



21 July 2025 29/25

EDITORIAL

Statement from the Veterinary Department of the ARC:

This is an urgent reminder regarding the ongoing Foot and Mouth Disease (FMD) outbreaks affecting several provinces in South Africa, including KwaZulu-Natal, Mpumalanga, Free State and Gauteng.

The Veterinary Department of the ARC has issued an official statement highlighting the critical need for heightened vigilance and strict adherence to biosecurity protocols across all ARC Irene campuses and animal units.

Key Points from the ARC Veterinary Statement:

- FMD is highly contagious, with animals potentially appearing healthy for up to two weeks before showing clinical signs such as excessive salivation, blisters in the mouth, lameness, or hoof lesions.
- The Department of Agriculture has confirmed continued virus circulation in certain areas, and movement restrictions remain in place in affected provinces.
- All livestock owners, managers, and staff have a legal duty under Section 11 of the Animal Diseases Act (Act No. 35 of 1984) to prevent infection and the spread of FMD.

Critical Biosecurity Measures:

- **Access Control:** All entrances must have controlled access with clear signage. Hand sanitizers and vehicle disinfectant baths must be used at all entry points by all ARC personal and visitors.

We call on all our members to give their full co-operation at the entrance gates.

REGISTRATIONS 2025

Another 3 members registered during the week of whom 2 are first-time members. Welcome to you. 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 now have 605 members. We had 522 members at the same time last year.



Brennan

Sandra

Barkley

Barkley

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – 22 July 2025 at 17:15
- Saturday Event – TUT Corporate Race at TUT Pta West Campus at 6:50, 26 July 2025

Weekly Time Trials

Please join us at the Club House on Tuesday for our weekly Time Trials starting at 17:15. There is a 4km, 6km and 8km route.

Wednesday LSD Run

This Wednesday you can start with an easy 30 minute run. This will be a self training run at home

Thursday Morning Runs and Afternoon Sessions

This Thursday you can start with an easy 30 minute run in the comfort of your own home environment.

Saturday Run

This Saturday is the TUT Corporate Race held at TUT Pretoria West Campus at 6:50. There will be a 5km, 10km and 21km event. No Cara-Fun or gazebo.

Sunday Social Run

This Sunday Social Run will take place from Plato in Monument Park at 7:00. This route will be between 7km and 15km so all are welcome.

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

Irene Athletics Club
SERIOUS about our run
irene

Week 21 Jul - 27 Jul

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Stretch & Strength Training (Self train at home)	Time Trial @ Club House 17:15 4 km 6 km 8 km	Easy Run 30min (Self train at home)
Thursday	Friday	For More Information Nelius 072 248 7698 Jacqueline 073 887 0757
Join our community	Easy Run 30min (Self train at home)	REST AND RECHARGE
Saturday	Sunday	IRENE
TUT Corporate Race @ TUT Pta West Campus 6:50 5 km 10km 21 km	Klapperkop Run @ Plato Monument Park 7:00 10 - km 15 km	

HOME TRAINING GROUP 2023
QR CODE



JOIN THE FUN

29
07
25

17:
30

@ IRENE ATHLETICS CLUB

adidas VIP EXPERIENCE

TRAINING PROGRAMME

July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Core & Strength Training +/- 60min	1 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	2 EASY RUN	3 EASY RUN	4 REST	5 GARSFONTEIN ICE BREAKER (LEAGUE RACE) 5km 10km 21,1km	6 SOCIAL RUN B - 30min I - 45min A - 60min
7 Core & Strength Training +/- 60min	8 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	9 EASY RUN	10 EASY RUN	11 REST	12 SPRINGBOK VASBYT 5km 10km 21,1km	13 SOCIAL RUN B - 30min I - 45min A - 60min
14 Core & Strength Training +/- 60min	15 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	16 EASY RUN	17 EASY RUN	18 REST	19 MANDELA DAY RUN / WALK 5km 10km	20 SOCIAL RUN B - 30min I - 45min A - 60min
21 Core & Strength Training +/- 60min	22 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	23 EASY RUN	24 EASY RUN	25 REST	26 TUT CORPORATE RACE 5km 10km 21,1km	27 SOCIAL RUN B - 30min I - 45min A - 60min
28 12 WEEK MARATHON TRAINING START (CAPE TOWN MARATHON)	29 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	30 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 45min	31 Hill Repeats W/U, Hills, C/D B - 4 x 200m I - 6 x 300m A - 8 x 300m	1 REST	2 SPAR WOMANS RACE 5km 10km	3 SOCIAL RUN B - 30min I - 45min A - 60min

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 Jacaranda 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.

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 :	Blue Medal :	Vic Clapham Medal :
Max HR estimate - Men: 220 minus age	8km : Sub 54 minutes	8km : Sub 52 minutes
Max HR estimate - Women 228 minus age	21.1km : Sub 2h26 minutes	21.1km : Sub 2h18 minutes
W/U :	42.2km : Sub 4h59 minutes	42.2km : Sub 4h50 minutes
Warm Up - Easy Jog		
C/D :		
Cool Down - Easy Jog		
LSD :	Bronze Medal :	Bronze Medal :
Long Slow Distance, 55% - 65% of Max HR	8km : Sub 47 minutes	8km : Sub 45 minutes
Min :	21.1km : Sub 2h09 minutes	21.1km : Sub 2h05 minutes
Minutes (Time not Distance)	42.2km : Sub 4h26 minutes	42.2km : Sub 4h25 minutes
Easy :		
Long Slow Distance (LSD) - HR below 65%		
Hills Repeats :	Sainsbury Medal :	Bill Rowan Medal :
@ 70%-80% of max HR	8km : Sub 38 minutes	8km : Sub 35 minutes
Sprints Session :	21.1km : Sub 1h46 minutes	21.1km : Sub 1h39 minutes
85-95% of Max HR	42.2km : Sub 3h40 minutes	42.2km : Sub 3h30 minutes
Tempo Run :		
65-75% effort level		
Program Legend :		
B = Beginner		
I = Intermediate		
A = Advanced		

For All Enquiries Regarding Training :
Call/WhatsApp on 072 248 7698 or 073 887 0757

CROSS COUNTRY

Irene



Athletics Club CROSS-COUNTRY 2025 (PRE-SEASON)



Sat 10 May	League 1 - Fleur Primary School
Fri 16 May	League 2 - TUT Pretoria West
Sat 24 May	League 3 - Irene Athletics Club
Fri 30 May	League 4 - Eldoraigine High School
Sat 14 Jun	League 5 - Inter Provincials (Brits High School)
Sat 16 Aug	AGN Championships (Lavender Country Market)
Sat 6 Sep	SA Championships (Middelburg)

Qualification criteria

- Must compete in **2 league races** to qualify for the Inter-Provincial team.
- Must compete in **4 league races plus** the AGN champs, to qualify for SA Champs.
- Age tags are compulsory from 35 years and older.
- Must compete in correct age category.
- Must wear AGN license and age category tag during events.



PERSONALIA

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

Chris	Symm	21-Jul
Jenny	Cairns	22-Jul
Trudy	Sechele	23-Jul
Melani	Swart	24-Jul
Buks	van Deventer	24-Jul
Buks	van Deventer	24-Jul
Cari	Snyman	26-Jul
Ernst	Horn	26-Jul
Esther	Mojapelo	27-Jul
Wilna	Meiring	27-Jul
Andrea	Perrier	27-Jul
Ian	Bredenkamp	27-Jul



THOUGHT FOR THE WEEK

You cannot change anyone, but you can be the reason someone changes.

NOTICE BOARD

ARC IRENE RUN/WALK
26 JULY 2025
ROAD FUN RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 07H00
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 WETZ

ARC IRENE RUN/WALK
26 JULY 2025
TRAIL RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 07H00
ENTER ONLINE AT
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THYME FITCHEF WETZ

CORPORATE RACE
21 KM, 10 KM & 5KM
2025

Entries Collection @ The Cricket Club House

@ PRETORIA WEST CAMPUS
21KM, 10KM & 5KM
Online Entries @ www.entryninja.com
REGISTER NOW **26 JULY 2025**

START TIME:
• 21.1 KM: 06H50
• 10 KM: 07H05
• 5 KM: 07H05

Please note that there will be no club gazebo at the race.



Tshwane



CENTURION SUPERSPORT PARK



AUGUST 2025



14H00



MY TSHWANE CHALLENGE MAGAZINE



T-SHIRT



MEDAL

Women participating in the event will receive their medal on the day.

LIMITED TO 17 000 ENTRIES



ENTER AT SELECTED SUPERSPAR, SPAR & KWIKSPAR STORES
ENTER ONLINE WWW.SPARWOMENSCHALLENGE.CO.ZA | ENQUIRY LINE: 074 750 7186

THE SPAR WOMEN'S CHALLENGE TSHWANE FORMS PART OF THE 10KM SPAR GRAND PRIX SERIES



Please note that there will be no club gazebo at the race.



Quagga Road 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 | [AGN LEAGUE RACE](#)

ENTRY FEES

Pre-Entry

32km	R300
21.1km	R210
10km	R170
5km	R70

Late Entry

32km	R330
21.1km	R240
10km	R200
5km	R100

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

Temp License R70

ENTRIES

Store entries open 1 May - 4 August 2025

- Tshwane Running Shop, Sinoville: 087 688 1336
- Run-A-Way-Sport, Lynnwood: 012 361 3733
- Race Nr Sales: 078 220 5763, 083 379 9830, 082 305 2447

Online entries open 1 May - 1 August 2025

- Enter online at www.entryninja.com

Online entries collection: 8 August 2025

- Quagga Shopping Centre 12:00-17:00

Late entries sales at the venue: 8 August 2025 12:00 - 17:00

Race Day Entry Sales: 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 2025.



Medals to all finishers within the cut-off times





PVR DORPSFEES NIGHT RACE



PRESENTED BY MAD MONKEY ADVENTURES & IRENE AC



27TH AUGUST 2025



STARTING POINT

PIERRE VAN RYNEVELD GELOOFSFAMILIE
14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

5 KM START TIME 18:30 R70 ENTRY FEE

10 KM START TIME 18:30 R150 ENTRY FEE

DOGS & PRAMS WELCOME ON THE 5KM

 Register Now!
www.entryninja.com

**ONLINE ENTRIES
CLOSE 25 AUG '25**

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

A FESTIVAL NOT TO BE MISSED !

DANVILLE DEVELOPMENT AC

KOLONNADE
RETAIL PARK
"quick and convenient"

ULTIMATE EAST CHALLENGE RACE

INCORPORATING AGN 10KM CHAMPIONSHIPS



Athletics
Gauteng North

@ KOLONNADE RETAIL PARK

5KM & 10KM

Online Entries @
www.entryninja.com

30 AUGUST 2025

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



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



Enquiries: Lesetja (076 120 2388) / Wandile (071 942 8067)



BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

6 SEPTEMBER 2025

IN MEMORY OF ANDREW GREYLING

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
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BROOKLYN MALL  BROOKLYN SQUARE

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

www.entryninja.com



sappi

Tuks Night Race

10km & 5km Fun Run

10 September 2025

18:30

Hillcrest Sports Campus



Scan for online entries

sappi



TuksAthletics



EXXARO ROAD RACE CHALLENGE

SUPERSPORT PARK, CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

20 SEPTEMBER 2025



exxaro
POWERING POSSIBILITY

CHAMBERLAIN

CAPITAL CLASSIC

SATURDAY, 4 OCTOBER 2025

PHSOB Club: 378 Queens Crescent, Lynnwood

- 21.1KM RUN

starts 06h00

- 10KM RUN

starts 06h00

- 5KM FUN RUN

starts 06h15

Earn Discovery
Vitality Points!

RUN THE 21 IN A TRADITIONAL SCOTTISH KILT AND WIN!

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card.



GET A FREE T-SHIRT

The first 2000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

START YOUR DAY WITH BAGPIPES

Set off to the unique sounds of the MacChamberlain Highlanders pipe band.



PHOBIANS
Athletics Club



CSIR ROAD RACE

SATURDAY

18 OCTOBER 2025

POWERED BY BestMed

RUN AND WALK

21.1 KM / 10 KM
06:00

5 KM | 06:15

FREE T-SHIRTS for the first 200 ONLINE Entries received in either the 10 km or 21.1 km races.

LUCKY DRAW FOR ONLINE ENTRIES:
5 pairs of Nimbus or Kayano as prizes from Run a Way Sport. (Value is R4000 a pair)



www.entryninja.com

CSIR MAIN CAMPUS,
MEIRING NAUDE ROAD,
BRUMMERIA, PRETORIA

ENTRIES: Online at www.entryninja.com
Close: Tuesday, 14 October 2025 at midnight

Entries also available at Run-A-Way Sport - 302 Freesia Street, Lynwood Ridge, 012 361 3733

LATE ENTRIES available at the CSIR on the following collection dates:
Friday, 17 October 2025 from 14:00 – 18:00
DEBIT/CREDIT CARD PAYMENTS ONLY (no cash accepted)

ENTRY COLLECTIONS

Friday, 17 October 2025, CSIR South Gate, Meiring Naude Road, Brummeria from 14:00 - 18:00

Saturday, 18 October 2025, at CSIR North Gate, Meiring Naude Road, from 04:30 - 05:50

RACE RESULTS: results.finishtime.co.za

MEDALS

GOLD - All category winners and first man and first woman in the 5 km Fun Run

SILVER - Second place male and female in the 10 km and 21 km open categories

BRONZE - First 4 000 finishers within the cut-off time

FREE ENTRY for athletes aged 70 years and older on race day.

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE	MINIMUM AGE	START TIME	CUT OFF	PRIZE GIVING
21.1 KM	R200	R230	16 years	06:00	09:15	09:00
10 KM	R150	R180	14 years	06:00	08:00	09:00
5 KM	R60	R70		06:15		



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

CITY
MARATHON



YOUR CITY . YOUR RACE

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

+5KM FAMILY FUN WALK



DOWN TOWN RUN

16 DEC 2025

CHURCH SQUARE PRETORIA

ONLINE ENTRIES ENTRYGEEK.COM

For more Info- www.city60marathon.com



SITHI 60 WENA O RENG!!!!



PHOTO CORNER



Werner Smit with his two kids, Chané and Luan. Unbelievable how fast they have grown



The time trials attendance is getting better now that the days are a bit warmer



Sandra Pretorius and Amanda de Beer enjoying their time trials



De Wet Swart in action



AD Watts taking serious action to ensure that the fire is ready



A good turnout at Wolwespruit on Sunday morning



Action at Wolwespruit



Farzana John, Ian Tait and Jenny Cairns taking a break



Enjoying something warm after the trail run



Alex Elsworth did the Mandela race