***21 September 2026 37/26***

## *EDITORIAL*

Good luck to all of you whose names are in the Comrades ballot. Hopefully you will be one of the lucky people on Wednesday.

## *ACHIEVEMENTS*

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

| | |
|---|---|
| Krysten Smythers | 2nd Female – Jeppe 21 km |
| Ansie Breytenbach | 3rd Female – 60-69 – 21 km |
| Louwrens Smit | 3rd Male – 70-79 – 10 km |

## *PERSONAL ACHIEVEMENTS*

| | |
|---|---|
| Eujean Snyman | PB 21 km |

Zelda Botes PB 21 km
Busisiwe Dlamini PB 10 km

## 10 KM CLUB CHAMPIONSHIPS

Here is the revised list of all the category winners at the Club 10 km championships held at the Spirit of Flight:

| | Male | Female |
|---|---|---|
| **Overall** | | |
| 1 | Henry Enslin | Tatjana Kleine |
| 2 | Nelius van Rooyen | Natasha Pienaar |
| 3 | Douw van Zyl | Ansie Breytenbach |
| **Senior** | | |
| 1 | Henry Enslin | Tatjana Kleine |
| 2 | Nelius van Rooyen | Natasha Pienaar |
| 3 | Robert Atkinson | Micaela Neil |
| **40-49** | | |
| 1 | Douw van Zyl | Nadia Snyman |
| 2 | Rykie Kruger | Laurinda Koch |
| 3 | Lance van der Scholtz | Bronwyn Esterhuizen |
| **50-59** | | |
| 1 | Kobus Steinmann | Renette Prinsloo |
| 2 | Vikash Ramlugaan | Nadia Theba |
| 3 | Riaan Prinsloo | Liesel van Olst |
| **60-69** | | |
| 1 | Pieter Pretorius | Ansie Breytenbach |
| 2 | Rob Hudson | Karen Neil |
| 3 | Pieter Jordaan | Sandra Pretorius |
| **70-79** | | |
| 1 | Louwrens Smit | |
| 2 | Mike Gibbons | |
| 3 | Henk Basson | |

**Walkers**

| | | |
|---|---|---|
| **Overall** | | |
| 1 | Jaap Willemse | Rhoda van Staden |
| 2 | Dirk Neethling | Retha Knoetze |
| 3 | | Elsa Meyer |

## 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.

Lyndre Warricker | Rogan Swanepoel

## CAPTAIN'S CORNER

Please diarize the following important dates:

- Mobility Monday – This Monday is Mobility Monday with Yolande at the Club House at **17:20**
- Club Time Trials – Tuesday 22 September is our Time Trials at the Club House. Please join us for our **17:30** start. Please note the Time Change for the change of season.
- Wednesday Evening Run - Midweek Run from Echt Lyttelton at **17:30**
- Thursday Run – Hoka Half starting from Old Boys Rugby Club at **6:00**
- Saturday Run – Ford 3-IN-1 starting from Ford Motor Company Sports Centre at **6:00**
- Sunday Run – Sunday Social run starting from Castle Gate to Klapperkop at **6:30**

**Mobility Mondays:**

This Monday 21 September is Mobility Monday with Yolande at the Club House at 17:20.

Please bring your own mat, elastic band and weights.

**Tuesday Weekly Time Trials**

Tuesday 22 September is our Time Trials at the Club House. Please join us at the Club House for our new **Spring start of 17:30**.
There is a 4km, 6km and 8km distance available.

**Wednesday LSD Run**

This Wednesday 23 September is our midweek run starting at Echt Coffee Shop in Lyttelton at **17:30**. Please bring a headlamp. Distance will be 5km-10km

**Thursday Training Session**

This Thursday 24 September is the Hoka Half starting at the Old Boys Rugby Club at 6:00. There is a 5km, 10km and 21km event.

**Friday Evening**

This Friday evening is our Chairmans Ball which is bound to be an amazing evening of good food, music and dancing. Start is at 6:00. All of you who have bought tickets, we will see you there.

**Saturday Run**

This Saturday 26 September is the Ford 3-IN-1 race starting at the Ford Motor Company Sports Centre at 6:00. There is a 5km, 10km and 21km distance available.

**Sunday Social Run**

This Sunday there will be a Sunday social run taking place from Castle Gate Centre to Klapperkop at 6:30 for a 10km-20km distance.

**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

## September 2026

IRENE ATHLETICS CLUB

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| 31<br>**Core & Strength Training**<br>+/- 60min | 1<br>**Time Trial**<br>**W/U, TT, C/D**<br>B - 4km<br>I - 6km<br>A - 8km | 2<br>**Midweek LSD**<br>**W/U, LSD, C/D**<br>B - 30min<br>I - 45min<br>A - 75min | 3<br>Speed Session<br>W/U, Speed, C/D<br>B - 6 x 300m<br>I - 6 x 400m<br>A - 8 x 400m | 4<br>REST | 5<br>**BROOKLYN ROAD RACE**<br>5km<br>10km<br>21km<br>33km<br>**(LEAGUE RACE)**<br>**SA X-COUNTRY CHAMPIONSHIPS** | 6<br>**SOCIAL RUN**<br>B - 60min<br>I - 75min<br>A - 90min |
| 7<br>**Core & Strength Training**<br>+/- 60min | 8<br>**Time Trial**<br>**W/U, TT, C/D**<br>B - 4km<br>I - 6km<br>A - 8km | 9<br>**SAPPI TUKS NIGHT RACE**<br>5km<br>10km | 10<br>**Hill Repeats**<br>**W/U, Hills, C/D**<br>B - 6 x 300m<br>I - 6 x 400m<br>A - 8 x 400m | 11<br>REST | 12<br>SPIRIT OF FLIGHT RACE<br>5km<br>10km | 13<br>**KIT KAT CASH N CARRY**<br>5km<br>10km<br>21km<br>42.2km |
| 14<br>**Core & Strength Training**<br>+/- 60min | 15<br>**Time Trial**<br>**W/U, TT, C/D**<br>B - 4km<br>I - 6km<br>A - 8km | 16<br>**Midweek LSD**<br>**W/U, LSD, C/D**<br>B - 35min<br>I - 50min<br>A - 75min | 17<br>Speed Session<br>W/U, Speed, C/D<br>B - 6 x 300m<br>I - 6 x 400m<br>A - 8 x 400m | 18<br>REST | 19<br>**EXXARO ROAD RACE**<br>5km<br>10km<br>21km | 20<br>**SOCIAL RUN**<br>B - 60min<br>I - 75min<br>A - 120min |
| 21<br>**Core & Strength Training**<br>+/- 60min | 22<br>**Time Trial**<br>**W/U, TT, C/D**<br>B - 4km<br>I - 6km<br>A - 8km | 23<br>**Midweek LSD**<br>**W/U, LSD, C/D**<br>B - 35min<br>I - 50min<br>A - 75min | 24<br>**HOKA HALF MARATHON**<br>5km<br>10km<br>21km | 25<br>REST | 26<br>**FORD 3-in-1 ROAD RACE**<br>5km<br>10km<br>21km | 27<br>**SOCIAL RUN**<br>B - 60min<br>I - 75min<br>A - 120min |
| 28<br>**Core & Strength Training**<br>+/- 60min | 29<br>**Time Trial**<br>**W/U, TT, C/D**<br>B - 4km<br>I - 6km<br>A - 8km | 30<br>**Midweek LSD**<br>**W/U, LSD, C/D**<br>B - 40min<br>I - 55min<br>A - 75min | 1<br>**Speed Session**<br>**W/U, Speed, C/D**<br>B - 6 x 300m<br>I - 6 x 400m<br>A - 8 x 500m | 2<br>REST | 3<br>**CHAMBERLAIN CLASSIC ROAD RACE**<br>**(LEAGUE RACE)**<br>5km<br>10km<br>21km | 4<br>**SOCIAL RUN**<br>B - 60min<br>I - 75min<br>A - 120min |

### *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 2 marathons later the year being Kaapsehoop or the Jacaranda Marathon.

**It is September and everyone should be back on the road working towards a new goal. Whether it is a marathon or a 5km, join our sessions to get fit and into shape.**
**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 | **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

Condolences to Aletha van den Bergh. Her mother passed away during the week.

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

| | | |
|---|---|---|
| Malaika | Wee | 22-Sep |
| Christiaan | Grove | 23-Sep |
| Marinda | Van der Walt | 25-Sep |
| Linky | Makgahlela | 25-Sep |
| Tayla-Ann | Macaskill | 25-Sep |
| Estien | Van Wyngaard | 25-Sep |
| Lahni | Alberts | 26-Sep |
| Theuns | Du Buisson | 26-Sep |
| Martinus | Mostert | 27-Sep |
| Roux | Wildenboer | 27-Sep |

## BAR NEWS

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

## THOUGHT FOR THE WEEK

**Don’t be afraid to give up the good to go for the great.**

## *NOTICE BOARD*

HOKA
HALF
5KM | 10KM | 21KM
PRETORIA
24 September 2026
South Africa's most electrifying Half Marathon Event
ENTER NOW

Ford

JOIN US

26 SEPT 2026

# 3-IN-1 SPRING RACE

FORD MOTOR COMPANY SPORTS AND RECREATION CENTRE

**ENTRY FEES ARE AS FOLLOWS**

- 5KM - R100
- 10KM - R190
- 21KM - R250

Start Time:
21km & 10km | 06:00
5km | 06:15

**LATE ENTRIES**

- 5KM - R130
- 10KM - R220
- 21KM - R280

SCAN HERE

**SPONSORS**

Chamberlain's Timekeeping
Powered by FinishTime

Ford

Athletics Gauteng North

aQuellé

## Enter Online, Entry information

Online entries close 20 Sep 2026,
Collection date is on **24, 25 Sept & Race day** before the start of the race.

CHAMBERLAIN

# CAPITAL CLASSIC

## SATURDAY, 3 OCTOBER 2026

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 **3000** 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.

Athletics Gauteng North
LEAGUE RACE

PHOBIANS ATHLETICS CLUB

CHAMBERLAIN

IRENE FARM BACKYARD ULTRA 2026
NEW TO THE BACKYARD ULTRA CONCEPT?
Don't overthink it.
3 OCTOBER 2026
06.00 AM
RACE VILLAGE,
IRENE ATHLETIC CLUB HOUSE
ARC GROUNDS,
NELLMAPIUS ROAD
"Geniet dit!" It's like LEKKER

**TSHWANE RIETONDALE PARK**
87 VAN DER MERWE ST, RIETONDALE, PRETORIA, 0084

**10 OCTOBER 2026**

**10KM** RACE STARTS AT 07:00AM | **5KM** RACE STARTS AT 07:20AM

ONLINE ENTRIES: **WWW.DOEKONFLEEK.AFRICA :** CLOSING DATE: **27 SEPTEMBER 2026**

FOR MORE INFORMATION CONTACT: **082 744 5140**

COLLECTION OF RACE NUMBER : **08 & 09 OCTOBER 2026 | FROM 10:00AM - 17:00PM**

**COLLECT AT THE RACE VENUE: RIETONDALE PARK | NO COLLECTION ON THE RACE DAY**

| ENTRY FEE: | 10KM | 5KM |
|---|---|---|
| 70 years + | FREE | R150 |
| Below 70 years - | R200 | R150 |
| Temporary Licences | R70 | |

## 10KM RUN

| POSITION | OPEN | JUNIOR 14-19 | 40-49 | 50-59 | 60-69 | 70+ |
|---|---|---|---|---|---|---|
| 1 | R25 000 | R5 000 | R5 000 | R5 000 | R5 000 | R5 000 |
| 2 | R15 000 | R3 000 | R3 000 | R3 000 | R3 000 | R3 000 |
| 3 | R7 000 | R2 000 | R2 000 | R2 000 | R2 000 | R2 000 |
| 4 | R6 000 | R1 000 | | | | |
| 5 | R5 000 | R500 | | | | |

## 10KM WALK

| POSITION | OPEN | 40+ |
|---|---|---|
| 1 | R5 000 | R3 000 |
| 2 | R3 000 | R2 500 |
| 3 | R2 000 | R2 000 |

**PRIZE GIVING TIME : 10:00AM | NO ENTRIES ON THE DAY**

ASA ATHLETICS GAUTENG NORTH CITY OF TSHWANE DANVILLE DEVELOPMENT AC SMACPIX

# CSIR ROAD RACE

**SATURDAY**

**17 OCTOBER 2026**

CONQUER THE TRAIL,OWN THE HILLS

Powered by bestMed medical scheme

## RUN AND WALK

**21.1 KM /10 KM**
06:00

**5 KM** | 06:10

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

https://www.entryninja.com/events/83742-csir-2026

**CSIR MAIN CAMPUS, MEIRINGNAUDE ROAD, BRUMMERIA, PRETORIA**

**ENTRIES: ONLINE AT WWW.ENTRYNINJA.COM**

**Open:** Friday, 1 August 2026; **close:** Tuesday, 13 October 2026 at midnight

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

**LATE ENTRIES: If not sold out, LATE ENTRIES available at the CSIR on the following collection dates** Friday, 16 October 2026 from 14:00 – 18:00
DEBIT/CREDIT CARD PAYMENTS ONLY (no cash accepted)

**ENTRY COLLECTIONS**

**Friday, 16 October 2026,** CSIR South Gate, Meiring Naude Road, Brummeria from 14:00 - 18:00
**Saturday, 17 October 2026**, at CSIR North Gate, Meiring Naude Road, from 04:30 - 05:50

**RACE RESULTS: HTTPS://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 4000 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 | R50 | R60 | | 06:10 | | |

science, technology & innovation
Department: Science, Technology and Innovation
REPUBLIC OF SOUTH AFRICA

CSIR
Teaching lives through innovation

Powered by bestMed medical scheme

Athletics South Africa

Irene Primary School
YOU'RE INVITED
Moonlight
Fun Run/Walk
FRIDAY, 23 OCTOBER 2026
VENUE: Irene Primary School Sports Ground
RACE INFO: 5km & 8km – Race starts @18:00
ENTRY FEE: R100 adults & R50 children under 12
TICKETS: www.ticketpro.co.za
DOGGIES AND WHEELCHAIRS WELCOME!
@ no cost
CONTACT PERCY: communications@ireneprimary.co.za
Like and follow us on Facebook @Irene Primary School
Community • Fitness • Fun • Together

JACARANDA CITY MARATHON CHALLENGE 26
EARLY COMRADES & TWO OCEANS QUALIFIER
INCORPORATING AGN MARATHON CHAMPIONSHIP
24 OCTOBER 2026
5KM · 10KM · 21.1KM · 42.2KM
SOUTH AFRICA'S
LARGEST
MARATHON
IN 2025
Organised by:
FARANANI athletics club
Presented and Produced by:
sportsVendo
Sanctioned by:
INCORPORATING AGN MARATHON CHAMPIONSHIP
Athletics Gauteng North
Acknowledgement:
SMACPIX

# IRENE FARM RACE

## 31 OCT '26

Athletics Gauteng North

5km 10km 21.1km

with Discovery Vitality

IRENE

## 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 28 October: Run-Away-Sport: 13:00 – 17:00
- Friday 30 October: Sportsmans Warehouse Centurion: 09:00 – 18:00
- Saturday 31 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!

## ENTRY FEES

| Entry Fee | 5km | 10km | 21.1km |
|---|---|---|---|
| | R 70 | R 150 | R 240 |
| 70 + | FREE | FREE | FREE |
| Late Entries (14-69) | R 80 | R 170 | R 260 |

Entry fees exclude service charges

## 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

## PRE-ENTRIES ONLY

Pre-entries close on 27 October or when cap of 5000 is reached
Online entries: www.entryninja.com

- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Sportsmans Warehouse Centurion: 012 361 3733
- Kloppers Castle Gate: 012 051 4200

## 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

aQuellé

ARC Campus, Nellmapius Drive, Irene

**Please note that Irene members are not allowed to run/walk this race. We need our members to work on the day to ensure that we present a top-class race.**

# TSHWANE OPPIE BOL

# HALF MARATHON

| | |
|---|---|
| 21.1KM | 06:00 AM |
| 10KM | 06:15 AM |
| 5KM | 08:00 AM |
| 1.6KM | 08:00 AM |

## SAVE THE DATE

## VALHALLA PRETORIA
## 07 NOVEMBER 2026
## AGN LEAGUE RACE

Athletics Gauteng North

CITY OF TSHWANE

Discovery Vitality

ONLINE ENTRIES:

ENTRY FEE:
- 21.1KM RACE - R220
- 10KM RACE - R150
- 5KM RACE - R100
- 1.6KM DREAM MILE - R80
- TEMPORARY LICENCE - R70

PLEASE CONTACT
CAZLE HENDRICKS
082 818 2956
DIMAKATSO SHILANGU
064 895 1832
NOSISI DLOMO
072 161 0281

**MEDALS TO ALL FINISHERS!**

IN SUPPORT OF DISABILITY AWARENESS MONTH

ARCADIA

# TOM JENKINS *Challenge*

ATHLETICS
GAUTENG NORTH

WITH
**Discovery Vitality**

**UNION BUILDINGS**
**PRETORIA**

## 14 NOVEMBER 2026

**06H00**
10KM & 21.1KM

**06H15**
5KM

CHOOSE YOUR CHALLENGE

**5KM** | **10KM** | **21.1KM**

## FREE 500 T-SHIRTS

(10 AND 21KM ONLINE ENTRANTS ONLY)

AFTER THE 1ST 500,
T-SHIRTS WILL BE FOR SALE AT R250

ENTRIES OPENING ON
**05 AUGUST 2026**

ONLINE ENTRIES WILL CLOSE ON
**TUESDAY 10 NOVEMBER 2026**

PROUDLY SPONSORED BY

NISSAN GEZINA
012 404 0000

aQuellé

Discovery Vitality

RACE OFFICE / ENQUIRIES: JAMES 082 566 1595 | PAUL 082 200 4219

## PHOTO CORNER

Thank you to everyone wearing black on Tuesday

The start of the time trials on Tuesday

Sandra Pretorius looking relaxed at the Exxaro race

Estrolita Lawrence in full speed

A mini Irene bus

The place to be after the race

Noel Banda, Victor Phetoe, Lenin Sithole and Shaltah Dikolobe

Magda Brits and Ansie Breytenbach had an easy slow run together

Nadia Theba, Henk Basson and Joy Dekker

Anna Harris did the Jeppe 21 on Sunday