



2 February 2026 5/26

EDITORIAL

A total of 154 Irene members participated in the first league race of the year on Saturday. Well done! It was an excellent start of the 2026 AGN league. Please take note that the ACE race on 7 February is the February league race. All members are encouraged to join again, runners and walkers of all paces will earn points. Food will be available for members at the caravan after the race.

IRENE RUNNING FESTIVAL

Please take note of the following with regards to our Irene Running Festival race that we will be presenting this year:

The date is 4 April (Easter weekend).

All the distances (5,10, 21 and 48) will be held on one day.

Due to the bio security measures at the ARC we had to move the venue.

The new venue will be on the Denel grounds.

Irene members will have the opportunity to run the 48 km on condition that they provide a non-member to work in their place on the day, no exceptions.

Irene members will not be allowed to run/walk any of the other distances.

We are facing a number of additional challenges this year and we therefore require the co-operation and support of all our members to ensure that we present a successful event once again.

It will be appreciated if you can start letting us know if you will be available to help on the day. Just reply to this email.

WHATSAPP GROUPS

Our WhatsApp Community is the main hub for all club communication — important updates, announcements and info will be shared there. The individual groups are for smaller, day-to-day chats and specific runs. To keep things simple and avoid confusion, many of the groups will be deleted as we move towards a more streamlined way of communicating. Please join the Community using this link so you don't miss any important updates: <https://chat.whatsapp.com/H6zux69tsSk16tBMVgGx8P> Thanks for helping us keep things organised!



ACHIEVEMENTS

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

Lisa Nell	1 st Female Jnr – 10 km
Melani Swart	1 st Female – 50-59 – 10 km
Anna Harris	2 nd Female – 50-59 – 10 km
Ansie Breytenbach	1 st Female – 60-69 – 10 km
Mike Gibbons	1 st Male – 70-79 – 10 km
Alan Hyson	2 nd Male – 70-79 – 10 km
Annatjie Greyvenstein	1 st Female – 80+ - 10 km
Janine Rädell	1 st Female walker – 10 km
Retha Knoetze	2 nd Female walker – 10 km
Jaap Willemse	2 nd Male walker – 10 km
Noel Banda	2 nd Male – 60-69 – 21 km
Elsa Meyer	1 st Female walker – 21 km
Tania Thompson	2 nd Female walker – 21 km

PERSONAL ACHIEVEMENTS

Magda Brits	PB 21 km
Elisna Houy	PB 21 km
Louisa Spangenberg	PB 21 km
Zelna Botes	PB 10 km

Well done!

Please let us know by WhatsApp or email about your achievements, don't be shy.

NEW MEMBERS

A warm welcome to the members who have joined Irene AC for the first time. 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 your first time trials as soon as possible.



Ciara
Mannion

Helene
Page-Shipp

Regina
Tjanadi

Thandu
Hlophe

SOCIAL EVENING



Bring your picnic blanket. Food will be served. First come first served.

CAPTAIN'S CORNER

Please diarize the following important dates:

- Mobility Monday sessions – Starting 3 February at 17:30 at the Club House
- Club Time Trials – Tuesday 3 February 2026 is our Time Trial and Social Evening. Please join us at the Clubhouse at 17:20 To catch up and the run starts at 17:30
- Club Social – Tuesday 3 February is our Valentines Picnic at the Club House after the Time Trial
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Saturday Event – ACE League race starting at Eersterus Stadium at 6:00.
- Sunday Social Run – Castle Gate Centre at 5:30
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumlanga. 27-29 March 2026**

TRAINING CAMP AT ELANDSKLOOF TROUT FARM, MPUMALANGA 27-29 March 2026

This year we are planning a Training Camp weekend for the whole family at Elandskloof Trout Farm, close to Dullstroom in Mpumalanga.

GPS Coordinates:

S25°31'35.0''

E30°7'64.5''

Altitude 1900m

The Program for the weekend will entail training for all walkers and runners and include social and fun activities.

Please note: This venue is not in Dullstroom Town , but on the Elandskloof Trout Farm approximately 14km before Dullstroom on route the R540 between Belfast and Dullstroom. The training routes for the weekend will be on gravel roads and there will be Trail route options on the farm for those interested in Trail Running.

Outline of the Program for the weekend:

- Friday: Arrive at own time. Food is available for purchase with pre-booking or alternatively self-catering.

Meet and Greet/Weekend brief and Ice breaker in the evening at **19:30** in the **Function Lapa.**

- Saturday: The morning will entail a Training session varying from 5km-30km on District gravel roads and Trail running options on the farm's Trail routes varying from 5-20km.
Afternoon – Stretch out session followed by a Team building Fun activity.
Evening – Braai, bring your own or be catered for by pre-booking.
- Sunday: Morning Training session with various distances offered varying from 5km-20km.
Brunch after the Training session for purchase or self-catering.
Check out 10:00

Please see other activities available on the Farm's website at elandskloof.co.za and book accommodation with **discount code: IAC2026**

We are looking forward to seeing you at the training Weekend, so make sure you secure your spot timeously!

Mobility Mondays

This Monday 2 February we will be starting with Mobility sessions at the Clubhouse with Yolande. Start time is 17:30. Please come and enjoy this session with her.

Weekly Time Trials

Tuesday 3 February 2026 is our Time Trial and Social at the Club House. Please join us for a feedback and information session at 17:20 and the run will start at 17:30. Remember to wear pink or red and enjoy the fun on the route.

There is a 4km, 6km and 8km distance available. Please stay for the Valentines Picnic after the Time Trial and enjoy the evening under candlelit skies. There may also be some prizes for best dressed and most romantic couple.

Wednesday LSD Run

This Wednesday is our midweek run starting from Echt Coffee Shop in Pierre Van Ryneveld at 17:30. Distance covered will be 8k to 15km.

Thursday Training Session

This Thursday will be a Hills Training session at 17:30 at the Club House.

Saturday Run

This Saturday is the ACE League Race starting at Eersterust Sports Stadium at 6:00. There will be a 5km, 10km and 21km event.

Sunday Social Run

This Sunday's Social run will start from Castle Gate at 5:30 and will include distances from 10km – 20km.

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

Week
2 Feb - 8 Feb

Irene Athletics Club

SERIOUS about our **run** irene

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Mobility Monday with Yolande @ Club House 17:30	Time Trials & Social @ Club House 17:30 4km, 6km, 8km	ECHT Midweek LSD Run @ Echt PvR 17:30 8km-15km
Thursday	Friday	For More Information Lindsay 072 2135094 Jacqueline 073 8870757
Speed Hills Session @ Club House 17:30	Mobility Friday	
Saturday	Sunday	
ACE League Race Eersterust Stadium @ 6:00 5km, 10km, 21km	Sunday Social Run Castle Gate Centre @ 5:30 10km-20km	

Join our community

QR CODE:

REST AND RECHARGE

TRAINING PROGRAMME

February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31 INTERCARE CLASSIC ROAD RACE 5km 10km 21.1km	1 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
2 Core & Strength Training +/- 60min	3 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	4 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	5 Hill Repeats W/U, Hills, C/D J - 10 x 60m B - 6 x 150m I - 6 x 250m A - 4 x 400m	6 Mobility Fridays	7 ACE RACE (LEAGUE RACE) 5km 10km 21.1km	8 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
9 Core & Strength Training +/- 60min	10 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	11 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	12 Speed Session W/U, Speed, C/D J - 6 x 100m B - 6 x 150m I - 5 x 300m A - 3 x 400m + 1 x 200m	13 Mobility Fridays	14 TUKS RACE (21km CLUB CHAMPS) 5km 10km 21.1km	15 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
16 Core & Strength Training +/- 60min	17 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	18 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	19 Hill Repeats W/U, Hills, C/D J - 10 x 80m B - 10 x 200m I - 8 x 200m A - 4 x 300m + 2 x 200m	20 Mobility Fridays	21 Long Run Run, CD B - 45min I - 75min A - 90min	22 BALWIN PRETORIA MARATHON 5km 10km 21.1km 42.2km
23 Core & Strength Training +/- 60min	24 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	25 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	26 Speed Session W/U, Speed, C/D J - 6 x 60m B - 6 x 100m I - 4 x 200m A - 3 x 400m + 2 x 150m	27 Mobility Fridays	28 SUNRISE MONSTER RACE 5km 10km 21.1km 32km	1 Sunday Long Run Run, CD B - 60min I - 90min A - 120min

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. If you are targeting the Akasia or other marathon in January or early February, then we presume you have already built up a good base. Should you not be properly prepared for a January marathon, then don't stress; there is still plenty of time to work up to and achieve a qualifier. 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 2026.

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 4h53 minutes	Vic Clapham Medal :	8km : Sub 52 minutes 21.1km : Sub 2h18 minutes 42.2km : Sub 4h50 minutes
WU :	Warm Up - Easy Jog	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
C/D :	Cool Down - Easy Jog	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
LSD :	Long Slow Distance, 55% - 65% of Max HR				
Min :	Minutes (Time not Distance)				
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				

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


CLUB AWAY WEEKEND


RUN THE DISTANCE – Irene Training Camp



Join us for an unforgettable weekend of running and good vibes at Elandskloof Trout Farm, Dullstroom

 27–29 March 2026

Whether you're building endurance, chasing mountains, or just keen for a solid running escape — this is for you.

 Book now and use discount code IAC2026

 www.elandskloof.co.za

  Let's run the distance together.



RUN THE DISTANCE
IRENE TRAINING CAMP
27-29 MARCH '26
ELANDSKLOOF TROUT FRAM
DULLSTROOM

Book now using the
discount code
IAC2026

 **SCAN HERE**

SERIOUS
about our
run
irene

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

Nico	van Niekerk	02-Feb
Conrad	van den Berg	03-Feb
Casper	Strydom	04-Feb
Nicole	Buyskes	04-Feb
Liam	Landman	05-Feb
Theuns	Willemse	05-Feb
Lorraine	Perumaul	06-Feb
Bernice	de Witt	07-Feb
Christopher	Van Wyk	07-Feb
Blanche	Van Vuuren	08-Feb



BAR NEWS



Come and enjoy our social evening. Bring your picnic blankets.

THOUGHT FOR THE WEEK



NOTICE BOARD



Discovery Vitality

7 February 2026

ARC IRENE ROAD RUN

3KM | 5KM | 10KM | 15KM | 21KM

REGISTRATION OPENS @ 05H45
RACE STARTS @ 06H30
OR REGISTER & START BETWEEN 06H30 TILL 08H00

Finisher medals

Venue: Irene Athletics Clubhouse | ARC Irene Grounds | Centurion | Gauteng
ENTER AT WWW.REVOLUTIONTRAILS.CO.ZA | WHATSAPP: 083 264 3931

The poster features a woman in athletic wear running on a dirt path through a sunlit forest. It includes logos for Discovery Vitality and Revolution Trails, a 'no dogs' symbol, and details about the race date, distances, registration, and venue.



Discovery Vitality

7 February 2026

ARC IRENE TRAIL RUN

3KM | 5KM | 10KM | 15KM | 21KM

REGISTRATION OPENS @ 05H45
RACE STARTS @ 06H30
OR REGISTER & START BETWEEN 06H30 TILL 08H00

Finisher medals

Venue: Irene Athletics Clubhouse | ARC Irene Grounds | Centurion | Gauteng
ENTER AT WWW.REVOLUTIONTRAILS.CO.ZA | WHATSAPP: 083 264 3931

The poster features a man in athletic wear running on a dirt path through a forest. It includes logos for Discovery Vitality and Revolution Trails, a 'no dogs' symbol, and details about the race date, distances, registration, and venue.



Athletics
Gauteng North
**LEAGUE
RACE**

2025

ATHLETICS CLUB EERSTERUST
RACE

**STARTING
TIMES**

06:00 - 21.1KM
06:00 - 10KM
06:10 - 5KM

**EERSTERUST
SPORTS STADIUM**

**SATURDAY
07th
FEBRUARY
2026**

TEMPORARY
LICENSE **R70**

**5KM
R60**

**10KM
R170**

**21.1KM
R220**

**70+ ENTRY
FREE**



MODERN
CENTRIC
EMPOWERING THE OTHER



TICKETS ARE ALSO AVAILABLE AT **Pick n Pay** EERSTERUST

IN MEMORY OF **JOHN Noble** & **ETTIE Hartell**

Missed the first league race (Intercare Classic @ Castle Gate)?

Good news...Round 2 is here this weekend! 🏃🏻‍♂️

Let's pitch up again, paint Eersterust blue 🇿🇦 and maximise those league points 😎💪

📅 Saturday, 7 February 2026

📄 Online entries close:

➡️ Tuesday, 3 February 2026

Don't want to rely on a late entry? Reach out to a member to get you entered online.

⚠️ Late entries:

Available at the venue, closes 15 minutes before the start 😬

Over 70?

🆓 FREE entry! 🏠

🏃 Distances: 5km | 10km | 21km

🚗 Cara-fun on site

* Safe storage for valuables

* Morning snack included

* Refreshments available (cash only)

We can't wait to see you all again this Saturday 💪😎

Serious about fun 🇿🇦

#SappiTuksRace

sappi

TuksRace

PRETORIA'S MOST LOVED RACE

SATURDAY

14 Feb 2026

Walk/Run 1km, 5km, 10km or 21.1km

Hillcrest Sports Campus



QR code to online entries



TuksSport



BOBBIES 3-IN1 SLUMBERLAND ROAD RACE



ON 7TH
MARCH
2026

DOUBLE BED
UP FOR GRABS:
ONLINE
ENTRIES ONLY

MAYVILLE MALL
CNR VAN
RENSBURG STR &
NIENABER AVE,
MAYVILLE,
PRETORIA

ENTRY FEE:
21Km - R 230
10Km - R 190
5Km - R 50
TEMPORARY
LICENSE - R 70

STARTING
21Km & 10Km - 06:00
5Km - 06:30

7.03

BOBBIES 3-IN-1 SLUMBERLAND ROAD RACE 2026

30th

Taking It Back Home!


Sunnypark
SHOPPING CENTRE


Athletics
Gauteng North

RIGHT  **RUN WALK**

21 March 2026

21.1km & 10km 06:00

... and the **5km 06:20**

Proudly brought to you by

 **ARCADIA**
RUNNING CLUB



Goodie bags & T-shirts to the
1st 500 online entrants

URL & QR code to online entries Right to Run/Walk
<https://www.entryninja.com/events/83361-right-to-run>


GENESIS
NUTRITIONAL PRODUCTS


NISSANGEZINA
012 404 0000

aQuellé



Entry fees
21.1km R250
10km R180
5km R100

Temporary Licences R70
These entry fees exclude
service charges

ENQUIRIES

RACE OFFICE:

James 082 566 1595

Paul 082 200 4219



EXCLUSIVE BEAST
RACE SHIRT
R180

verkruin
ATLETIEKLUB
**BEAST
RACE**



5KM | 15KM | 32KM

28 MARCH 2026

15KM & 32 KM 06:00 | 5KM FUN RUN 06:15

HOËRSKOOI OVERKRUIN
127 BRAAM PRETORIUS
STREET SINOVILLE

ENTRY FEES:
5 KM R70
15KM R220
32KM R280
TEMPORARY LICENSE FEES: R70
SECURE SCHOOL PARKING R30



ENTER NOW!

1. Online entries: <https://www.entryninja.com/events/83298-overkruin> until 24 March 2026
Online entries can be collected on 25 March 2026 at at Run a Way Sport
27 & 28 March 2026 at Hoërskool Ovekruin sports grounds.
No Temp license is required for the 5km.
2. Run-A-Way sport, 302 Freesia str, Lynnwood, Pretoria (Tel: 012 361 3733) until 27 March 2026
3. Tshwane Running, shop 192 Vinko str, Sinoville, Pretoria (Tel: 076 929 7384) until 27 March 2026
4. Hoërskool Overkruin Lapa on main sport fields on 27 March 2026 from 15:00 - 18:00
5. On race day at Hoërskool Overkruin Lapa on main sport fields on 28 March 2026 from 04:30 – 06:00



ENTRIES CAPPED AT 3500



IRENE RUNNING FESTIVAL

5 KM | 10 KM | 21 KM | 48 KM

**DENEL
DYNAMICS**
NELLMAPIUS DRIVE
IRENE

04
APRIL

**COMRADES
QUALIFER
21.1 KM AGN
CHAMPIONSHIPS**

ONLINE ENTRIES

www.entryninja.com
Limited to 5000 entries

*Ideal seeding opportunity.
Qualifying time is 5 hours 50
minutes
Mat to mat timing*

48 km - Mat to mat timing
10/21 km - Gun to mat timing

063 451 3961
info@irenerunner.co.za

THE GREEN MILE ROAD RACE — 2026 —

**TROPHIES AND PRIZE MONEY
TO ALL CATEGORY WINNERS**

**Distances: 4 - 8 - 16 Miles &
Athletics Gauteng North – 1 Mile Championships**



Official 2026 Athletics Gauteng North League Race



11 APRIL 26



**06H00:
SPORT PARK
SPORTS ROAD
LYTTELTON MANOR
CENTURION**

aQuellé



The Mile for Life



GREEN MILE
The Mile for Life

CHRIS · 082 785 8792
SHAUN · 083 417 5586
JAN-HENDRIK · 072 953 1808

PHOTO CORNER



It was a beehive of activities at the club gazebos on Saturday. Thank you to all our members who made use of the facilities.



Thank you to Carla Hartmann who organised the snacks



Everybody having a good time



Fanie and Estien van Wyngaard, Amanda de Beer, Sandra Pretorius and Ilana Marais



A few of our walking ladies, Letha Kotze, Mariet Louw, Fia Coetzee and Janine Rädcl



Derek Oldnall, Mike Gibbons, Alan Hyson and Gerald Hartmann



Mo Kudumela, Linky Makgahlela, Annatjie Greyvenstein and Lucia Willemse



Zona Janse van Rensburg, Lahni and Mikael Alberts and Suzanne Casey



Henry and Uida Enslin with Magda Willcox



Adele Rogers and Aloïse Boshoff



Noel Banda, Joseph Moagi and Lenin Sithole



Tony and Mignon Makris with André Gerber



Neël Swanepoel, Eujan Snyman with Ané and Reghardt Pieterse



Kgabo Diangoane



Estrolita Lawrence



Aobakwe Modisakeng enjoying a cup of coffee



A new face on the podium. Well done Lisa Nell



Double podium for the elders. Well done to Mike Gibbons and Alan Hyson



Another double! Well done to Anna Harris and Melani Swart



A clean sweep for our lady walkers in the 10 km. Retha Knoetze and Janine Rädcl



Noel Banda improved on his podium position from last week



A clean sweep also in the 21 km walk. Tania Thompson and Elsa Meyer



Our German member Holger Hedelt did the 50km Rodgau Ultra on Saturday