20 July 2026 28/26

EDITORIAL

We want to encourage our members to participate in the next league race this Saturday at TUT. We are still leaders on the log but we need as many members to participate to stay in the lead.

There will be something to eat afterwards, and participants stand a chance to win a pair of running shoes at our next social evening.

There are still some 'leftovers' of the Comrades muti bags in the club house. If it is not collected this Tuesday, it will be thrown away.

Save the date of 25 September. We are going to have a Ball at the Chairman's Ball again this year!

ACHIEVEMENTS

Congratulations to the Lucia Willemse who was the first female 60-69 at the Sweet Soles 10 km.

CAPTAIN'S CORNER

Please diarize the following important dates:

- Monday Mobility: Please join Yolande at the Clubhouse at 17:15.
- Club Time Trials – Tuesday 21 July 2026 is our Time Trials. Please join us at the Clubhouse for our 17:15 start.
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:15.
- Saturday Event - TUT Corporate Challenge, Pretoria West Campus at 7:00

Mobility Mondays
Please join Yolande at the Clubhouse at 17:15 for the Mobility Class. Please bring your own mat, elastic exercise band and small weights.

Weekly Time Trials
Tuesday 21 July 2026 is our Time Trials at the Club House. Start is 17:15.
There is a 4km, 6km and 8km distance available.

Wednesday LSD Run
This Wednesday 22 July is our midweek run starting from Echt Coffee Shop in Lyttelton at 17:15. Distance covered will be 5km - 10km. Please bring a headlamp.

Thursday Training Session
This Thursday there will be Speed Training at the Clubhouse at 17:15

Saturday Run
This Saturday 26 July 2026 is our League Race, the TUT Corporate Challenge. Start is at 7:00 and there is a 5km, 10km and 21km distance available.

Sunday Social Run
Our Sunday Social runs will be on hold for the next month over this winter season. There may be runs organised by our club runners and this will be communicated across the Training Group so please keep a lookout for these and join in when you can.

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

TRAINING PROGRAMME

July 2026

IRENE ATHLETICS CLUB

July month calendar

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ength Training +/- 60min	30 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	1 EASY RUN	2 EASY RUN	3 REST	4 **GARSFONTEIN ICE BREAKER** 5km 10km 21,1km	5 **SOCIAL RUN** B - 30min I - 45min A - 60min
6 **Core & Strength Training** +/- 60min	7 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	8 EASY RUN	9 EASY RUN	10 REST	11 **SPRINGBOK VASBYT** 5km 10km 21,1km	12 **SOCIAL RUN** B - 30min I - 45min A - 60min
13 **Core & Strength Training** +/- 60min	14 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	15 EASY RUN	16 EASY RUN	17 REST	18 **SOCIAL RUN** **B - 30min** **I - 45min** **A - 60min**	19 **SOCIAL RUN** B - 30min I - 45min A - 60min
20 **Core & Strength Training** +/- 60min	21 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	22 EASY RUN	23 EASY RUN	24 REST	25 **TUT CORPORATE RACE** **(LEAGUE RACE)** 5km 10km 21,1km	26 **SOCIAL RUN** B - 30min I - 45min A - 60min
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 - 45min	30 **Hill Repeats** **W/U, Hills, C/D** B - 4 x 200m I - 6 x 300m A - 8 x 300m	31 REST	1 **SPAR WOMANS RACE** 5km 10km	2 **SOCIAL RUN** B - 30min I - 45min A - 60min

Page 1

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 marathons later the year being Kaapsehoop or the Jacaranda Marathon.

This month we will start gradually getting into running again building a good base for our 12 week program to start. You may still take some days off and try not to be hard on yourself should you miss a training day. Use the next 4 weeks to get use to running again.

LEGEND :

PROGRAM TERMINOLOGY		TWO OCEANS GUIDELINE		COMRADES GUIDELINE	
Max HR :	Max HR estimate - Men: 220 minus age	**Blue Medal :**		**Vic Clapham Medal :**	
	Max HR estimate - Women 228 minus age	8km :	Sub 54 minutes	8km :	Sub 52 minutes
W/U :	Warm Up - Easy Jog	21.1km :	Sub 2h26 minutes	21.1km :	Sub 2h18 minutes
C/D :	Cool Down - Easy Jog	42.2km :	Sub 4h59 minutes	42.2km :	Sub 4h50 minutes
LSD :	Long Slow Distance, 55% - 65% of Max HR				
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				
Program Legend :	B = Beginner	**Sainsbury Medal :**		**Bill Rowan Medal :**	
	I = Intermediate	8km :	Sub 38 minutes	8km :	Sub 35 minutes
	A = Advanced	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 072 213 5094 or 073 887 0757

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

John	van den Aardweg	20-Jul
Chris	Symm	21-Jul
Jenny	Cairns	22-Jul
Melani	Swart	24-Jul
Lara	Kamfer	25-Jul
Cari	Snyman	26-Jul
Darno	Van Der Merwe	26-Jul

BAR NEWS

There will be fire for those who want to braai

THOUGHT FOR THE WEEK

It is better to fail in originality than to succeed in imitation.

NOTICE BOARD

TUT AGN LEAGUE 2026
CORPORATE RACE

Saturday, 25 July 2026

Pretoria West Campus

21KM	10KM	5KM
07:00am	07:00am	07:15am

HOW TO ENTER

ONLINE
www.entryninja.com
Opens 20 April 2026
Closes 20 July 2026

LATE ENTRIES
@Cricket Club House
23 - 24 July 2026
25 July from 04:00am
until race starts

COLLECTIONS
@Cricket Club House
10:00 – 17:00
23 – 24 July 2026
25 July from 04:00am
until race starts

ENTRY FEE:
- Temporary license - R70
- 5km - R70 (R80 late entry)
- 10km - R150 (R170 late entry)
- 21km - R200 (R220 late entry)

RACE ORGANISERS:
Whitney - 063 347 7714
Beatrice - 072 587 1163
Oratile - 067 287 7112

T-shirt + Goodie Bag FOR FIRST 300 ENTRIES

Tshwane University of Technology
We empower people
FISU HEALTHY CAMPUS
PTA NOORD TOYOTA
ATHLETICS GAUTENG NORTH

SCAN TO ENTER ONLINE

EyAC — EYETHU ATHLETICS CLUB — EST 2017

Sat 8 Aug 2026

Quagga Centre Race

Eyethu Fitness Test

START TIMES

32KM Start 6:45

21.1KM Start 7:00

10KM Start 7:10

5KM Start 7:20

VENUE: QUAGGA SHOPPING CENTRE CNR. WF NKOMO & QUAGGA STREET, PTA WEST

INFORMATION/ENQUIRIES: 078 220 5763 | 083 379 9830

ENTRY FEES

Pre-Entry

32km	R310
21.1km	R230
10km	R190
5km	R90

Late Entry

32km	R340
21.1km	R260
10km	R220
5km	R110

Great Grand Masters
50% discount on entry fee (+70 years)

Temp License R70

ENTRIES

Store entries open 19 May - 31 July 2026
- Tshwane Running Shop, Sinoville: 087 688 1336
- Run-A-Way-Sport, Lynnwood: 012 361 3733
- AGN Office: 012 327 4930, Pilditch Stadium, PTA West

Online entries open 19 May - 31 July 2026
- Enter online at www.entryninja.com

Online entries collection: 7 August 2026
- Quagga Shopping Centre 12:00-17:00

Late entries sales at the venue: 7 August 2026 12:00 - 17:00
Race Day Entries: 05:30-06:30

RUN-A-WAY STORE DISCOUNTS: 10% discount for any purchase in the store, the runner will only need to produce the race number at the store before 30 November 2026

Medals to all finishers within the cut-off times

LUCKY DRAWS ON RACE DAY!

EyAC · Athletics Gauteng North · aQuellé · Run-A-Way Sport · Discovery Vitality · PTA Noord Toyota · Finish Time · Quagga Centre

RACE INFORMATION

DISTANCE /EVENT	START TIME	CUT OFF	MINIMUM AGE	PRIZE GIVING	ENTRY AMOUNT
21km	6:15	3.5hr	16 years	11:00	R250
10km	6:45	2hrs	14 years	10:00	R160
5km	7:10	none	None	none	R110

TEMPORARY LICENCE: R70
(REQUIRED FOR NON REGISTERED PARTICIPANTS IN THE 21 AND 10KM)

70+ PARTICIPANTS – 50% OFF,
BLIND RUNNER AND WHEELCHAIR ATHLETES' FREE ENTRY.

PRIZE MONEY

DISTANCE /EVENT	21KM			10KM		
RUNNER - MEN AND WOMEN	1ST	2ND	3RD	1ST	2ND	3RD
OPEN	R30 000	R20 000	R10 000	R10 000	R5 000	R3 000
JUNIOR	R4000	R3000	R2000	R2500	R2000	R1500
VETERAN (40 - 49)	R4000	R3000	R2000	R2500	R2000	R1500
MASTERS (50 - 59)	R4000	R3000	R2000	R2500	R2000	R1500
GRAND MASTERS	R4000	R3000	R2000	R2500	R2000	R1500
1ST LOCAL JUNIOR (RAMOTSE BASED)	R1500	R1000	R500	R1000	R800	R500
1ST LOCAL SENIOR (RAMOTSE BASED)	R1500	R1000	R500	R1000	R800	R500
1ST LOCAL VETERAN (RAMOTSE BASED)	R1500	R1000	R500	R1000	R800	R500
1ST LOCAL MASTER (RAMOTSE BASED)	R1500	R1000	R500	R1000	R800	R500
1ST GRAND MASTER (RAMOTSE BASED)	R1500	R1000	R500	R1000	R800	R500
TOP CLUB BASED ON CUMMULATIVE TIME (TEAM PRICE)	R3000	R2000	R1000	R2000	R1000	R500

HOW TO ENTER AND RACE PACK COLLECTION

Online entries close on 31 July 2026, or when the entry cap has been reached.

- All races 5km, 10 km and 21km will be open online at MAEBELA GROUP FOUNDATION APP (get them on Android AND IOS)
- All (5km fun run/walk, 10 km run and 21km run) entries will be open both online and physical (Hammanskraal Sports complex and Pilditch stadium 1 and 2 August 2026 from 09:00 – 17:00)
- No entries on race day (unless the entry cap has not been reached)
- RACE PACK COLLECTION – you can collect your race number between 3 and 8 august from 12h00 to 17h00 at Mandela sports complex in Hammanskraal and 1 and 2 August at Pilditch Stadium from 8:00 – 17:00.
- Late collection will be at Hammanskraal on the day of the event from 04:00 – 05:30
- Online entries close on the 3 August 2026 or when entry cap has been reached.
- No entry at sport shops, fax or postal entries. No EFT optional

ENTRY CAPS: 5 KM 5000 | 10KM 5000 | 21KM 3500

RULES AND GENERAL INFORMATION

RULES

- The race will be run in accordance with the rules of ASA and AGN. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatever nature, arising out of their participation in the race.
- Registered athletes must wear the current years licence number at the front and back of their vest and, if issues with the number, this must be worn on the front of the vest, with both numbers being visible.
- Temporary licensed athletes must wear the temporary license at the back of their vest, with the race number at the front of the vest.
- All license athletes competing for the age category prizes, must wear age category tags, clearly visible on the front and back of their vest. Proof of age for prize winners may be required to be presented to referees before prize giving. Prizes could be withheld until ages have been confirmed.
- ALL TOP 2 WINNERS FOR 21KM AND 10KM must present their banking details for the prize money
- ALL CATEGORY WINNERS will receive their prize on the same day.
- No seconding will be allowed.
- Wheelchair athletes will be welcomed.
- No roller blades, bicycles or mechanically operated devices will be allowed in the race.
- No animals will be allowed to accompany the athletes.
- No iPods or listening devices will be permitted to be used by athletes.
- Minimum ages: 10km – 14 yrs and 21km – 16 yrs.
- Temporary licensed athletes will be eligible for open category prizes, provided they have age category tags clearly visible at the back and front of their vests.
- All traffic officers and officials instructions to be obeyed.
- Water points will be available approximately every 3km.
- Your race number must not cover the logos on the ASA license. Failure to comply will lead to disqualification.

GENERAL INFORMATION

- Medical support will be present on the race day.
- Due to irrigation system, club's gazebos will only be allowed to be erected in the clearly demarcated area. Any club that erects a gazebo outside of the demarcated area will be held liable for any damage they may cause.
- No open fire braais will be allowed on the sports field- ONLY gas braais. Every gas braai in use must be accompanied by a 4.5kg (or above) fire extinguisher.
- Entry fee as well as additional purchases, are not refundable.
- Please do not discard water sachets/cups in gardens or drains, drop them in the bin provided or directly on the road.
- Clubs are requested to bring their Gazebo and trailers to the venue on the 08 August 2026 between 12h00 and 17h00, security will be provided. No club trailer will be allowed access to the venue on race day.
- No vehicle will be permitted on the sports field. Trailers must be pushed onto the field. Helpers will be at hand to assist.
- NO GLASS BOTTLES, GLASSES, etc. may be brought into the venue due to the nature of the sports being practiced there. Any party who transgresses may be fined R1000.
- Toilets will be available at every water points
- The venue must be evacuated by 15:00

HAMMANSKRAAL SPORTS COMPLEX | FOLLOW US

UNITED BY SPORT.
EMPOWERING COMMUNITIES.

DORPSFEES
PIERRE VAN RYNEVELD
TOWN FESTIVAL
2026

PVR DORPSFEES NIGHT RACE

IRENE

MAD MONKEY ADVENTURES

PRESENTED BY MAD MONKEY ADVENTURES
& IRENE AC

26TH AUGUST 2026

START & FINISH
PIERRE VAN RYNEVELD GELOOFSFAMILIE
14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

5 KM START TIME 18:30

10 KM START TIME 18:30

DOGS & PRAMS WELCOME ON THE 5KM

SHOES 4 Souls

Discovery Vitality

Register Now!
www.entryninja.com

ONLINE ENTRIES
CLOSE 23 AUG '26

Athletics
Gauteng North

Athletes, join us for a "braai & kuier" afterwards. Wood for the braai will be provided

A FESTIVAL NOT TO BE MISSED !

ULTIMATE FAST CHALLENGE RACE

CHASE THE FINISH. BEAT THE CLOCK.

Athletics
Gauteng North

@ KOLONNADE RETAIL PARK

5KM & 10KM

Online Entries @
www.entryninja.com

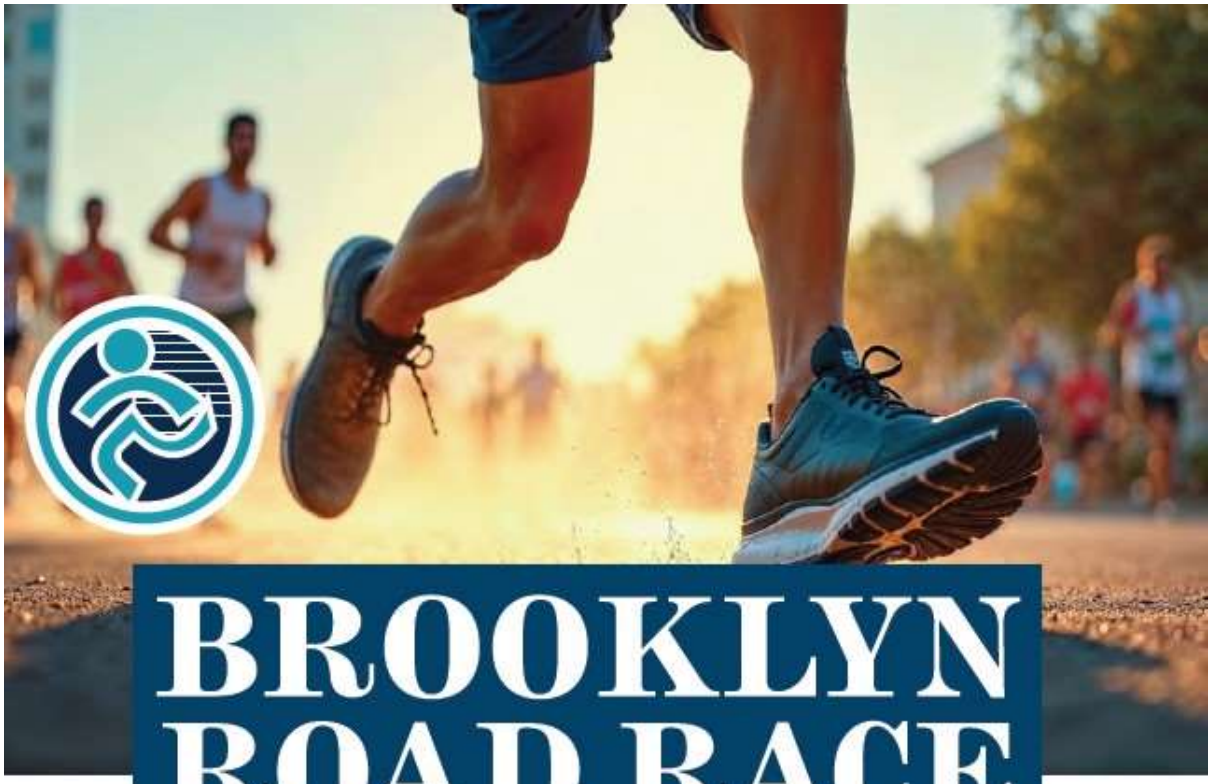
29 AUGUST 2026

07:00 AM (START)
09:00 AM (PRIZE GIVING)

ENTRY FEE:
Temporary License: R70
5KM: R80
10KM: R150

CLICKS aQuellé KOLONNADE RETAIL PARK "quick and convenient" vivo BLUE RIBBON PTA NOORD TOYOTA

Enquiries: Lesetja (076 120 2388)



BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

5 SEPTEMBER 2026

START IN DEY STREET & FINISH IN BRONKHORST STREET, BROOKLYN MALL

STARTING TIMES:

33 km 6:00am	21,1 km 6:00am	10 km 6:00am	5 km 6:10am

MAT TO MAT TIMING (06H00-6H10)

BARNARD

Athletics Gauteng North

#RUN clean

Discovery Vitality

CLICK, TAP OR SCAN TO REGISTER ONLINE

BROOKLYN MALL

Tel: 012 346 1063 | www.brooklynmall.co.za

www.entryninja.com

The Clarens Titanic Trail Run has once again offered Irene Club members a discount when entering this amazing and challenging Trail event.

Please see details on the advert for more information and booking details.

PHOTO CORNER

Lucia Willemse on the podium at the Sweet Sole race

The Sunday morning group in Hazelwood

Taking a break at Fort Klapperkop