



20 October 2025 42/25

EDITORIAL

Instructions to the helpers at the race on Saturday will be sent out during the week. Thank you once again to all our members who have made themselves available.

At this stage we are still looking for 5 more route marshals.

ACHIEVEMENTS

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

Ansie Breytenbach	1 st Female – 60-69 – 10 km
Annatjie Greyvenstein	1 st Female – 80+ - 10 km
Johan Visser	1 st Male – 50-59 – 10 km
Louwrens Smit	1 st Male – 70-79 – 10 km
Alan Hyson	2 nd Male – 70-79 – 10 km
Rhoda van Staden	1 st Female walker – 10 km
Paulus Masilela	1 st Male – 70-79 – 21 km
Victor Phetoe	2 nd Male – 60-69 – 21km
Elsa Meyer	3 rd Female walker – 21 km

PERSONAL ACHIEVEMENTS

Amanda de Beer PB – 21 km

Well done!

CAPTAIN'S CORNER

To all the Cape Town Marathon runners, we are truly sorry about the cancellation of the race. We know you have all worked hard for this event and were going to make Irene Club proud with your representation there.

Please diarize the following important dates:

- Club Time Trials – Tuesday 21 October is our Time Trials at the Club. Start is at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Saturday Event – Irene Farm Race held at the ARC.
- Sunday Social Run – Workers Run for the Irene Farm Race

Weekly Time Trials

Please join us for our weekly 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 8km-10km.

Thursday Afternoon Sessions

This Thursday afternoon will be a Speed session for training at home in your own time.

Friday Morning Run

This Friday there will be no early morning run.

Saturday Run

This Saturday 25 October is our Irene Farm Race. Thank you to everyone who will be helping on the day.

Sunday Social Run

This Sundays Social Run will be a Workers run covering the route from the Irene Farm Race.
Start will be at 6:00.

Training questions and comments

Please feel free to contact us with any training questions or comments.

Happy Running Team
Nelius 072 248 7698
Jacqueline 073 887 0757

THIS WEEK'S DIARY

It will be available on WhatsApp during the week.

TRAINING PROGRAMME

October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 Core & Strength Training +/- 60min	30 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	1 Midweek LSD W/U, LSD, C/D B - 40min I - 35min A - 75min	2 Speed Session W/U, Speed, C/D B - 8 x 300m I - 6 x 400m A - 8 x 500m	3 REST	4 CHAMBERLAIN CLASSIC ROAD RACE 5km 10km 21km	5 SOCIAL RUN B - 60min I - 75min A - 120min
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 - 45min I - 60min A - 90min	9 Hill Repeats W/U, Hills, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	10 REST	11 MASELELO HALF MARATHON 5km 10km 21km	12 SOCIAL RUN B - 45min I - 45min A - 60min
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 - 45min I - 60min A - 90min	16 Speed Session W/U, Speed, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	17 REST	18 CSIR ROAD RACE 5km 10km 21km	19 SANLAM CAPE TOWN MARATHON 42.2km
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 - 45min I - 60min A - 90min	23 Hill Repeats W/U, Hills, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	24 REST	25 IRENE FARM RACE 5km 10km 21km	26 IRENE FARM WORKERS RACE 5km 10km 21km
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 - 45min I - 60min A - 90min	30 Speed Session W/U, Speed, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	31 REST	KAAPSEHOOP MARATHON 21.1km 42.2km	SOWETO MARATHON 10km 21.1km 42.2km

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 3 marathons later the year being Cape Town Marathon, Kaapsehoop / Soweto Marathon or the Jaararanda Marathon. Since Cape Town is first our 12 week training program will start on 28 July. The other 3 programs will be a 14 and 15 week program.

The final month has approached and marathon season is upon us. Tapering should start 2-3 weeks before race day, gradually decreasing distance and effort. You worked hard, go get those medals.

Should need any assistance in setting a goal, feel free to contact us.

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

Jurie	Weidemann	20-Oct
Stanley	Macmillan	20-Oct
Nico	Williams	20-Oct
Pieter	vd Westhuizen	20-Oct
Johan	de Klerk	21-Oct
Lloyd	Ramutloa	22-Oct
Antoinette	Reynolds	23-Oct
Elmon	Mhlanga	23-Oct
Christelle	van Niekerk	23-Oct
Fia	Coetzee	24-Oct
Nelda	Smith	24-Oct
Magriet	Bester	24-Oct
Lisa	Nell	24-Oct
Arend	de Beer	24-Oct



BAR NEWS

There will be fires for those who want to braai.



THOUGHT FOR THE WEEK

***PUSH YOURSELF,
BECAUSE NO ONE ELSE
IS GOING TO DO IT
FOR YOU.***



NOTICE BOARD

aQuellé

25 Oct '25

AGN LEAGUE RACE



Discovery
Vitality

Athletics
Gauteng North



IRENE

Irene Farm Race

with Discovery Vitality



RACE INFO

- The 10 and 21km will start at 6:00
- The 5km fun run starts at 06:15
- The 1km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1km
- Water points at ± every 3km
- Cut-off times: 10km-2hours, 21km-3hours.
- Food and drinks stalls available
- 21km is not Wheelchair-friendly

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available

PARKING

- Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.
- Entrance to the ARC is opposite Denel Dynamics

RACE NUMBER COLLECTION

- Wednesday 22 October: Run-Away-Sport: 13:00 – 17:00
- Friday 24 October: Sportsmans Warehouse Centurion: 09:00 – 18:00
- Saturday 25 October (Race day): At the venue: 04:30 – 05:50

FUN FOR THE WHOLE FAMILY

Bring the whole family along to join the Irene AC and 5000 enthusiasts and run/walk along the tranquil streets of Southdowns, the Irene Dairy Farm & Irene Golf Course. Farm animals along the route. There just isn't another race like this!

PRE-ENTRIES ONLY

- Pre-entries close on 21 October or when cap of 5000 is reached
Online entries: www.entryninja.com
- Sweat Shop Dunkeld: 011 325 2567
 - Run-Away-Sport: 012 361 3733
 - Tshwane Running Shop Sinoville: 076 929 7384
 - Sportsmans Warehouse Centurion: 012 361 3733
 - Sportsmans Warehouse Montana: 012 548 5131
 - Kloppers Castle Gate: 012 051 4200

ENTRY FEES

Entry Fee	5km	10km	21.1km
	R 70	R 140	R 230
70+	FREE	FREE	FREE
Late Entries (14-69)	R 80	R 160	R 250

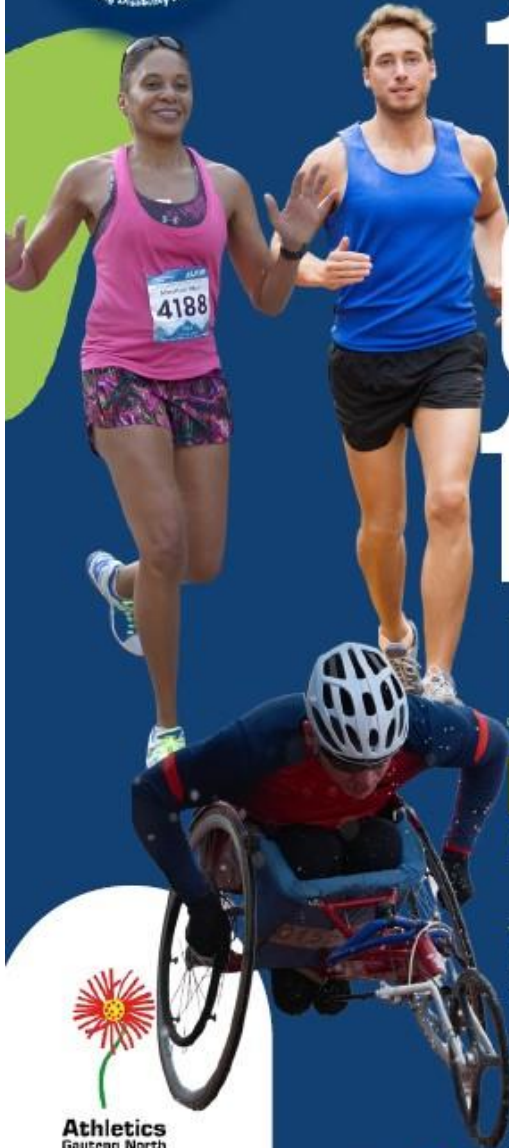
Entry fees exclude service charges



ARC Campus, Nellmapius Drive, Irene



TSHWANE OPPIE BOL



10KM 07 AM 5KM 07 30 AM 1.6KM AM RUN & WALK

DATE / VENUE NOVEMBER 01

**SANDB SPORTS GROUNDS, VALHALLA
(THE JACKIE MEKLER ROUTE)**

PREPARE YOURSELF

ENTRIES AVAILABLE AT: PILDITCH AGN, SPAR LES MARAIS, SPORTMANS WAREHOUSE (CENTURION, MONTANA) AND ON RACE DAY

ENTRY FEE:

10KM RACE - R120

5KM RACE - R80

1.6KM DREAM MILE - R40

TEMPORARY LICENCE - R70

PLEASE CONTACT

CAZLE HENDRICKS

082 818 2956

NOSISI DLOMO

072 161 0281



**Athletics
Gauteng North**



**LEAVE NO ONE
BEHIND**



Entry Ninja



ONLINE ENTRIES LINK



Tshwane Oppie Bol Entries

IN SUPPORT OF DISABILITY AWARENESS MONTH



aQuellé
**JACARANDA
CITY
MARATHON
CHALLENGE**

EARLY COMRADES & TWO OCEANS QUALIFIER

08 NOV 2025
5KM / 10KM
21.1KM / 42.2KM

INCORPORATING
AGN MARATHON
CHAMPIONSHIP



**Athletics
Gauteng North**

aQuellé.



sportsvendo
READY TO RACE



TOM JENKINS LEAGUE RACE

31st Run/Walk Challenge

Run Series



with



ARCADIA
RUNNING CLUB



FUN RUN 5KM | 06:15

10KM | 06:00

21.1KM | 06:00

Saturday, 15 Nov 2025

VENUE: Union Buildings, Government Avenue, Pretoria

GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!

ENTRY FEES: | 21.1km | 10km | 5km **Fun Run**

exclude service charges

70+	Free	Free	Free
All other categories:	R230	R180	R100
Temporary licences:	R70	R70	



PRE-ENTRIES ONLY:

- Capped at 6 000 entries.
- Late entries: On collection date or race day if cap not reached.
- Online entries: <https://www.entryninja.com/events/82558-tom-jenkins-challenge>
- Pre-entries: from 1 Oct - 13 Nov 2025 at Run-Away-Sport: 012 - 361 3733 and ...
Friday 14 Nov 2025 race pack collection from 09:00 - 18:00.
- Online entries: will close at midnight on Tuesday 11 Nov 2025.

RACE NUMBER COLLECTION:

- Race number collection: Friday, 14 Nov 2025 from 10:00 - 18:00 and ...
- On the day of race 15 Nov 2025 at Pretoria Faith Community Church,
22 Wessels Street, Arcadia, Pretoria from 04:30 - 05:45.



ENQUIRIES:

☎ Race office: 082 200 4219 (Paul) 082 566 1595 (James)



BDS RACE WITH DISCOVERY *Vitality*

21.1KM
6:00am

10KM
6:00am

5KM
6:15am

29 NOV
SATURDAY.2025

ENTRY FEES

ENTRY FEES	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
60-69	R200	R100	R60
LATE ENTRIES (18-69)	R250	R160	R80
ALL OTHER CATEGORIES	R230	R130	R70
TEMPORARY LICENSE	R70	R70	N/A

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- Friday, 28 November: 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 29 November: 04:30 till 06:00 – at the venue.

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times: 10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 28th of November and morning of the race provided we have not reached the 4000

- Online entries: www.entryninja.co.za
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at Wonderpark

FOR ENQUIRIES: STEPHEN BALOYI @082 262 2568 | PETER KHOZA @084 650 3358



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!!!!



PHOTO CORNER



Before the start of the CSIR race



Christa Visagie, Pierre Marais and Alan Hyson after the race



Rhoda and Jean-Riegardt van Staden



Victor Phetoe and Sheren Naidoo in a serious conversation



Fun evening at the Bubby run with Valdo.



Elizna Lourens did the Harrismith 15 km



Johan Janse van Vuuren (Jnr) did the Harrismith 30 km



When the Cape Town Marathon was cancelled, runners organised their own street runs.



Nelius and Charnette van Rooyen with Lindsay Bull. It would have been Charnette's first Marathon



Still smiling after the disappointment



Klapperkop social run on Sunday morning