



26 May 2025 21/25

EDITORIAL

The cross-country meeting that we hosted on Saturday was a huge success! Thank you to Nelius van Rooyen and Alta Struwig and their team for organising a great event. Thank you also to all our members who worked on the day and who contributed to the success of the day. You all made us very proud.

This week we will focus on Comrades.

On Tuesday we have the information session.

On **Wednesday** we will pack the goodie bags.

On Saturday we will have the Comrades function.

On Sunday the send off run for the Irene Comrades Runners.

On Sunday we will have the Comrades church service.

Please have a look at all the flyers in the newsletter and ensure that you have booked and paid for the function.

Thank you once again to all of you who have promised items for the goodie bags. Please ensure that we receive it either on Tuesday or on **Wednesday** when we do the packing. We need a few helpers to do the packing please.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Race of Gratitude:

Ansie Breytenbach

1st Female – 60 – 69 – 10 km

Maryke Gradwell	1 st Female walker – 10 km
Lucia Willemse	3 rd Female walker – 10 km
Jaap Willemse	3 rd Male walker – 10 km
Melani Swart	3 rd Female 50 -59 – 21 km
Mark Richardson	2 nd Male walker – 21 km
Dirk Neethling	3 rd Male walker – 21 km

Congratulations to the following members who finished in the top 5 in their respective age categories at the Cross -country meeting at TUT on 16 May:

Emma Cox	1 st
Ansie Breytenbach	1 st
David Holliday	2 nd
Johan van Vuuren	2 nd

PERSONAL ACHIEVEMENTS

Francisca Roussouw	PB – 10 km
Madré Buitendag	PB – 10 km

Well done!

REGISTRATIONS 2025

Another first-time member registered during the week. Welcome to you. May you enjoy every moment with us. Be an active member of this great family. We want to see your face as often as possible.

We now have 585 members compared to 524 at the same time last year.



Tamrin Holliday

CAPTAIN'S CORNER

We would like to thank everyone who assisted with helping at the AGN Cross Country League event this past Saturday at the ARC grounds. We really appreciate your support in making this a successful event and to promote the Irene running club.

Please diarize the following important dates:

- Club Time Trials – 27 May 2025 at 17:15
- Comrades Questions and Info session – 27 May 2025 after the Time Trial at 18:30
- Saturday Event – The Love Run held at The Glen High School at 7:00
- Saturday Event – 31 May 2025 Comrades Function held at the Club House at 14:00
- Sunday send off event - Send off run for the Irene Comrades Runners at 7:00
- Sunday Church Service – Comrades Church Service at PvR Geloofs familie Church at 11:00

Weekly Time Trials

Please join us at the Club House on Tuesday for our Time Trials.

Please note our starting time has changed to 17:15 for the winter season. There is a 4km, 6km and 8km distance available.

Comrades Information and Question session

All Comrades runners and family members/supporters are welcome to join us for an informative session on 27 May 2025 at the Irene Club House at 18:30 after the Time Trial. If you have any questions regarding the event or planning for the event this would be a wonderful opportunity to have your questions answered and chat to fellow Comrades runners. Our hosts will be Norton Mole and Maureen Mossop.

Wednesday LSD Run

Please note the Wednesday Long runs have been paused for the Winter months. Please continue with your own training at home.

Thursday Morning Runs and Afternoon Sessions

Please note that the Thursday morning runs and the afternoon training sessions will all be paused now for the winter months. Please continue with your own training programs.

Saturday Run

The Love Run is starting from The Glen High School at 7:00 on Saturday 31 May 2025.

The Comrades Function

We are looking forward to seeing all the Comrades runners at the Comrades Event on 31 May 2025 at 14:00.

Please make sure you have all done your RSVP's for the function and your goodie bag.

We request all Comrades Runners to please bring their specific supplements and additional extras they would like to have at the various support stations on route of Comrades Day. We will gladly assist to have these ready for you.

Sunday

This Sunday 1 June 2025 will be the Comrades send off run taking place at 7:00 for a 10km run.

More details will be sent through confirming the start venue.

A Comrades Church Service will be held at 11:00 on Sunday at the Pierre Van Ryneveld Geloofsfamilie Church. Please join us for this special service.

Comrades Support

Irene will have 2 support stations along the Comrades route.

- 1) Camperdown: +/- 25km.
- 2) Cowies Hill: +/- 70km.

You can hand in your 'muti' / supplements this Saturday at the Comrades Function and next week Tuesday at the TT at the club house. There will be 2 marked boxes, 1 for each point. It will also be accepted on Saturday, 7 June between 12:00 and 12:15 in front of the main entrance of the Comrades Expo.

Please, no perishable items.

Please pack your stuff in separate bags for each point and clearly mark your bags as follows.

Name and Surname

Point Nr and Name

Estimated Arrival time.

We will also have a tent at the finish line which we will give more information on once we have received all info from Comrades.

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
26 May - 1 Jun

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Stretch & Strength Training
(Self train at home)

Tuesday

Comrades Q&A Session
18:30

Time Trial
@ Club House
17:15

4
6 km
8

Wednesday

Club session paused
for winter period.
Self training at home
or gym.



Join our
community

Thursday

Packing of
Comrades
Goodie Bags

Friday

Cross Country League 4
@ Eldoraigine High School



IRENE TRAINING GROUP 2025
WhatsApp group

Saturday

Cosmo Run
@ Botanical
Gardens
7:00

The Love Run
@ The Glen High
School
7:00

Comrades Function
14:00

Sunday

Comrades Send-Off Run
7:00

10 km

Comrades Church Service
11:00

For More
Information

Nelius
072 248 7698

Jacqueline
073 887 0757



IRENE

TRAINING PROGRAMME

May 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 Long Run B - 75min I - 120min A - 180min	29 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	30 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	1 WALLY HAYWARD MARATHON 10km 21,1km 42,2km	2 REST	3 HOKA HALF RUNFEST 5km 10km 21,1km	4 Sunday Long Run B - 60min I - 90min A - 180min
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 - 55min I - 75min A - 90min	8 Hill Repeats W/U, Hills, C/D B - 6 x 400m I - 8 x 400m A - 8 x 600m	9 REST	10 JACKIE MEKLER ROAD RACE 5km 10km 25km	11 Sunday Long Run B - 60min I - 90min A - 150min
12 Core & Strength Training +/- 60min	13 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	14 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	15 Speed Session W/U, Speed, C/D B - 4 x 400m I - 6 x 400m A - 8 x 600m	16 REST	17 RACE OF HOPE (LEAGUE RACE) 5km 10km 21,1km	18 THE LOVE RUN 5km 10km 21,1km
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 - 55min I - 75min A - 90min	22 Hill Repeats W/U, Hills, C/D B - 6 x 400m I - 8 x 400m A - 8 x 600m	23 REST	24 RACE OF GRATITUDE 5km 10km 21,1km	25 Sunday Long Run 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 400m I - 6 x 600m A - 8 x 800m	30 REST	31 COSMO RUN 5km 10km	1 Sunday Long Run B - 60min I - 90min A - 90min

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.

Comrades athletes will go into their tapering period towards the middle of the month building up to their last 2-3 weeks before race day. It is important that a gradual tapering period be planned. All athletes should be conscious to stay healthy and eat healthy in the next few weeks.

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 : 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
W/U : Warm Up - Easy Jog C/D : Cool Down - Easy Jog 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	Bronze Medal : 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes Sainsbury Medal : 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 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

<h1>Irene</h1> <h2>COMRADES EVENTS</h2> <div>  <p>MORE THAN A RACE TAKING A WHILE TO GET DOWN RUN</p> </div>				
Sun 11 May	Irene Long Run	@ Irene Link Shopping Centre	10 - 20km	6:30 am
Sun 18 May	Irene Long Run Cradle	@ Rhino & Lion Park Kromdraai, Cradle	30km	6:30 am
Tue 27 May	Comrades Info / Q&A Session	@ Irene Clubhouse		6:30 pm
Sat 31 May	IAC Comrades Function	@ Irene Clubhouse	Cheers!	2:00 pm
Sun 1 June	Comrades Send-Off Run	Venue TBC	10 - 15km	7:00 am
Sun 1 June	Comrades Church Service	@ PvR Geloofsfamilie Church		11:00 am
Mon 9 Jun	Post Comrades Function	@ Umhlanga Restaurant TBC		10:30 am
Tue 1 July	Comrades Aches & Pains	@ Irene Clubhouse		6:30 pm

Irene

Athletics Club




INFORMATION / Q&A SESSION

27 MAY 2025

6:30PM

IRENE CLUBHOUSE



MORE THAN A RACE
TAKING A WHILE TO GET DOWN RUN

14

19



Come and join our Comrades function on 31 May. If you will be joining, please fill in the google form link to order your food.

<https://forms.gle/Hr6uwoZ9oeizKq4j7>

What are you running for?

More than a race

Do you not know that in a race all the runners run,
but only one receives the prize?
So run that you may obtain it.
1 Corinthians 9:24



A church service for Comrades athletes and supporters

Pierre van Ryneveld Geloofsfamilie
14 Baltimore Rd, Pierre van Ryneveld, Centurion
1 June 2025
11h00

Contact: Henk van Rensburg
082 336 7555 | henk@pvr.co.za

**Comrades
Marathon
2025**

Come in your Comrades / Club clothes. Coffee will be available after the service.

CROSS COUNTRY

Irene



Athletics Club

CROSS-COUNTRY 2025 (PRE-SEASON)



Sat 10 May	League 1 - Fleur Primary School
Fri 16 May	League 2 - TUT Pretoria West
Sat 24 May	League 3 - Irene Athletics Club
Fri 30 May	League 4 - Eldoraigne High School
Sat 14 Jun	League 5 - Inter Provincials (Brits High School)
Sat 16 Aug	AGN Championships (Lavender Country Market)
Sat 6 Sep	SA Championships (Middelburg)

Qualification criteria

- Must compete in **2 league races** to qualify for the Inter-Provincial team.
- Must compete in 4 league races **plus** the AGN champs, to qualify for SA Champs.
- Age tags are compulsory from 35 years and older.
- Must compete in correct age category.
- Must wear AGN license and age category tag during events.



PERSONALIA

Prince Nemutanzhela was attacked in his house during the week. He was shot in his arm (fortunately not serious), his wife was shot in the leg and is in hospital, and another person in the house was killed. Please think about them in your prayers. Prince is supposed to run his first Comrades this year.

Congratulations to the following members who celebrate their birthdays during the week. Wishing you a very happy birthday and a splendid year ahead.

Janine	Nortje	26-May
Donny	Thebus	26-May
Angelique	Albanie	26-May
Hendrik	Basson	27-May
Helmon	Mkansi	29-May
Ruth	Mdaki	31-May
Jessica	Grant	31-May
Tielana	Claassen	31-May



BAR NEWS

There will be fires for those who want to braai



THOUGHT FOR THE WEEK

Let the improvement of yourself keep you so busy that you have no time to criticize others.

NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

31 MAY 2025

ROAD RUN OR TRAIL RUN

YOU CHOOSE WHICH ONE YOU WANT TO DO

3KM, 5KM, 10KM, 15KM OR 21KM

RACE STARTS @ 07H00

ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

Discovery
Vitality

REVOLUTION TRAILS

THYME
FITCHEF

VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT: 083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM

Clifford: 082 447 6744
William: 082 043 2686
loverunningclub@gmail.com



Love
RUNNING

GET FIT - GET FRIENDS - CHANGE THE WORLD

in conjunction with
The Glen High School

DATE:
31st May 2025

Time: 7h00

Entry fee

	21km	10km	5km
All categories	R250	R180	R90
70+	Free	Free	Free
Temporary licenses	R70	R70	N/A

Pre-Entries: 07th - 27th May 2025
Run-Away-Sport: 012 361 3733
302 FREESIA STREET, PRETORIA
<http://www.entryninja.com/events/>
browse website or scan QR Code

Race Number Collection
The Glen High School
181 Corobay Avenue
30 May 9h00 - 19h00

Comrade

5/10/21km

SEND OFF



CELEBRATING YOUTH MONTH

21 JUNE 2025

Online Entry @
<https://live.protime.co.za/event/1149>

SCAN TO ENTER

VENUE:

SOSHANGUVE CROSSING MALL

Corner Ruth First Road & Aubrey Matlakala St



Race Enquiries: Thabang (076 133 6131)

GARSFONTEIN ICE BREAKER

AGN League Race



21.1KM
10KM
5KM
NEW 1KM

Comrades Comeback race - 1st race after Comrades

5 JULY 2025

GARSFONTEIN
PRIMARY SCHOOL

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21.1KM	R230	07:00	16 YEARS	09:00	10:30	R250	1500
10KM	R150	07:00	14 YEARS	08:30	10:30	R170	600
5KM	R70	07:15	9 YEARS	NONE	10:30	R80	FUN RUN
1KM	R50	07:20	-	NONE	08:00	R50	NONE

THESE ENTRY FEES EXCLUDE SERVICE CHARGES

TEMPORARY LICENSE REQUIRED FOR NON REGISTERED ATHLETES ON THE 21.1KM & 10KM: R70
70+ ATHLETES: FREE (PLEASE NOTE - NO PRIZE MONEY WILL BE GIVEN FOR 70+ AGE CATEGORIES)

ONLINE ENTRIES FROM 30 APRIL 2025 - WWW.ENTRYNINJA.COM (UNTIL 1 JULY 2025 MIDNIGHT)

MANUAL ENTRIES

- RUN-A-WAY SPORT (302 FREESIA ST, LYNNWOOD RIDGE)
- FROM 31 MAY TO 1 JULY (PLEASE CHECK WITH SHOP FOR OPERATING HOURS)
- LATE ENTRIES AND RACE NUMBER COLLECTION
- AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETROMELLA STR. ENTRANCE)
- 4 JULY FROM 14:00 UNTIL 17:30
- AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETROMELLA STR. ENTRANCE)
- RACE DAY FROM 05:30

SCAN HERE
FOR EASY
ENTRY





EYETHU ATHLETICS CLUB
Hosts the annual
FITNESS TEST RACE : (32KM, 21.1KM, 10KM & 5KM)



Athletics
Gauteng North

AGN LEAGUE RACE

Date : 09 August 2025
 Venue : Quagga Shopping Centre, Pretoria West
 Pre-Entry Fee : 32km = R300, 21.1km = R210.00, 10km = R170.00 & 5km = R80.00
 Late Entry Fee : 32km = R330.00, 21.1km = R240.00, 10km = R200.00 & 5km = R100.00

Temp Licence : R70.00

Start times:

32km : 06h: 45
 21.1km : 07h: 00
 10km : 07h: 10
 5km : 07h: 20

Store entries open: 01 May 2025 to 01 August 2025

Tshwane Running Shop, Sinoville: (087) 688 1336

Run-A-Way-Sport, Lynnwood: (012) 361 3733
 Race Nr Sales @ 0782205763, 083 379 9830 & 082 305 2447

Online entries open: 01 May 2024 to 01 August 2025 @ www.entryninja.com

Online entries collection:
 08 Aug 2025 @ Quagga Shopping Centre:
 12:00-17:00

Entry Collections: 09 Aug 2025: 05:00 - 06:30
 Late Entries : 08 Aug 2025: 12:00 - 17:00
 Late Entries : 09 Aug 2025: 05h:00 - 06:30



FITNESS TEST RACE

Prize giving will commence at 09h:30.

LUCKY DRAWS:

- Run-A-Way-Sport : There will be remote weekly luck draws for the online entries. The weekly winner will be notified via SMS.
- Race Day Lucky Draws : There will be Running shoes and Shopping vouchers from Run A-Way-Sport.
- Run-A-Way Store Discounts:
 10% discount for any sport wear purchase at Run-Away-Sport, the participant will only need to bring the race number to the store before 30 November 2025.
- Medals to all finishers within cut-off times.

Prize Money: Male & Female (10 km)							
Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 350.00	R 700.00	R 350.00	R 300.00	R 300.00	-	-
2	R 250.00	R 450.00	-	-	-	-	-
3	-	R 350.00	-	-	-	-	-
Prize Money: Male & Female (21.1 km)							
Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 550.00	R 1000.00	R 450.00	R 350.00	R 350.00	-	-
2	R 400.00	R 750.00	-	-	-	-	-
3	-	R 600.00	-	-	-	-	-



IRENE



MAD MONKEY ADVENTURES

PVR DORPSFEES NIGHT RACE

PRESENTED BY MAD MONKEY ADVENTURES
& IRENE AC



27TH AUGUST
2025



Athletics
Gauteng North

STARTING POINT

PIERRE VAN RYNEVELD GELOOFSFAMILIE
14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

5 KM

START TIME 18:30

R70 ENTRY FEE

10 KM

START TIME 18:30

R150 ENTRY FEE

DOGS & PRAMS WELCOME ON THE 5KM



Register Now!
www.entryninja.com

ONLINE ENTRIES

CLOSE 25 AUG '25

Athletes, join us for a "braai & kuier"
afterwards. Wood for the braai will be provided

A FESTIVAL NOT TO BE MISSED !



**WATCH
THIS
SPACE**

BROOKLYN ROAD RACE

6 SEPTEMBER 2025



Brooklyn Design Square
Cnr. Veale & Bronkhorst Streets

**32 km, 21.1 km, 10 km
& 5 km Fun Run**

PHOTO CORNER



Thank you to Fires who stood in for Theuns on Saturday to ensure that our facility was on the ball as always



It was quite a cold morning on Saturday



Sibo Mshengu leading the way



Asanda Myataza in action



Anja Vlok close to the finish



Francisca Roussouw did a PB on the 10 km



Our new jacket with our new tent in the background. What a match!



Irene ladies at the start of their cross-country item



On their way



Charlene van Niekerk had an excellent race



Melanie Swart ran well as always



Nelius van Rooyen



David Holliday



Alex Elsworth enjoying himself



Sunday morning run