



22 September 2025 38/25

EDITORIAL

When wearing Irene colours, each member represents the club. Always act in a way that upholds its reputation, and avoid words or actions that could harm its image.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Exxaro race (10 km):

Annatjie Greyvenstein	1 st Female – 70+
Mike Gibbons	2 nd Male – 70-79
Louwrens Smit	3 rd Male – 70 -79
Lisa Nell	3 rd Female junior

REGISTRATIONS 2025

Another 3 new members registered during the week. 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 637 registered members compared to 544 at the same time last year.



Bradley
Doyle

Lesedi
Mampuru

Thobi
Skhosana

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 23 September is our Time Trials at the Club. Start is at 17:30
- Wednesday Morning Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 6:30.

Thursday Morning Run - Easy run from Irene Link at 5:00

- Saturday Event – 27 September is the Ford 3 in 1 League Race held at Ford Motor Company at 6:00.
 - Sunday Social Run - This Sundays run will take place at Irene Link at 6:00
- 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 a Public Holiday so our midweek run will start from Echt Coffee Shop in Pierre Van Ryneveld at 6:30am. Distance covered will be between 8km-10km.

Thursday Session

This Thursday there will be an early morning easy run starting from Irene Link at 5:00 and will cover a 5km-10km distance.

Friday Morning Run

This will be a rest day. The early morning run has been scheduled for Thursday.

Saturday Run

This Saturday 27 September is the Ford 3 in 1 Race starting at Ford Motor Company at 6:00. Distances available are 5km, 10km and 21km. The Cara-Fun will be available so please come and support.

Sunday Social Run

This Sundays Social Run will be at Irene Link starting at 6:00. Distance covered will be between 15km-20km.

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

Week
8 Sep - 14 Sep

Irene Athletics Club

SERIOUS about our fun
irene

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Stretch & Strength Training (Self train at home)	Time Trial @ Club House 17:30 4 - 6 - 8 km	Midweek LSD Run @ Echt PvR 17:30 Sappi Tuks Night Race @ Hillcrest Sports Campus 18:30
Thursday	Friday	For More Information Nelius 072 248 7698 Jacqueline 073 887 0757
Hills Session (Self train this week)	Easy Run @ Highveld Spar 5:00 6 - 10 km SPAR	
Saturday	Sunday	
Spirit of Flight Race @ Air Force Base Swartkop 6:30 5 - 10 km	Sunday Social Run @ Irene Link 6:00 10 - 15 km	

Join our community

IRENE TRAINING GROUP 2005

QR Code

TRAINING PROGRAMME

September 2025



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

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 Joazranda 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.

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 Max HR estimate - Women: 228 minus age	Blue Medal :
W/U :	Warm Up - Easy Jog	8km :
C/D :	Cool Down - Easy Jog	21.1km :
LSD :	Long Slow Distance, 55% - 65% of Max HR	42.2km :
Min :	Minutes (Time not Distance)	Bronze Medal :
Easy :	Long Slow Distance (LSD) - HR below 65%	8km :
Hills Repeats :	@ 70%-80% of max HR	21.1km :
Sprints Session :	85-95% of Max HR	42.2km :
Tempo Run :	65-75% effort level	Sainsbury Medal :
Program Legend :	B = Beginner I = Intermediate A = Advanced	8km :
		21.1km :
		42.2km :
		Vic Clapham Medal :
		8km :
		21.1km :
		42.2km :
		Bronze Medal :
		8km :
		21.1km :
		42.2km :
		Bill Rowan Medal :
		8km :
		21.1km :
		42.2km :

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.

Carol	Mathibe	22 Sep
Malaika	Wee	22 Sep
Carel	Malan	24 Sep
Marinda	Van der Walt	25 Sep
Linky	Makgahlela	25 Sep
Ntopane	Mashabela	26 Sep
Estien	Van Wyngaard	26 Sep
Theuns	Du Buisson	26 Sep
Mphathiseni	Maungedzo	27 Sep
Lisinda	Van Zyl	27 Sep
Roux	Wildenboer	27 Sep



THOUGHT FOR THE WEEK

Be brave to stand for what you believe in even if you stand alone.

NOTICE BOARD

Ford

leaGue race

NEW ARRIVAL
RACE T-SHIRTS

ONLY
R180

WE DO NOT ACCEPT CASH
ON THE DAY OF REGISTRATIONS



FORD
3-IN-1
SPRING RACE

FORD MOTOR COMPANY SPORTS
AND RECREATION CENTRE

27 SEPT
2025

ENTRY FEES ARE
AS FOLLOWS

It's a League Race

There will be aerobics after the race
There will be a draw after the race.
These entry fees exclude service fees.

5KM - R70

10KM - R160

21KM - R220

Start Time:
21km & 10km | 06:00
5km | 06:30



SCAN HERE
FOR RACE

aQuellé



WELLNESS SOURCE



Ford



FORD ATHLETICS CLUB



Snip & Sketch



Athletics
Gauteng North



Powered by FinishTime



IRENE FARM BACKYARD ULTRA 2025

“Geniet dit!” It’s like LEKKER



RACE DETAIL

12+ Loops till last runner
6 Loops
3 Loops

REGISTER NOW!

www.entryninja.com

27 SEPTEMBER 2025
06.00 AM

RACE VILLAGE,
IRENE ATHLETIC CLUB HOUSE
ARC GROUNDS,
NELLMAPIUS ROAD

CITY2CITY ULTRA MARATHON

JOHANNESBURG TO TSHWANE

28 | 09 | 25



Enquiries:

Athletics Gauteng North:

012 327 4930

Central Gauteng Athletics:

011 873 2726



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





21.1K
10K
5K

R220 ENTRY FEE

R180 ENTRY FEE

R80 ENTRY FEE

MASELELO BOMA, HAMMANSKRAAL

BOSPLAAS WEST

FOR MORE DETAILS: WWW.MASELELOBOMA.CO.ZA/MARATHON2025

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

TOM JENKINS LEAGUE RACE

31st Run/Walk Challenge
Run Series



with



ARCADIA
RUNNING CLUB



Saturday, 15 Nov 2025

FUN RUN 5KM | 06:15
10KM | 06:00
21.1KM | 06:00

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)

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



Well done to Lisa Nell, first time on the podium in Irene colours



Annatjie Greyvenstein