



30 March 2026 13/26

EDITORIAL

Thank you to all our members who have volunteered to work at our race on Saturday. It proved once again that we are a special club with special people as members. We can now all look forward to a great event.

You will receive your instructions early during the week.

ACHIEVEMENTS

Congratulations to the following member who was on the podium at the Overkruin race:

Melani Swart 1st Female 50-59 - 15 km

The following members won medals in their respective age categories at the AGN Masters Championships:

Johan Coetzee	Gold
Janine Rädell	Gold

Jaap Willemse

Silver

Well done!

NEW MEMBERS

A warm welcome to the member 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 face as often as possible.

We would like to meet you personally and invite you to attend your first time trials as soon as possible.



Martinus van der Merwe

BLANKET PROJECT

Charity – Winter Warmer Project

We call on all our members to be part of our Winter Warmer Project.

Winter is approaching, and we all know how comforting it is to sleep warmly, so the least we can do is buy a nice warm blanket or two to make someone feel cared for and loved.

Please to donate a single bed blanket at the Easter Egg Hunt on Tuesday, 7 April.

We are collecting blankets for the Abraham Kriel Children's Home in Potchefstroom and the Olievenhoutbosch Christian School.

It would be wonderful if we could collect at least 200 blankets to split between the two organizations. The children's home has 120 kids on board.



CAPTAIN'S CORNER

Irene Training weekend:

Thank you to everyone who attended our training weekend at Elandskloof this last weekend. It was a great weekend in a beautiful and challenging area. Thank you to all who helped with making this weekend a great success.

Please diarize the following important dates:

- Mobility Monday sessions – 30 March at 17:30 at the Club House
- Club Time Trials – Tuesday 31 March 2026 is our Time Trial. Please join us at the Clubhouse at 17:20 To catch up and the run starts at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Saturday Event – 4 April is The Irene Running Festival at Denel, start is at 6:00
- Sunday Run – No run due to Easter Sunday

Mobility Mondays

This Monday 30 March is our Mobility Mondays at the Clubhouse with Yolande. Start time is 17:30. Please come and enjoy this session with her. Please bring a towel or yoga mat, small weights, exercise bands.

Weekly Time Trials

Tuesday 31 March 2026 is our Time Trial at the Club House. Please join us for a feedback and information session at 17:20 and the run will start 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 Pierre Van Ryneveld at 17:30. Distance covered will be from 5km to 15km.

Thursday Training Session

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

Saturday Run

This Saturday is our Irene Running Festival taking place at Denel. Thank you to everyone who is involved and helping on this day to make it a success.

Sunday Social Run

This Sunday is Easter Sunday and there will not be an organised run for this day.

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
30 Mar - 5 Apr

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday Mobility Monday with Yolande @ Club House 17:30	Tuesday Time Trials @ 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 Good Friday  Mobility Friday	For More Information Lindsay 072 2135094 Jacqueline 073 8870757
 Join our community	Saturday The Irene Running Festival  Start is 6:00	Sunday Easter Sunday  Family and rest day



IRENE TRAINING GROUP 2025
WEDNESDAY 27/03



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 - 2 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 - 2 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 90m B - 6 x 100m I - 4 x 200m + 2 x 100m A - 2 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 C/D : Cool Down - Easy Jog 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	Bronze Medal : 8km: Sub 47 minutes 21.1km: Sub 2h09 minutes 42.2km: Sub 4h26 minutes Sainsbury Medal : 8km: Sub 38 minutes 21.1km: Sub 1h46 minutes 42.2km: Sub 3h40 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

Congratulations to our club captain, Lindsay Bull and lovely Kendall Baker who got married. Wishing them a wonderful life together.

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

Archibald	Holtzhausen	30-Mar
John	Maritz	31-Mar
Estee	Pelser	02-Apr
Holger	Hedelt	02-Apr
Annah	Makhubele	02-Apr
Gerda	Steyn	03-Apr
Marius	Koch	03-Apr
Jacques	Bannister	05-Apr
Eben	van Wyk	05-Apr
Hendrik	Steynberg	05-Apr
Sydney	Nchabeleng	05-Apr



BAR NEWS



There will be fires for those who want to braai

THOUGHT FOR THE WEEK

**ABILITY IS WHAT
YOU'RE CAPABLE OF DOING.
MOTIVATION DETERMINES WHAT YOU DO.
ATTITUDE DETERMINES HOW WELL YOU DO IT.**

—LOU HOLTZ



NOTICE BOARD



IRENE ATHLETICS CLUB

IRENE RUNNING FESTIVAL

5 KM | 10 KM | 21 KM | 48 KM

All races on Saturday

**DENEL
DYNAMICS**
NELMAPIUS 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 05:59:59*

Mat to mat timing

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

063 451 3961
infoeirenerunner.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**



The Mile for Life



GREEN MILE
The Mile for Life

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



MPILENG
Group



2026

*The Ultimate Comrades
Ultra Qualifier in Tshwane*

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R495	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R200	R70	06:30am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R420	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R135	R70	06:30am
5KM	R70	N/A	06:30am

18 APRIL 2026



VENUE: AKASIA COMMUNITY HALL

50k  **21k**  **10k**  **5k**



LONG SLEEVES T-SHIRT R250
1st 500 ONLINE ON 50KM QUALIFY
FOR FREE RACE T-SHIRT

www.tshwanenorthultra.com Contact: 079 965 4524 / 073 497 3141



Pretoria Military Marathon
Club Will Presents

JACKIE MEKLER

MEMORIAL RACE

2026

AGN
League
Race



AGN
League
Race

- 25KM - 42nd Commemorative race
- 10KM - 32nd PMMC Memorial run
- 5KM - Fun run

Saturday
09 May 2026

Start From
06:30 am

Pretoria Military
Sports Club
Thaba Tshwane

Online entries @ www.entryninja.com

Discovery
Vitality



ARMSCOR



Aluta Gaothuse 083 259 9741, Keabetswe Ndlala 076 109 4561

Modise Madikazi 083 472 4453

PHOTO CORNER



We have donated the old stock of Irene running vests to the Olievenhoutbosch Christian School. This is what their netball team looks like now



The soccer team showing off with their Irene colours



Bernita Bornmann in action at the Overkruin race



Drix Pretorius running strong again after his hip replacement



Conrad van den Berg in action



Carina van der Merwe



Philip and Grazyna Koornhof



Ndivhu Mulovhedzi



Lufuno Ravhuhali



Tim and Tasha Houghting



Lindsay Bull in good spirit. Showing a good example as a newly wed



The training camp was a huge success