



26 January 2026 4/26

EDITORIAL

The Intercare race on 31 January is the first AGN league race of the year. All members are encouraged to join—runners and walkers of all paces will earn points. Food will be available for members at the caravan after the race.

Just a reminder that the 2026 licences are now available. Registered, paid-up members can collect theirs every Tuesday from 17:00 to 19:00 at the admin desk in the clubhouse.

Some members have paid their membership fee but not ordered a 2026 licence. If you haven't ordered yours yet, please visit <https://store126837536.shop.netcash.co.za/products> to do so.

ACHIEVEMENTS

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

Mike Gibbons	1 st Male – 70-79 – 10 km
Annatjie Greyvenstein	1 st Female – 80+ - 10 km
Ansie Breytenbach	1 st Female – 60-69 – 21 km
Paulus Masilela	1 st Male – 70-79 – 21 km

Noel Banda

3rd Male – 60-89 – 42 km

PERSONAL ACHIEVEMENTS

Christelle van Niekerk

First Marathon

Tamrin Holliday

First half Marathon

Well done!

Please let us know about your achievements, don't be shy.

REGISTRATIONS 2026

Membership registrations for 2026 are going extremely well!

Registrations are done on a new platform this year. Ensure that you complete the Google form first. When you submit the google form you will find the link to Netcash where you will select what you need and do the required payments.

The following membership packages will be available in 2026:

Irene Membership 2026	Full Year	ASA Licence
Full Membership	R650	R230
Spouse/Life Partner	R550	R230
Pensioner (65+)	R500	R230
Student (Turning 23 or less during 2026)	R250	R230
Junior (Turning 19 or less during 2026)	R250	R120

Please bear in mind that you do need an ASA licence to participate in official races. The licence is NOT included in the membership package.

There will be 400 T-shirts available to order. First come first serve.

Running vests/shirts will be free to first time new members.

Members who worked at our races during the year will receive a discount voucher to use during the registration process.

The link is available on our website www.irenerunner.co.za

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.



Bradley
Doyle

Chezelle
Cilliers

Chrisna
Venter

Divan
Vlok

Ernest
Loxley-Ford

Gerhard
Malan



Michael
Dihlake

Monique
Victor

Nadia
Coetzer

Neo
Lessing

Nicolene
Erasmus

Olebogeng
Masenya



Peet
Victor

Portia
Phetoe

Tatjana
Kleine

Themba
Thwala

Tshepo
Molabe

Christelle
van der Walt

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 27 January 2026 is our Time Trials. Please join us at the Clubhouse at 17:20 for an information session followed by our run at 17:30.
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30.
- Saturday Event – Intercare Classic at Castle Gate Shopping Centre at 6:00
- Sunday Social Run – Social run starting from Irene Link at 5:30
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumalanga. 27-29 March 2026**

Weekly Time Trials

Tuesday 27 January 2026 is our Time Trials at the Clubhouse. Please join us at 17:20 for an information session followed by our run 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 5km, 10km or 15km

Thursday Training Session

This Thursday will be a Speed Training Session at the Irene Oval at 17:30.

Saturday Run

This Saturday 31 January 2026 is the Intercare Classic starting from Castle Gate Shopping centre at 6:00. There is a 5km, 10km and 21km distance available.

Sunday Social Run

This Sundays Social Run will start from Irene Link at 5:30. Distance covered will be from 8km-12km.

Training questions and comments

Please feel free to contact us with any training questions or comments.

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!

Happy Running Team

Lindsay 072 213 5094

Jacqueline 073 887 0757

THIS WEEK'S DIARY



Week
26 Jan - 1 Feb

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Strength Training
& Core
(Self train at home)

Tuesday

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

Wednesday

ECHT
Midweek LSD Run
@ Echt Lyttelton
17:30
5km, 10km, 15km

Thursday

Speed Training Session
@ Irene Oval
17:30

Friday

 Mobility
Friday

For More
Information
Lindsay
072 2135094
Jacqueline
073 8870757



Saturday

Intercare Classic Race
(League Race)
@ Castle Gate Centre
6:00
5km, 10km, 21km

Sunday

Sunday Social Run
Irene Link
@ 5:30
8km-12km



TRAINING PROGRAMME

January 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3	4
5 Core & Strength Training +/- 60min	6 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	7 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	8 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	9 Mobility Fridays	10 PVR OM DIE DORP ROAD RACE 5km 10km 21.1km	11 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
12 Core & Strength Training +/- 60min	13 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km IAC Social	14 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	15 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	16 Mobility Fridays	17 PWC GEORGE CLAASSEN RACE 5km 10km 21.1km	18 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
19 Core & Strength Training +/- 60min	20 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	21 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	22 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	23 Mobility Fridays	24 AKASIA ROAD RACE 5km 10km 21.1km 42.2km	25 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
26 Core & Strength Training +/- 60min	27 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	28 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	29 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	30 Mobility Fridays	31 INTERCARE CLASSIC ROAD RACE (LEAGUE RACE) 5km 10km 21.1km	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.

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 :	Vic Clapham Medal :
WU : Warm Up - Easy Jog	8km : Sub 54 minutes	8km : Sub 52 minutes
CD : Cool Down - Easy Jog	21.1km : Sub 2h26 minutes	21.1km : Sub 2h18 minutes
LSD : Long Slow Distance, 55% - 65% of Max HR	42.2km : Sub 4h59 minutes	42.2km : Sub 4h50 minutes
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	Sainsbury Medal :	Bill Rowan Medal :
Program Legend : B = Beginner	8km : Sub 38 minutes	8km : Sub 35 minutes
I = Intermediate	21.1km : Sub 1h46 minutes	21.1km : Sub 1h39 minutes
A = Advanced	42.2km : Sub 3h40 minutes	42.2km : Sub 3h30 minutes

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:

Erik	Van der Merwe	28-Jan
Sithembinkosi	Kunene	29-Jan
Cariana	Smith	31-Jan
Marlene	Padavattan	01-Feb



BAR NEWS



There will be fires for those who want to braai.

THOUGHT FOR THE WEEK

"When you
change the
way you look
at things,
the things you
look at
change."

-Wayne Dyer

NOTICE BOARD



Discovery Vitality

31 January 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 | WHATSAPP: 083 264 3931

The poster features a runner in a forest setting. It includes logos for Discovery Vitality and Revolution Trails, a 'no dogs' symbol, and details about the race date, distances, registration times, and venue.



Discovery Vitality

31 January 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

The poster features a runner on a road path. It includes logos for Discovery Vitality and Revolution Trails, a 'no dogs' symbol, and details about the race date, distances, registration times, and venue.



intercare classic



LEAGUE RACE



5K 10K 21K



LOCATION

WHEN

 CASTLE GATE SHOPPING CENTRE



JAN 31 @ 6:00



Join our goal to be back at the top in 2026! Boost your energy, meet new friends, and enjoy a light breakfast!



[WWW. ENTRYNINJA.COM](http://WWW.ENTRYNINJA.COM)





RUN/WALK YOUR STORY. SHARE YOUR WHY.

Join the Intercare Classic Road Race 2026

21.1 km | 10 km | 5 km fun run



SATURDAY, 31 JAN 26
FROM 06H00
Pre-entries close
26 Jan 2026



CASTLE GATE
SHOPPING CENTRE
Waterkloof Ridge
Pretoria



ENTER ONLINE @
ENTRY NINJA



Medals for finishers within cut-off times
AGN registered league race | Proceeds support CHOC



Athletics
Gauteng North
**LEAGUE
RACE**

2025 ATHLETICS CLUB EERSTERUST RACE

**STARTING
TIMES**
06:00 - 21.1KM
06:00 - 10KM
06:10 - 5KM

**EERSTERUST
SPORTS STADIUM**

**SATURDAY
07th
FEBRUARY
2026**

TEMPORARY
LICENSE **R70**

**5KM
R60**

**10KM
R170**

**21.1KM
R220**

**70+ ENTRY
FREE**

35 MET **ACE** ONLINE ENTRY  <https://www.entryninja.com/events/83162-ace>

TICKETS ARE ALSO AVAILABLE AT **Pick n Pay EERSTERUST**

Athletics Gauteng North LEAGUE RACE

MODERN CENTRIC SMOTHERING THE OTHER

CHAMBERLAIN'S FINISHERS CLUB

Discovery Vitality

IN MEMORY OF JOHN Noble & ETTIE Hartell

#SappiTuksRace

sappi

TuksRace

PRETORIA'S MOST LOVED RACE

SATURDAY

14 Feb 2026

Walk/Run 1km, 5km, 10km or 21.1km

Hillcrest Sports Campus



QR code to online entries



TuksSport



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



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 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

PHOTO CORNER



Paulus Masilela with Peter Ramachela at the Wonderboom Akasia race. Peter is injured at the moment and has become a great supporter at the races.



New member Portia Phetoe has collected her race number and is ready for the race



Rykie Kruger close to the finish



New member Marica Prinsloo



Letha Kotze looking good



Sheren Naidoo and Tania Thompson supporting the finishers



Elani Swanepoel getting some extra distance after completing her 21 km race



Retha Knoetze in a very relaxed mood



Nico Williams and Rhenier de Beer



A happy new member Neël Swanepoel at the caravan



Kobus Steinmann did another 21 km



Husband and wife Jurgens and Marica Prinsloo



Gareth Nicholson, first Irene Marathon finisher



Lenin Sithole, second Irene member to finish the Marathon



Mike Gibbons, first in his age group - 10 km



Annatjie Greyvenstein, first 80+ lady - 10 km



Ansie Breytenbach, category winner - 21 km



Paulus Masilela, 70-79 winner - 21 km



Noel Banda, 3rd in his age category - 42 km



Christelle van Niekerk did her first Marathon at the Johnson Crane race