	21.1km : Sub 2h26 minutes	21.1km : Sub 2h18 minutes
<b>LSD :</b> Long Slow Distance, 55% - 65% of Max HR	42.2km : Sub 4h59 minutes	42.2km : Sub 4h50 minutes
<b>Min :</b> Minutes (Time not Distance)	<b>Bronze Medal :</b>	<b>Bronze Medal :</b>
<b>Easy :</b> Long Slow Distance (LSD) - HR below 65%	8km : Sub 47 minutes	8km : Sub 45 minutes
<b>Hills Repeats :</b> @ 70%-80% of max HR	21.1km : Sub 2h09 minutes	21.1km : Sub 2h05 minutes
<b>Sprints Session :</b> 85-95% of Max HR	42.2km : Sub 4h26 minutes	42.2km : Sub 4h25 minutes
<b>Tempo Run :</b> 65-75% effort level	<b>Sainsbury Medal :</b>	<b>Bill Rowan Medal :</b>
<b>Program Legend :</b> B = Beginner	8km : Sub 38 minutes	8km : Sub 35 minutes
I = Intermediate	21.1km : Sub 1h46 minutes	21.1km : Sub 1h39 minutes
A = Advanced	42.2km : Sub 3h40 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](http://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:

Heimar	Beukes	21-Jan
Nadene	Visser	22-Jan
Alta	Struwig	24-Jan
Erik	Van der Merwe	28-Jan
Sithembinkosi	Kunene	29-Jan



## BAR NEWS



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

*THOUGHT FOR THE WEEK*



NOTICE BOARD



Discovery Vitality

24 January 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](http://WWW.REVOLUTIONTRAILS.CO.ZA) | WHATSAPP: 083 264 3931

The poster features a male trail runner in a forest setting. It includes logos for Discovery Vitality and Revolution Trails, a 'no dogs' symbol, and details about the race date, distances, registration times, and venue.



Discovery Vitality

24 January 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](http://WWW.REVOLUTIONTRAILS.CO.ZA) | WHATSAPP: 083 264 3931

The poster features a female road runner on a paved path. It includes logos for Discovery Vitality and Revolution Trails, a 'no dogs' symbol, and details about the race date, distances, registration times, and venue.



JOHANN VAN EEDEN

**42.2** KM

Start: 05:30

Cut-off

@20 km 08:15

**21.1** KM

Start:

05:30

**10** KM

Start:

06:00

**5** KM

Start:

06:10



Scan to enter online

**PRE-ENTRIES ONLY:** [www.entryninja.com](http://www.entryninja.com)

**WONDERPARK SHOPPING CENTRE**

GPS: S25° 40,264 E28° 6,703 [www.wonderparkcentre.co.za](http://www.wonderparkcentre.co.za)

**RACE INFORMATION**

071 483 1796

Online entries close on Tuesday 20 January 2026





intercare classic



# LEAGUE RACE



**5K 10K 21K**



## LOCATION

## WHEN



CASTLE GATE SHOPPING CENTRE



JAN 31 @ 6:00



Join our goal to be back at the top in 2026! Boost your energy, meet new friends, and enjoy a light breakfast!

[WWW. ENTRYNINJA.COM](http://WWW.ENTRYNINJA.COM)





## RUN/WALK YOUR STORY. SHARE YOUR WHY.

Join the Intercare Classic Road Race 2026

21.1 km | 10 km | 5 km fun run



SATURDAY, 31 JAN 26  
FROM 06H00  
Pre-entries close  
26 Jan 2026



CASTLE GATE  
SHOPPING CENTRE  
Waterkloof Ridge  
Pretoria



ENTER ONLINE @  
ENTRY NINJA



Medals for finishers within cut-off times  
AGN registered league race | Proceeds support CHOC



Athletics  
Gauteng North  
**LEAGUE  
RACE**

# 2026 ATHLETICS CLUB EERSTERUST RACE

**STARTING  
TIMES**  
06:00 - 21.1KM  
06:00 - 10KM  
06:10 - 5KM

**EERSTERUST  
SPORTS STADIUM**

**SATURDAY  
07<sup>th</sup>  
FEBRUARY  
2026**

TEMPORARY  
LICENSE **R70**

**5KM  
R60**

**10KM  
R170**

**21.1KM  
R220**

**70+ ENTRY  
FREE**



**MODERN  
CENTRIC**  
SMOOTHERING THE STONE



TICKETS ARE ALSO AVAILABLE AT **Pick n Pay EERSTERUST**

**IN MEMORY OF JOHN Noble & ETTIE Hartell**

#SappiTuksRace

sappi

**TuksRace**

PRETORIA'S MOST LOVED RACE

SATURDAY

**14 Feb 2026**

Walk/Run 1km, 5km, 10km or 21.1km

Hillcrest Sports Campus



QR code to online entries



**TuksSport**



# 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



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

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**

PHOTO CORNER



There was a huge turnout at the time trials on Tuesday



The start of the time trials



All smiles at the start of the time trials



Queuing to get the boerewors



We have a new braai team



Life's good at the club house



First time wearing their Irene colours at the George Claassen race on Saturday. Carli and Henry Enslin. Henry finished 10<sup>th</sup> overall in the 10 km



Happy to be a new Irene member, Lawson Kunzmann



Zelna Botes enjoying the facilities at the caravan, a reason for becoming a member



At the start. Henk Basson, Liezel Anderson, Maureen Mossop, Joy Dekker, Liesel van Olst, Jenny Cairns, Jacqueline Watts and Eujean Snyman



Paulus Masilela doesn't look very comfortable here, but he finished 1<sup>st</sup> in his age category in the 21 km



Elizna Lourens looking good



Anton du Preez



Karla Zietsman



Johan Visser



Tersia Odendaal



Liam and Elré Sterrenberg



Hendrik Basson



Eujean Snyman with Mariette and Nico van Niekerk



Kgabo Diangoane



Retha Stoltz on the podium



Sheren Naidoo