26 October 2026 42/26

EDITORIAL

There is excitement in the air about our Irene Farm Race taking place on Saturday. Many members have put in a lot of work thus far to ensure that everything is in place to present a successful race. Many more members will be in action on the day to ensure that we present yet another high-quality event. Thank you to all our members who will be part of it.

ACHIEVEMENTS

Congratulations to the following members who were on the podium over the last two weeks:

CSIR Race:

Pieter Pretorius	2nd Male – 60-69 – 21 km
Paulus Masilela	1st Male – 70+ – 21 km
Mark Richardson	3rd Male walker – 21 km
Ansie Breytenbach	1st Female – 60-69 – 10 km
Jaap Willmse	2nd Male Walker – 10 km
Rhoda van Staden	2nd Female Walker – 10 km

Jacaranda Race:

Paulus Masilela	1st Male – 70+ – 10 km
Ansie Breytenbach	3rd Female – 60-69 – 21 km
Noel Banda	3rd Male – 60-69 – 42 km (AGN Champs)

Congratulations to **Henry Enslin** and **Maryke Bester** who are our 2026 Club Marathon Champions. Well done also to all the category winners.

	MALE	NET TIME		FEMALE	NET TIME
Overall					
1	Henry Enslin	02:56:46		Maryke Bester	03:50:26
2	Leon Geel	03:18:35		Christelle van Niekerk	03:56:27
3	Gareth Nicholson	03:34:50		Lorraine Perumaul	04:00:01
Senior					
1	Henry Enslin	02:56:46		Maryke Bester	03:50:26
2	Leon Geel	03:18:35		Elizna Houy	04:46:12
3	Gareth Nicholson	03:34:50		Amy Farrar	04:49:10
40-40					
1	Theuns Potgieter	03:43:31		Christelle van Niekerk	03:56:27
2	Derick Stokes	03:20:15		Lorraine Perumaul	04:00:01
3	Tshepo Molabe	03:28:25		Alta Struwig	04:43:08
50-59					
1	Martin Struwig	03:54:25		Liezel van Olst	04:23:36
2	Jabez le Roux	04:25:22		Marlene Padavatten	04:48:47
3	Alex Elsworth	04:33:43			
60-69					
1	Noel Banda	03:35:39			
2	Matome Ramachele	03:52:41			
3	Pieter Pretorius	03:59:49			

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 an active member 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.

Athi Biko	Garth Amstrong	Johann van der Merwe	Rico van Staden

CAPTAIN'S CORNER

Please diarize the following important dates:

- Mobility Monday – This Monday is Mobility Monday with Yolande at the Club House at **17:20**
- Club Time Trials – Tuesday 27 October is our Time Trials at the Club House. Please join us for our **17:30** start.
- Wednesday Evening Run - Midweek Run from Echt Pierre Van Ryneveld at **17:30**
- Saturday Run – Irene Farm Run
- Sunday Run – Social Trail Run at Wolwespruit at **5:30**

Mobility Mondays:

This Monday 26 October is Mobility Monday with Yolande at the Club House at 17:20.

Please bring your own mat, elastic band and weights.

Tuesday Weekly Time Trials

Tuesday 27 October is our Time Trials at the Club House. Please join us at the Club House for a 17:30 start.
There is a 4km, 6km and 8km distance available.

Wednesday LSD Run

This Wednesday 28 October is our midweek run starting at Echt Coffee Shop in Pierre Van Ryneveld at **17:30**. Please bring a headlamp. Distance will be 5km-10km

Thursday Training Session

This Thursday 29 October is a Speed Training Session at the Club House at **17:30.**

Saturday Run

This Saturday 31 October is our Club event, The Irene Farm Run. Thank you for all helping to make this a great event. Please enquire where you need to be and at what time. Enjoy the Irene Spirit.

Sunday Run

This Sunday 1 November we will be having a social run at Wolwespruit. This will be a trail run only starting at **5:30.** Please note there is an entrance fee to the park. Enjoy a cuppa after the trails.

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

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THIS WEEK'S DIARY

TRAINING PROGRAMME

October 2026

IRENE ATHLETICS CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 **Core & Strength Training** +/- 60min	29 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	30 **Midweek LSD** **W/U, LSD, C/D** B - 40min I - 55min A - 75min	1 **Hill Session** **W/U, Hill, C/D** B - 6 x 300m I - 6 x 400m A - 8 x 500m	2 **REST**	3 **CHAMBERLAIN CLASSIC ROAD RACE** 5km 10km 21km	4 **SOCIAL RUN** B - 60min I - 75min A - 120min
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 - 45min I - 60min A - 90min	8 **Speed Repeats** **W/U, Speed, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	9 **REST**	10 **MASELELO HALF MARATHON** 5km 10km 21km	11 **SOCIAL RUN** B - 45min I - 45min A - 60min
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 - 45min I - 60min A - 90min	15 **Hill Session** **W/U, Hills, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	16 **REST**	17 **CSIR ROAD RACE** 5km 10km 21km	18 **SOCIAL RUN** B - 60min I - 75min A - 120min
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 - 45min I - 60min A - 90min	22 **Speed Repeats** **W/U, Speed, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	23 **REST**	24 **JACARANDA CITY CHALLENGE MARATHON** 5km 10km 21km 42 km (IRENE AC 42 km CLUB CHAMPIONSHIP)	25 **SOCIAL RUN** B - 45min I - 45min A - 60min
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 - 45min I - 60min A - 90min	29 **Speed Session** **W/U, Speed, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	30 **REST**	31 **IRENE FARM RACE** 5 km 10 km 21.1km	1 **SOCIAL RUN** B - 60min I - 75min A - 120min

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 2 marathons later the year being Kaapsehoop or the Jacaranda Marathon.

The final month has approached and marathon season is upon us. Tapering should start 2-3 weeks before race day, gradually decreasing distance and effort. You worked hard, go get those medals.
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	**Blue Medal :**		**Vic Clapham Medal :**	
	Max HR estimate - Women 228 minus age	8km :	Sub 54 minutes	8km :	Sub 52 minutes
W/U :	Warm Up - Easy Jog	21.1km :	Sub 2h26 minutes	21.1km :	Sub 2h18 minutes
C/D :	Cool Down - Easy Jog	42.2km :	Sub 4h59 minutes	42.2km :	Sub 4h50 minutes
LSD :	Long Slow Distance, 55% - 65% of Max HR				
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				
Program Legend :	B = Beginner	**Sainsbury Medal :**		**Bill Rowan Medal :**	
	I = Intermediate	8km :	Sub 38 minutes	8km :	Sub 35 minutes
	A = Advanced	21.1km :	Sub 1h46 minutes	21.1km :	Sub 1h39 minutes
		42.2km :	Sub 3h40 minutes	42.2km :	Sub 3h30 minutes

For All Enquiries Regarding Training :
Call/WhatsApp on 072 213 5094 or 073 887 0757

PERSONALIA

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

Tendani	Mantshimuli	27-Oct
Leoné	Knoesen	27-Oct
Jared	Hefer	28-Oct
Chris	Delport	28-Oct
Michael	Dekker	29-Oct
Mahlodi	Mothapo	30-Oct
Rosalinde	Kavallineas	30-Oct
Amy	Bridger	30-Oct
Conrad	Krüger	30-Oct
Paul	Schoeman	31-Oct

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

IRENE FARM RACE

31 OCT '26

Athletics Gauteng North

5km 10km 21.1km

with Discovery Vitality

IRENE

PARKING

- Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.
- Entrance to the ARC is opposite Denel Dynamics

RACE NUMBER COLLECTION

- Wednesday 28 October: Run-Away-Sport: 13:00 – 17:00
- Friday 30 October: Sportsmans Warehouse Centurion: 09:00 – 18:00
- Saturday 31 October (Race day): At the venue: 04:30 – 05:50)

FUN FOR THE WHOLE FAMILY

Bring the whole family along to join the Irene AC and 5000 enthusiasts and run/walk along the tranquil streets of Southdowns, the Irene Dairy Farm & Irene Golf Course. Farm animals along the route. There just isn't another race like this!

ENTRY FEES

Entry Fee	5km	10km	21.1km
	R 70	R 150	R 240
70 +	FREE	FREE	FREE
Late Entries (14-69)	R 80	R 170	R 260

Entry fees exclude service charges

RACE INFO

- The 10 and 21km will start at 6:00
- The 5km fun run starts at 06:15
- The 1km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1km
- Water points at ± every 3km
- Cut-off times:10km-2hours, 21km-3hours.
- Food and drinks stalls available
- 21km is not Wheelchair-friendly

PRE-ENTRIES ONLY

Pre-entries close on 27 October or when cap of 5000 is reached
Online entries: www.entryninja.com

- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Sportsmans Warehouse Centurion: 012 361 3733
- Kloppers Castle Gate: 012 051 4200

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

aQuellé

ARC Campus, Nellmapius Drive, Irene

Please note that Irene members are not allowed to run/walk this race. We need our members to work on the day to ensure that we present a top-class race.

TSHWANE OPPIE BOL

HALF MARATHON

21.1KM	06:00 AM
10KM	06:15 AM
5KM	08:00 AM
1.6KM	08:00 AM

SAVE THE DATE

VALHALLA PRETORIA
07 NOVEMBER 2026
AGN LEAGUE RACE

Athletics Gauteng North

CITY OF TSHWANE

Discovery Vitality

ONLINE ENTRIES:

ENTRY FEE:
- 21.1KM RACE - R220
- 10KM RACE - R150
- 5KM RACE - R100
- 1.6KM DREAM MILE - R80
- TEMPORARY LICENCE - R70

PLEASE CONTACT
CAZLE HENDRICKS
082 818 2956
DIMAKATSO SHILANGU
064 895 1832
NOSISI DLOMO
072 161 0281

MEDALS TO ALL FINISHERS!

IN SUPPORT OF DISABILITY AWARENESS MONTH

ARCADIA

TOM JENKINS *Challenge*

ATHLETICS
GAUTENG NORTH

WITH
Discovery Vitality

UNION BUILDINGS
PRETORIA

14 NOVEMBER 2026

06H00
10KM & 21.1KM

06H15
5KM

CHOOSE YOUR CHALLENGE

5KM | **10KM** | **21.1KM**

FREE 500 T-SHIRTS

(10 AND 21KM ONLINE ENTRANTS ONLY)

AFTER THE 1ST 500,
T-SHIRTS WILL BE FOR SALE AT R250

ENTRIES OPENING ON
05 AUGUST 2026

ONLINE ENTRIES WILL CLOSE ON
TUESDAY 10 NOVEMBER 2026

PROUDLY SPONSORED BY

NISSAN GEZINA
012 404 0000

aQuellé

Discovery Vitality

RACE OFFICE / ENQUIRIES: JAMES 082 566 1595 | PAUL 082 200 4219

YEAR-END FUNCTION

PHOTO CORNER

Paulus Masilela

Ansie Breytenbach

Noel Banda

Well done to Eujean Snyman with his Marathon PB

Sunday's run was well attended

Another 5 km run for Chris van Wyk and Yolandie Pieterson