



IRENE NEWS

2 March 2026 9/26

EDITORIAL

Please be reminded once again that all members must wear BLACK shorts/pants when participating in official races. No other colour is allowed.

The Bobbies race coming up this Saturday is the next league race. There will be something to eat for all members at the Cara-Fun and you will stand a chance to win a pair of running shoes if you participate.

ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

Ansie Breytenbach	1 st Female 60-69 – Sunrise Monster 10 km
Mark Richardson	1 st Male walker 60-69 – Sunrise Monster 10 km
Karin-Marie van Niekerk	1 st Female walker – Elands – 42 km
Letha Kotze	2 nd Female walker – Elands 21 km

PERSONAL ACHIEVEMENTS

Magda Brits	PB 42 km
Estien van Wyngaard	PB 21 km
Londani Shiri	PB 42 km
Karin-Marie van Niekerk	First Marathon

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.



Emilio
Duvenhage

Goodman
Mbonambi

Irene
Boyazoglu

Jane
Mosathupa

Michaela
Badenhorst

SOCIAL EVENING



We've trained the legs.
Now it's time to train the brains 🧠🔥

Quiz Night is coming in HOT – 3 March, 18:30 at the IAC Clubhouse.

What's up for grabs?

🏆 1st, 2nd & 3rd place prizes

🌟 Best Dressed (theme it, own it, commit to the chaos)

🎉 Team Spirit Prize – we want vibes louder than race-day gees

🎵 Rounds on music, general knowledge & running trivia (yes, your marathon stats finally matter)

Teams of 4–6.

Don't have a full team? No stress — we'll draft you into one on the night. No runner left behind. Friendships may form. Rivalries definitely will.

Let's see who's fast... and who's actually smart. 🏃🧠

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 3 March 2026 is our Time Trials and Social. Please join us at the Clubhouse at 17:20 for an information session followed by our run at 17:30. Quiz night social will follow
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre van Ryneveld at 17:30.
- Saturday Event – Bobbies 3 in 1 at Mayville Mall at 6:00
- Sunday Social Run – Social run starting from Castle Gate at 6:00
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumalanga. 27-29 March 2026**

Weekly Time Trials

Tuesday 3 March 2026 is our Time Trials at the Clubhouse and our Social. Please join us at 17:20 for an information session followed by our run at 17:30.

There is a 4km, 6km and 8km distance available.

Our social is a quiz night so please join us for a fun night.

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 5km, 10km or 15km

Thursday Training Session

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

Saturday Run

This Saturday 7 March 2026 is the Bobbies 3 in 1 starting at Mayville Mall at 6:00. There is a 5km, 10km and 21km distance available.

Sunday Social Run

This Sundays Social Run will start from Castle Gate at 6:00. Distance covered will be from 8km-18km.

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 Mar - 8 Mar

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Mobility Monday
with Yolande
@ Club House
17:30

Tuesday

Time Trials and Social
@ Club House
17:30
4km, 6km, 8km

Wednesday

ECHT
Midweek LSD Run
@ Echt PvR
17:30
5km-15km

Thursday

Hills Training Session
@ Club House
17:30

Friday



Mobility
Friday

For More
Information

Lindsay
072 2135094
Jacqueline
073 8870757



Saturday

Bobbies 3 in 1
@ Mayville Mall
6:00
5km, 10km, 21km

Sunday

Sunday Social Run
@ Castle Gate
6:00
5km-18km



TRAINING PROGRAMME

March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 - 45min I - 60min A - 75min	5 Hill Repeats W/U, Hills, C/D J - 8 x 50m + 2 x 100m B - 6 x 150m I - 6 x 300m A - 3 x 400m + 1 x 300m	6 MOBILITY FRIDAYS	7 PRETORIA BOBBIES 3-IN-1 (LEAGUE RACE) 5km 10km 21.1km	8 Sunday Long Run Run, CD B - 60min I - 90min A - 150min
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 - 45min I - 60min A - 75min	12 Speed Session W/U, Speed, C/D J - 8 x 100m B - 8 x 120m I - 6 x 300m A - 2 x 400m + 2 x 300m	13 MOBILITY FRIDAYS	14 THE MOOSE ROAD RACE 5km 10km 21.1km	15 Sunday Long Run Run, CD B - 60min I - 90min A - 150min
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 - 45min I - 60min A - 75min	19 Hill Repeats W/U, Hills, C/D J - 8 x 50m B - 6 x 100m I - 5 x 200m A - 3 x 300m	20 MOBILITY FRIDAYS	21 RIGHT TO RUN SUNNYPARK 5km 10km 21.1km	22 IRENE RUNNING FESTIVAL 48km
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 - 45min I - 60min A - 75min	26 Speed Session W/U, Speed, C/D J - 10 x 80m B - 6 x 100m I - 4 x 200m + 2 x 100m A - 3 x 200m + 2 x 120m	27 MOBILITY FRIDAYS	28 OVERKRUIM BEAST 5km 15km 32km	29 Sunday Long Run Run, CD B - 60min I - 90min A - 150min

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.


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 4h53 minutes	Vic Clapham Medal : 8km: Sub 52 minutes 21.1km: Sub 2h18 minutes 42.2km: Sub 4h50 minutes
W/U : 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:

Lorraine	Hawker	02-Mar
Musa	Nkosi	02-Mar
Monique	Victor	03-Mar
Joseph	Ndou	03-Mar
Madré	Buitendag	07-Mar
Miemie	Nel	07-Mar
Markus	van der Westhuizen	08-Mar
Ricus	Nothnagel	08-Mar
Adriaan	Botha	08-Mar

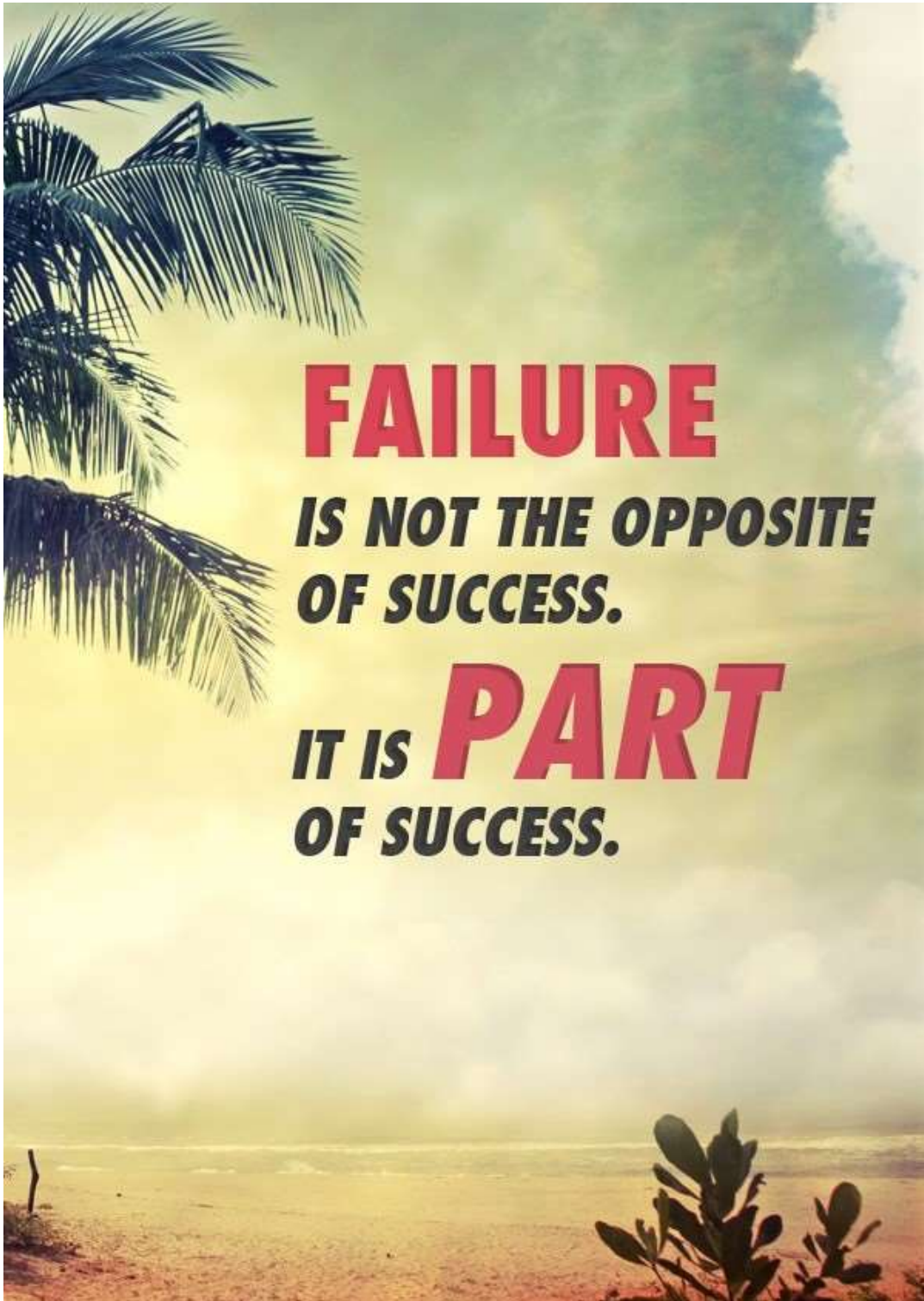


BAR NEWS



Social evening

THOUGHT FOR THE WEEK



FAILURE

**IS NOT THE OPPOSITE
OF SUCCESS.**

**IT IS PART
OF SUCCESS.**

NOTICE BOARD



Discovery
Vitality

7 MARCH 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

REVOLUTION TRAILS

The poster features a woman in athletic wear running on a paved road through a green, hilly landscape. The background is bright and sunny. The text is overlaid on a dark green circular graphic.



Discovery
Vitality

7 MARCH 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

REVOLUTION TRAILS

The poster features a man in athletic wear running on a dirt trail through a forest. The background is a dense forest with sunlight filtering through the trees. The text is overlaid on a dark green circular graphic.

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



5km | 10km | 21.1km

THE MOOO'SE ROAD RACE

Saturday, 14 March '26 06h00-09h30

Online entries at www.entryninja.com

Online entries Close Tuesday, 10 March 2026



IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET

30th

Taking It Back Home!



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>



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



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 ATHLETICS CLUB

IRENE RUNNING FESTIVAL

5 KM | 10 KM | 21 KM | 48 KM

DENEL DYNAMICS
NELLMAPIUS DRIVE
IRENE

All races on Saturday

04
APRIL

COMRADES QUALIFER
21.1 KM AGN CHAMPIONSHIPS

ONLINE ENTRIES

www.entryninja.com
Limited to 5000 entries

*Ideal seeding opportunity.
Qualifying time is 05:59:59*

Mat to mat timing

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



Early morning at the Sunrise Monster



A few more faces this time



Linky Makgahlela arrived just in time



At the start of the 10 km race: Pieter Pretorius, Mark Richardson, Chris van Wyk, Yolande Pietersen and Ansie Breytenbach



Fun at the start, Wilna Meiring, Adele Rogers, Anneri le Roux and Madré Buitendag



Estie Visser, Yolande van Staden, Anneri le Roux, Wilna Meiring and Madré Buitendag



Rikus van Staden is on his way



Estie Visser finishing her race



Happiness is a medal after the Monster. Mahlodi Mothapo, Zodwa Xaba, Goretti Ingabire and Deborah Arendse



Good to see Mark Richardson on the podium again



Ansie Breytenbach



Anna Harris with Rob and Belinda Hudson at the Cango 21, Oudtshoorn



Estien van Wyngaard, Letha Kotze and Annatjie Greyvenstein at the start of the Elands 21 km



Letha finished on the podium



Mphathiseni Maungedzo at the start of the Elands 42 km



Magda Brits hiding between the masses at the start. She finished with a PB on the Marathon



Well done to Karin-Marie van Niekerk with her first Marathon and 1st place on the podium



Londani Shiri did his PB at the Elands 42 km



At the start of the Cape Gate Vaal Marathon on Sunday: Henry Enslin, Heimar Beukes, Krysten Smithers, Dillon Wheatcroft and Alex Elsworth