



28 April 2025 17/25

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/fjCDnP9edDGjjRcRA?g_st=aw

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



REGISTRATIONS 2025

Another 5 members registered during the week of which 4 are first time members. Welcome to all of you. We now have 575 members compared to 494 at the same time last year.

NEW MEMBERS

A warm welcome to the 4 members who joined last week. 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 the time trials on Tuesday and to collect your 2025 licence numbers and running vests/shirts.



Michael
Freeman

Sarie-Louise
Freeman

Martin
Prinsloo

Ian
Bredenkamp

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – 29 April 2025 at 17:30
- Thursday Morning Run – 1 May 2025 The Wally, starting at 6:30
- Saturday Event – 3 May 2025, Hoka Half Fest starting at 6:00.
- Sunday Event – 4 May 2025 is the Wings for Life World Run starting at 13:00

Weekly Time Trials

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

Wednesday LSD Run

This Wednesday is a rest day.

Thursday Morning Run

This Thursday 1 May 2025 is The Wally Hayward Event. Start is at 6:30 from the Centurion Rugby Club and we will be making this a fun event so please wear your best or most creative hat and stand a chance to win a prize. Distances are 5km, 10km, 21km and 42km event. Please join us after the event at the Cara-Fun for refreshments.

Thursday Afternoon Session:

Please note there will not be a Hills or Training session this Thursday afternoon.

Saturday Run

This Saturday is the Hoka Half Runfest starting at Harlequins Rugby Club. There will be a 5km, 10km and 21km event. Start is at 6:00.

Sunday

Wings for Life World Run is taking place this Sunday 4 May 2025 at the Irene Athletics Club at 13:00. This Sunday there will also be a long run with the Midrand Striders. Distance is 60km.

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
28 Apr - 4 May

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Magnolia Long Run
@ Magnolia Running Club
6:00
15 30 km
45

Tuesday

Time Trial
@ Club House
17:30
4 6 km
8

Wednesday

Rest Day



Thursday

Wally Hat Race
Wally Hayward
Marathon
@ Centurion Rugby Club
6:30
5 10 km
21 42



Friday

Rest Day



For More Information

Nelius
072 248 7698

Jacqueline
073 887 0757



Saturday

Hoka Half Runfest
@ Harlequin Rugby Club
6:00
5 10 km
21

Sunday

Wings For Life World Run
@ Irene Athletics Club
13:00
Colgate Road Race (CGA)



TRAINING PROGRAMME

April 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 Core & Strength Training +/- 60min	1 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	2 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	3 Hill Repeats W/U, Hills, C/D B - 6 x 300m I - 6 x 400m A - 8 x 500m	4 REST	5 TWO OCEANS WEEKEND 21,1km 56km (Next day)	6 Sunday Long Run B - 60min I - 90min A - 150min
7 Core & Strength Training +/- 60min	8 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	9 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	10 Speed Session W/U, Speed, C/D B - 4 x 400m I - 6 x 400m A - 8 x 500m	11 REST	12 THE GREENMILE ROAD RACE 6km 12km 25km	13 Sunday Long Run B - 60min I - 90min A - 150min
14 Core & Strength Training +/- 60min	15 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	16 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	17 REST	18 Long Run B - 75min I - 120min A - 180min	19 TSHWANE NORTH ULTRA MARATHON (LEAGUE RACE) 10km 21,1km 50km	20 EASTER SUNDAY
21 Long Run B - 75min I - 120min A - 180min	22 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	23 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	24 Hill Repeats W/U, Hills, C/D B - 6 x 400m I - 8 x 400m A - 8 x 600m	25 REST	26 LOSKOP MARATHON 21,1km 50km	27 Sunday Long Run B - 60min I - 90min A - 180min
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

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 must plan their respective long runs for March and April. March and April must be your high mileage months. The program cater for many long runs, please chose wisely which long runs you do and plan sufficient rest days in between runs.

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 2025.

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 :	Bronze Medal :
Easy : Long Slow Distance (LSD) - HR below 65%	8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes	8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 minutes
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

Irene



Athletics Club

Planned Long Runs

Date	Run	Distance
6 April	Busstop 7	30km
13 April	BNAC Marathon	42.2 / 48km
18 April	Cradle of Humankind	20 / 30 / 42.2km
19 April	Tshwane Ultra (League)	50km
21 April	Irene Link	30km
26 April	Loskop Marathon	50km
28 April	Magnolia Long Run	15 / 30 / 45km
28 April	Cradle of Humankind	30km
1 May	Wally Hayward Marathon	42.2km
4 May	Midrand Striders Long Run	60km
18 May	Cradle of Humankind	20 / 30km

CLUB AWAY WEEKEND

We are bringing the Irene away weekend back!!

This is a perfect weekend for some good running and also a fun weekend with fellow club mates and your family.

BUT... we will need confirmation very soon!

Please book [HERE](#) to book your spot and then pay 50% deposit into the club's bank account to secure it. Please use 'away weekend' and your name as reference.

KAAPSCHEHOOP

IRENE AWAY WEEKEND

31 OCT - 2 NOV 2025

42, 21 & 10KM RUNS

Bring the family.

Our accommodation is on the route, so perfect for the family to come out and support.

R1600 per night for a double room.

R2155 per night for a triple room.



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

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

Willem	Landman	28-Apr
Elré	van Bosch	29-Apr
Richard	Goodchild	29-Apr
Marike	Jacobs	29-Apr
Lydia	Carroll	30-Apr
Barbara	Cairns	05-Feb
Deane	van Rooyen	05-Mar
Gareth	Nicholson	05-Mar
Yolande	Pietersen	05-Mar
Portia	Ravhuhali	05-Apr



BAR NEWS

There will be fires for those who want to braai



THOUGHT FOR THE WEEK

It's kind of fun to do THE IMPOSSIBLE.

IN THE MAILBOX

As we enter the final quarter of this financial year, we want to take a moment to sincerely thank Irene Athletics Club for the kind and generous commitment to CHOC.

Your club's continued support has had a meaningful impact on the lives of the brave children, teens and families we serve, and it is our pleasure to share the attached CHOC Northern Region Impact Report which highlights the powerful difference we've made from July 2024 to March 2025 in this financial year. It reflects what's possible when a caring community comes together with a shared purpose – a true story of hope:

"We have a family from another province. Their teenage girl was diagnosed with cancer, and it immediately turned everything upside down in the family. The family experienced serious financial challenges which prevented both mom and dad to be able to travel to the hospital to offer emotional support to their child. The mom was despondent feeling completely overburdened financially and emotionally. The family had to move closer to hospital to a small room which was in a very bad conditions for a sick child. The family didn't have financial means for groceries as well as transport to and from the hospital. Then they were introduced to me, the CHOC Social worker at Dr George Mukhari Academic Hospital, where a comprehensive psychosocial assessment was done and it was evident that the family needed all CHOC services (accommodation , food parcels , transport fund and professional emotional support, etc.). CHOC provided a Carebag, food parcels as well as financial transport assistance to the family. The family was also introduced to the CHOC house, a home-away-from-home, with daily meals, transport and a caring CHOC team. The family was in tears. They could not believe that they could get so many things from one organisation. Thank you so much to every donor making this support possible. It makes a BIG difference, and it brings LOTS of HOPE". - Palesa Raleting, CHOC Social worker, Paediatric Oncology Unit, Dr George Mukhari Academic Hospital.

As we look ahead to the new 2025–2026 financial year, we continue in keeping more than hope alive—together, we make sure no family faces this journey alone.

NOTICE BOARD



A promotional poster for the ARC Irene Run/Walk event. The background is a photograph of a dirt path winding through a lush green forest with sunlight filtering through the trees. A person's legs and feet are visible in the center, running on the path. The text is overlaid on the image. In the top right corner, there is a logo for Discovery Vitality. In the bottom left corner, there is a logo for Revolution Trails and a red circle with a slash through it. The main text is centered and reads: 'ARC IRENE RUN/WALK 3 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'. At the bottom, it provides the venue and contact information.

ARC IRENE RUN/WALK
3 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

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

REVOLUTION TRAILS

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

THYME FITCHEF



	EARLY BIRD ENTRY FEE:	CAPPED ENTRIES:
42.2 km	R 350	4 000
21.1 km	R 250	4 000
10 km	R 180	2 000
Fun Run	R 100	1 000
Kids Zone 🇿🇦	R 100	200

Early Bird Entry Fee:
1 January 2025 to 28 February 2025

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 15 April 2025.



Thursday, 1 May 2025

Centurion Rugby Club

270 West Ave, Die Hoewes, Centurion
Next to SuperSport Park

#BORNTORUN



**Last Comrades Qualifier
in Gauteng**



www.wally.co.za



Wally Hayward



www.finishtime.co.za



www.racepass.com



HOKA
HALF
HALF
RUNFEST

5KM - 10KM - 21KM

3 MAY 2025
P R E T O R I A



Jackie Mekler Memorial Race 2025

25
kms

41st Commemorative race

10
kms

31st PMIMC memorial run

5
kms

Fun run

10 May 2025

ATHLETICS GAUTENG NORTH
ROAD RUNNING RACE/WALK

Hosted by -
Pretoria Military Marathon Club

Venue - Pretoria Military Sportsground
Thaba Tshwane



ARMSCOR
Armaments Corporation of South Africa SOC Ltd

the grove
mall

Get your 2025
The Grove Mall Race
Socks for only
R95

 **QUATRO**  **HI-TEC**

The Grove Mall Race

5km, 10km & 21.1km

17 May 2025 • 7am

Hosted by Phobians Athletics Club: www.phobians.co.za

Race Office: thegroverace@phobians.co.za

Cnr. Lynnwood & Simon Vermooten, Equestria



PHOBIANS



Athletics
Gauteng North



Share the Care
Sunningdale
Hospice

24 MAY 2025

5km | 10km | 21.1km

RACE STARTS AT 07:00

**Walk
& Run**

**Race of
Gratitude**

Incorporated with the
AGN 21km Championships
SKOSANA Legend



Centurion Mall



Support Skosana Development
The Champions of Tomorrow



Athletics
Gauteng Branch

**#THE HEART OF
CENTURION™**

@ | | centurionmall.co.za



PVR DORPSFEES NIGHT RACE



IRENE



MAD MONKEY ADVENTURES

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

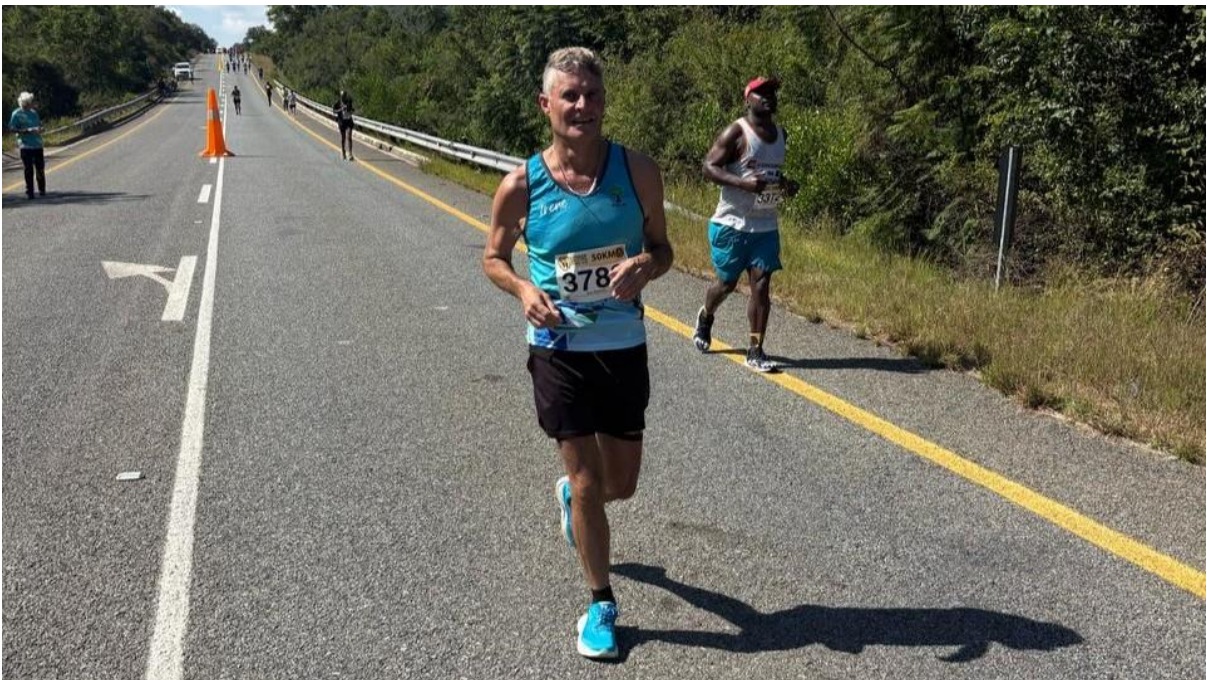
Athletes, join us for a "braai & kuier" afterwards. Wood for the braai will be provided

A FESTIVAL NOT TO BE MISSED !

PHOTO CORNER



Rhenier de Beer in action at the Loskop 50 km



Alex Elsworth



Jurie Venter



Werner Smit



Jaco Engelbrecht



Norton Mole



Karin-Marie van Niekerk in action at the Loskop 21 km



A few very happy ladies after completing the Loskop 50 km



The Irene water station at the Magnolia long run was a hit once again



Joy Dekker, Jenny Cairns and Henk Basson taking a break at the Irene station



Holger Hedelt started on an 18 day journey on Sunday. He is running the Trans Espana race, 1080 km over 18 days. We wish him all the best. He should be well trained for Comrades!