



23 February 2026 8/26

EDITORIAL

Our WhatsApp Community is the main hub for all club communication — important updates, announcements and info will be shared there. The individual groups are for smaller, day-to-day chats and specific runs. To keep things simple and avoid confusion, many of the groups have been deleted as we move towards a more streamlined way of communicating. Please join the Irene Athletics Club Community using this link so you don't miss any important updates: <https://chat.whatsapp.com/H6zux69tsSk16tBMVgGx8P> Thanks for helping us keep things organised!



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the SA Race Walking Trials that took place on Saturday:

Jaap Willemse	1 st Male Master 21 km
Janine Rädell	2 nd Female Master – 10 km
Johann Coetzee	3 rd Male Master 10 km

PERSONAL ACHIEVEMENTS

Zelda Botes PB 10 km

Well done!

Please let us know by WhatsApp or email about your achievements, don't be shy.

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.



Gandhi
Mahlalela

Mieke
Combrinck

CAPTAIN'S CORNER

Please diarize the following important dates:

- Mobility Monday sessions – 23 February at 17:30 at the Club House
- Club Time Trials – Tuesday 24 February 2026 is our Time Trial. Please join us at the Clubhouse at 17:20 To catch up and the run starts at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30.
- Saturday Event – Sunrise Monster at Harlequins Club, start from 6:00
- Sunday Run – Sunday Social Run from Irene Link starting at **6:00**.
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumalanga. 27-29 March 2026**

TRAINING CAMP AT ELANDSKLOOF TROUT FARM, MPUMALANGA 27-29 March 2026

This year we are planning a Training Camp weekend for the whole family at Elandskloof Trout Farm, close to Dullstroom in Mpumalanga.

GPS Coordinates:

S25°31'35.0''

E30°7'64.5''

Altitude 1900m

The Program for the weekend will entail training for all walkers and runners and include social and fun activities.

Please note: This venue is not in Dullstroom Town , but on the Elandskloof Trout Farm approximately 14km before Dullstroom on route the R540 between Belfast and Dullstroom. The training routes for the weekend will be on gravel roads and there will be Trail route options on the farm for those interested in Trail Running.

Outline of the Program for the weekend:

- Friday: Arrive at own time. Food is available for purchase with pre-booking or alternatively self-catering.
Meet and Greet/Weekend brief and Ice breaker in the evening at **19:30** in the

Function Lapa.

- Saturday: The morning will entail a Training session varying from 5km-30km on District gravel roads and Trail running options on the farm's Trail routes varying from 5-20km.
Afternoon – Stretch out session followed by a Team building Fun activity.
Evening – Braai, bring your own or be catered for by pre-booking.

- Sunday: Morning Training session with various distances offered varying from 5km-20km.
Brunch after the Training session for purchase or self-catering.
Check out 10:00

Please see other activities available on the Farm's website at elandskloof.co.za and book accommodation with **discount code: IAC2026**

We are looking forward to seeing you at the training Weekend, so make sure you secure your spot timeously!

Mobility Mondays

This Monday 23 February we will be having our Mobility Mondays at the Clubhouse with Yolande. Start time is 17:30. Please come and enjoy this session with her. Please bring a towel or yoga mat, small weights, exercise bands.

Weekly Time Trials

Tuesday 24 February 2026 is our Time Trial at the Club House. Please join us for a feedback and information session at 17:20 and the run will start 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 Lyttelton at 17:30.
Distance covered will be from 5km to 15km.

Thursday Training Session

This Thursday will be a Speed Training session at the Irene Oval, start is 17:30.

Saturday Run

This Saturday 28 February is the Sunrise Monster starting at Harlequins Club from 6:00.
Distances available are 5km, 10km, 21km and 32km. Our Cara-Fun will be there for support at the event.

Sunday Social Run

This Sundays Social Run will start from Irene Link at **6:00** (please note the time change from 1 March due to the change in season). Distance covered will be 5km-18km.

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

Week
23 Feb - 1 Mar

Irene Athletics Club

SERIOUS about our fun irene

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Mobility Monday with Yolande @ Club House 17:30	Time Trials @ Club House 17:30 4km, 6km, 8km	ECHT Midweek LSD Run @ Echt Lyttelton 17:30 5km-15km
Thursday	Friday	
Speed Training Session @ Irene Oval 17:30	Mobility Friday	
Saturday	Sunday	
Sunrise Monster @ Harlequins Club 6:00 5km,10km,21km,32km	Sunday Social Run @ Irene Link 6:00 5km-18km	

Join our community

REST AND RECHARGE

For More Information
Lindsay
072 2135094
Jacqueline
073 8870757

IRENE TRAINING GROUP 2025
WhatsApp group

IRENE

TRAINING PROGRAMME

February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31 INTERCARE CLASSIC ROAD RACE 5km 10km 21.1km	1 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
2 Core & Strength Training +/- 60min	3 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	4 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	5 Hill Repeats W/U, Hills, C/D J - 10 x 60m B - 6 x 150m I - 6 x 250m A - 4 x 400m	6 Mobility Fridays	7 ACE RACE (LEAGUE RACE) 5km 10km 21.1km	8 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
9 Core & Strength Training +/- 60min	10 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	11 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	12 Speed Session W/U, Speed, C/D J - 6 x 100m B - 6 x 150m I - 5 x 300m A - 3 x 400m + 1 x 200m	13 Mobility Fridays	14 TUKS RACE (21km CLUB CHAMPS) 5km 10km 21.1km	15 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
16 Core & Strength Training +/- 60min	17 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	18 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	19 Hill Repeats W/U, Hills, C/D J - 10 x 80m B - 10 x 200m I - 8 x 200m A - 4 x 300m + 2 x 200m	20 Mobility Fridays	21 Long Run Run, CD B - 45min I - 75min A - 90min	22 BALWIN PRETORIA MARATHON 5km 10km 21.1km 42.2km
23 Core & Strength Training +/- 60min	24 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	25 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	26 Speed Session W/U, Speed, C/D J - 6 x 60m B - 6 x 100m I - 4 x 200m A - 3 x 400m + 2 x 150m	27 Mobility Fridays	28 SUNRISE MONSTER RACE 5km 10km 21.1km 32km	1 Sunday Long Run Run, CD B - 60min I - 90min A - 120min

Notes

This program is a guideline that can be followed for whatever your goal is for 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 major events like Two Oceans and Comrades, and some adaptation will be required if these are not your goals. If you are targeting the Akasia or other marathon in January or early February, then we presume you have already built up a good base. Should you not be properly prepared for a January marathon, then don't stress; there is still plenty of time to work up to and achieve a qualifier. If you are looking at your first marathon, the focus must be on getting through it and enjoying it. The outcome will be the baseline to work from for future goals. Learn from it and adjust accordingly - seek advice from trusted sources.

Below is a guideline that you should be achieving if you intend to complete Two Oceans and/or Comrades 2026.

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
WU :	Warm Up - Easy Jog	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
C/D :	Cool Down - Easy Jog	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
LSD :	Long Slow Distance, 55% - 65% of Max HR				
Min :	Minutes (Time not Distance)				
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				

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

CLUB AWAY WEEKEND

🏃🏠 RUN THE DISTANCE – Irene Training Camp 🏠🏃♂️

Join us for an unforgettable weekend of running and good vibes at Elandskloof Trout Farm, Dullstroom

📅 27–29 March 2026

Whether you're building endurance, chasing mountains, or just keen for a solid running escape — this is for you.

🔑 Book now and use discount code IAC2026

🌐 www.elandskloof.co.za

🏞️🏃 Let's run the distance together.

RUN THE DISTANCE
IRENE TRAINING CAMP
27-29 MARCH '26
ELANDSKLOOF TROUT FRAM
DULLSTROOM

Book now using the discount code
IAC2026
SCAN HERE

SERIOUS about our
RUN
Irene

PERSONALIA

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

Andre	Vollenhoven	24-Feb
Tasha	Houghting	24-Feb
Annemarie	Oberholzer	25-Feb
Shendl	Weinzheimer	28-Feb
Willem	Pieterse	28-Feb
Rob	Hudson	01-Mar
Ryan	Nel	01-Mar



BAR NEWS



There will be fires for those who want to braai.

THOUGHT FOR THE WEEK

**ABILITY IS WHAT
YOU'RE CAPABLE OF DOING.
MOTIVATION DETERMINES WHAT YOU DO.
ATTITUDE DETERMINES HOW WELL YOU DO IT.**

—LOU HOLTZ



NOTICE BOARD



Discovery Vitality

28 February 2026

ARC IRENE ROAD RUN

3KM | 5KM | 10KM | 15KM | 21KM

REGISTRATION OPENS @ 05H45
RACE STARTS @ 06H30
OR REGISTER & START BETWEEN 06H30 TILL 08H00

Finisher medals

Venue: Irene Athletics Clubhouse | ARC Irene Grounds | Centurion | Gauteng
ENTER AT WWW.REVOLUTIONTRAILS.CO.ZA | WHATSAPP: 083 264 3931

REVOLUTION TRAILS

The poster features a woman in athletic wear running on a dirt path through a sunlit forest. The background is a warm, golden-brown color. The text is overlaid on a dark green circular graphic. A red 'no dogs' symbol is present in the top right corner.



Discovery Vitality

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The Sunrise Monster

5 KM 10 KM 21 KM 32 KM

28 FEBRUARY 2026
SATURDAY
HARLEQUIN CLUB
GROENKLOOF, PRETORIA



HOSTED BY
**HARLEQUIN
HARRIERS**

A timing chip is included in your entry fee and will be attached to your official race bib.

www.harlequinharriers.co.za



Harlequin Harriers & Sunrise Monster



@bqh.run & @sunrise.monster

BOBBIES 3-IN1 SLUMBERLAND ROAD RACE



ON 7TH
MARCH
2026

DOUBLE BED
UP FOR GRABS:
ONLINE
ENTRIES ONLY

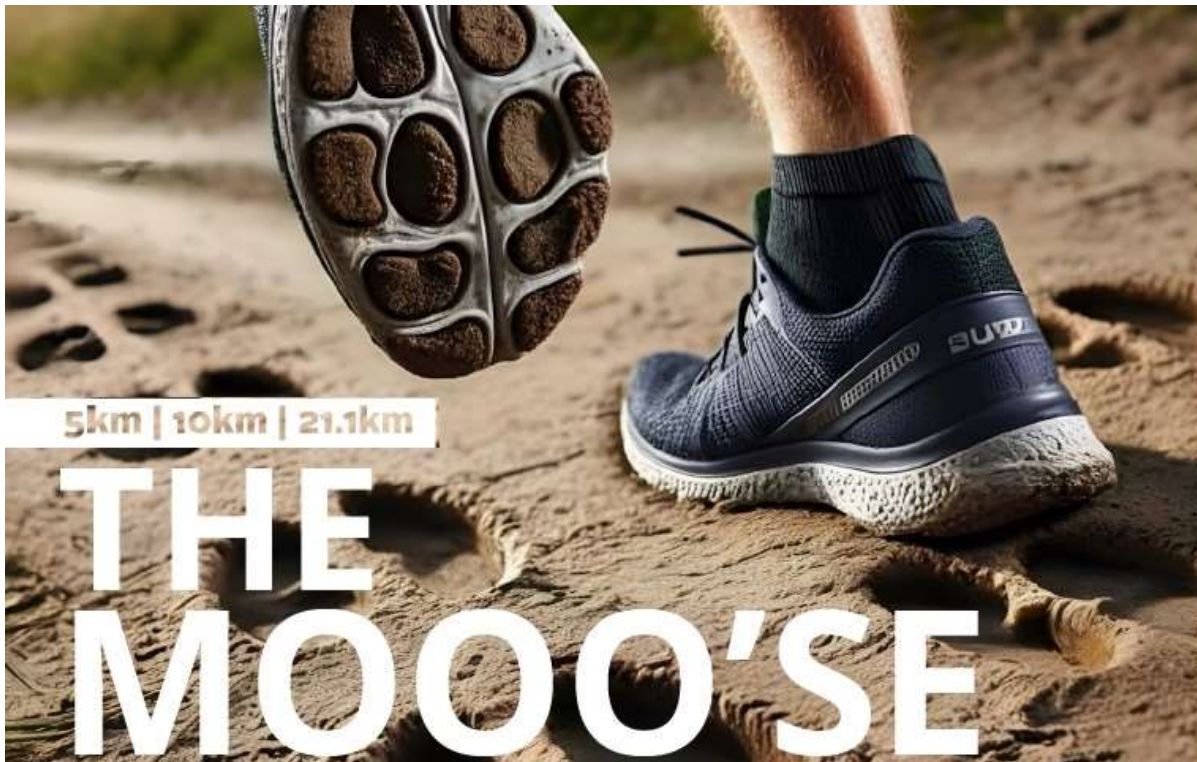
MAYVILLE MALL
CNR VAN
RENSBURG STR &
NIENABER AVE,
MAYVILLE,
PRETORIA

ENTRY FEE:
21Km - R 230
10Km - R 190
5Km - R 50
TEMPORARY
LICENSE - R 70

STARTING
21Km & 10Km - 06:00
5Km - 06:30

7.03

BOBBIES 3-IN-1 SLUMBERLAND ROAD RACE 2026



5km | 10km | 21.1km

THE MOOO'SE ROAD RACE

Saturday, 14 March '26 06h00-09h30

Online entries at www.entryninja.com

Online entries Close Tuesday, 10 March 2026



IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET

30th

Taking It Back Home!


Sunnypark
SHOPPING CENTRE



Athletics
Gauteng North

RIGHT  **RUN WALK**

21 March 2026

21.1km & 10km 06:00

... and the **5km 06:20**

Proudly brought to you by



ARCADIA
RUNNING CLUB



Goodie bags & T-shirts to the
1st 500 online entrants

URL & QR code to online entries Right to Run/Walk
<https://www.entryninja.com/events/83361-right-to-run>



aQuellé



Entry fees
21.1km R250
10km R180
5km R100

Temporary Licences R70
These entry fees exclude
service charges

ENQUIRIES

RACE OFFICE:

James 082 566 1595

Paul 082 200 4219



EXCLUSIVE BEAST
RACE SHIRT
R180

verkruin
ATLETIEKLUB
**BEAST
RACE**



5KM | 15KM | 32KM

28 MARCH 2026

15KM & 32 KM 06:00 | 5KM FUN RUN 06:15

HOËRSKOOI OVERKRUIN
127 BRAAM PRETORIUS
STREET SINOVILLE

ENTRY FEES:
5 KM R70
15KM R220
32KM R280
TEMPORARY LICENSE FEES: R70
SECURE SCHOOL PARKING R30



ENTER NOW!

1. Online entries: <https://www.entryninja.com/events/83298-overkruin> until 24 March 2026
Online entries can be collected on 25 March 2026 at at Run a Way Sport
27 & 28 March 2026 at Hoërskool Ovekruin sports grounds.
No Temp license is required for the 5km.
2. Run-A-Way sport, 302 Freesia str, Lynnwood, Pretoria (Tel: 012 361 3733) until 27 March 2026
3. Tshwane Running, shop 192 Vinko str, Sinoville, Pretoria (Tel: 076 929 7384) until 27 March 2026
4. Hoërskool Overkruin Lapa on main sport fields on 27 March 2026 from 15:00 - 18:00
5. On race day at Hoërskool Overkruin Lapa on main sport fields on 28 March 2026 from 04:30 – 06:00



ENTRIES CAPPED AT 3500



IRENE ATHLETICS CLUB

IRENE RUNNING FESTIVAL

5 KM | 10 KM | 21 KM | 48 KM

**DENEL
DYNAMICS**
NELLMAPIUS DRIVE
IRENE

All races on Saturday

04
APRIL

**COMRADES
QUALIFER
21.1 KM AGN
CHAMPIONSHIPS**

ONLINE ENTRIES

www.entryninja.com
Limited to 5000 entries

*Ideal seeding opportunity.
Qualifying time is 05:59:59*

Mat to mat timing

48 km - Mat to mat timing
10/21 km - Mat to mat timing

063 451 3961
info@irenerunner.co.za

THE GREEN MILE ROAD RACE — 2026 —

**TROPHIES AND PRIZE MONEY
TO ALL CATEGORY WINNERS**

**Distances: 4 - 8 - 16 Miles &
Athletics Gauteng North – 1 Mile Championships**



Official 2026 Athletics Gauteng North League Race



11 APRIL 26



**06H00:
SPORT PARK
SPORTS ROAD
LYTTELTON MANOR
CENTURION**

aQuellé



The Mile for Life



GREEN MILE
The Mile for Life

CHRIS · 082 785 8792
SHAUN · 083 417 5586
JAN-HENDRIK · 072 953 1808

PHOTO CORNER



Ansie Breytenbach and Mignon Makris finishing the Balwin 10 km



Anna Harris finishing her race



Kobus Steinmann



John Swanepoel looking good on the Marathon with Eben van Wyk behind him



Martin Struwig in good spirit



Johan Nell did the 21 km



Natasha Pienaar with Willem du Toit behind her



Prince Nemutanzhela enjoying the support at the Irene support station



Mfundo Hadebe



Archibald Holtzhausen enjoying himself



Mojaki Berand



Neël Swanepoel, Eujan Snyman and Nadene Visser



Megan and Geoff Brown not looking tired at all



Mahlako Makgahlela



Nikki Mitchell looking strong



André Gerber and AD Watts



The walkers on their way in the 21 km



Lorraine Perumaul at the Township Marathon