



**23 March 2026 12/26**

## *EDITORIAL*

We still require more helpers to assist at a water point or as route marshals on 4 April.  
Please, we rely on you.

## *ACHIEVEMENTS*

Congratulations to the following member who was on the podium at the Sunnypark race:

Sheren Naidoo                      1<sup>st</sup> Male walker 50-59 - 10 km

The following members won medals in their respective age categories at the CGA Masters Championships:

Johan Coetzee	Gold
Janine Rädell	Gold
Retha Knoetze	Gold
Jaap Willemse	Silver
Lucia Willemse	Silver

Well done!

## *PERSONAL ACHIEVEMENTS*

Janine Rädcl

PB – 5000 meters

Well done.

## *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.



Janeska  
Van Herden

Marionell  
Calitz

Sydney  
Nchabeleng

## *CAPTAIN'S CORNER*

Thank you to Shani for a wonderful and informative talk last Tuesday at the Club House. This is the first talk of our Run Series. Please be sure to join us for the next talk of the series on 21 April 2026.



**A HEARTFELT THANK YOU** to everyone who participated in the nutrition talk on optimal nutrition for health and exercise!

**DID YOU KNOW?**

Supplementing with glutamine following long runs can enhance the recovery of immune cells by providing them with essential nutrients for optimal functioning.

SCAN THE BARCODE BELOW TO BOOK A SESSION WITH US

**CONTACT US:**  
IRENE CORPORATE CORNER: 012 662 0302  
SHANI@PRETORIADIETITIAN.CO.ZA

**Your Health. Your Needs. Your Diet.**

Please diarize the following important dates:

- Mobility Monday sessions – 23 March at 17:30 at the Club House
- Club Time Trials – Tuesday 24 March 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 – Overkruin Beast Race starting at Overkruin Hoerskool from 6:00
- Sunday Run – No organised run due to the Training Camp
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumalanga. 27-29 March 2026**

### Mobility Mondays

This Monday 23 March is 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 March 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 is the Overkruin Beast starting at Overkruin Hoerskool at 6:00. There is a 5km, 15km and 32km distance available.

Irene Club Training weekend, Dullstroom.

### **Sunday Social Run**

There is no organised Sunday Run due to the Irene Club Training weekend in Dullstroom and Lindsay's Wedding. Club members are welcome to organise a run within themselves for this day or post on the Training where they will be running for others to join if possible.

### **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 Mar - 29 Mar

# Irene

Athletics Club



## WEEKLY TRAINING SESSIONS

### Monday

**Mobility Monday**  
with Yolande  
@ Club House  
17:30

### Tuesday

**Time Trials**  
@ Club House  
17:30  
4km, 6km, 8km

### Wednesday

**ECHT**  
**Midweek LSD Run**  
@ Echt Lyttelton  
17:30  
5km-15km

### Thursday

**Speed Training Session**  
@ Irene Oval  
17:30

### Friday



Mobility  
Friday

For More  
Information

Lindsay  
072 2135094  
Jacqueline  
073 8870757



### Saturday

**Overkruin Beast Race**  
@ Overkruin Hoerskool  
6:00. 5km,15km,32km /

Irene Club Training  
Weekend

### Sunday

**Sunday Social Run**

Irene Club Training  
Weekend  
Your own Sunday Run



IRENE

# TRAINING PROGRAMME

## March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2</b> Core & Strength Training  +/- 60min	<b>3</b> Time Trial W/U, TT, C/D  B - 4km I - 6km A - 8km	<b>4</b> Midweek LSD W/U, LSD, C/D  B - 45min I - 60min A - 75min	<b>5</b> Hill Repeats W/U, Hills, C/D  J - 8 x 50m + 2 x 100m B - 6 x 150m I - 6 x 300m A - 3 x 400m + 1 x 300m	<b>6</b>  MOBILITY FRIDAYS	<b>7</b> PRETORIA BOBBIES 3-IN-1 <b>(LEAGUE RACE)</b> 5km 10km 21.1km	<b>8</b> Sunday Long Run Run, CD  B - 60min I - 90min A - 150min
<b>9</b> Core & Strength Training  +/- 60min	<b>10</b> Time Trial W/U, TT, C/D  B - 4km I - 6km A - 8km	<b>11</b> Midweek LSD W/U, LSD, C/D  B - 45min I - 60min A - 75min	<b>12</b> Speed Session W/U, Speed, C/D  J - 8 x 100m B - 8 x 120m I - 6 x 300m A - 2 x 400m + 2 x 300m	<b>13</b>  MOBILITY FRIDAYS	<b>14</b> <b>THE MOOSE ROAD RACE</b>  5km 10km 21.1km	<b>15</b> Sunday Long Run Run, CD  B - 60min I - 90min A - 150min
<b>16</b> Core & Strength Training  +/- 60min	<b>17</b> Time Trial W/U, TT, C/D  B - 4km I - 6km A - 8km	<b>18</b> Midweek LSD W/U, LSD, C/D  B - 45min I - 60min A - 75min	<b>19</b> Hill Repeats W/U, Hills, C/D  J - 8 x 50m B - 6 x 100m I - 5 x 200m A - 3 x 300m	<b>20</b>  MOBILITY FRIDAYS	<b>21</b> RIGHT TO RUN SUNNYPARK  5km 10km 21.1km	<b>22</b> IRENE RUNNING FESTIVAL  48km
<b>23</b> Core & Strength Training  +/- 60min	<b>24</b> Time Trial W/U, TT, C/D  B - 4km I - 6km A - 8km	<b>25</b> Midweek LSD W/U, LSD, C/D  B - 45min I - 60min A - 75min	<b>26</b> Speed Session W/U, Speed, C/D  J - 10 x 80m B - 6 x 100m I - 4 x 200m + 2 x 100m A - 3 x 200m + 2 x 120m	<b>27</b>  MOBILITY FRIDAYS	<b>28</b> OVERKRUIM BEAST  5km 15km 32km	<b>29</b> Sunday Long Run Run, CD  B - 60min I - 90min A - 150min

### 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.

LEGEND		
PROGRAM TERMINOLOGY	TWO OCEANS GUIDELINE	COMRADES GUIDELINE
<b>Max HR :</b> Max HR estimate - Men: 220 minus age Max HR estimate - Women 228 minus age	<b>Blue Medal :</b> 8km: Sub 54 minutes 21.1km: Sub 2h26 minutes 42.2km: Sub 4h53 minutes	<b>Vic Clapham Medal :</b> 8km: Sub 52 minutes 21.1km: Sub 2h18 minutes 42.2km: Sub 4h50 minutes
<b>W/U :</b> Warm Up - Easy Jog	<b>Bronze Medal :</b> 8km: Sub 47 minutes 21.1km: Sub 2h09 minutes 42.2km: Sub 4h26 minutes	<b>Bronze Medal :</b> 8km: Sub 45 minutes 21.1km: Sub 2h05 minutes 42.2km: Sub 4h25 minutes
<b>C/D :</b> Cool Down - Easy Jog	<b>Sainsbury Medal :</b> 8km: Sub 38 minutes 21.1km: Sub 1h46 minutes 42.2km: Sub 3h40 minutes	<b>Bill Rowan Medal :</b> 8km: Sub 35 minutes 21.1km: Sub 1h39 minutes 42.2km: Sub 3h30 minutes
<b>LSD :</b> Long Slow Distance, 55% - 65% of Max HR		
<b>Min :</b> Minutes (Time not Distance)		
<b>Easy :</b> Long Slow Distance (LSD) - HR below 65%		
<b>Hills Repeats :</b> @ 70%-80% of max HR		
<b>Sprints Session :</b> 85-95% of Max HR		
<b>Tempo Run :</b> 65-75% effort level		
<b>Program Legend :</b> B = Beginner I = Intermediate A = Advanced		

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:

Izaak	van Niekerk	23-Mar
Norbert	Hannweg	25-Mar
Yolande	van Staden	26-Mar
Werner	Smit	28-Mar
Michael	van der Westhuizen	29-Mar



## BAR NEWS



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

THOUGHT FOR THE WEEK

**WHAT  
YOU DO TODAY  
CAN IMPROVE  
ALL YOUR  
TOMORROWS.**

*Ralph Manston*

NOTICE BOARD



Discovery  
*Vitality*

28 MARCH 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](http://WWW.REVOLUTIONTRAILS.CO.ZA) | WHATSAPP: 083 264 3931

REVOLUTION TRAILS



Discovery  
*Vitality*

28 MARCH 2026

**ARC IRENE  
TRAIL 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](http://WWW.REVOLUTIONTRAILS.CO.ZA) | WHATSAPP: 083 264 3931

REVOLUTION TRAILS



EXCLUSIVE BEAST  
RACE SHIRT  
R180

# Overkruin ATLETIEKLUB BEAST RACE



**5KM | 15KM | 32KM**

## 28 MARCH 2026

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

HOËRSKOOL 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 Overkruin 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](http://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](mailto: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



SAFETYXPRESS



*The Mile for Life*



**GREEN MILE**  
*The Mile for Life*

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



**MPILENG**  
Group



**2026**

*The Ultimate Comrades  
Ultra Qualifier in Tshwane*

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R495	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R200	R70	06:30am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R420	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R135	R70	06:30am
5KM	R70	N/A	06:30am

**18 APRIL 2026**



**VENUE: AKASIA COMMUNITY HALL**

**50k**  **21k**  **10k**  **5k**



**LONG SLEEVES T-SHIRT R250**  
**1st 500 ONLINE ON 50KM QUALIFY**  
**FOR FREE RACE T-SHIRT**

[www.tshwanenorthultra.com](http://www.tshwanenorthultra.com) Contact: 079 965 4524 / 073 497 3141

Supported by  
**City of Tshwane AC**



Pretoria Military Marathon  
Club Will Presents

# JACKIE MEKLER MEMORIAL RACE 2026

AGN  
League  
Race



AGN  
League  
Race



- 25KM - 42nd Commemorative race
- 10KM - 32nd PMMC Memorial run
- 5KM - Fun run

Saturday  
09 May 2026



Start From  
06:30 am



Pretoria Military  
Sports Club  
Thaba Tshwane



Discovery  
Vitality



ARMSCOR

Online entries @ [www.entryninja.com](http://www.entryninja.com)



Aluta Gaothuse 083 259 9741, Keabetswe Ndlala 076 109 4561

Modise Madikazi 083 472 4453

PHOTO CORNER



A misty morning at Klapperkop on Sunday



What a bonus!



Lahni and Mikael Alberts enjoying the zebras



Alhassan Jallow at the Om die Dam race