



29 September 2025 39/25

EDITORIAL

Members are invited once again to make use of the club facilities at the AGN races. Our caravan is unique. We invest a lot to ensure that our members get the best.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Ford race:

Anna Harris	2 nd Female – 50-59 – 10 km
Mike Gibbons	3 rd Male – 60+ - 10 km
Jaap Willemse	1 st Male walker – 10 km
Janine Rädcl	1 st Female walker – 10 km
Elsa Meyer	1 st Female walker – 21 km

REGISTRATIONS 2025

Another 3 new members 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 640 registered members compared to 548 at the same time last year.



Ane
Pieterse

Lourens
Kamfer

Simoné
van Vreden

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 30 September 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.
- Friday morning run – This will be an easy morning run starting at 5:00 from Echt, Lyttelton
- Saturday Event – Chamberlains Classic at Phobians Club starting at 6:00
- Sunday Social Run – Klapperkop Sunday Run starting at 6:00 from Plato Monument Park

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 Afternoon Sessions

This Thursday afternoon will be a Speed session for training at home in your own time.

Friday Morning Run

This Friday 3 October there will be an early morning easy run starting at 5:00 from Echt Coffee Shop in Lyttelton. All welcome. Distance covered will be from 8km-10km.

Saturday Run

This Saturday the 4 October is the Chamberlains Classic at Phobians Club starting at 6:00. There will be a 5km, 10km and 21km event. The Cara-Fun will be there to support you all.

Sunday Social Run

This Sunday's Social Run will be a Klapperkop Run starting at 6:00 from Plato Coffee Shop in Monument Park. 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
29 Sep - 5 Oct

Irene Athletics Club

SERIOUS about our fun
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
Speed Session (Self train)	Easy Run @ Echt Lyttelton 5:00 8 - km 10 ECHT	
Saturday	Sunday	
Chamberlain Classic @ Phobians Club 6:00 5 10km 21	Sunday Klapperkop Run @ Plato Monument Park 6:00 15 - km 20	

Join our community

IRENE TRAINING GROUP 2025

TRAINING PROGRAMME

September 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Core & Strength Training +/- 60min	2 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	3 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 75min	4 Speed Session W/U, Speed, C/D B - 6 x 300m I - 6 x 400m A - 8 x 400m	5 REST	6 BROOKLYN ROAD RACE 5km 10km 21km 33km	7 SOCIAL RUN B - 60min I - 75min A - 90min
8 Core & Strength Training +/- 60min	9 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	10 SAPPI TUKS NIGHT RACE 5km 10km	11 Hill Repeats W/U, Hills, C/D B - 6 x 300m I - 6 x 400m A - 8 x 400m	12 REST	13 SPIRIT OF FLIGHT RACE 5km 10km	14 SOCIAL RUN B - 60min I - 75min A - 90min
15 Core & Strength Training +/- 60min	16 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	17 Midweek LSD W/U, LSD, C/D B - 35min I - 50min A - 75min	18 Speed Session W/U, Speed, C/D B - 6 x 300m I - 6 x 400m A - 8 x 400m	19 REST	20 EXXARO ROAD RACE 5km 10km 21km	21 SOCIAL RUN B - 60min I - 75min A - 120min
22 Core & Strength Training +/- 60min	23 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	24 Midweek LSD W/U, LSD, C/D B - 35min I - 50min A - 75min	25 Hill Repeats W/U, Hills, C/D B - 6 x 300m I - 6 x 400m A - 8 x 500m	26 REST	27 FORD 3-in-1 ROAD RACE (LEAGUE RACE) 5km 10km 21km	28 SOCIAL RUN B - 60min I - 75min A - 120min
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 - 55min A - 75min	2 Speed Session W/U, Speed, C/D B - 6 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

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.

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

Please think of Marie van Dyk in your prayers. She is in hospital and not well.

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

Mariet	Louw	29-Sep
Kopano	Ndlazi	30-Sep
Roger	Brown	01-Oct
Aletha	Van den Bergh	01-Oct
Anjé	de Kock	03-Oct
Olivia	Mambane	03-Oct
Sam	Rolland	05-Oct
Zodwa	Xaba	05-Oct



BAR NEWS

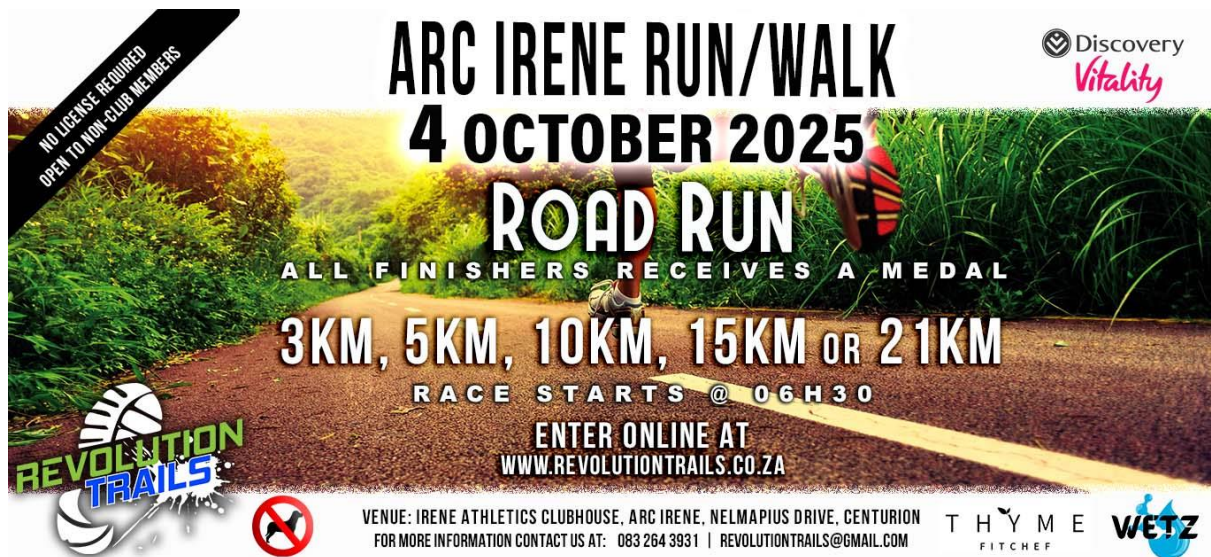
There will be fires for those who want to braai



THOUGHT FOR THE WEEK

It doesn't matter what you did or where you were...it matters where you are and what you're doing. Get out there! Sing the song in your heart and NEVER let anyone shut you up!!

NOTICE BOARD



ARC IRENE RUN/WALK
4 OCTOBER 2025
ROAD RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 06H30
ENTER ONLINE AT
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

THYME FITCHEF WETZ



ARC IRENE RUN/WALK
4 OCTOBER 2025
TRAIL RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 06H30
ENTER ONLINE AT
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THYME FITCHEF WETZ

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 21.1 km 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

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

CSIR MAIN CAMPUS,
MEIRING NAUDE ROAD,
BRUMMERIA, PRETORIA

ENTRIES: Online at 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

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
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	R60	R70		06:15		



aQuellé

25 Oct '25

AGN LEAGUE RACE



Discovery
Vitality

Athletics
Gauteng North

IRENE

Irene Farm Race

with Discovery Vitality



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!

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 21 October or when cap of 5000 is reached
Online entries: 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

TOM JENKINS LEAGUE RACE

31st Run/Walk Challenge

Run Series



with



ARCADIA
RUNNING CLUB



Saturday, 15 Nov 2025

FUN RUN 5KM | 06:15
10KM | 06:00
21.1KM | 06:00

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



The start of the Ford race on Saturday



Jaap Willemse, Dirk Neethling and Janine Rädcl at the start



Victor Phetoe



Carla Hartmann and Anna Harris having fun



Carla Hartmann was responsible for the food on Saturday. Thanks for a job well done.



Victor Phetoe, Nelius van Rooyen and Lyndsay Bull relaxing after their 21 km



Johan de Klerk is free of injuries these days



Waiting for the prizegiving to commence



Well done to Tania Thompson and Lynette Gough who did the Makgadikgadi Salt Pans Ultra 50 km in Botswana