



**27 April 2026 17/26**

## *EDITORIAL*

There will be an Irene support station on the Wally route on Thursday. Our members are invited to make a stop there and share in the fun. Fires will entertain you 😊. Supporters are welcome to join in the fun.

Here is the pin location for the support station:

[https://maps.app.goo.gl/fjCDnP9edDGijRcRA?g\\_st=aw](https://maps.app.goo.gl/fjCDnP9edDGijRcRA?g_st=aw)

It will also be our annual Hat Race. Wear your hat please!

## *PERSONAL ACHIEVEMENTS*

Ian Tait

Completed his 3<sup>rd</sup> Iron man

Jacques Pelsler

PB 50 km

Neël Swanepoel

First 42 km and 50 km

Well done!

HAT RACE

YOU AND YOUR HAT ARE INVITED



# ANNUAL HAT RACE SOCIAL



**WALLY HAYWARD**

**1ST OF MAY 2026**

**FOOD WILL BE SERVED**

Prize for the best hat



CROSS COUNTRY

# 2026 AGN CROSS COUNTRY



LEAGUE FIXTURES

9 MAY 2026  
**LEAGUE 1**  
@ Curro Hazeldean

16 MAY 2026  
**LEAGUE 2**  
@ Fleur Primary

23 MAY 2026  
**LEAGUE 3**  
@ Voortrekker Sports Grounds

29 MAY 2026  
★ **LEAGUE 4** ★  
@ ELdoraigue High (NIGHT RACE)

6 JUNE 2026  
**LEAGUE 5**  
@ Eersterust

20 JUNE 2026  
**INTERPROVINCIAL  
CHAMPIONSHIPS**

@ Lavendar KLM



## CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 28 April is our Time Trial. Please join us at the Club House for the last 17:30 start
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Friday Run – Friday 1 May is The Wally Hayward Marathon, start is 6:30 from Centurion Rugby Club
- Sunday Run – Sunday LSD run from Irene Link, start at 5:30 for the long distance runners and 6:00 for the shorter distance runners.

### **Weekly Time Trials**

Tuesday 28 April is our Time Trial at the Club House. Please join us for the last Time Trial starting at 17:30. From May we will start the Time Trials at 17:15.

There is a 4km, 6km and 8km distance available.

### **Wednesday LSD Run**

This Wednesday is our midweek run starting from Echt Coffee Shop in Pierre Van Ryneveld at 17:30. Distance covered will be from 5km to 15km.

### **Thursday Training Session**

This Thursday there will be no Hills or Speed session.

### **Friday Run**

This Friday 1 May is The Wally Hayward Marathon starting at 6:30 from the Centurion Rugby Club. Distances available are 5km, 10km, 21km and 42km. This is also our May social event so please join and support this run either on the road or at the support stations.

### **Sunday Social Run**

This Sunday is a long social run for two groups. Runners wanting to cover 20km or more will start at 5:30 from Irene Link and runners wanting to cover 5km-15km can start at 6:00 from Irene Link. There will be a water point kindly offered by Sam in Doringkloof along the route.

**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**  
27 Apr - 3 May

**Irene Athletics Club**

SERIOUS about our fun irene

**WEEKLY TRAINING SESSIONS**

Monday	Tuesday	Wednesday
<b>Mobility Monday</b> with Yolande @ Club House 17:30	<b>Time Trials</b> @ Club House 17:30 4km, 6km, 8km	<b>ECHT</b> <b>Midweek LSD Run</b> @ Echt PvR 17:30 5km-15km
Thursday	Friday	<b>For More Information</b> Lindsay 072 2135094 Jacqueline 073 8870757
<b>NO Hills or Speed Training Session</b>	<b>Wally Hayward Marathon</b> @ 6:30 Centurion Rugby Club 5km, 10km, 21km, 42km	
Saturday	Sunday	
	<b>Sunday LSD run</b> @ Irene Link 5:30 start for 20km + 6:00 start for 5-15km	

Join our community

# TRAINING PROGRAMME

## April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>10</b> <b>Core &amp; Strength Training</b> +/- 60min	<b>11</b> <b>Time Trial W/U, TT, C/D</b> B - 4km I - 8km A - 8km	<b>1</b> <b>Midweek LSD W/U, LSD, C/D</b> B - 55min I - 75min A - 90min	<b>2</b> <b>Hill Repeats W/U, Hills, C/D</b> J - 8x80m B - 5x100m I - 4x200m A - 3x200m & 4x300m	<b>3</b> <b>MOBILITY FRIDAYS</b>	<b>4</b> <b>IRENE RUNNING FESTIVAL</b> 5km, 10km, 21.1km & 48km	<b>5</b> <b>EASTER SUNDAY</b>
<b>6</b> <b>Long Run</b> B - 75min I - 120min A - 180min	<b>7</b> <b>Time Trial W/U, TT, C/D</b> B - 4km I - 8km A - 8km	<b>8</b> <b>Midweek LSD W/U, LSD, C/D</b> B - 55min I - 75min A - 90min	<b>9</b> <b>Speed Session W/U, Speed, C/D</b> B - 4x100m I - 3x150m A - 4x200m	<b>10</b> <b>MOBILITY FRIDAYS</b>	<b>11</b> <b>THE GREENMILE ROAD RACE (LEAGUE RACE) / TWO OCEANS ULTRA MARATHON (56K)</b> 8km 12km 25km	<b>12</b> <b>Sunday Long Run / TWO OCEANS HALF MARATHON (21.9K)</b> B - 60min I - 90min A - 150min
<b>13</b> <b>Core &amp; Strength Training</b> +/- 60min	<b>14</b> <b>Time Trial W/U, TT, C/D</b> B - 4km I - 8km A - 8km	<b>15</b> <b>Midweek LSD W/U, LSD, C/D</b> B - 55min I - 75min A - 90min	<b>16</b> <b>Speed Session W/U, Speed, C/D</b> J - 8x80m B - 5x100m I - 4x200m A - 3x200m (post Ocean) & 5x300m (non-Ocean)	<b>17</b> <b>MOBILITY FRIDAYS</b>	<b>18</b> <b>TSHWANE NORTH ULTRA MARATHON</b> 5km 10km 21.1km 50km	<b>19</b> <b>Sunday Long Run</b> B - 60min I - 90min A - 180min
<b>20</b> <b>Core &amp; Strength Training</b> +/- 60min	<b>21</b> <b>Time Trial W/U, TT, C/D</b> B - 4km I - 8km A - 8km	<b>22</b> <b>Midweek LSD W/U, LSD, C/D</b> B - 55min I - 75min A - 90min	<b>23</b> <b>Hill Repeats W/U, Hills, C/D</b> B - 5x100m I - 4x200m A - 4x400m	<b>24</b> <b>MOBILITY FRIDAYS</b>	<b>25</b> <b>LOSKOP MARATHON</b> 21.1km 50km	<b>26</b> <b>Sunday Long Run</b> B - 60min I - 90min A - 180min
<b>27</b> <b>Core &amp; Strength Training</b> +/- 60min	<b>28</b> <b>Time Trial W/U, TT, C/D</b> B - 4km I - 8km A - 8km	<b>29</b> <b>Midweek LSD W/U, LSD, C/D</b> B - 30min I - 45min A - 60min	<b>30</b> <b>Speed Session W/U, Speed, C/D</b> J - 8x80m B - 4x100m I - 3x200m A - 4x300m	<b>1</b> <b>MIWAY WALLY HAYWARD MARATHON</b> 5km 10km 21.1km 48km	<b>2</b> <b>REST</b>	<b>3</b> <b>Sunday Long Run</b> B - 60min I - 90min A - 180min

### 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 4h59 minutes	<b>Vic Clapham Medal :</b> 8km : Sub 52 minutes 21.1km : Sub 2h18 minutes 42.2km : Sub 4h50 minutes
<b>WU :</b> Warm Up - Easy Jog <b>C/D :</b> Cool Down - Easy Jog <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	<b>Bronze Medal :</b> 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes <b>Sainsbury Medal :</b> 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 minutes	<b>Bronze Medal :</b> 8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 minutes <b>Bill Rowan Medal :</b> 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:

Retha	Knoetze	27-Apr
Willem	Landman	28-Apr
Marike	Jacobs	29-Apr
Elré	Sterrenberg	29-Apr
Barbara	Cairns	02-May
Olivia	Buck	02-May
Brian	Jacobs	03-May
Deane	van Rooyen	03-May
Yolande	Pietersen	03-May
Gareth	Nicholson	03-May



## BAR NEWS



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

THOUGHT FOR THE WEEK

Running is mind over matter. If your head doesn't mind, your body doesn't matter.

NOTICE BOARD



Discovery Vitality

2 MAY 2026

**ARC IRENE ROAD RUN**

3KM | 5KM | 10KM | 15KM | 21KM

REGISTRATION OPENS @ 06H15  
RACE STARTS @ 07H00  
OR REGISTER & START BETWEEN 07H00 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

2 MAY 2026

**ARC IRENE TRAIL RUN**

3KM | 5KM | 10KM | 15KM | 21KM

REGISTRATION OPENS @ 06H15  
RACE STARTS @ 07H00  
OR REGISTER & START BETWEEN 07H00 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



**FRIDAY, 1 MAY 2026**  
**Centurion Rugby Club**  
 270 West Ave, Die Hoewes, Centurion  
 Next to SuperSport Park

-  Wally Hayward 
- [www.wally.co.za](http://www.wally.co.za) 
- [www.finishtime.co.za](http://www.finishtime.co.za) 
- [www.racepass.com](http://www.racepass.com) 



**SCAN OR CLICK  
 HERE TO ENTER**

	EARLY BIRD ENTRY FEE:	CAPPED ENTRIES:
42.2 km	<b>R 350</b>	3 500
21.1 km	<b>R 250</b>	4 500
10 km	<b>R 180</b>	3 000
Fun Run	<b>R 100</b>	1 000
<b>KIDS ZONE</b>	<b>R 100</b>	200

Early Bird Entry Fee:  
 1 January 2026 to 28 February 2026  
 Online registrations at  
**www.racepass.com**  
 or scan the QR code  
**ONLINE ENTRIES ONLY**  
 NO entries on race day  
 (unless the entry cap has NOT been reached).  
 Online entries close on 14 April 2026.



**Last Comrades Qualifier  
 in Gauteng**

**#BORNTORUN**

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



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

**LOVE RUNNING**  
GET FIT ▪ GET FRIENDS ▪ CHANGE THE WORLD

**MAY 23** | **TIME:**  
**2026** | 06:45  
06:55



PRE-ENTRIES: OPEN UNTIL 19<sup>TH</sup> MAY 2026  
RUN-AWAY-SPORTS: 012 361 3733 | 302 FRESIA STREET, PRETORIA

## CONQUER THE HILLS

IN PARTNERSHIP WITH



THE GLEN HIGH SCHOOL  
Respect with honour



ATHLETICS  
GAUTENG NORTH



SPONSORED BY



WILLIAM: 082 043 2686  
AVHASHONI MADULA: 072 199 1136  
LOVERUNNIGNCLUB@GMAIL.COM



# uRUN+ SKOSANA LEGEND RACE 2026

POWERED BY uSPORT

# 30 MAY

## MENLYN

ATTERBURY RD & LOIS AVE,  
MENLYN PARK, PRETORIA, 0063

RACE INFORMATION: [WWW.URUN.CO.ZA](http://WWW.URUN.CO.ZA)

ONLINE ENTRIES: [WWW.RACEPASS.COM](http://WWW.RACEPASS.COM)

### 21.1KM

START	MIN AGE	CAP
06:30	16 YEARS	2500

### 10KM

START	MIN AGE	CAP
06:45	14 YEARS	3700

### 5KM

START	MIN AGE	CAP
07:00	9 YEARS	1800

### AGN 5KM CHAMPS

START	MIN AGE	CAP
07:00	9 YEARS	200

FIRST 1000 ENTRIES RECEIVE A FREE T-SHIRT

PRE-ENTRIES CLOSE  
27 MAY 2026

NO ON-THE-DAY  
OR LATE ENTRIES



ONLINE ENTRIES





# TUT AGN LEAGUE 2026 CORPORATE RACE

Saturday, 25 July 2026

Pretoria West Campus

**21KM** | **10KM** | **5KM**

07:00am

07:00am

07:15am

#### HOW TO ENTER

##### ONLINE

[www.entryninja.com](http://www.entryninja.com)

Opens 20 April 2026  
Closes 20 July 2026

##### LATE ENTRIES

@Cricket Club House

23 - 24 July 2026  
25 July from 04:00am  
until race starts

##### COLLECTIONS

@Cricket Club House

10:00 - 17:00  
23 - 24 July 2026  
25 July from 04:00am  
until race starts

#### ENTRY FEE:

- Temporary license - R70
- 5km - R70 (R80 late entry)
- 10km - R150 (R170 late entry)
- 21km - R200 (R220 late entry)

#### RACE ORGANISERS:

- Whitney - 063 347 7714
- Beatrice - 072 587 1163
- Oratile - 067 287 7112



Tshwane University  
of Technology  
*We empower people*



HEALTHY  
CAMPUS



**ATHLETICS**  
GAUTENG NORTH



PHOTO CORNER



At the start of the Loskop Marathon



Relaxing afterwards



Neël Swanepoel and Eujan Snyman. Neël did his first Ultra



Jacques Pelsner did his PB on the 50 km



Alex Elseworth looking very relaxed after his 50 km



Look at the energy near the finish! No wonder Jacques Pelsler did a PB!



Congratulations to Ian Taite who completed his 3<sup>rd</sup> Iron Man