



27 October 2025 43/25

EDITORIAL

Thank you to all our members who contributed towards a very successful race on Saturday. You did an excellent job and did us proud. We want to thank the race committee for organising a fantastic event. The 5028 entries (700 more than last year) proved once again the popularity of this race.

With the biosecurity measures implemented by the ARC, we faced a few additional challenges this year. We had to change all the routes and were forced to use Denel as the only parking area. Despite the call on all the pre-entrants to arrive earlier than usual, we still had traffic problems resulted in a late start of the race. This didn't prevent the race from being a huge success enjoyed by the big field.

We are grateful to our neighbours for allowing us to run through their premises to make this race a unique experience.

Many thanks to our sponsor, Discovery Vitality. Working with them remains a special experience. We also want to thank Aquelle for their contribution.

PERSONAL ACHIEVEMENTS

Karin Sack: First 21 km

Ansie Breytenbach: Selected for the AGN team to participate in the SA 10 km Championships in Bloemfontein

Well done!

Congratulations to Prince Nmutamzhela!

He received the Spirit of Comrades trophy at a gala evening in Durban on 24 October. To bring everyone up to date with Prince's story:

Prince works at the Irene Dairy Farm. Two weeks before Comrades armed robbers shot him through the arm. They shot his wife twice as she tried to protect their children and they killed his friend. Despite the ordeal he went through, he still ran his first Comrades and finished in a time of 11:48:41. What a champ!

He is a worthy winner of the prestigious trophy and we are proud of him.



CAPTAIN'S CORNER

We would like to wish all the runners participating in the Kaapsehoop Marathon Race the best of luck for your run this coming weekend.

Please diarize the following important dates:

- Club Time Trials – Tuesday 28 October is our Time Trials at the Club. Start is at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30.
- Thursday morning run – To be confirmed
- Saturday Event – Kaapsehoop Marathon, Kaapsehoop.
Tshwane Oppie Bol Race, Defence Sports Grounds at 7:00
- Sunday Social Run – Social run starting from Irene Link at 6:00

Weekly Time Trials

Please join us for our weekly 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.

Thursday Morning Run

This will be confirmed as soon as possible.

Saturday Run

This Saturday the 1 November is the Kaapsehoop 3 in 1 Marathon starting at 5:30. Good luck to all our runners participating in this event.

This Saturday is also the Tshwane Oppi Bol Race starting at the Defence Sports Ground at 7:00. There will be a 1.6km, 5km and 10 km distance available. The caravan will be there.

Sunday Social Run

This Sundays Social Run will start at Irene Link at 6:00. Distance covered will be between 15km-20km.

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
27 Oct - 2 Nov

Irene Athletics Club

SERIOUS about our **run**
irene

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Stretch & Strength Training (Self train at home)	Time Trial @ Club House 17:30 4 6 km 8	ECHT Midweek LSD Run @ Echt Lyttelton 17:30 10 - km 12
Thursday	Friday	For More Information Nelius 072 248 7698 Jacqueline 073 887 0757
Easy Run @ TBC	REST AND RECHARGE	
Saturday	Sunday	
Tshwane Oppie Bol Race @ Defence Sports Grounds 7:00 1.6 5 km KAAPSEHOOP 3 IN 1 MARATHON 10	Social Run @ Irene Link Centre 6:00 15 - km 20	

Join our community

IRENE TRAINING GROUP 2025
weekly group

TRAINING PROGRAMME

October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 Core & Strength Training +/- 60min	30 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	1 Midweek LSD W/U, LSD, C/D B - 40min I - 35min A - 75min	2 Speed Session W/U, Speed, C/D B - 8 x 300m I - 6 x 400m A - 8 x 500m	3 REST	4 CHAMBERLAIN CLASSIC ROAD RACE 5km 10km 21km	5 SOCIAL RUN B - 60min I - 75min A - 120min
6 Core & Strength Training +/- 60min	7 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	8 Midweek LSD W/U, LSD, C/D B - 45min I - 60min A - 90min	9 Hill Repeats W/U, Hills, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	10 REST	11 MASELELO HALF MARATHON 5km 10km 21km	12 SOCIAL RUN B - 45min I - 45min A - 60min
13 Core & Strength Training +/- 60min	14 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	15 Midweek LSD W/U, LSD, C/D B - 45min I - 60min A - 90min	16 Speed Session W/U, Speed, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	17 REST	18 CSIR ROAD RACE 5km 10km 21km	19 SANLAM CAPE TOWN MARATHON 42.2km
20 Core & Strength Training +/- 60min	21 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	22 Midweek LSD W/U, LSD, C/D B - 45min I - 60min A - 90min	23 Hill Repeats W/U, Hills, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	24 REST	25 IRENE FARM RACE 5km 10km 21km	26 IRENE FARM WORKERS RACE 5km 10km 21km
27 Core & Strength Training +/- 60min	28 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	29 Midweek LSD W/U, LSD, C/D B - 45min I - 60min A - 90min	30 Speed Session W/U, Speed, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	31 REST	KAAPSEHOOP MARATHON 21.1km 42.2km	SOWETO MARATHON 10km 21.1km 42.2km

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 Jaaranda 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.

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 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)	Bronze Medal : 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes	Bronze Medal : 8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 minutes
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	Sainsbury Medal : 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 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.

Tendani	Mantshimuli	27-Oct
Michael	Dekker	29-Oct
Rudi	Spangenberg	29-Oct
Amy	Bridger	30-Oct
Johan	Visser	30-Oct
Rose	Kavalinneas	30-Oct
Mahlodi	Mothapo	30-Oct
Lynette	September	31-Oct
Paul	Schoeman	31-Oct
Wessel	Joubert	31-Oct
Nicky	Van Heerden	01-Nov
Basil	Dardagan	01-Nov
Bernita	Bornmann	02-Nov

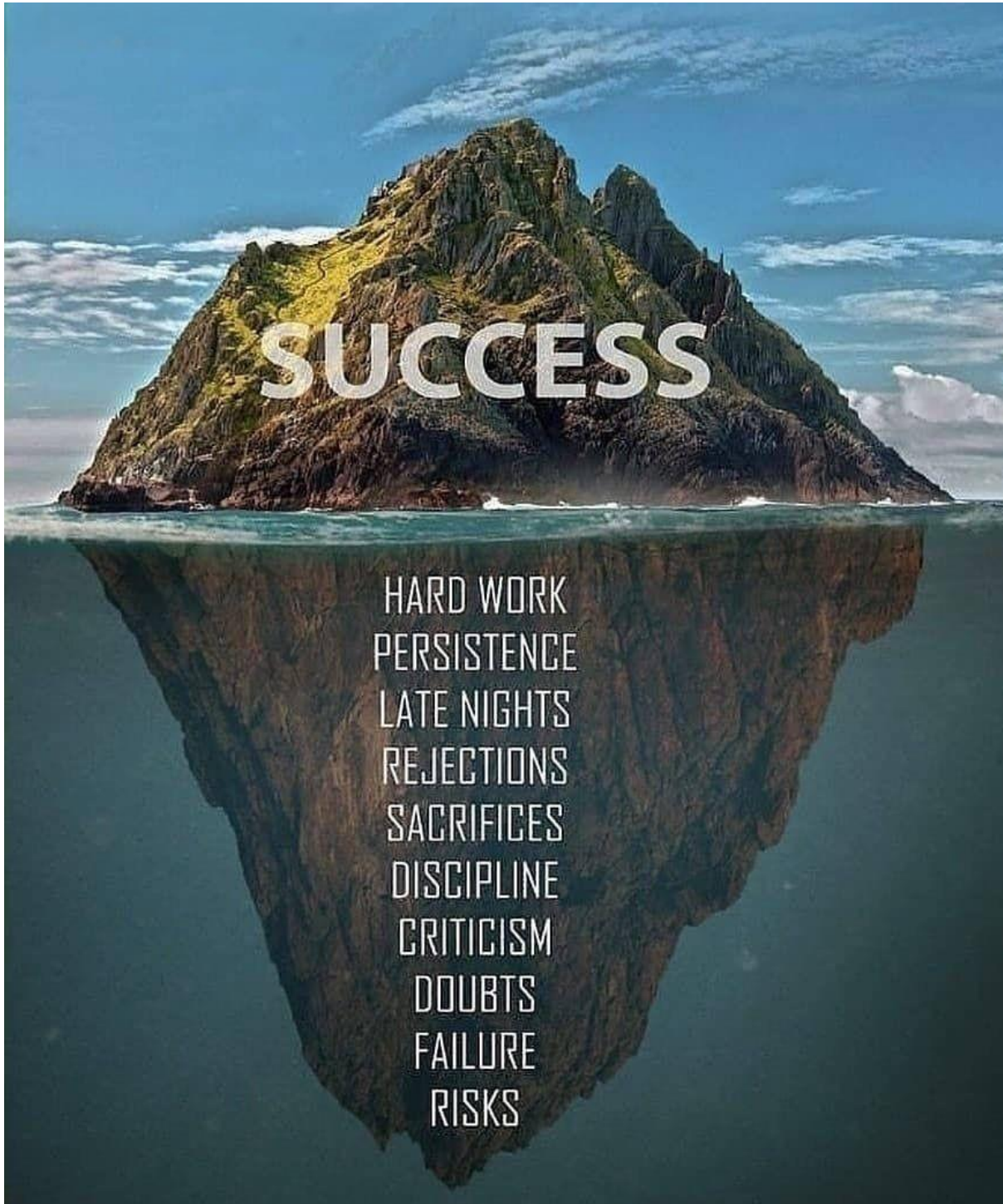


BAR NEWS

There will be fires for those who want to braai.



THOUGHT FOR THE WEEK



NOTICE BOARD



TSHWANE OPPIE BOL



10KM 07 AM
5KM 07 30 AM
1.6KM AM
RUN & WALK

DATE / VENUE NOVEMBER 01

**SANDBURG SPORTS GROUNDS, VALHALLA
(THE JACKIE MEKLER ROUTE)**

PREPARE YOURSELF

ENTRIES AVAILABLE AT: PILDITCH AGN, SPAR LES MARAIS, SPORTSMANS WAREHOUSE (CENTURION, MONTANA) AND ON RACE DAY

ENTRY FEE:

- 10KM RACE - R120
- 5KM RACE - R80
- 1.6KM DREAM MILE - R40
- TEMPORARY LICENCE - R70

PLEASE CONTACT

CAZLE HENDRICKS

082 818 2956

NOSISI DLOMO

072 161 0281



**Athletics
Gauteng North**



Entry Ninja



**LEAVE NO ONE
BEHIND**



ONLINE ENTRIES LINK



Tshwane Oppie Bol Entries

IN SUPPORT OF DISABILITY AWARENESS MONTH



aQuellé
**JACARANDA
CITY
MARATHON
CHALLENGE**

EARLY COMRADES & TWO OCEANS QUALIFIER

08 NOV 2025

**5KM / 10KM
21.1KM / 42.2KM**

INCORPORATING
AGN MARATHON
CHAMPIONSHIP



**Athletics
Gauteng North**

aQuellé.



sportsvendo
READY TO RACE



TOM JENKINS LEAGUE RACE

31st Run/Walk Challenge

Run Series



with



ARCADIA
RUNNING CLUB



FUN RUN 5KM | 06:15

10KM | 06:00

21.1KM | 06:00

Saturday, 15 Nov 2025

VENUE: Union Buildings, Government Avenue, Pretoria

GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!

ENTRY FEES: | 21.1km | 10km | 5km **Fun Run**

exclude service charges

70+	Free	Free	Free
All other categories:	R230	R180	R100
Temporary licences:	R70	R70	

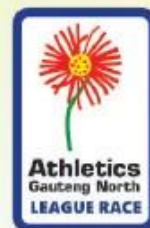


PRE-ENTRIES ONLY:

- Capped at 6 000 entries.
- Late entries: On collection date or race day if cap not reached.
- Online entries: <https://www.entryninja.com/events/82558-tom-jenkins-challenge>
- Pre-entries: from 1 Oct - 13 Nov 2025 at Run-Away-Sport: 012 - 361 3733 and ...
Friday 14 Nov 2025 race pack collection from 09:00 - 18:00.
- Online entries: will close at midnight on Tuesday 11 Nov 2025.

RACE NUMBER COLLECTION:

- Race number collection: Friday, 14 Nov 2025 from 10:00 - 18:00 and ...
- On the day of race 15 Nov 2025 at Pretoria Faith Community Church,
22 Wessels Street, Arcadia, Pretoria from 04:30 - 05:45.



ENQUIRIES:

☎ Race office: 082 200 4219 (Paul) 082 566 1595 (James)



BDS RACE WITH DISCOVERY Vitality

21.1KM
6:00am

10KM
6:00am

5KM
6:15am

29 NOV
SATURDAY.2025

ENTRY FEES

ENTRY FEES	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
60-69	R200	R100	R60
LATE ENTRIES (18-69)	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 28th of November and morning of the race provided we have not reached the 4000

- Online entries: 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^{KM} | 30^{KM}_{X2} | 15^{KM}_{X4}
RELAY RELAY

+5KM FAMILY FUN WALK



DOWN TOWN RUN

16 DEC 2025

CHURCH SQUARE PRETORIA

ONLINE ENTRIES ENTRYGEEK.COM

For more Info- www.city60marathon.com



SITHI 60 WENA O RENG!!!!



PHOTO CORNER



Number collections at Sportsmans Warehouse on Friday



Sunset at the venue on Friday



Sunrise on a beautiful Saturday morning



A beautiful setup



A lovely birds eye view of the venue layout



Ready for action



On their way towards Nellmapius Drive this year



Parking at Denel



Activities at the water point at the finish

Thank you to Smacpix for supplying the aerial photos



The 5 km water point helpers



Fun at the John Vorster Drive water point



The water point at the back entrance of Southdowns



Fun during the helpers race on Sunday



The 12 km mark on the 21 route, so special