



1 December 2025 48/25

EDITORIAL

Membership registrations for 2026 are finally open!

Registrations will be done on a new platform this year. Please bear with us if you experience a hiccup here and there initially.

The following membership packages will be available in 2026:

Irene Membership 2026	Full Year	ASA Licence (Not compulsory)
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.

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.

Click [here](#) to register. The link is also available on our website www.irenerunner.co.za

Unfortunately, the membership data will not be available in spread sheet format. We therefore humbly request that you also complete a Google form to assist us with the admin process. Click [here](#) please.

ACHIEVEMENTS

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

Paulus Masilela	1 st GGM – 21 km
Elsa Meyer	3 rd Female walker & 1 st 70-70 – 21 km
Sheren Naidoo	1 st Male walker 50-59 – 10 km

Elizna Lourens	2 nd Female De Wildt Eco Adventure Trail Run 12 km
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YEAR-END FUNCTION (PRIZEGIVING)

Congratulations to all our trophy and certificate winners. You are all champions!

Members who were not present at the function can collect their certificates at the club house on Tuesdays 17:00 – 19:00.

	Trophy & Gold certificate	Silver certificate	Bronze certificate
Most Injured Athlete of the year	Linley September		
Bloeier van die Jaar (Blood Buddie)	Lynette Gough		
Socialiser of the Year (Drinkbroer)	Ian Tait		
Friendliest Member	Magda Brits		
Belinda's Bell (Best attitude & Loyalty)	Derek Oldnall		
Best Supporter	Johan Fires van Vuuren		
Best Time Trials Attendance	Johan Visser	Eujean Snyman / Douw van Zyl / Estie Visser	
10 Km Championships			
Ladies	Aloise Boshoff	Anje Badenhorst	Tielana Claassen
Men	Tony Makris	AD Watts	Deena Naidoo
Ladies Walkers			
Men Walkers	Jaap Willemse		
21 km Championships			
Ladies	Aloise Boshoff	Elizna Lourens	Mignon Black
Men	Tony Makris	Bheki Ndhlovu	Martin Struwig
Ladies Walkers	Elsa Meyer	Lucia Willemse	
Men Walkers	Jaap Willemse	Mark Richardson	

42 km Championships			
Ladies	Aloïse Boshoff	Amy Bridger	Lorraine Perumaul
Men	Gustav Pretorius	Lenin Sithole	Bheki Ndhlovu
Beyond Comrades Athletes			
Ladies	Tania Thompson		
	Lynette Gough		
Men	Holger Hedelt		
Most League Points Runners			
Ladies	Ansie Breytenbach (89)	Anna Harris (72)	Nadene Visser (34)
Men	Mike Gibbons (89)	Johan Visser (48)	Miles Saxby (42)
Most League Points Walkers			
Ladies	Elsa Meyer (85)	Lucia Willemse (80)	Maryke Gradwell (42)
Men	Jaap Willemse (100)	Dirk Neethling (37)	Mark Richardson (32)
Rookie of the Year			
Golden Shoe - Ladies	Lucia Willemse		
Golden Shoe - Men	Dirk Neethling		
Female walker of the year	Elsa Meyer	Lucia Willemse	Janine Rädcl
Male walker of the year	Jaap Willemse	Dirk Neethling	Mark Richardson
Ultra Walker of the year	Tania Thompson		
	Lynette Gough		
Most Improved Athlete			
Ladies	Aloïse Boshoff		
Men	Gustav Pretorius		
Junior of the year			
	Lisa Nell		
GGGM of the year			
Men	Gerard van den Raad	Johan van Vuuren	
Ladies	Annatjie Greyvenstein		
GGM of the year			
Ladies	Elsa Meyer	Lucia Willemse	Letha Kotze
Men	Mike Gibbons	Miles Saxby	Alan Hyson
GM of the year			
Ladies	Ansie Breytenbach	Retha Knoetze	Amanda de Beer
Men	Jaap Willemse	Mark Richardson	Victor Phetoe
Master of the year			
Ladies	Anna Harris	Liesel van Olst	Melani Swart
Men	Johan Visser	Martin Struwig	Noel Banda
Veteran of the year			
Ladies	Janine Rädcl	Sharon Booyens	Geertjie Bloem

Men	Gibson Nyamuda	Cuthbert Mamabolo	Lenin Sithole
Senior of the year			
Ladies	Aloise Boshoff	Amy Bridger	Elizna Lourens
Men	Lindsay Bull	Nelius van Rooyen	Odwa Golela
Athlete of the year			
Ladies	Ansie Breytenbach	Aloise Boshoff	Anna Harris
Men	Mike Gibbons	Johan Visser	Miles Saxby Martin Struwig
Achiever of the year	Aloise Boshoff		
Chairman's Trophy	Marinda van der Walt		

IN THE MAILBOX

From our Chairman:

Dear Irene Member

We hope you enjoyed a special year and that your running and walking went from strength to strength.

We would like to thank you for being part of, in our view, the best club in the world. We are delighted to present our new online store, where you can renew your membership and purchase our stunning club apparel. We plan to expand this section quickly, and you are most welcome to let us know if there is anything specific you would like to see in the shop.

If you assisted at one or more of our races, please check your mailbox for a special discount coupon, which you may use when checking out in the new store.

Visit our online store at www.irenerunner.co.za

or use the direct link:

<https://store126837536.shop.netcash.co.za>

- Select your membership type and add it to your basket.
- Shop for some special Irene merchandise and add those items to your basket.
- Remember to add your AGN license, as this is not included in the membership fee.

We wish you and your family a blessed festive season, and we look forward to welcoming you back at the clubhouse on 6 January 2026.

Kind regards,

Irene Athletics Club

CHRISTMAS LIGHTS RUN



CHRISTMAS LIGHT RUN

- 📅 Thursday, 4 December
- 🕒 Start: 18:00
- 📍 Jan Cilliers Park, Groenkloof
- 👨‍👩‍👧 Family & friends welcome

Join us for a festive run through Waterkloof and Lawley Street.

- 🌟 Entry: Donation to the SPCA

Come enjoy the lights, the atmosphere, and the Christmas spirit!

IRENE

CHRISTMAS CHARITY RUN



PLEASE JOIN US FOR OUR ANNUAL

CHRISTMAS CHARITY RUN

SUNDAY, 7 DECEMBER
🕒 START: 6:00
📍 IRENE LINK
🏃 5-10 KM | OPEN TO ALL CLUBS

JOIN US FOR A FESTIVE CHARITY
RUN TO RAISE FUNDS FOR
CHRISTMAS PARCELS FOR THE
ELDERLY

✦ ENTRY: CASH DONATION
ALL WELCOME — COME SPREAD
CHRISTMAS CHEER WITH EVERY
KILOMETRE! 🌲

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 2 December 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.
- Thursday Evening Run – Christmas Light Run, Jan Cilliers Park, Groenkloof at 18:00
- Saturday Event – Mandela Remembrance Run at the Union Buildings, Pretoria at 6:30
- Sunday Charity Run – Christmas Charity Run from Irene Link 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.

Thursday Evening Run

This Thursday Evening will be our Christmas Light Run starting from Jan Cilliers Park in Groenkloof at 18:00. Please join us for this run or walk through the streets of Waterkloof and enjoy the lights of Lawley Street. Please bring a donation of cat or dog food which we will be donating to the SPCA. Please wear red, green or light up in the spirit of Christmas.

Saturday Run

This Saturday is the Mandela Remembrance Walk and Run starting from the Union Buildings in Pretoria at 6:30.

There will be a 5km, 10km and 21km distance available.

Sunday Social Run

This Sundays Social Run will be a Charity Run starting at Irene Link at 6:00. This run is open to all clubs and any person wanting to join for a good cause. Entry is a cash or card donation to collect funds for Christmas parcels for the elderly. Distance covered will be 5km-10km. Please dress in the spirit of Christmas.

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
1 Dec - 7 Dec

Irene Athletics Club

WEEKLY TRAINING SESSIONS

<p>Monday</p> <p>Stretch & Strength Training (Self train at home)</p>	<p>Tuesday</p> <p>Time Trial @ Club House 17:30 4km, 6km, 8km</p>	<p>Wednesday</p> <p>ECHT Midweek LSD Run @ Echt PvR 17:30 10km - 12km</p>
<p>Thursday</p> <p>Christmas Light Run Jan Cilliers Park, Groenkloof Start: 18:00</p>	<p>Friday</p> <p>REST AND RECHARGE</p>	<p>For More Information Lindsay 072 2135094 Jacqueline 073 8870757</p>
<p>Saturday</p> <p>Mandela Remembrance Walk and Run @ Union Buildings, Pretoria 6:30 5km, 10km, 21km</p>	<p>Sunday</p> <p>Christmas Charity Run @ Irene Link 6:00 5-10km</p>	<p>IRENE</p>

Join our community

IRENE TRAINING GROUP 2023

QR Code

TRAINING PROGRAMME

Dec-25						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
Strength and core	Time Trial at Clubhose 17:20 outside bar 4K, 6K and 8K	LSD Echt PVR 8K - 12K	Irene Social Run Jan Cilliers Park 18:00 6K	Rest	Easy Run B: 5K I: 10K A: 15K	Irene Social Run - Donation drive for the elderly
8	9	10	11	12	13	14
Strength and core	Time Trial at Clubhose 17:20 outside bar 4K, 6K and 8K	LSD Echt PVR 8K - 12K	Hill Training at Home. WU B: 4 x 200m I: 4 x 400m A: 6 x 400m CD	Rest	Rest	Member host run - TBC
15	16	17	18	19	20	21
Strength and core	LSD Echt PVR 8K - 12K	Member host run - TBC	Speed Training at home WU B: 4 x 100m I: 5 x 400m A: 8 X 600m CD	Rest	Member host run - TBC	Member host run - TBC
22	23	24	25	26	27	28
Strength and core	LSD Echt Lyttelton 8K - 12K	Member host run - TBC	Merry Christmas	Member host run - TBC	Easy Run B: 5K I: 10K A: 15K	Member host run - TBC
29	30	31	31			
Strength and core	LSD Echt PVR 8K - 12K	Rest	Member host run - TBC			

PERSONALIA

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

Andre	Knoop	01-Dec
Maia	Nel	01-Dec
Mapiki	Kgosana	02-Dec
John	May	05-Dec
Miles	Saxby	06-Dec
Mariska	van Biljon	06-Dec
David	Holliday	07-Dec



BAR NEWS

There will be fires for those who want to braai.



THOUGHT FOR THE WEEK



**SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**

NOTICE BOARD



ARC IRENE RUN/WALK
06 DECEMBER 2025
ROAD RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 06H30
ENTER ONLINE AT
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

THYME FITCHEF



ARC IRENE RUN/WALK
06 DECEMBER 2025
TRAIL RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 06H30
ENTER ONLINE AT
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THYME FITCHEF WETZ

CITY
MARATHON



YOUR CITY . YOUR RACE

60^{KM} | 30^{KM}_{X2} | 15^{KM}_{X4}
RELAY RELAY

+5KM FAMILY FUN WALK



DOWN TOM RUN

16 DEC 2025

CHURCH SQUARE PRETORIA

ONLINE ENTRIES ENTRYGEEK.COM

For more Info- www.city60marathon.com



SITHI 60 WENA O RENG!!!!





'Om die Dorp' Run

10 Jan 2026



Athletics
Gauteng North

with Mad Monkey Adventures,
Pierre van Ryneveld
Geloofs familie en
Irene Athletic Club



MAD MONKEY ADVENTURES



21.1 km

Minimum age: 16 yrs

Entry fee: R 230 70 + Free

Late entries: R 250

Start time: 06:00

Cut off time: 09:00



IRENE

10 km

Minimum age 14 yrs

Entry fee R 150 70 + Free

Late entries R 170

Start time 06:00

Cut off time 08:00

5 km

Minimum age 9 yrs

Entry fee R 80 70 + Free

Late entries R 100

Start time 06:15

Cut off time 07:15

Temporary license required for non-registered athletes on the 10km & 21.1km @ R70



RACE NUMBER COLLECTION & LATE ENTRIES (Limited)

Pierre van Ryneveld Geloofs familie
14 Baltimore Road, Pierre van Ryneveld on
Friday 09 Jan '26 strictly from 16:00 until 19:00
& Saturday 10 Jan '26 strictly from 04:30 until 05:30

Secure parking for all athletes:
cnr Mustang Ave & Blenheim Road
Pierre van Ryneveld (Open field)

No athletes will be permitted to drive in
Baltimore Road

Athletes with club gazebo need permission to drive
to the finish in Baltimore Road and must be set up
before 05:00

Start & Finish at Pierre van Ryneveld
Geloofs familie 14 Baltimore Road,
Pierre van Ryneveld

Race enquiries:
Johan van Vuuren -
081 851 3864



Entries are open from 19 Nov '25 to 6 Jan '26 on
www.entryninja.com. and will be capped.
Admin fee excluded from online entry fee.

RACE RULES

- The race will take place under the rules of WA, ASA and AGN and all participants must wear club colours, except when participating with a temporary license.
- Athletes who do not adhere to the rules will be disqualified.
- All athletes in the 21.1km & 10km race must wear a valid 2025/2026 license number, front and back.
- If issued with a race number, this must be worn on the front of the vest and may not cover the sponsor's logos on the license number. Temporary license must be worn on the back of the running top.
- International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes
- Only the 21.1km & 10km races will be timed.
- No license required for the 5km race.
- Age category tags and 'W'-tags for walkers, must be worn.
- Athletes participating without buying a race entry will be disqualified.
- No seconding is allowed.
- All traffic officers and officials instructions must be obeyed.
- Timing for Discovery Vitality Points on 10 & 21.1km.
- Time limit is one (1) hours for the 5km, two (2) hours for the 10km race and three (3) hours for the 21.1km race.
- No blades, cycles or mechanically operated devices are allowed in the race.
- No iPods or listening devices are allowed in the race.
- All athletes participate solely at their own risk and the organisers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during, or as a result of the race
- Medical support will be available.
- Tog bag area available.



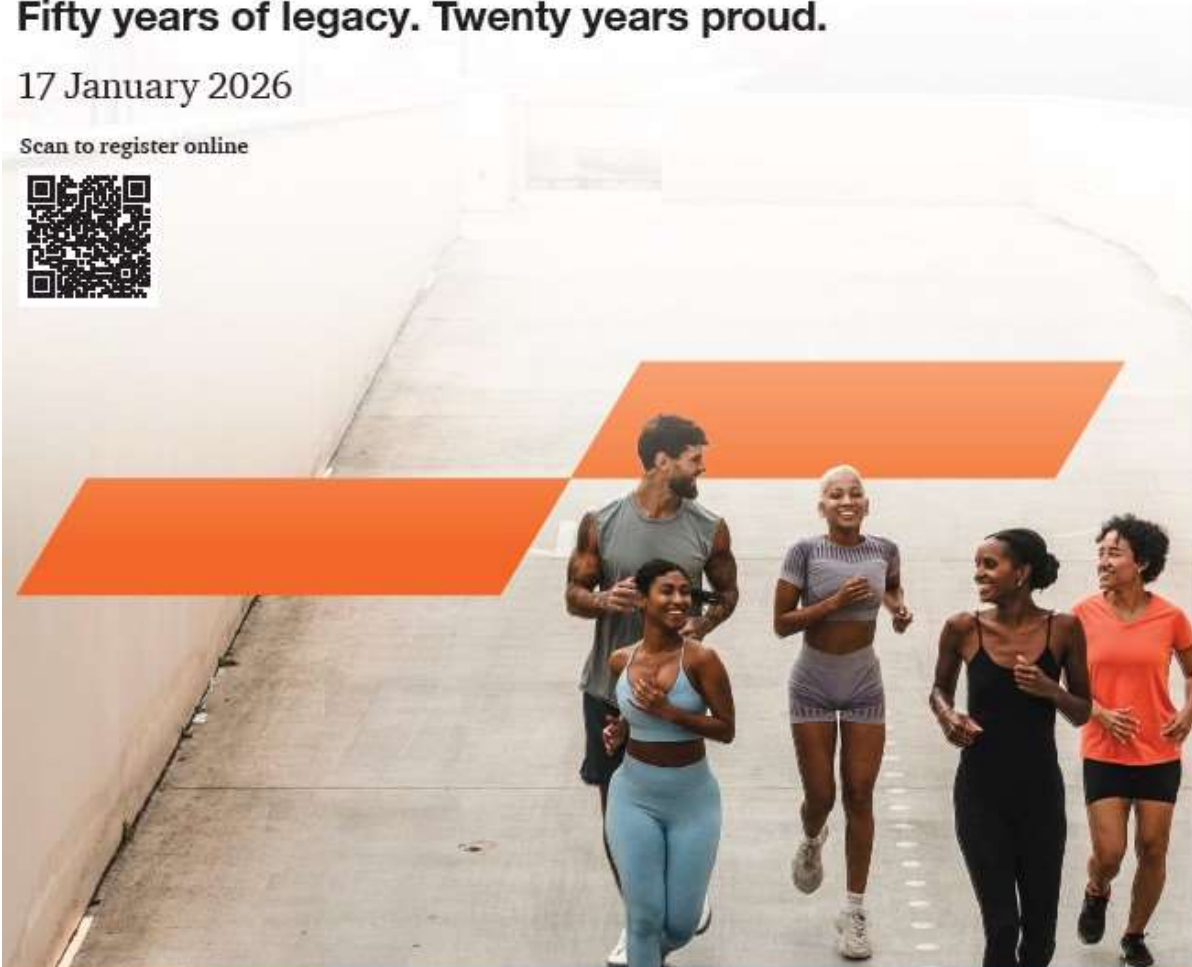
2026 | Hosted by Pretoria Marathon Club

PwC George Claassen Road Race

Fifty years of legacy. Twenty years proud.

17 January 2026

Scan to register online



Free pair of sox to the first 2500 online entries.

Start times:

21.1km/10km run/walk – 6am
5km fun run – 6:15am

Cut-off times:

21.1 km split at Pick n Pay Hyper (9.7 km) – 07:30am.
All distances – 09:30am

Race venue: Start/finish

Faerie Glen Shopping Centre, Corner Atterbury Road and Selikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com

Race results: results.finishtime.co.za

PHOTO CORNER



The trophy table on Saturday



Introducing the new committee



Jaap Willemse, male walker of the year



Lenin Sithole



Gustav Pretorius, most improved male



Janine Radel



Mike Gibbons, male runner of the year



Aloise Boshoff, achiever of the year



Elsa Meyer, female walker of the year



Ansie Breytenbach, female runner of the year



Tania Thompson, Annatjie Greyvenstein, Lynette Gough and Noel Banda



The chefs of the day, Fires van Vuuren and Myburgh Bester



Relaxing and enjoying the food



Members enjoying each other's company



Jacqueline Watts and Anneri le Roux enjoying their ice cream



Four Johans enjoying the rugby afterwards. Johan Engelbrecht, Johan Nell, Johan Visser and Johan (Fires) van Vuuren



The run on Sunday morning was very special