2 November 2026 43/26

EDITORIAL

Thank you to all our members who contributed towards a very successful race on Saturday. You did an excellent job and did us proud. We want to thank the race committee for organising a fantastic event. The 5119 entries proved once again the popularity of this race.

We are grateful to our neighbours for allowing us to run through their premises to make this race a unique experience.

Many thanks to our sponsor, Discovery Vitality. Working with them remains a special experience. We also want to thank Aquelle for their contribution.

One negative aspect was the fact that despite many requests to oor members not to participate in the race, a number of members ignored it and proudly took part. **Shame on you**.

The Oppiebol race this weekend is our next league race. Please be there in numbers if possible. As always there will be something to eat. One participant also stands a chance to wil a pair of running shoes worth R4000

ANNUAL GENERAL MEETING

Please be reminded that the Annual General Meeting of Irene Athletics Club will take place in the Lapa at the club house on Tuesday, 10 November 2025 at 18:30.

Nominations for committee members will be accepted until 3 November.

PERSONAL ACHIEVEMENTS

Congratulations to Jaap Willemse who broke the Free State age category record in the 5000 meter walk.

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 3 November is our Time Trials at the Club House. Please join us for our **17:30** start.
- Wednesday **MORNING** Run - Midweek Run from Echt Pierre Van Ryneveld at **5:30**
- Saturday Run – Tshwane Oppie Bol from Defence Sports Grounds, Thaba Tshwane at **6:00**
- Sunday Run – Social Run from Irene Link at **6:00**

Mobility Mondays:

This Monday 2 November is Mobility Monday with Yolande at the Club House at 17:20.

Please bring your own mat, elastic band and weights.

Tuesday Weekly Time Trials

Tuesday 3 November is our Time Trials at the Club House. Please join us at the Club House for a 17:30 start.
There is a 4km, 6km and 8km distance available.

Wednesday LSD MORNING Run

This Wednesday 4 November is our midweek run starting at Echt Coffee Shop in Pierre Van Ryneveld at **5:30.** Distance will be 5km-10km. Please note this is a morning run due to the Public Holiday

Thursday Training Session

This Thursday 29 October is a Speed Training Session at the Club House at **17:30.**

Saturday Run

This Saturday 7 November is the Tshwane Oppie Bol Race held at the Defence Sports Ground at Thaba Tshwane. Start is at 6:00 and there will be a 1.6km, 5km, 10km and 21km route. **It is the next league race.**

Kaapsehoop Marathon will be taking place this Saturday. Good luck to all running, enjoy the day and route and may your goals for the run become reality.

Sunday Run

This Sunday 8 November we will be having a social run starting at Irene Link. Start will be at **6:00** and distance will be 5km-10km.

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

November 2026

IRENE ATHLETICS CLUB

November month calendar

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
engthng +/- 60min	27 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	28 **Midweek LSD** **W/U, LSD, C/D** B - 45min I - 60min A - 90min	29 **Speed Session** **W/U, Speed, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	30 **REST**	31 **IRENE FARM RACE** **5km** **10km** **21.1km**	1 **SOCIAL RUN** B - 45min I - 45min A - 60min
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 - 30min A - 30min	5 **Hill Repeats** **W/U, Hills, C/D** B - 6 x 200m I - 6 x 300m A - 6 x 400m	6 **REST**	7 **TSHWANE OPPIE BOL (LEAGUE RACE)** **KAAPSEHOOP MARATHON** **5km**	8 **SOCIAL RUN** B - 45min I - 45min A - 60min
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 - 30min A - 30min	12 **Easy Run**	13 **REST**	14 **TOM JENKINS CHALLENGE** 5km 10km 21km	15 **SOCIAL RUN** B - 45min I - 45min A - 60min
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 - 30min A - 30min	19 **Easy Run**	20 **REST**	21 **MULLER POTGIETER RACE** 5km 10km 21km	22 **SOCIAL RUN** B - 45min I - 45min A - 60min
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 - 30min A - 30min	26 **Easy Run**	27 **REST**	28 **IRENE CLUB YEAR-END FUNCTION**	29 **SOCIAL RUN** B - 45min 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 is the final month of training for 2025. Most of you will either already completed your marathon, or perhaps the big race is still looming. This month is all about tapering and getting yourself ready for your big race. Rest, eat well and stay healthy before your big race. 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

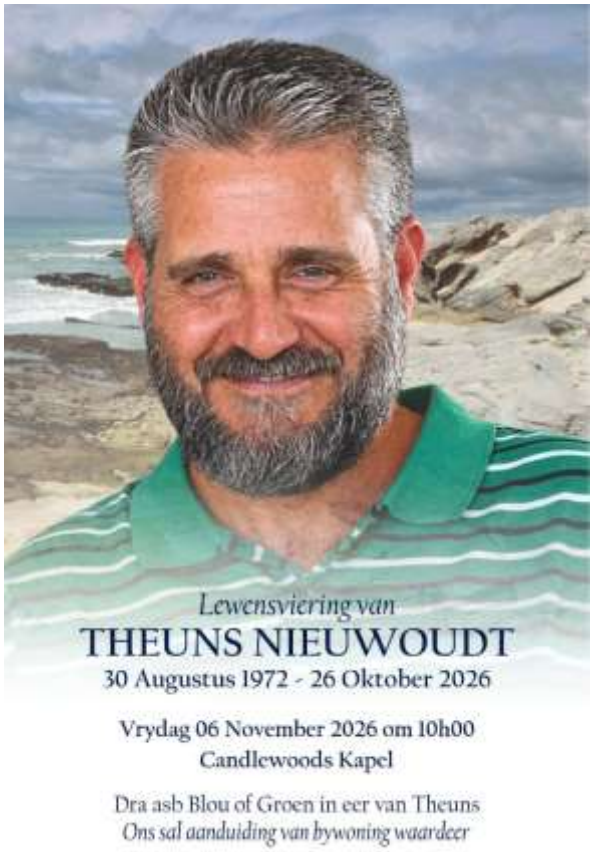
Congratulations to the following members who celebrate their birthdays during the week:

Carli	Enslin	02-Nov
Christea	Janse van Vuuren	03-Nov
Sharon	Booyens	04-Nov
Tshepo	Molabe	04-Nov
Kanyinsola	Fatunla	04-Nov
Johan	Engelbrecht	05-Nov
Derick	Stokes	05-Nov
Francois	Bester	05-Nov
John	Tadman	05-Nov
Francois	Thiebaut	05-Nov
Aubrey	Naidoo	07-Nov
Roxanne	Wiggins	07-Nov
Anneri	le Roux	08-Nov
Sizo	Mzizi	08-Nov
Lefa	Makokotlela	08-Nov

IN MEMORIUM

Our condolences to the family of Theuns Nieuwoudt, our Cara-Fun caretaker who passed away last Monday. Theuns played a vital role every weekend at the AGN races to ensure that our members could enjoy their races without worrying about their belongings.

Hope to see you at this celebration of life on Friday.



BAR NEWS

There will be fires for those who want to braai

THOUGHT FOR THE WEEK

Kindness is a language which the blind can see and the deaf can hear.

NOTICE BOARD

Discovery
Vitality
REVOLUTION TRAILS
7 NOVEMBER'26
ARC IRENE
ROAD RUN
3KM | 5KM | 10KM | 15KM | 21KM
Finisher medals
REGISTRATION OPENS @ 05H40
RACE STARTS @ 06H30
OR REGISTER & START BETWEEN 06H30 TILL 07H30
Venue: Irene Athletics Clubhouse | ARC Irene Grounds | Centurion| Gauteng
ENTER AT WWW.REVOLUTIONTRAILS.CO.ZA | WHATSAPP: 083 264 3931

Discovery
Vitality
REVOLUTION TRAILS
7 NOVEMBER'26
ARC IRENE
TRAIL RUN
3KM | 5KM | 10KM | 15KM | 21KM
Finisher medals
REGISTRATION OPENS @ 05H40
RACE STARTS @ 06H30
OR REGISTER & START BETWEEN 06H30 TILL 07H30
Venue: Irene Athletics Clubhouse | ARC Irene Grounds | Centurion| Gauteng
ENTER AT WWW.REVOLUTIONTRAILS.CO.ZA | WHATSAPP: 083 264 3931

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

YEAR-END FUNCTION

PHOTO CORNER

We received some lovely race photos from Smacpix taken on Saturday morning that we want to share with you. Enjoy!

aQuellé
IRENE

FINISH

START

START
Discovery
Vitality

Collections on Friday

Another “shift” ensuring that the collections went smoothly

Emile Myburgh and his team manned a Coke only water point

Carla and her team had a different spot this year

Yolande Bezuidenhout (centre) organized a very successful water point

Alma Wasserfall and her Sterkspan manned their water point once again

At Wolwespruit on Sunday morning