28 September 2026 38/26

EDITORIAL

Congratulations to Anneri le Roux for organising a very successful Chairman's Ball.

The Chamberlain's race this weekend is the next league race. We want to encourage our members to participate if possible. We are still on top of the log and we want to maintain the position. As usual, there will be something to eat afterwards. Participants will also stand a chance to win a pair of running shoes worth R4000.

IRENE FARM RACE

To work at our races is a great privilege. It is also an ideal opportunity for our new members to become part of the club activities and to show their loyalty to their new club. We therefore invite all our members to become part of the upcoming event on 31 October. It will be great to have you as part of the team. You will enjoy it. Family members are also welcome.

Please reply to this email to make yourself available.

Members working at the race will get R100 discount on their 2027 membership fee.

We require helpers in the following areas:

- Route marshals
- Parking marshals
- Handing out medals
- Handing out race packs (on the day before)
- Registrations
- Tog bags
- Race venue
- Water point helpers

Please take note that Irene members are not allowed to run the race on the day. It is our privilege to be the hosts on the day.

ACHIEVEMENTS

Congratulations to the following members who were on the podium during the week:

Ansie Breytenbach	1st Female – 60-69 – Hoka 21 km
Ansie Breytenbach	1st Female – 60-69 – Ford 21 km
Jaap Willemse	1st Male walker – Ford 10 km

PERSONAL ACHIEVEMENTS

Zelda Botes	PB 21 km

NEW MEMBERS

A warm welcome to the member who has 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 face as often as possible.

We would like to meet you personally and invite you to attend your first time trials as soon as possible.

Sigidikazi Petse

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 29 September is our Time Trials at the Club House. Please join us for our **17:30** start. Please note the Time Change for the change of season.
- Wednesday Evening run - Midweek Run from Echt Pierre Van Ryneveld at **17:30**
- Saturday Run – 3 October is the Chamberlains Classic Race at Phobians Club at **6:00**. Irene Backyard Ultra starting at the ARC from **6:00**
- Sunday Run – Sunday Social run starting from Irene Link at **6:00**

Mobility Mondays:

This Monday 28 September is Mobility Monday with Yolande at the Club House at 17:20.

Please bring your own mat, elastic band and weights.

Weekly Time Trials

Tuesday 29 September is our Time Trials at the Club House. Please join us at the Club House for our new **Spring start of 17:30**.
There is a 4km, 6km and 8km distance available.

Wednesday LSD Run

This Wednesday 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 there will be a Hills Training session at the Club starting at **17:30**.

Saturday Run

This Saturday 3 October is the Chamberlains Classic Race starting at Phobians Club, Lynnwood at 6:00. There is a 5km, 10km and 21km distance.

This Saturday is also the Irene Backyard Ultra held at the ARC grounds and starting at 6:00. Distances from 3 laps (of 6,7km) and more.

Sunday Social Run

This Sunday 4 October there will be a Sunday social run taking place from Irene Link at 6:00 for a 10km-20km distance.

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

TRAINING PROGRAMME

September 2026

IRENE ATHLETICS CLUB

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 - 30min I - 45min A - 75min	3 Speed Session W/U, Speed, C/D B - 6 x 300m I - 6 x 400m A - 8 x 400m	4 REST	5 **BROOKLYN ROAD RACE** 5km 10km 21km 33km **(LEAGUE RACE)** **SA X-COUNTRY CHAMPIONSHIPS**	6 **SOCIAL RUN** B - 60min I - 75min A - 90min
7 **Core & Strength Training** +/- 60min	8 **Time Trial W/U, TT, C/D** B - 4km I - 6km A - 8km	9 **SAPPI TUKS NIGHT RACE** 5km 10km	10 **Hill Repeats W/U, Hills, C/D** B - 6 x 300m I - 6 x 400m A - 8 x 400m	11 REST	12 **SPIRIT OF FLIGHT RACE** 5km 10km	13 **KIT KAT CASH N CARRY** 5km 10km 21km 42.2km
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 - 35min I - 50min A - 75min	17 Speed Session W/U, Speed, C/D B - 6 x 300m I - 6 x 400m A - 8 x 400m	18 REST	19 **EXXARO ROAD RACE** 5km 10km 21km	20 **SOCIAL RUN** B - 60min I - 75min A - 120min
21 **Core & Strength Training** +/- 60min	22 **Time Trial W/U, TT, C/D** B - 4km I - 6km A - 8km	23 **Midweek LSD W/U, LSD, C/D** B - 35min I - 50min A - 75min	24 **HOKA HALF MARATHON** 5km 10km 21km	25 REST	26 **FORD 3-in-1 ROAD RACE** 5km 10km 21km	27 **SOCIAL RUN** B - 60min I - 75min A - 120min
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 **Speed Session W/U, Speed, C/D** B - 6 x 300m I - 6 x 400m A - 8 x 500m	2 REST	3 **CHAMBERLAIN CLASSIC ROAD RACE** **(LEAGUE RACE)** 5km 10km 21km	4 **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.

It is September and everyone should be back on the road working towards a new goal. Whether it is a marathon or a 5km, join our sessions to get fit and into shape.
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:

Lawson	Kunzmann	28-Sep
Pierre	Du Bruyn	28-Sep
Olebogeng	Masenya	29-Sep
Evert	Potgieter	29-Sep
Tim	Houghting	01-Oct
Roger	Brown	01-Oct
Aletha	van den Bergh	01-Oct
Danielle	Gordon	01-Oct
Marchel	Dippenaar	02-Oct
Anje	de Kock	03-Oct
Robert	Atkinson	03-Oct
Wessie	van der Westhuizen	03-Oct
Andre	van der Merwe	04-Oct

BAR NEWS

There will be fires for those who want to braai.

THOUGHT FOR THE WEEK

Push yourself, because no one else is going to do it for you

NOTICE BOARD

IRENE FARM BACKYARD ULTRA 2026
NEW TO THE BACKYARD ULTRA CONCEPT?
Don't overthink it.
3 OCTOBER 2026
06.00 AM
RACE VILLAGE,
IRENE ATHLETIC CLUB HOUSE
ARC GROUNDS,
NELLMAPIUS ROAD
"Geniet dit!" It's like LEKKER

TSHWANE RIETONDALE PARK
87 VAN DER MERWE ST, RIETONDALE, PRETORIA, 0084

10 OCTOBER 2026

10KM RACE STARTS AT 07:00AM | **5KM** RACE STARTS AT 07:20AM

ONLINE ENTRIES: **WWW.DOEKONFLEEK.AFRICA :** CLOSING DATE: **27 SEPTEMBER 2026**

FOR MORE INFORMATION CONTACT: **082 744 5140**

COLLECTION OF RACE NUMBER : **08 & 09 OCTOBER 2026 | FROM 10:00AM - 17:00PM**

COLLECT AT THE RACE VENUE: RIETONDALE PARK | NO COLLECTION ON THE RACE DAY

ENTRY FEE:	10KM	5KM
70 years +	FREE	R150
Below 70 years -	R200	R150
Temporary Licences	R70	

10KM RUN

POSITION	OPEN	JUNIOR 14-19	40-49	50-59	60-69	70+
1	R25 000	R5 000	R5 000	R5 000	R5 000	R5 000
2	R15 000	R3 000	R3 000	R3 000	R3 000	R3 000
3	R7 000	R2 000	R2 000	R2 000	R2 000	R2 000
4	R6 000	R1 000				
5	R5 000	R500				

10KM WALK

POSITION	OPEN	40+
1	R5 000	R3 000
2	R3 000	R2 500
3	R2 000	R2 000

PRIZE GIVING TIME : 10:00AM | NO ENTRIES ON THE DAY

ASA ATHLETICS GAUTENG NORTH CITY OF TSHWANE DANVILLE DEVELOPMENT AC SMACPIX

CSIR ROAD RACE

SATURDAY

17 OCTOBER 2026

CONQUER THE TRAIL,OWN THE HILLS

Powered by bestMed medical scheme

RUN AND WALK

21.1 KM /10 KM
06:00

5 KM | 06:10

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

https://www.entryninja.com/events/83742-csir-2026

CSIR MAIN CAMPUS, MEIRINGNAUDE ROAD, BRUMMERIA, PRETORIA

ENTRIES: ONLINE AT WWW.ENTRYNINJA.COM

Open: Friday, 1 August 2026; **close:** Tuesday, 13 October 2026 at midnight

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

LATE ENTRIES: If not sold out, LATE ENTRIES available at the CSIR on the following collection dates Friday, 16 October 2026 from 14:00 – 18:00
DEBIT/CREDIT CARD PAYMENTS ONLY (no cash accepted)

ENTRY COLLECTIONS

Friday, 16 October 2026, CSIR South Gate, Meiring Naude Road, Brummeria from 14:00 - 18:00
Saturday, 17 October 2026, at CSIR North Gate, Meiring Naude Road, from 04:30 - 05:50

RACE RESULTS: HTTPS://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 4000 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
21.1 KM	R200	R230	16 years	06:00	09:15	09:00
10 KM	R150	R180	14 years	06:00	08:00	09:00
5 KM	R50	R60		06:10		

science, technology & innovation
Department: Science, Technology and Innovation
REPUBLIC OF SOUTH AFRICA

CSIR
Teaching lives through innovation

Powered by bestMed medical scheme

Athletics South Africa

Irene Primary School
YOU'RE INVITED
Moonlight
Fun Run/Walk
FRIDAY, 23 OCTOBER 2026
VENUE: Irene Primary School Sports Ground
RACE INFO: 5km & 8km – Race starts @18:00
ENTRY FEE: R100 adults & R50 children under 12
TICKETS: www.ticketpro.co.za
DOGGIES AND WHEELCHAIRS WELCOME!
@ no cost
CONTACT PERCY: communications@ireneprimary.co.za
Like and follow us on Facebook @Irene Primary School
Community • Fitness • Fun • Together

JACARANDA CITY MARATHON CHALLENGE 26
EARLY COMRADES & TWO OCEANS QUALIFIER
INCORPORATING AGN MARATHON CHAMPIONSHIP
24 OCTOBER 2026
5KM · 10KM · 21.1KM · 42.2KM
SOUTH AFRICA'S
LARGEST
MARATHON
IN 2025
Organised by:
FARANANI athletics club
Presented and Produced by:
sportsVendo
Sanctioned by:
INCORPORATING AGN MARATHON CHAMPIONSHIP
Athletics Gauteng North
Acknowledgement:
SMACPIX

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

PHOTO CORNER

Anneri le Roux finishing her Hoka 10 km race

Johan Nell

Liesel van Olst

Ansie Breytenbach

At the Hoka race: Ansie Breytenbach, Zelda Botes, Madelé Schoeman, Nadia Walters, Rendani Madou and Miné van Zyl

John Ellmore finishing his Ford race

Sheren Naidoo and Lucia Willemse

Philip Koornhof

Grazyna Koornhof

Janeska van Heerden

Carla Hartmann

Kobus Steinmann

Morné Saunders

A beautiful Sunday morning

Life is good