



*30 June 2025 26/25*

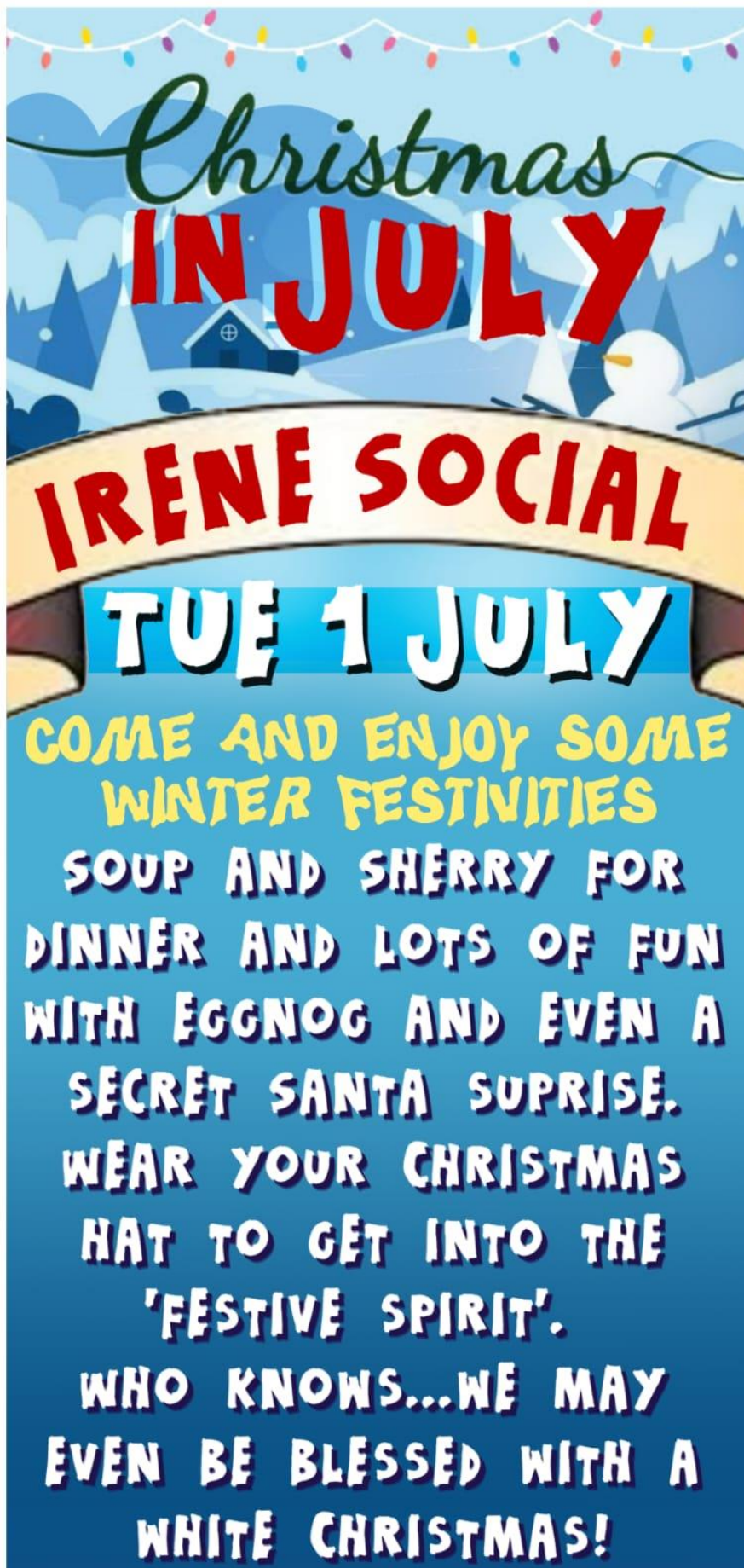
### *EDITORIAL*

The leftovers of the Comrades 'muti bags' will still be available at the club house on Tuesday evening. Please come to collect it or make arrangements for it to be collected.

Don't miss out on the social evening on Tuesday. It promises to be a great evening. the members who participated in the two previous league races will stand a chance to win a pair of shoes with a lucky draw.

The Ice Breaker on Saturday is the next league race. Brave the cold and be there! You just may be the winner of a pair of shoes if you participate. There will be soup served to all after the race.

### *SOCIAL EVENING*



Christmas  
**IN JULY**

**IRENE SOCIAL**

**TUE 1 JULY**

**COME AND ENJOY SOME  
WINTER FESTIVITIES**

**SOUP AND SHERRY FOR  
DINNER AND LOTS OF FUN  
WITH EGGNOG AND EVEN A  
SECRET SANTA SUPRISE.**

**WEAR YOUR CHRISTMAS  
HAT TO GET INTO THE  
'FESTIVE SPIRIT'.**

**WHO KNOWS...WE MAY  
EVEN BE BLESSED WITH A  
WHITE CHRISTMAS!**

## REGISTRATIONS 2025

Another 5 first-time 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 598 members compared to 517 at the same time last year.



Aubrey  
Naidoo

Benson  
Phalane

Margorie  
Jacobs

Marius  
Koch

## CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – 1 July 2025 at 17:15
- Social Evening – Christmas in July theme, 1 July 2025 after the Time Trial
- Saturday Event – Garsfontein Ice Breaker on 5 July 2025 at Garsfontein Primary School at 7:00.

### **Weekly Time Trials**

Please join us at the Club House on Tuesday for our weekly Time Trials with a touch of Christmas theme. Start will be at 17:15. There is a 4km, 6km and 8km distance available with some fun prizes afterwards.

### **Social Evening**

This Tuesday 1 July is Christmas in July. Please join us for a fun Christmas themed Social event after the Time Trials at the Club. Soup and Sherry will be served.

### **Wednesday LSD Run**

Please note the Wednesday Long runs have been paused for the Winter months. Please continue with your own training at home.

### **Thursday Morning Runs and Afternoon Sessions**

Please note that the Thursday morning runs and the afternoon training sessions will all be paused now for the winter months. Please continue with your own training programs.

### **Saturday Run**

This Saturday is the Garsfontein Ice Breaker taking place at Garsfontein Primary School. Start is at 7:00 and there will be a 5km, 10km and 21km event. This is part of our League Race Calendar.

### **Sunday Social Run**

This Sundays Social Run will start at 7:00. The venue will be confirmed on the Training Group.

### **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  
30 Jun - 6 Jul

# Irene

Athletics Club



## WEEKLY TRAINING SESSIONS

### Monday

Stretch &  
Strength Training  
(Self train at home)

### Tuesday

Christmas in July  
Social

Time Trial @ Club House 17:15

4  
6  
8 km

### Wednesday

### Thursday

### Friday



Join our  
community

#### For More Information

Nelius  
072 248 7698

Jacqueline  
073 887 0757

### Saturday

Garsfontein Ice Breaker  
@ Garsfontein Primary  
School 7:00

(League Race) 5  
10km  
21

### Sunday

Social Run  
@ TBC  
7:00



## TRAINING PROGRAMME

# July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Core & Strength Training +/- 60min	1 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	2 EASY RUN	3 EASY RUN	4 REST	5 GARSFONTEIN ICE BREAKER (LEAGUE RACE) 5km 10km 21,1km	6 SOCIAL RUN B - 30min I - 45min A - 60min
7 Core & Strength Training +/- 60min	8 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	9 EASY RUN	10 EASY RUN	11 REST	12 SPRINGBOK VASBYT 5km 10km 21,1km	13 SOCIAL RUN B - 30min I - 45min A - 60min
14 Core & Strength Training +/- 60min	15 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	16 EASY RUN	17 EASY RUN	18 REST	19 MANDELA DAY RUN / WALK 5km 10km	20 SOCIAL RUN B - 30min I - 45min A - 60min
21 Core & Strength Training +/- 60min	22 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	23 EASY RUN	24 EASY RUN	25 REST	26 TUT CORPORATE RACE 5km 10km 21,1km	27 SOCIAL RUN B - 30min I - 45min A - 60min
28 12 WEEK MARATHON TRAINING START (CAPE TOWN MARATHON)	29 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	30 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 45min	31 Hill Repeats W/U, Hills, C/D B - 4 x 200m I - 6 x 300m A - 8 x 300m	1 REST	2 SPAR WOMANS RACE 5km 10km	3 SOCIAL RUN B - 30min 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 month we will start gradually getting into running again building a good base for our 12 week program to start. You may still take some days off and try not to be hard on yourself should you miss a training day. Use the next 4 weeks to get use to running again.

LEGEND :		
PROGRAM TERMINOLOGY	TWO OCEANS GUIDELINE	COMRADES GUIDELINE
Max HR :	Max HR estimate - Men: 220 minus age Max HR estimate - Women 228 minus age	<b>Blue Medal :</b> 8km : Sub 54 minutes 21.1km : Sub 2h26 minutes 42.2km : Sub 4h59 minutes
W/U :	Warm Up - Easy Jog	<b>Bronze Medal :</b> 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes
C/D :	Cool Down - Easy Jog	<b>Sainsbury Medal :</b> 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 minutes
LSD :	Long Slow Distance, 55% - 65% of Max HR	<b>Vic Clapham Medal :</b> 8km : Sub 52 minutes 21.1km : Sub 2h18 minutes 42.2km : Sub 4h50 minutes
Min :	Minutes (Time not Distance)	<b>Bronze Medal :</b> 8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 minutes
Easy :	Long Slow Distance (LSD) - HR below 65%	<b>Bill Rowan Medal :</b> 8km : Sub 35 minutes 21.1km : Sub 1h39 minutes 42.2km : Sub 3h30 minutes
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

## CROSS COUNTRY

# Irene



## Athletics Club

### CROSS-COUNTRY 2025 (PRE-SEASON)



Sat  
10 May

League 1 - Fleur Primary School

Fri  
16 May

League 2 - TUT Pretoria West

Sat  
24 May

League 3 - Irene Athletics Club

Fri  
30 May

League 4 - Eldoraigne High School

Sat  
14 Jun

League 5 - Inter Provincials  
(Brits High School)

Sat  
16 Aug

AGN Championships  
(Lavender Country Market)

Sat  
6 Sep

SA Championships  
(Middelburg)

### Qualification criteria

- Must compete in **2 league races** to qualify for the Inter-Provincial team.
- Must compete in **4 league races plus** the AGN champs, to qualify for SA Champs.
- Age tags are compulsory from 35 years and older.
- Must compete in correct age category.
- Must wear AGN license and age category tag during events.



## PERSONALIA

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

Maggie	van Rooyen	01-Jul
Karin-Marie	Van Niekerk	01-Jul
Norton	Mole	01-Jul
Joy	Maseko	03-Jul
Maureen	Mossop	03-Jul
Werner	Liebenberg	03-Jul
Lucky	Lukhwareni	06-Jul



## THOUGHT FOR THE WEEK

**The secret of getting ahead is getting started.**

NOTICE BOARD



**ARC IRENE RUN/WALK**  
**5 JULY 2025**  
**ROAD FUN RUN**  
ALL FINISHERS RECEIVES A MEDAL  
**3KM, 5KM, 10KM, 15KM OR 21KM**  
RACE STARTS @ 07H00  
ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)

THYME FITCHEF WETZ



**ARC IRENE RUN/WALK**  
**5 JULY 2025**  
**TRAIL RUN**  
ALL FINISHERS RECEIVES A MEDAL  
**3KM, 5KM, 10KM, 15KM OR 21KM**  
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THYME FITCHEF WETZ

# GARSFONTEIN ICE BREAKER

AGN League Race



21.1KM  
10KM  
5KM  
NEW 1KM

Comrades Comeback race - 1st race after Comrades

## 5 JULY 2025

## GARSFONTEIN PRIMARY SCHOOL

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21.1KM	R230	07:00	16 YEARS	09:00	10:30	R250	1500
10KM	R150	07:00	14 YEARS	08:30	10:30	R170	600
5KM	R70	07:15	9 YEARS	NONE	10:30	R80	FUN RUN
1KM	R50	07:20	-	NONE	08:00	R50	NONE

THESE ENTRY FEES EXCLUDE SERVICE CHARGES

TEMPORARY LICENSE REQUIRED FOR NON REGISTERED ATHLETES ON THE 21.1KM & 10KM: R70  
70+ ATHLETES: FREE (PLEASE NOTE - NO PRIZE MONEY WILL BE GIVEN FOR 70+ AGE CATEGORIES)

ONLINE ENTRIES FROM 30 APRIL 2025 - WWW.ENTRYNINJA.COM (UNTIL 1 JULY 2025 MIDNIGHT)

**MANUAL ENTRIES**  
- RUN-A-WAY SPORT (302 FRESIA ST, LYNNWOOD RIDGE)  
FROM 31 MAY TO 1 JULY (PLEASE CHECK WITH SHOP FOR OPERATING HOURS)  
**LATE ENTRIES AND RACE NUMBER COLLECTION**  
- AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETRONELLA STR. ENTRANCE)  
4 JULY FROM 14:00 UNTIL 17:30  
- AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETRONELLA STR. ENTRANCE)  
RACE DAY FROM 05:30

SCAN HERE  
FOR EASY  
ENTRY



Garsfontein  
GEMEENTE



Discovery  
Vitality



RUN-A-WAY  
SPORT



WINGATE  
WINGATE ROAD RUNNERS  
Home of Future's Toughest Runners



# Leon Bezuidenhout SPRINGBOK VASBYT

Presented by Voortrekker Monument Running Club

Proudly Supported by



**Distances:** 21 km, 10 km, 5 km fun run:

**Date:** Saturday **12 July-2025**

**Starting Times:** Commemoration Ceremony - 07:20  
21 km & 10 km - 07:30  
5 km - 07:40

**Venue:** Voortrekker Monument, use the Eeufees Rd entrance

**VITALITY POINTS: 10km=600 & 21km=1500**

**Viscounts Down**

**September 1978 & February 1979**

## Official AGN Sanctioned Race



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.**

### ENTRY FEES

21 km: R180 | 10 km: R150 | 5 km: R70

70+ athletes (ID required): Free

Temporary License: R70

Advertised entry fees exclude service charges.

Entry fees are non-refundable.

Bronze Medal to all finishing within the cut-off time.

### GENERAL INFORMATION

Guarded parking available.

Ample toilet facilities.

Water stations – approximately between 2.5km to 4km.

Tog bag area.

Club Gazebos Welcome.

**UNFORTUNATELY NO PRIZE MONEY**

Gun to mat timing -10 & 21 km only

### MORE INFORMATION

Online pre-entries at [www.entryninja.com](http://www.entryninja.com) - Online entries close 09 July 2025.

Pre-entries at Run-A-Way Sports - opens 06 June 2025 & closes 10 July 2025 at 16:00.

Pre-entries at Voortrekker Monument - opens 06 June 2025 & closes 11 July 2025 at 16:00.

Pre-entry collection at the Voortrekker Monument Reception on Friday 11 July 2025 from 13:00 until 16:00 and on race day from 05:00 until 07:00 only at the Voortrekker Monument.

Entries on race day – At the race venue as from 05H00 until 07H00 strictly.

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining, will be diverted to the finish.



# **CORPORATE RACE**

**21 KM, 10 KM  
& 5KM**

**2025**

Entries Collection @ The Cricket Club House

**@ PRETORIA WEST CAMPUS**

**21KM, 10KM & 5KM**

Online Entries @  
[www.entryninja.com](http://www.entryninja.com)

**REGISTER  
NOW**

**26 JULY 2025**

START TIME:  
• 21.1 KM: 06H50  
• 10 KM: 07H05  
• 5 KM: 07H05



# Quagga Road Race

## Eyethu Fitness Test

### START TIMES

- 32KM**  
Start 6:45
- 21.1KM**  
Start 7:00
- 10KM**  
Start 7:10
- 5KM**  
Start 7:20

**VENUE:** QUAGGA SHOPPING CENTRE CNR. WF NKOMO & QUAGGA STREET, PTA WEST

**INFORMATION/ENQUIRIES:** 078 220 5763 | 083 379 9830 | [AGN LEAGUE RACE](#)

### ENTRY FEES

#### Pre-Entry

32km	R300
21.1km	R210
10km	R170
5km	R70

#### Late Entry

32km	R330
21.1km	R240
10km	R200
5km	R100

**Great Grand Masters**  
50% discount on entry fee (+70 years)

Temp License R70

### ENTRIES

Store entries open 1 May - 4 August 2025

- Tshwane Running Shop, Sinoville: 087 688 1336
- Run-A-Way-Sport, Lynnwood: 012 361 3733
- Race Nr Sales: 078 220 5763, 083 379 9830, 082 305 2447

Online entries open 1 May - 1 August 2025

- Enter online at [www.entryninja.com](http://www.entryninja.com)

Online entries collection: 8 August 2025

- Quagga Shopping Centre 12:00-17:00

Late entries sales at the venue: 8 August 2025 12:00 - 17:00

**Race Day Entry Sales: 05:30 - 06:30**

RUN-A-WAY STORE DISCOUNTS: 10% discount for any purchase in the store, the runner will only need to produce the race number at the store before 30 November 2025.



Medals to all finishers within the cut-off times





# PVR DORPSFEES NIGHT RACE



IRENE



MAD MONKEY ADVENTURES

PRESENTED BY MAD MONKEY ADVENTURES

& IRENE AC



## 27<sup>TH</sup> AUGUST 2025



Athletics  
Gauteng North

### STARTING POINT

PIERRE VAN RYNEVELD GELOOFSFAMILIE  
14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

**5 KM**

START TIME 18:30

R70 ENTRY FEE

**10 KM**

START TIME 18:30

R150 ENTRY FEE

**DOGS & PRAMS WELCOME ON THE 5KM**



Register Now!  
[www.entryninja.com](http://www.entryninja.com)

ONLINE ENTRIES

CLOSE 25 AUG '25

Athletes, join us for a "braai & kuier" afterwards. Wood for the braai will be provided

**A FESTIVAL NOT TO BE MISSED !**

DANVILLE DEVELOPMENT AC

KOLONNADE  
RETAIL PARK  
"quick and convenient"

# ULTIMATE EAST CHALLENGE RACE

INCORPORATING AGN 10KM CHAMPIONSHIPS



Athletics  
Gauteng North

@ KOLONNADE RETAIL PARK

5KM & 10KM

Online Entries @  
[www.entryninja.com](http://www.entryninja.com)

30 AUGUST 2025

ENTRY FEE:  
Temporary License: R70  
5KM: R80  
10KM: R150



07:00 AM (START)  
09:00 AM (PRIZE GIVING)



Enquiries: Lesetja (076 120 2388) / Wandile (071 942 8067)



**WATCH  
THIS  
SPACE**

**BROOKLYN  
ROAD RACE  
6 SEPTEMBER 2025**



Brooklyn Design Square  
Cnr. Veale & Bronkhorst Streets

**32 km, 21.1 km, 10 km  
& 5 km Fun Run**

# EXXARO ROAD RACE CHALLENGE

SUPERSPORT PARK, CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

20 SEPTEMBER 2025



exxaro  
POWERING POSSIBILITY

# 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](http://www.entryninja.com)

CSIR MAIN CAMPUS,  
MEIRING NAUDE ROAD,  
BRUMMERIA, PRETORIA

**ENTRIES:** Online at [www.entryninja.com](http://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](http://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		



## PHOTO CORNER



Those who braved the cold on Sunday morning



Eben van Wyk is doing the Mac Mac 200 miler trail race this week, starting on 2 July. He was the winner of this extreme race in 2023. There will be live tracking of the race at <https://macmacultra.com/>