



**28 July 2025 30/25**

### *EDITORIAL*

Following the statement from the Veterinary Department of the ARC in the newsletter of last week, please take note of the following:

The ARC will enforce stricter control measures at both the entrance gates to the ARC campus. Our members are requested to adhere to the following existing rules:

- Ensure to have your 2025 windscreen sticker displayed on the windscreen of your vehicle.
- No training on the campus before 15:00 during weekdays.
- No cycling allowed.
- No dogs allowed.
- No throughway through the campus.

Please adhere to this to make the campus a safer place to all.

### *ACHIEVEMENTS*

Congratulations to the following members who were on the podium at the TUT Corporate race on Saturday:

Ansie Breytenbach  
Elsa Meyer  
Jaap Willemse

1<sup>st</sup> Female- 60 -69 & 2<sup>nd</sup> Female overall – 21 km  
2<sup>nd</sup> Female walker – 21 km  
1<sup>st</sup> Male walker – 10 km

## *PERSONAL ACHIEVEMENTS*

Maryke Gradwell 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 active members of this great family. We want to see your faces as often as possible.

We now have 605 members. We had 524 members at the same time last year.



Muhammad Solomons

## *CAPTAIN'S CORNER*

Please diarize the following important dates:

- Club Time Trials – 29 July 2025 at 17:15, Adidas VIP experience
- Saturday Event – Spars Women's Race at SuperSport Park on 2 August 2025, 14:00.

### **Weekly Time Trials**

Please join us at the Club House on Tuesday for our weekly Time Trials starting at 17:15. There is a 4km, 6km and 8km route. This Tuesday we are having an Adidas VIP experience, all welcome.

### **Wednesday LSD Run**

This Wednesday our midweek LSD runs begin. This will start at Centurion Theatre at 17:15. There will be a 8km-10km route.

### **Thursday Morning Runs and Afternoon Sessions**

This Thursday our Hills session will begin. This will be from the Irene Clubhouse and starts at 17:15

### **Saturday Run**

This Saturday is the Spar Women's Race held at SuperSport Park at 14:00. There will be a 5km and 10km event. No Club Gazebo.

### **Sunday Social Run**

This Sundays Social Run will take place from Irene Link at 6:30. This route will be between 10km and 15km.

### **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 Jul - 4 Aug

# Irene

Athletics Club



## WEEKLY TRAINING SESSIONS

### Monday

Stretch &  
Strength Training  
(Self train at home)

### Tuesday

**adidas** adidas  
**VIP EXPERIENCE**  
Time Trial 4  
@ Club House 6 km  
17:15 8

### Wednesday

Midweek LSD Run 8  
@ Centurion Theatre - km  
17:15 10

### Thursday

Hill Session  
@ Irene Club House  
17:15

### Friday



#### For More Information

Nelius  
072 248 7698  
Jacqueline  
073 887 0757



### Saturday

Spar Womens Race  
@ Supersport Park 5  
14:00 10km

### Sunday

Social Club Run  
@ Irene Link  
6:30 10  
- km  
15





# JOIN THE FUN

29  
07  
25

17:  
30

@ IRENE ATHLETICS CLUB

**adidas VIP EXPERIENCE**

## TRAINING PROGRAMME

# July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Core & Strength Training +/- 60min	1 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	2 EASY RUN	3 EASY RUN	4 REST	5 GARSFONTEIN ICE BREAKER (LEAGUE RACE) 5km 10km 21,1km	6 SOCIAL RUN B - 30min I - 45min A - 60min
7 Core & Strength Training +/- 60min	8 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	9 EASY RUN	10 EASY RUN	11 REST	12 SPRINGBOK VASBYT 5km 10km 21,1km	13 SOCIAL RUN B - 30min I - 45min A - 60min
14 Core & Strength Training +/- 60min	15 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	16 EASY RUN	17 EASY RUN	18 REST	19 MANDELA DAY RUN / WALK 5km 10km	20 SOCIAL RUN B - 30min I - 45min A - 60min
21 Core & Strength Training +/- 60min	22 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	23 EASY RUN	24 EASY RUN	25 REST	26 TUT CORPORATE RACE 5km 10km 21,1km	27 SOCIAL RUN B - 30min I - 45min A - 60min
28 12 WEEK MARATHON TRAINING START (CAPE TOWN MARATHON)	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 - 45min	31 Hill Repeats W/U, Hills, C/D B - 4 x 200m I - 6 x 300m A - 8 x 300m	1 REST	2 SPAR WOMANS RACE 5km 10km	3 SOCIAL RUN B - 30min I - 45min A - 60min

### 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 Jacaranda 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.

This month we will start gradually getting into running again building a good base for our 12 week program to start. You may still take some days off and try not to be hard on yourself should you miss a training day. Use the next 4 weeks to get use to running again.

LEGEND :		
PROGRAM TERMINOLOGY	TWO OCEANS GUIDELINE	COMRADES GUIDELINE
<b>Max HR :</b>	<b>Blue Medal :</b>	<b>Vic Clapham Medal :</b>
Max HR estimate - Men: 220 minus age	8km : Sub 54 minutes	8km : Sub 52 minutes
Max HR estimate - Women: 228 minus age	21.1km : Sub 2h26 minutes	21.1km : Sub 2h18 minutes
<b>W/U :</b>	42.2km : Sub 4h59 minutes	42.2km : Sub 4h50 minutes
Warm Up - Easy Jog		
<b>C/D :</b>		
Cool Down - Easy Jog		
<b>LSD :</b>	<b>Bronze Medal :</b>	<b>Bronze Medal :</b>
Long Slow Distance, 55% - 65% of Max HR	8km : Sub 47 minutes	8km : Sub 45 minutes
<b>Min :</b>	21.1km : Sub 2h09 minutes	21.1km : Sub 2h05 minutes
Minutes (Time not Distance)	42.2km : Sub 4h26 minutes	42.2km : Sub 4h25 minutes
<b>Easy :</b>		
Long Slow Distance (LSD) - HR below 65%		
<b>Hills Repeats :</b>	<b>Sainsbury Medal :</b>	<b>Bill Rowan Medal :</b>
@ 70%-80% of max HR	8km : Sub 38 minutes	8km : Sub 35 minutes
<b>Sprints Session :</b>	21.1km : Sub 1h46 minutes	21.1km : Sub 1h39 minutes
85-95% of Max HR	42.2km : Sub 3h40 minutes	42.2km : Sub 3h30 minutes
<b>Tempo Run :</b>		
65-75% effort level		
<b>Program Legend :</b>		
B = Beginner		
I = Intermediate		
A = Advanced		

For All Enquiries Regarding Training :  
Call/WhatsApp on 072 248 7698 or 073 887 0757

## 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.

Carol	Lesame	28-Jul
Erwin	Winter	29-Jul
Londani	Shirilele	31-Jul
Jacqui	Burn	01-Aug
AD	Watts	01-Aug
Khakhu	Rokho	01-Aug
Nomathamsanqa	Mangalana	01-Aug
Douw	Van Zyl	02-Aug
Mmakgoshi	Sebata	02-Aug
Delene	Boshoff	02-Aug
Botsile	Same	02-Aug
Lisa	Venter	02-Aug
Chérien	Roux	03-Aug
Nwabisa	Mtsetfwa	03-Aug



## THOUGHT FOR THE WEEK

**When in a relationship, a real man doesn't make his woman jealous of others, he makes others jealous of his woman.**

NOTICE BOARD



**ARC IRENE RUN/WALK**  
**02 AUGUST 2025**  
**ROAD RUN**  
ALL FINISHERS RECEIVES A MEDAL  
**3KM, 5KM, 10KM, 15KM OR 21KM**  
RACE STARTS @ 07H00  
ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

Discovery Vitality

REVOLUTION TRAILS

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

THYME FITCHEF WETZ



**ARC IRENE RUN/WALK**  
**02 AUGUST 2025**  
**TRAIL RUN**  
ALL FINISHERS RECEIVES A MEDAL  
**3KM, 5KM, 10KM, 15KM OR 21KM**  
RACE STARTS @ 07H00  
ENTER ONLINE AT  
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THYME FITCHEF WETZ



Women's  
CHALLENGE  
10/5km

# Tshwane



CENTURION SUPERSPORT PARK



AUGUST 2025



14H00



MY TSHWANE CHALLENGE  
MAGAZINE



T-SHIRT



MEDAL

Women participating in the event will receive their medal on the day.

LIMITED TO 17 000 ENTRIES



ENTER AT SELECTED SUPERSPAR, SPAR & KWIKSPAR STORES  
ENTER ONLINE [WWW.SPARWOMENSCHALLENGE.CO.ZA](http://WWW.SPARWOMENSCHALLENGE.CO.ZA) | ENQUIRY LINE: 074 750 7186

THE SPAR WOMEN'S CHALLENGE TSHWANE FORMS PART OF THE 10KM SPAR GRAND PRIX SERIES



Please note that there will be no club gazebo at the race.



# Quagga Road Race

## Eyethu Fitness Test

### START TIMES

- 32KM**  
Start 6:45
- 21.1KM**  
Start 7:00
- 10KM**  
Start 7:10
- 5KM**  
Start 7:20

**VENUE:** QUAGGA SHOPPING CENTRE CNR. WF NKOMO & QUAGGA STREET, PTA WEST

**INFORMATION/ENQUIRIES:** 078 220 5763 | 083 379 9830 | [AGN LEAGUE RACE](#)

### ENTRY FEES

#### Pre-Entry

32km R300  
21.1km R210  
10km R170  
5km R70

#### Late Entry

32km R330  
21.1km R240  
10km R200  
5km R100

**Great Grand Masters**  
50% discount on entry fee (+70 years)

Temp License R70

### ENTRIES

Store entries open 1 May - 4 August 2025

- Tshwane Running Shop, Sinoville: 087 688 1336
- Run-A-Way-Sport, Lynnwood: 012 361 3733
- Race Nr Sales: 078 220 5763, 083 379 9830, 082 305 2447

Online entries open 1 May - 1 August 2025

- Enter online at [www.entryninja.com](http://www.entryninja.com)

Online entries collection: 8 August 2025

- Quagga Shopping Centre 12:00-17:00

Late entries sales at the venue: 8 August 2025 12:00 - 17:00

**Race Day Entry Sales: 05:30 - 06:30**

RUN-A-WAY STORE DISCOUNTS: 10% discount for any purchase in the store, the runner will only need to produce the race number at the store before 30 November 2025.



Medals to all finishers within the cut-off times





Athletics  
Gauteng North



CASTLE  
WALK



# FUN RUN



10KM

5KM FUN RUN

Entry Fee: R70 for 5km |  
R130 for 10km

23 AUGUST 2025  
07H00 SATURDAY

Online entries Close on :  
19 August 2025



For online queries, contact:  
[Derrick@raceresults.co.za](mailto:Derrick@raceresults.co.za)  
[Vbainspiringlives@gmail.com](mailto:Vbainspiringlives@gmail.com)  
[www.entryninja.com](http://www.entryninja.com)





# PVR DORPSFEES NIGHT RACE



IRENE



MAD MONKEY ADVENTURES

PRESENTED BY MAD MONKEY ADVENTURES & IRENE AC



## 27<sup>TH</sup> 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](http://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 !**

DANVILLE DEVELOPMENT AC

KOLONNADE  
RETAIL PARK  
"quick and convenient"

# ULTIMATE EAST CHALLENGE RACE

INCORPORATING AGN 10KM CHAMPIONSHIPS



Athletics  
Gauteng North

@ KOLONNADE RETAIL PARK

5KM & 10KM

Online Entries @  
[www.entryninja.com](http://www.entryninja.com)

30 AUGUST 2025

ENTRY FEE:  
Temporary License: R70  
5KM: R80  
10KM: R150



07:00 AM (START)  
09:00 AM (PRIZE GIVING)



Enquiries: Lesetja (076 120 2388) / Wandile (071 942 8067)



# KYALAMI corner

21.1KM | 10KM | 5KM FUN RUN

**SUNDAY 31 AUGUST 2025**



STARTING TIMES

**21.1KM**

**10KM**

**06H30 AM**

**5KM**

**06H40 AM**

GRAB A RACE T-SHIRT

+ R320



ENTER HERE

## ENTRY FEE

**21.1km R250 (Late Entry Fee - R270)**

GRANDMASTERS - R200 | GREAT-GRANDMASTERS - FREE



**10km R170 (Late Entry Fee - R190)**

GRANDMASTERS - R120 | GREAT-GRANDMASTERS - FREE

**5km R90 (Late Entry Fee - R110)**

GRANDMASTERS - R50 | GREAT-GRANDMASTERS - FREE

Temporary License 21km (R70) - 10km (R60) • Pre-entries Close Midnight - 22 August 2025

Online entries available on [www.peaktiming.co.za](http://www.peaktiming.co.za) | An additional service fee will be charged by service provider

## SOMETHING FOR EVERYONE



MORNING COFFEE



FOOD STALLS



MEDALS TO 2700 FINISHERS



COMPETITION PRIZES



SAFE PARKING



TOG BAG AREA



**KYALAMI CORNER**

GPS -25,9833'S,28,0755'E





Memories Matter Movement

Because Every Step Helps Protect a Memory



**MOVE FOR MEMORY.  
MOVE WITH PURPOSE.**

**ENTRIES NOW OPEN**

Every step, every kilometer, every paddle stroke matters. By joining the Memories Matter Movement, you're helping raise awareness, support People and families living with Dementia, and fund meaningful action in the fight against Dementia.



**ALZHEIMER'S MONTH**

1 TO 30 SEPTEMBER 2025



**IT'S A VIRTUAL RACE**

Join us from anywhere

#### HOW IT WORKS

- 1 Choose your activity:  
**Run, Walk, Paddle, Swim or Cycle**  
(Cyclists need to complete 3x the listed distances to qualify for awards)
- 2 Track your progress throughout the month.  
Submit your total distance on **1 October 2025** to
- 3 **admin.gp@adasa.org.za**  
We work on an honesty system!
- 4 On completion, you'll receive a digital certificate recognizing your achievement.



**REGISTER NOW - LINK BELOW**

**ADULTS: R200 CHILDREN UNDER 18: R150**

**DISTANCE AWARDS  
SEE BELOW**



# Memories Matter Movement

Because Every Step Helps Protect a Memory

## DISTANCE AWARDS

JOIN NOW



### BRONZE

100 KM (≈3.3 KM/DAY)



### SILVER

150 KM (≈5 KM/DAY)



### GOLD

200 KM (≈6.7 KM/DAY)



### PLATINUM

450 KM (≈15 KM/DAY)



### MEMORY ANGEL

Individuals who supported the cause at their own pace and ability.

MOVE FOR MEMORY.  
MOVE WITH PURPOSE.

CHOOSE YOUR ACTIVITY **YOU CAN..**

1



WALK

2



RUN

3



PADDLE

4



SWIM

5



CYCLE

Feel free to **personalise your t-shirt** in honour of someone close to you who has been affected by Alzheimer's or another form of dementia. MMM T-Shirts will be available to buy.

Join the **Memories Matter Movement Facebook Group** to share your journey and see how others are participating. Use hashtags:

**#MemoriesMatterMovement #4getmenot #MoveForMemory #MoveForPurpose**

Stay Connected: WhatsApp us on 076-337-2484



# BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

**6 SEPTEMBER 2025**

IN MEMORY OF ANDREW GREYLING

START IN DEY STREET & FINISH IN BRONKHORST STREET, BROOKLYN MALL

STARTING TIMES:

33 km 6:00am	21,1 km 6:00am	10 km 6:00am	5 km 6:10am
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BROOKLYN MALL  BROOKLYN SQUARE

Tel: 012 346 1063 | [www.brooklynmall.co.za](http://www.brooklynmall.co.za)

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



sappi

# Tuks Night Race

10km & 5km Fun Run

**10 September 2025**

**18:30**

Hillcrest Sports Campus



Scan for online entries

sappi



TuksAthletics



TuksSport

# EXXARO ROAD RACE CHALLENGE

SUPERSPORT PARK, CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

20 SEPTEMBER 2025



exxaro  
POWERING POSSIBILITY

Ford

leaGue race

NEW ARRIVAL  
RACE T-SHIRTS

ONLY  
R180

WE DO NOT ACCEPT CASH  
ON THE DAY OF REGISTRATIONS



FORD

**3-IN-1**  
SPRING RACE

FORD MOTOR COMPANY SPORTS  
AND RECREATION CENTRE

27 SEPT  
2025

ENTRY FEES ARE  
AS FOLLOWS

It's a League Race

There will be aerobics after the race  
There will be a draw after the race.  
These entry fees exclude service fees.

5KM - R70

10KM - R160

21KM - R220

Start Time:  
21km & 10km | 06:00  
5km | 06:30



SCAN HERE  
FOR RACE

aQuellé



WELLNESS STUDIO



Ford



FORD ATHLETICS CLUB



Snip & Sketch



Athletics  
Gauteng North



Powered by FinishTime

CHAMBERLAIN

# CAPITAL CLASSIC

**SATURDAY, 4 OCTOBER 2025**

PHSOB Club: 378 Queens Crescent, Lynnwood

**- 21.1KM RUN**

starts 06h00

**- 10KM RUN**

starts 06h00

**- 5KM FUN RUN**

starts 06h15

Earn Discovery  
Vitality Points!

**RUN THE 21 IN A TRADITIONAL SCOTTISH KILT AND WIN!**

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card.



**GET A FREE T-SHIRT**

The first 2000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

**START YOUR DAY WITH BAGPIPES**

Set off to the unique sounds of the MacChamberlain Highlanders pipe band.



**PHOBIANS**  
Athletics Club





**21.1K**  
**10K**  
**5K**

**R220 ENTRY FEE**

**R180 ENTRY FEE**

**R80 ENTRY FEE**

**MASELELO BOMA, HAMMANSKRAAL**

**BOSPLAAS WEST**

FOR MORE DETAILS: [WWW.MASELELOBOMA.CO.ZA/MARATHON2025](http://WWW.MASELELOBOMA.CO.ZA/MARATHON2025)

# CSIR ROAD RACE

**SATURDAY**

**18 OCTOBER 2025**

**POWERED BY BestMed**

## RUN AND WALK

**21.1 KM / 10 KM**  
06:00

**5 KM | 06:15**

**FREE T-SHIRTS** for the first 200 ONLINE Entries received in either the 10 km or 21.1 km races.

**LUCKY DRAW FOR ONLINE ENTRIES:**  
5 pairs of Nimbus or Kayano as prizes from Run a Way Sport. (Value is R4000 a pair)



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

**CSIR MAIN CAMPUS,  
MEIRING NAUDE ROAD,  
BRUMMERIA, PRETORIA**

**ENTRIES:** Online at [www.entryninja.com](http://www.entryninja.com)  
Close: Tuesday, 14 October 2025 at midnight

Entries also available at Run-A-Way Sport - 302 Freesia Street, Lynwood Ridge, 012 361 3733

**LATE ENTRIES** available at the CSIR on the following collection dates:  
Friday, 17 October 2025 from 14:00 – 18:00  
**DEBIT/CREDIT CARD PAYMENTS ONLY** (no cash accepted)

### ENTRY COLLECTIONS

Friday, 17 October 2025, CSIR South Gate, Meiring Naude Road, Brummeria from 14:00 - 18:00

Saturday, 18 October 2025, at CSIR North Gate, Meiring Naude Road, from 04:30 - 05:50

**RACE RESULTS:** [results.finishtime.co.za](http://results.finishtime.co.za)

### MEDALS

**GOLD** - All category winners and first man and first woman in the 5 km Fun Run

**SILVER** - Second place male and female in the 10 km and 21 km open categories

**BRONZE** - First 4 000 finishers within the cut-off time

**FREE ENTRY** for athletes aged 70 years and older on race day.

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE	MINIMUM AGE	START TIME	CUT OFF	PRIZE GIVING
<b>21.1 KM</b>	R200	R230	16 years	06:00	09:15	09:00
<b>10 KM</b>	R150	R180	14 years	06:00	08:00	09:00
<b>5 KM</b>	R60	R70		06:15		



aQuellé

25 Oct '25

AGN LEAGUE RACE



Discovery  
Vitality

Athletics  
Gauteng North

IRENE

# Irene Farm Race

with Discovery Vitality



## 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

## 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

- 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 22 October: Run-Away-Sport: 13:00 – 17:00
- Friday 24 October: Sportsmans Warehouse Centurion: 09:00 – 18:00
- Saturday 25 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!

## PRE-ENTRIES ONLY

- Pre-entries close on 21 October or when cap of 5000 is reached  
Online entries: [www.entryninja.com](http://www.entryninja.com)
- Sweat Shop Dunkeld: 011 325 2567
  - Run-Away-Sport: 012 361 3733
  - Tshwane Running Shop Sinoville: 076 929 7384
  - Sportsmans Warehouse Centurion: 012 361 3733
  - Sportsmans Warehouse Montana: 012 548 5131
  - Kloppers Castle Gate: 012 051 4200

## ENTRY FEES

Entry Fee	5km	10km	21.1km
	R 70	R 140	R 230
70+	FREE	FREE	FREE
Late Entries (14-69)	R 80	R 160	R 250

Entry fees exclude service charges



ARC Campus, Nellmapius Drive, Irene

**CITY**  
MARATHON



**YOUR CITY . YOUR RACE**

**60<sup>KM</sup> | 30<sup>KM</sup><sub>X2</sub> | 15<sup>KM</sup><sub>X4</sub>**  
**RELAY RELAY**

**+5KM FAMILY FUN WALK**



**DOWN TOWN RUN**

**16 DEC 2025**

**CHURCH SQUARE PRETORIA**

**ONLINE ENTRIES [ENTRYGEEK.COM](http://ENTRYGEEK.COM)**

For more Info- [www.city60marathon.com](http://www.city60marathon.com)



**SITHI 60 WENA O RENG!!!!**



*PHOTO CORNER*



Every Tuesday is braai time at the club house



Werner Liebenberg, Jaco van Tonder and Linley September in good spirit



It was Jenny Cairns's birthday and she brought cake for all. Here she is with former member Yolanda Oberholzer and her mother, Barbara Cairns



Balance van Vuuren, Zonah van Rensburg and Renette Prinsloo



Jurgens Prinsloo and Maryke Gradwell after completing the 10 km at the TUT race on Saturday



Jaap and Lucia Willemse at the TUT race



Ansie Breytenbach finishing the 21 km



A proud Mojaki Berand after completing his 21 km



Elsa Meyer also did the 21 km



Jaap Willemsse on the podium, 1<sup>st</sup> walker in the 10 km



Elsa Meyer was the 2<sup>nd</sup> female walker in the 21 km



Ansie Breytenbach was the 2<sup>nd</sup> female overall and the 1<sup>st</sup> GM in the 21 km



Sunday morning at Klapperkop



Always a bonus to see wildlife at Klapperkop