



20 January 2025 3/25

EDITORIAL

Thank you to the two members who reacted to the request for shoes for the underprivileged runners. Please read it again and help if you can:

There are a few underprivileged runners in our club that are urgently looking for running shoes to train with. If anyone has used shoes that are still in a good condition that are not used anymore, please donate these shoes. You can bring these shoes to the club house on Tuesday evenings. Your donation will make a huge difference!

The 2025 licences are finally available. Paid up members can collect their numbers on Tuesday at the club house from 17:00 till 19:00.

We will have an incentive this year to encourage our members to participate in the league races. All participants (5 km excluded) will stand a chance to win a pair of running shoes each month. The draw will be done every 3 months. A member who has done all three races during that period will then have three chances to win.

The first league race will be this Saturday at Wonderpark. There will also be something to eat to all our members participating.

ACHIEVEMENTS

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

Alan Hyson

Annatjie Greyvenstein

Ilse Merrick

Lucia Willemse

1st Male GGM – 10km

1st Female GGM – 10 km

1st Female walker & 1st master – 10 km

1st Female GGM walker – 10 km

Jaap Willemse	1 st Male GM walker – 10 km
Dirk Neethling	1 st Male GGM walker
Sandra Steenkamp	1 st Female GM walker & 2 nd female – 21 km
Elsa Meyer	1 st Female GGM walker – 21 km

PERSONAL ACHIEVEMENTS

Janine Rädcl PB – 3000m walk

Well done!

REGISTRATIONS 2025

Another 30 members registered during the week of which 12 were first time members. Welcome to all of you. We now have 437 members compared to 373 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/LdXXNGkneM7rmGqL7>

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. You will have 60 days to settle your account, but we humbly request that you do it as soon as possible.

NEW MEMBERS

A warm welcome to the 12 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.



André
Geel

Michelle
Geel

Charlotte
Geel

Bonolo
Moopa

Demi
Espley-Jones



Erwin
Winter

Henry
Hardy

Ke-Shaun
Komperie

Margaux
Perrier

Mojaki
Berand



Petro
Labuschagne

Anton
du Preez

CAPTAIN'S CORNER

Please diaries the following important dates:

- Club Trial Run – 21 January 2025 at 17:30
- Morning training run – 23 January 2025 at 5:00
- Wonderpark Akasia Run – 25 January 2025 at 5:30

Weekly Time Trials

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

Thursday Speed Session

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

Saturday Run

The Wonderpark Akasia Run will be taking place on Saturday, 25 January 2025. There will be a 5km, 10km, 21km and 42km distance. This run is part of our League races so it would be great if you could join this event.

Our Cara-Fun will be available for all those running.

Sunday Social Run

This Sunday's Social long run will be at Irene Link and will start at 5:30.

There is also the Johnson Crane Road Race

Weekly Morning Runs

This week we will be starting our morning run session. It will start from Irene Link on Thursday 23 January 2025 at 5:00. For those of you who enjoy the early morning training please come and join us.

Happy Running Team

Nelius 072 248 7698

Jacqueline 073 887 0757

THIS WEEK'S DIARY



Irene

Athletics Club



Week
20 Jan - 26 Jan

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Stretch & Strength Training	Time Trial 4 @ Club House 6 km 17:30 8	Midweek LSD Run 10 @ Centurion Theatre - km 17:30 12
Thursday	Friday	<p style="text-align: center;">For More Information</p> <hr/> <p style="text-align: center;">Nelius 072 248 7698</p> <p style="text-align: center;">Jacqueline 073 887 0757</p>
 <p style="text-align: center;">Join our community</p>	<p style="text-align: center;">Morning Session 6 @ Irene Link 8 km 5:00</p> <p style="text-align: center;">Speed Session @ Irene Clubhouse 17:30</p>	<p style="text-align: center;">Rest Day</p> 
Saturday	Sunday	 <p style="text-align: center;">IRENE</p>
<p style="text-align: center;">Wonderpark Akasia 5 @ Wonderpark 10 km Shopping Centre 21 5:30 42</p> 	<p style="text-align: center;">Long Run 10 @ Irene Link - km 5:30 18</p> <p style="text-align: center; color: purple;">Johnson Crane Road Race (CGA)</p>	



IRENE TRAINING GROUP 2025
@irene_athletics

TRAINING PROGRAMME

January 2025						
IRENE ATHLETICS CLUB						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6 Core & Strength Training +/- 60min	7 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	8 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	9 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	10 REST	11 PVR DORPS FEES ROAD RACE 5km 10km 21.1km	12 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
13 Core & Strength Training +/- 60min	14 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	15 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	16 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	17 REST	18 PWC GEORGE CLAASSEN RACE 5km 10km 21.1km	19 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
20 Core & Strength Training +/- 60min	21 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	22 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	23 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	24 REST	25 AKASIA ROAD RACE (LEAGUE RACE) 5km 10km 21.1km 42,2km	26 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
27 Core & Strength Training +/- 60min	28 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	29 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	30 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	31 REST	1 INTERCARE CLASSIC ROAD RACE 5km 10km 21.1km	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 Max HR estimate - Women 228 minus age	Blue Medal :		Vic Clapham Medal :	
W/U :	Warm Up - Easy Jog	8km :	Sub 54 minutes	8km :	Sub 52 minutes
C/D :	Cool Down - Easy Jog	21.1km :	Sub 2h26 minutes	21.1km :	Sub 2h18 minutes
LSD :	Long Slow Distance, 55% - 65% of Max HR	42.2km :	Sub 4h59 minutes	42.2km :	Sub 4h50 minutes
Min :	Minutes (Time not Distance)	Bronze Medal :		Bronze Medal :	
Easy :	Long Slow Distance (LSD) - HR below 65%	8km :	Sub 47 minutes	8km :	Sub 45 minutes
Hills Repeats :	@ 70%-80% of max HR	21.1km :	Sub 2h09 minutes	21.1km :	Sub 2h05 minutes
Sprints Session :	85-95% of Max HR	42.2km :	Sub 4h26 minutes	42.2km :	Sub 4h25 minutes
Tempo Run :	65-75% effort level	Sainsbury Medal :		Bill Rowan Medal :	
Program Legend :	B = Beginner I = Intermediate A = Advanced	8km :	Sub 38 minutes	8km :	Sub 35 minutes
		21.1km :	Sub 1h46 minutes	21.1km :	Sub 1h39 minutes
		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.

PERSONALIA

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

Andrew	Molver	Jan 20
Nadene	Visser	Jan 22
Zelda	Steyn	Jan 23
Leo	Van der Merwe	Jan 23
Alta	Struwig	Jan 24
Ferdi	Boshoff	Jan 24
Graeme	Forrest	Jan 24
Kovi	Rajaruthnam	Jan 25
Heidi	Taylor	Jan 26



BAR NEWS

There will be fires for those who want to braai.



THOUGHT FOR THE WEEK

Never lose hope. Storms make people stronger and never last forever.

NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK 25 JANUARY 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



aQuellé.

League Race

Discovery
Vitality



2025 WONDERPARK AKASIA road race

Online
entries close
on Tuesday
21 January
2025

JOHANN VAN EEDEN
42.2 KM
Start: 05:30
Cut-off
@20km 08:15

21.1 KM
Start:
05:30

10 KM
Start:
06:00

5 KM
Fun run
Start:
06:10

PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION
076 234 5329

WONDERPARK SHOPPING CENTRE
GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za



enter online

25 JANUARY 2025



fourways
aquastill





Run with your heart for your health



- 21,1 km
- 10 km
- 5 km

 Castle Gate Shopping Centre, Pretoria East

 Saturday, 1 February 2025

 06h00

- Athletics Gauteng North registered races.
- R10 per 5km fun run entry donated to CHOC.
- Additional parking available on-site.
- Medals to all finishers within cut-off times.
- Pre-entries close on 27 January 2025

Scan or visit
intercare.co.za



ATHLETICS CLUB EERSTERUST



08
FEB
20
25

LEAGUE
RACE



RACE FEE
5KM
R60

START TIME: 6:10AM

RACE FEE
10KM
R150

START TIME: 6:00AM

TEMPORARY
LICENSE

R70

RACE FEE
21KM
R200

START TIME: 6:00AM



**ONLINE
ENTRY PAGE**

<https://www.entryninja.com/events/81379-ace>



#SappiTuksRace

sappi

TuksRace

PRETORIA'S MOST LOVED RACE

15 FEB 2025

Walk/Run 1km, 5km, 10km or 21.1km
Hillcrest Sports Campus



QR code to online entries

TuksSport

sappi



Athletics
Gauteng North



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA





Discovery
Vitality

Athletics
Gauteng North

Mams 10 Race

16 February 2025 • Mams Mall (Mamelodi East)

6:30 am (10km Run/Walk) • 6:45 (5km Run/Walk)

PRIZE MONEY 10KM MEN & FEMALE

Position	1	2	3
Open	1500	1000	500
Walker	500	300	150
Junior	500	300	200
40 - 49	300	150	
50 - 59	300	150	
70+	300	150	

5KM REGISTRATION FEE:
R80 (No running license required)



Online entries available on or
Scan the QR Code to register
www.entryninja.com/events/81484-mams-mall

10KM REGISTRATION FEE:
ASA licensed athletes: R150
Unlicensed athletes: R150 + *R70
temporary license

www.mamsmall.co.za

- All prize winner to be presented at giving. If not, they forfeit prize money
- No prize money will be paid retrospectively. No Age Tags = No Prize
- Walkers must also have a W Tag
- All 5km and 10km finishers will earn Vitality Points





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*



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 + FITNESS TIME Timekeeping

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



Members listening to the announcements at the time trials



The start of the time trials



Front runner Siboniso Mshengu showing his speed



Front running lady, new member Krysten Smithers



Rob Hudson, Gibson Nyamuda, Eben van Wyk and Rykie Kruger



Tony and Mignon Makris



Emile Myburgh, Con Purchase and Stephan Walters



Belinda Hudson, Joy Dekker and Tersia Odendaal



Future members enjoying themselves



The braaiers of the evening, Myburgh Bester and Fanie van Wyngaard. They made sure that 160 people could eat at an enjoyable social evening



The way to enjoy the time trials with the kids



New member Eben van Wyk and his family



Lisinda van Zyl, Natasha Pienaar and Ansie Pretorius



One of our founder members, Derick van der Merwe who is suffering from Alzheimer's disease, was able to attend the George Claasen race on Saturday. (thanks to Gerald and Carla Hartmann). We made use of the opportunity to hand his 30 years membership badge to him. Keep him in your prayers



Carel Malan, Eujan Snyman, Gerald Hartmann, Hendrik Basson and Rob Hudson at the George Claassen race



Derick van der Merwe surrounded by a number of our lovely ladies



Annatjie Greyvenstein on the podium, first time as an 80 year old



Yolande Pietersen and Christopher van Wyk at the Springs Striders 15 km on Sunday