



**24 November 2025 47/25**

### *EDITORIAL*

Please take note that membership registrations for 2026 will open during the week. We are excited about a new platform that will be used to do the registrations. Bear with us for another day or two.

### *ACHIEVEMENTS*

Congratulations to the following member who were on the podium over the weekend:

Rob Hudson                      1<sup>st</sup> Male 60-69 – Muller Potgieter 10 km

Well done to the following walkers who received medals in their respective age categories at the AGN Walkers Grand Prix on Saturday:

Fia Coetzee	Gold
Retha Knoetze	Gold
Elsa Meyer	Gold
Jaap Willemse	Gold
Johann Coetzee	Silver
Miemie Nel	Silver

### *PERSONAL ACHIEVEMENTS*

Yolande Pietersen              PB – 21 km

Well done!

YEAR-END FUNCTION (PRIZEGIVING)

Don't forget to make your payment if you haven't done it yet!

*You're Invited* ♥  
**IRENE YEAR-  
END FUNCTION  
& PRIZE GIVING**

**Saturday 29 November**

~~~~~ **from 14.00**

Lamb potjie with rice, bread and salad  
will be served, with ice-cream after.

The bar will be open. Tickets R50 p/p.

Children under 10 R20. Bring the family.

RSVP to Joy 083 284 4884

by 22 November



**COME AND LET YOUR HAIR DOWN**

**SEE YOU THERE!**

## CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 25 November is Time Trials at the Clubhouse. Start is at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30.
- Saturday Event – The BDS Event, Wonderpark Shopping Centre at 6:00  
The Soweto Marathon, Jhb Expo Centre, Nasrec at 5:30  
Irene End Year Social at Irene Club House at 14:00
- Sunday Social Run – Social run starting from Castle Gate Centre at 6:00

### **Weekly Time Trials**

Please join us this Tuesday for our Time Trials at the Clubhouse starting 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 between 10km-12km.

### **Saturday Run**

This Saturday the 29 November is The BDS Race held at Wonderpark Shopping Centre at 6:00. There is a 5km, 10km and 21km distance available. Please note the Cara-Fun will be there for your support and assistance.

This Saturday is The Soweto Marathon held at the Johannesburg Expo Centre, Nasrec at 5:30. There is a 10km, 21km and 42km distance available.

Our Irene End Year Social and Prize Giving will be held at the Irene Club House at 14:00. Please ensure you have RSVP to Joy and have paid your R50 for the meal provided. Come and enjoy the afternoon with fellow runners.

### **Sunday Social Run**

This Sundays Social Run will start at Castle Gate Centre at 6:00. Distance covered will be between 12km-20km.

### 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**  
24 Nov - 30 Nov

**Irene Athletics Club**

SERIOUS about our **run**  
irene

### WEEKLY TRAINING SESSIONS

| Monday                                                                                                                  | Tuesday                                                          | Wednesday                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| Stretch & Strength Training<br>(Self train at home)                                                                     | <b>Time Trial</b><br>@ Club House<br>17:30<br>4km, 6km, 8km      | <b>ECHT</b><br><b>Midweek LSD Run</b><br>@ Echt Lyttelton<br>17:30<br>10km - 12km                                                |
| Thursday                                                                                                                | Friday                                                           | <b>For More Information</b><br>Lindsay<br>072 2135094<br>Jacqueline<br>073 8870757                                               |
|                                                                                                                         | <b>REST AND RECHARGE</b>                                         |                                                                                                                                  |
| Saturday                                                                                                                | Sunday                                                           | <br>IRENE TRAINING GROUP 2025<br>Worship 2025 |
| <b>BDS RACE</b><br>@ Wonderpark Shopping Centre<br>6:00<br>5km, 10km, 21km<br><b>IRENE END YEAR FUNCTION</b><br>@ 14:00 | <b>Social Run</b><br>@ Castle Gate Centre<br>6:00<br>12km - 20km | <br>IRENE                                   |

Join our community

## TRAINING PROGRAMME

# November 2025



| MONDAY                                      | TUESDAY                                                           | WEDNESDAY                                                                 | THURSDAY                                                                               | FRIDAY     | SATURDAY                                                                     | SUNDAY                                                  |
|---------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------|------------------------------------------------------------------------------|---------------------------------------------------------|
| 27<br>Core & Strength Training<br>+/- 60min | 28<br>Time Trial<br>W/U, TT, C/D<br>B - 4km<br>I - 6km<br>A - 8km | 29<br>Midweek LSD<br>W/U, LSD, C/D<br>B - 45min<br>I - 60min<br>A - 90min | 30<br>Speed Session<br>W/U, Speed, C/D<br>B - 8 x 300m<br>I - 8 x 400m<br>A - 8 x 600m | 31<br>REST | 1<br>KAAPSEHOOP MARATHON<br>21.1km<br>42.2km                                 | 2<br>SOCIAL RUN<br>B - 45min<br>I - 45min<br>A - 60min  |
| 3<br>Core & Strength Training<br>+/- 60min  | 4<br>Time Trial<br>W/U, TT, C/D<br>B - 4km<br>I - 6km<br>A - 8km  | 5<br>Midweek LSD<br>W/U, LSD, C/D<br>B - 30min<br>I - 30min<br>A - 30min  | 6<br>Hill Repeats<br>W/U, Hills, C/D<br>B - 8 x 200m<br>I - 8 x 300m<br>A - 8 x 400m   | 7<br>REST  | 8<br>JABANDA CITY CHALLENGE<br>(42km CLUB CHAMPS)<br>3km, 10km<br>21km, 42km | 9<br>SOCIAL RUN<br>B - 45min<br>I - 45min<br>A - 60min  |
| 10<br>Core & Strength Training<br>+/- 60min | 11<br>Time Trial<br>W/U, TT, C/D<br>B - 4km<br>I - 6km<br>A - 8km | 12<br>Midweek LSD<br>W/U, LSD, C/D<br>B - 30min<br>I - 30min<br>A - 30min | 13<br>Easy Run                                                                         | 14<br>REST | 15<br>TOM JENKINS CHALLENGE<br>(LEAGUE RACE)<br>3km<br>10km<br>21km          | 16<br>SOCIAL RUN<br>B - 45min<br>I - 45min<br>A - 60min |
| 17<br>Core & Strength Training<br>+/- 60min | 18<br>Time Trial<br>W/U, TT, C/D<br>B - 4km<br>I - 6km<br>A - 8km | 19<br>Midweek LSD<br>W/U, LSD, C/D<br>B - 30min<br>I - 30min<br>A - 30min | 20<br>Easy Run                                                                         | 21<br>REST | 22<br>MULLER POTDIETER RACE<br>3km<br>10km<br>21km                           | 23<br>SOCIAL RUN<br>B - 45min<br>I - 45min<br>A - 60min |
| 24<br>Core & Strength Training<br>+/- 60min | 25<br>Time Trial<br>W/U, TT, C/D<br>B - 4km<br>I - 6km<br>A - 8km | 26<br>Midweek LSD<br>W/U, LSD, C/D<br>B - 30min<br>I - 30min<br>A - 30min | 27<br>Easy Run                                                                         | 28<br>REST | IRENE CLUB YEAR-END FUNCTION                                                 | 30<br>SOCIAL RUN<br>B - 45min<br>I - 45min<br>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 Jabaranda 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 is the final month of training for 2025. Most of you will either already completed your marathon, or perhaps the big race is still looming. This month is all about tapering and getting yourself ready for your big race. Rest, eat well and stay healthy before your big race. 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<br>Max HR estimate - Women: 228 minus age | Blue Medal :              |
| W/U :               | Warm Up - Easy Jog                                                             | 8km : Sub 54 minutes      |
| C/D :               | Cool Down - Easy Jog                                                           | 21.1km : Sub 2h26 minutes |
| LSD :               | Long Slow Distance, 55% - 65% of Max HR                                        | 42.2km : Sub 4h59 minutes |
| Min :               | Minutes (Time not Distance)                                                    | Bronze Medal :            |
| Easy :              | Long Slow Distance (LSD) - HR below 65%                                        | 8km : Sub 47 minutes      |
| Hills Repeats :     | @ 70%-80% of max HR                                                            | 21.1km : Sub 2h09 minutes |
| Sprints Session :   | 85-95% of Max HR                                                               | 42.2km : Sub 4h26 minutes |
| Tempo Run :         | 65-75% effort level                                                            | Sainsbury Medal :         |
| Program Legend :    | B = Beginner<br>I = Intermediate<br>A = Advanced                               | 8km : Sub 38 minutes      |
|                     |                                                                                | 21.1km : Sub 1h46 minutes |
|                     |                                                                                | 42.2km : Sub 3h40 minutes |
|                     |                                                                                | Vic Clapham Medal :       |
|                     |                                                                                | 8km : Sub 52 minutes      |
|                     |                                                                                | 21.1km : Sub 2h18 minutes |
|                     |                                                                                | 42.2km : Sub 4h50 minutes |
|                     |                                                                                | Bronze Medal :            |
|                     |                                                                                | 8km : Sub 45 minutes      |
|                     |                                                                                | 21.1km : Sub 2h05 minutes |
|                     |                                                                                | 42.2km : Sub 4h25 minutes |
|                     |                                                                                | Bill Rowan Medal :        |
|                     |                                                                                | 8km : Sub 35 minutes      |
|                     |                                                                                | 21.1km : Sub 1h39 minutes |
|                     |                                                                                | 42.2km : Sub 3h30 minutes |

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.

|          |              |        |
|----------|--------------|--------|
| Dirk     | Neethling    | 26-Nov |
| Kamogelo | Mmutlana     | 26-Nov |
| Lawrence | Mashimbye    | 26-Nov |
| Lynette  | Gough        | 26-Nov |
| Gerard   | Van den Raad | 27-Nov |
| Melodi   | Botha        | 28-Nov |



## BAR NEWS

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



*THOUGHT FOR THE WEEK*

A photograph of a person from behind, wearing a striped t-shirt, with their arms raised in a gesture of triumph or joy. They are standing on a beach or near the ocean, with a blue sky filled with white clouds in the background. The overall mood is one of optimism and achievement.

**Optimism is the one  
quality more  
associated with  
success and happiness  
than any other.**

BRIAN TRACY

## NOTICE BOARD



# BDS RACE WITH DISCOVERY Vitality

**21.1 KM**  
6:00am

**10 KM**  
6:00am

**5 KM**  
6:15am

**29 NOV**  
SATURDAY.2025

## ENTRY FEES

| ENTRY FEES           | 21.1KM | 10KM | 5KM  |
|----------------------|--------|------|------|
| 70+                  | FREE   | FREE | FREE |
| 60-69                | R200   | R100 | R80  |
| LATE ENTRIES (18-59) | R250   | R160 | R80  |
| ALL OTHER CATEGORIES | R230   | R130 | R70  |
| TEMPORARY LICENSE    | R70    | R70  | N/A  |

### 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

Wonderpark Shopping Underground Parking & Secured Parking.

### RACE NUMBER COLLECTION

- Friday, 28 November: 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 29 November: 04:30 till 06:00 – at the venue.

### RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times:  
10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

### PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 28<sup>th</sup> of November and morning of the race provided we have not reached the 4000
- Online entries: [www.entryninja.co.za](http://www.entryninja.co.za)
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at Wonderpark

FOR ENQUIRIES: STEPHEN BALOYI @082 262 2568 | PETER KHOZA @084 650 3358



**CITY**  
MARATHON



**YOUR CITY . YOUR RACE**

**60<sup>KM</sup> | 30<sup>KM</sup><sub>X2</sub> | 15<sup>KM</sup><sub>X4</sub>**  
**RELAY RELAY**

**+5KM FAMILY FUN WALK**



**DOWN TOWN RUN**

**16 DEC 2025**

**CHURCH SQUARE PRETORIA**

**ONLINE ENTRIES [ENTRYGEEK.COM](http://ENTRYGEEK.COM)**

For more Info- [www.city60marathon.com](http://www.city60marathon.com)



**SITHI 60 WENA O RENG!!!!**





# 'Om die Dorp' Run

## 10 Jan 2026



Athletics  
Gauteng North

with Mad Monkey Adventures,  
Pierre van Ryneveld  
Geloofs familie en  
Irene Athletic Club



MAD MONKEY ADVENTURES



### 21.1 km

Minimum age: 16 yrs

Entry fee: R 230 70 + Free

Late entries: R 250

Start time: 06:00

Cut off time: 09:00



IRENE

### 10 km

Minimum age 14 yrs

Entry fee R 150 70 + Free

Late entries R 170

Start time 06:00

Cut off time 08:00

### 5 km

Minimum age 9 yrs

Entry fee R 80 70 + Free

Late entries R 100

Start time 06:15

Cut off time 07:15

Temporary license required for non-registered athletes on the 10km & 21.1km @ R70



#### RACE NUMBER COLLECTION & LATE ENTRIES (Limited)

Pierre van Ryneveld Geloofs familie  
14 Baltimore Road, Pierre van Ryneveld on  
Friday 09 Jan '26 strictly from 16:00 until 19:00  
& Saturday 10 Jan '26 strictly from 04:30 until 05:30

Secure parking for all athletes:  
cnr Mustang Ave & Blenheim Road  
Pierre van Ryneveld (Open field)

No athletes will be permitted to drive in  
Baltimore Road

Athletes with club gazebo need permission to drive  
to the finish in Baltimore Road and must be set up  
before 05:00

Start & Finish at Pierre van Ryneveld  
Geloofs familie 14 Baltimore Road,  
Pierre van Ryneveld

Race enquiries:  
Johan van Vuuren -  
081 851 3864



Entries are open from 19 Nov '25 to 6 Jan '26 on  
[www.entryninja.com](http://www.entryninja.com). and will be capped.  
Admin fee excluded from online entry fee.

#### RACE RULES

- The race will take place under the rules of WA, ASA and AGN and all participants must wear club colours, except when participating with a temporary license.
- Athletes who do not adhere to the rules will be disqualified.
- All athletes in the 21.1km & 10km race must wear a valid 2025/2026 license number, front and back.
- If issued with a race number, this must be worn on the front of the vest and may not cover the sponsor's logos on the license number. Temporary license must be worn on the back of the running top.
- International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes
- Only the 21.1km & 10km races will be timed.
- No license required for the 5km race.
- Age category tags and 'W'-tags for walkers, must be worn.
- Athletes participating without buying a race entry will be disqualified.
- No seconding is allowed.
- All traffic officers and officials instructions must be obeyed.
- Timing for Discovery Vitality Points on 10 & 21.1km.
- Time limit is one (1) hours for the 5km, two (2) hours for the 10km race and three (3) hours for the 21.1km race.
- No blades, cycles or mechanically operated devices are allowed in the race.
- No iPods or listening devices are allowed in the race.
- All athletes participate solely at their own risk and the organisers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during, or as a result of the race
- Medical support will be available.
- Tog bag area available.

*PHOTO CORNER*



The time trials about to start



We can be very proud of our club house



We are so privileged to have this road as our time trial route



Farzana John with Rob and Belinda Hudson at the Muller Potgieter race on Saturday



Annatjie Greyvenstein, Mariet Louw, Letha Kotze and Lynette Gough



Irene members at the start of the Muller Potgieter race



Our walkers at the AGN Grand Prix on Saturday



Happiness on Sunday morning at the social run



We have the most beautiful roads to run on. Our routes showcase the scenic landscapes that make every run a memorable experience. Whether you are training for an event or simply enjoying a leisurely jog, the natural beauty surrounding our paths adds an extra level of enjoyment to every outing.



What a way to spend an early Sunday morning



Leader of the pack, Blanche van Vuuren