



**20 April 2026 16/26**

## **EDITORIAL**

We want to encourage all our members to support our blankets project. The response thus far has been excellent. The club management has also decided to donate R10 000 towards this worthy project. Read the letter below once again and make your donation today.

As we can all feel, winter has arrived. Forecasters suggest this year will be particularly cold due to the heavy summer rains we experienced. Because of this, we feel it is our responsibility to help those in need—especially the children in our communities.

This year, our goal is to collect 250 blankets to support two organizations in need: one in Potchefstroom and another in Olievenhoutbosch.

We understand that the rising cost of living and fuel prices affect us all, but these children deserve to wake up after a warm, restful night. We are asking for your support in one of the following ways:

\* A donation of R100: This can be paid into the club account or via card at the clubhouse. (If you or your firm would like to make a cash contribution and require a Section 18A Tax Certificate, please contact us directly so that we can arrange this for you.)

\* A blanket donation: Physical blankets can be dropped off at the club.

Delivery Schedule:

\* April 17: First delivery to Abraham Kriel Children's, Potchefstroom

\* May 22: Second delivery to Olievenhoutbosch Christian School

Please help us make this happen. We have succeeded in the past, and with your help, we can do it again.

Warm regards,

Johan (Fires) & Blanche

## *ACHIEVEMENTS*

Congratulations to the following members who were on the podium over the weekend:

Krysten Smithers

1<sup>st</sup> Female Benoni North 42 km

Hestha Conradie

1<sup>st</sup> Female 50-59 Benoni North 42 km

Nadene Visser

2<sup>nd</sup> Female 50-59 Tshwane North 21 km

## *PERSONAL ACHIEVEMENTS*

Anna Harris

Half Ironman

Dzunani Mcunu

PB 50 km

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.



Evert  
Potgieter

Finn  
Haagner

Gary  
Hughes Janse van Vuuren

Johan  
Janse van Vuuren

Marchel  
Dippenaar

## CAPTAIN'S CORNER

Please diarize the following important dates:

- Monday sessions – This Monday 20 April is Mobility Mondays with Yolande at the Club House at 17:30
- Club Time Trials – This Tuesday 21 April 2026 is our Time Trial and Run Series Part 2 starting at 18:30. Please join us at the Club House at 17:20 for a 5 minute stretch class and the run will start at 17:30.
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30.
- Saturday Event – Loskop Marathon, Middelburg at 6:00. No local events
- Sunday Run – Sunday LSD run starting from Castle Gate Centre at 5:30 and 6:00

### **Mobility Mondays**

Please join us this Monday for Mobility Monday Class with Yolande at 17:30 at the clubhouse. Please bring a mat, small weights and an exercise band.

### **Weekly Time Trials**

Tuesday 21 April 2026 is our Time Trial and Run Series Part 2 at the Club House. Please join us for a stretch class and information session at 17:20 and the run will start at 17:30. There is a 4km, 6km and 8km distance available.

- ❖ **Please join us for an interesting talk in the Lapa at 18:30, after the Time Trial, on “Why runners often struggle with recurrent injuries and how to prevent them”. This will be presented by a Qualified Biokineticist, Kerri Stevenson.**

### **Wednesday LSD Run**

This Wednesday is our midweek run starting from Echt Coffee Shop in Lyttelton at 17:30. Distance covered will be from 5km to 15km.

### **Thursday Training Session**

This Thursday 23 April will be a Hills Training session taking place at the Club House at 17:30.

### **Saturday Run**

This Saturday 25 April is The Loskop Marathon held in Middelburg. This will start at 6:00 and the 21km event will start at 6:30 near Loskop Dam.

There are no local organised events.

### **Sunday Social Run**

This Sunday 26 April will be a Klapperkop run starting from Castle Gate Centre at 5:30 for the longer distances, 20km and more and at 6:00 for those who would like to run 5km-15km.

### **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



# **RUN**

## **SMART SERIES**

KNOW BETTER, RUN BETTER

**VOL. 2**

**21 April**

**Topic: Why runners often struggle with recurrent injuries  
— and how to prevent them**

**Presenter: Kerri Stevenson (Biokineticist)**

**Duration: 20 min + Q&A**

THIS WEEK'S DIARY



# Irene

Athletics Club



## WEEKLY TRAINING SESSIONS

### Monday

#### Mobility Monday

with Yolande  
@ Club House  
17:30

### Tuesday

#### Time Trials

@ Club House @ 17:30  
4km, 6km, 8km  
Run Series Talk, 2

### Wednesday

#### ECHT

#### Midweek LSD Run

@ Echt Lyttelton  
17:30  
5km-15km

### Thursday

#### Hills Training Session

@ Club House  
17:30

### Friday



Mobility  
Friday

#### For More Information

Lindsay  
072 2135094  
Jacqueline  
073 8870757



### Saturday

#### Loskop Marathon

Middelburg Town  
Start is 6:00

### Sunday

#### Sunday LSD run

@ Castle Gate  
5:30 start for 20km +  
6:00 start for 5-15km



# TRAINING PROGRAMME

## April 2026



| MONDAY                                                               | TUESDAY                                                                      | WEDNESDAY                                                                            | THURSDAY                                                                                                                                   | FRIDAY                                                                         | SATURDAY                                                                                                           | SUNDAY                                                                                                         |
|----------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>10</b><br><b>Core &amp; Strength Training</b><br>+/- 60min        | <b>11</b><br><b>Time Trial W/U, TT, C/D</b><br>B - 4km<br>I - 8km<br>A - 8km | <b>1</b><br><b>Midweek LSD W/U, LSD, C/D</b><br>B - 55min<br>I - 75min<br>A - 90min  | <b>2</b><br><b>Hill Repeats W/U, Hills, C/D</b><br>J - 8x80m<br>B - 5x100m<br>I - 4x200m<br>A - 3x200m & 4x300m                            | <b>3</b><br><b>MOBILITY FRIDAYS</b>                                            | <b>4</b><br><b>IRENE RUNNING FESTIVAL</b><br>5km, 10km, 21.1km & 48km                                              | <b>5</b><br><b>EASTER SUNDAY</b>                                                                               |
| <b>6</b><br><b>Long Run</b><br>B - 75min<br>I - 120min<br>A - 100min | <b>7</b><br><b>Time Trial W/U, TT, C/D</b><br>B - 4km<br>I - 8km<br>A - 8km  | <b>8</b><br><b>Midweek LSD W/U, LSD, C/D</b><br>B - 55min<br>I - 75min<br>A - 90min  | <b>9</b><br><b>Speed Session W/U, Speed, C/D</b><br>B - 4x100m<br>I - 3x150m<br>A - 4x200m                                                 | <b>10</b><br><b>MOBILITY FRIDAYS</b>                                           | <b>11</b><br><b>THE GREENMILE ROAD RACE (LEAGUE RACE) / TWO OCEANS ULTRA MARATHON (56K)</b><br>6km<br>12km<br>25km | <b>12</b><br><b>Sunday Long Run / TWO OCEANS HALF MARATHON (21.9K)</b><br>B - 60min<br>I - 90min<br>A - 150min |
| <b>13</b><br><b>Core &amp; Strength Training</b><br>+/- 60min        | <b>14</b><br><b>Time Trial W/U, TT, C/D</b><br>B - 4km<br>I - 8km<br>A - 8km | <b>15</b><br><b>Midweek LSD W/U, LSD, C/D</b><br>B - 55min<br>I - 75min<br>A - 90min | <b>16</b><br><b>Speed Session W/U, Speed, C/D</b><br>J - 8x80m<br>B - 5x100m<br>I - 4x200m<br>A - 3x200m (post Ocean) & 5x300m (non-Ocean) | <b>17</b><br><b>MOBILITY FRIDAYS</b>                                           | <b>18</b><br><b>TSHWANE NORTH ULTRA MARATHON</b><br>5km<br>10km<br>21.1km<br>50km                                  | <b>19</b><br><b>Sunday Long Run</b><br>B - 60min<br>I - 90min<br>A - 180min                                    |
| <b>20</b><br><b>Core &amp; Strength Training</b><br>+/- 60min        | <b>21</b><br><b>Time Trial W/U, TT, C/D</b><br>B - 4km<br>I - 8km<br>A - 8km | <b>22</b><br><b>Midweek LSD W/U, LSD, C/D</b><br>B - 55min<br>I - 75min<br>A - 90min | <b>23</b><br><b>Hill Repeats W/U, Hills, C/D</b><br>B - 5x100m<br>I - 4x200m<br>A - 4x400m                                                 | <b>24</b><br><b>MOBILITY FRIDAYS</b>                                           | <b>25</b><br><b>LOSKOP MARATHON</b><br>21.1km<br>50km                                                              | <b>26</b><br><b>Sunday Long Run</b><br>B - 60min<br>I - 90min<br>A - 180min                                    |
| <b>27</b><br><b>Core &amp; Strength Training</b><br>+/- 60min        | <b>28</b><br><b>Time Trial W/U, TT, C/D</b><br>B - 4km<br>I - 8km<br>A - 8km | <b>29</b><br><b>Midweek LSD W/U, LSD, C/D</b><br>B - 30min<br>I - 45min<br>A - 60min | <b>30</b><br><b>Speed Session W/U, Speed, C/D</b><br>J - 8x80m<br>B - 4x100m<br>I - 3x200m<br>A - 4x300m                                   | <b>1</b><br><b>MIWAY WALLY HAYWARD MARATHON</b><br>5km<br>10km<br>21km<br>48km | <b>2</b><br><b>REST</b>                                                                                            | <b>3</b><br><b>Sunday Long Run</b><br>B - 60min<br>I - 90min<br>A - 180min                                     |

### 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<br>Max HR estimate - Women 228 minus age                                                                                                                                                                                                                                                                                                                                                     | <b>Blue Medal :</b><br>8km : Sub 54 minutes<br>21.1km : Sub 2h26 minutes<br>42.2km : Sub 4h59 minutes                                                                                                                 | <b>Vic Clapham Medal :</b><br>8km : Sub 52 minutes<br>21.1km : Sub 2h18 minutes<br>42.2km : Sub 4h50 minutes                                                                                                           |
| <b>WU :</b> Warm Up - Easy Jog<br><b>C/D :</b> Cool Down - Easy Jog<br><b>LSD :</b> Long Slow Distance, 55% - 65% of Max HR<br><b>Min :</b> Minutes (Time not Distance)<br><b>Easy :</b> Long Slow Distance (LSD) - HR below 65%<br><b>Hills Repeats :</b> @ 70%-80% of max HR<br><b>Sprints Session :</b> 85-95% of Max HR<br><b>Tempo Run :</b> 65-75% effort level<br><b>Program Legend :</b> B = Beginner<br>I = Intermediate<br>A = Advanced | <b>Bronze Medal :</b><br>8km : Sub 47 minutes<br>21.1km : Sub 2h09 minutes<br>42.2km : Sub 4h26 minutes<br><b>Sainsbury Medal :</b><br>8km : Sub 38 minutes<br>21.1km : Sub 1h46 minutes<br>42.2km : Sub 3h40 minutes | <b>Bronze Medal :</b><br>8km : Sub 45 minutes<br>21.1km : Sub 2h05 minutes<br>42.2km : Sub 4h25 minutes<br><b>Bill Rowan Medal :</b><br>8km : Sub 35 minutes<br>21.1km : Sub 1h39 minutes<br>42.2km : Sub 3h30 minutes |

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:

|            |            |        |
|------------|------------|--------|
| Theuns     | Potgieter  | 21-Apr |
| Matamela   | Netshiombo | 21-Apr |
| Sebongile  | Chidi      | 23-Apr |
| Irene      | Boyazoglu  | 24-Apr |
| Alan       | Hyson      | 24-Apr |
| Mojaki     | Berand     | 24-Apr |
| Goodman    | Mbonambi   | 24-Apr |
| Matome     | Ramachela  | 25-Apr |
| Nicole Kim | Mitchell   | 25-Apr |
| Luzuko     | Mbidlana   | 25-Apr |
| Renette    | Prinsloo   | 26-Apr |
| Nadia      | Walters    | 26-Apr |



## BAR NEWS



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

THOUGHT FOR THE WEEK

True friendship comes when silence between two people is comfortable.

NOTICE BOARD



Discovery  
Vitality

25 APRIL 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

REVOLUTION TRAILS



Discovery  
Vitality

25 APRIL 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

REVOLUTION TRAILS



**FRIDAY, 1 MAY 2026**  
**Centurion Rugby Club**  
 270 West Ave, Die Hoewes, Centurion  
 Next to SuperSport Park

-  Wally Hayward 
- [www.wally.co.za](http://www.wally.co.za) 
- [www.finishtime.co.za](http://www.finishtime.co.za) 
- [www.racepass.com](http://www.racepass.com) 



**SCAN OR CLICK  
 HERE TO ENTER**

|                  | EARLY BIRD<br>ENTRY FEE: | CAPPED<br>ENTRIES: |
|------------------|--------------------------|--------------------|
| 42.2 km          | <b>R 350</b>             | 3 500              |
| 21.1 km          | <b>R 250</b>             | 4 500              |
| 10 km            | <b>R 180</b>             | 3 000              |
| Fun Run          | <b>R 100</b>             | 1 000              |
| <b>KIDS ZONE</b> | <b>R 100</b>             | 200                |

Early Bird Entry Fee:  
 1 January 2026 to 28 February 2026  
 Online registrations at  
**www.racepass.com**  
 or scan the QR code  
**ONLINE ENTRIES ONLY**  
 NO entries on race day  
 (unless the entry cap has NOT been reached).  
 Online entries close on 14 April 2026.



**Last Comrades Qualifier  
 in Gauteng**

**#BORNTORUN**

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



Discovery  
Vitality



ARMSCOR

Online entries @ [www.entryninja.com](http://www.entryninja.com)



Aluta Gaothuse 083 259 9741, Keabetswe Ndlala 076 109 4561

Modise Madikazi 083 472 4453

**LOVE RUNNING**  
GET FIT ▪ GET FRIENDS ▪ CHANGE THE WORLD

**MAY 23** | **TIME:**  
**2026** | 06:45  
06:55



PRE-ENTRIES: OPEN UNTIL 19<sup>TH</sup> MAY 2026  
RUN-AWAY-SPORTS: 012 361 3733 | 302 FRESIA STREET, PRETORIA

## CONQUER THE HILLS

IN PARTNERSHIP WITH



THE GLEN HIGH SCHOOL  
Respect with honour



ATHLETICS  
GAUTENG NORTH



SPONSORED BY



WILLIAM: 082 043 2686  
AVHASHONI MADULA: 072 199 1136  
LOVERUNNIGNCLUB@GMAIL.COM



# uRUN+ SKOSANA LEGEND RACE 2026

POWERED BY uSPORT

# 30 MAY

## MENLYN

ATTERBURY RD & LOIS AVE,  
MENLYN PARK, PRETORIA, 0063

RACE INFORMATION: [WWW.URUN.CO.ZA](http://WWW.URUN.CO.ZA)

ONLINE ENTRIES: [WWW.RACEPASS.COM](http://WWW.RACEPASS.COM)

### 21.1KM

| START | MIN AGE  | CAP  |
|-------|----------|------|
| 06:30 | 16 YEARS | 2500 |

### 10KM

| START | MIN AGE  | CAP  |
|-------|----------|------|
| 06:45 | 14 YEARS | 3700 |

### 5KM

| START | MIN AGE | CAP  |
|-------|---------|------|
| 07:00 | 9 YEARS | 1800 |

### AGN 5KM CHAMPS

| START | MIN AGE | CAP |
|-------|---------|-----|
| 07:00 | 9 YEARS | 200 |

FIRST 1000 ENTRIES RECEIVE A FREE T-SHIRT

PRE-ENTRIES CLOSE  
27 MAY 2026

NO ON-THE-DAY  
OR LATE ENTRIES



ONLINE ENTRIES



## PHOTO CORNER



Congratulations to Krysten Smithers who was the first lady at the Benoni North Marathon



Good to see Hestha Conradie on the podium again. First female 50-59 Benoni North Marathon



Well done to Nadene Visser. First female 50-59 Tshwane North 21 km



Johan Janse van Vuuren is feeling very proud. His son and grandson are both members of the club now. All named Johan.



Well done to Anna Harris who completed the half Ironman in an excellent time



AD and Jacqueline Watts both did the Oxpecker Trail run. AD finished 5<sup>th</sup> in the 42 km