31 Aug 2026 34/26

EDITORIAL

We have made an arrangement with the organizers of the Spirit of Flight 10 km race to do bulk entries for their race taking place on 12 September. This means the entry fee will cost you only R144 instead of R160 plus admin fee, a saving of R30.40. Members 70+ are free.

If you want to make use of the opportunity, send a WhatsApp with your name, date of birth and cell number to 082 937 0733 before 2 September. Payments to be made to Irene AC, Standard Bank, Account No 032183186. Reference: your name.

You will receive the normal WhatsApp from FinishTime with regards to the collection of your race number.

Don’t miss out on the social evening on Tuesday. It is going to be fun and very special. Members who participated in the August league race (Linton Corner Spring Race), stand a chance to win a pair of running shoes worth R4000 in a lucky draw.

Be reminded that the time trials will start at 17:30 from this week until the end of April.

This month's league race is the Brooklyn Mall race on 5 September. We want to encourage our members to participate if possible. We are still on top of the log and we want to maintain the position. As usual, there will be something to eat afterwards. Participants will also stand a chance to win a pair of running shoes worth R4000.

Remember to book your tickets at https://store126837536.shop.netcash.co.za/products for the Chairman's Ball.

YOU ARE INVITED TO OUR

CHAIRMAN'S BALL

VENUE: ITALIAN CLUB GROENKLOOF

TIME: 18:00

DATE: 25 SEPTEMBER

THEME: THE GODFATHER

PRICE: R250 PP

TICKETS: IRENE ONLINE SHOP

DRINKS: FOR YOUR OWN ACCOUNT

The Godfather

BOOKINGS WILL CLOSE

11 SEPTEMBER

ACHIEVEMENTS

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

Ansie Breytenbach	1st Female 60-69 – AGN 10 km Championships
Ansie Breytenbach	1st Female 60-69 – The Ultimate Fast One 10 km
Ansie Breytenbach	1st Female 60-69 – Linton Corner 10 km
Annatjie Greyvenstein	1st Female 80+ - Linton Corner 10 km
Rhoda van Staden	2nd Female walker – Linton corner 10 km
Retha Knoetze	3rd Female walker – Linton Corner – 10 km

Congratulations also to Elsa Meyer who won two silver medals at the World Master Championships (10 km and 20 km). She finished within the world record time of the 20 km.

PERSONAL ACHIEVEMENTS

Tamrin Holliday	PB – 10 km
Rulien Scorgie	PB – 10 km
Lisa Nell	PB – 10 km

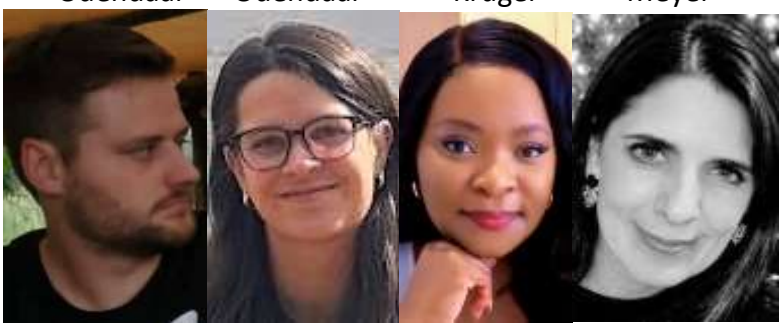
Well done!

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.

Bianca Odendaal | Eben Odendaal | Conrad Krüger | Karen Meyer



Tinus Ueckerman | Zanelle van Biljon | Nokubonga Magqwashe | Lizette du Plessis

CAPTAIN'S CORNER

Please diarize the following important dates:

- Mobility Monday – This Monday is Mobility Monday with Yolande at the Club House at 17:15
- Club Time Trials – Tuesday 1 September is our Time Trial and Spring Social. Please join us at the Club House for our **17:30** start. Please note the Time Change for the change of season.
- Wednesday Evening Run – Midweek Run from Echt Lyttelton at **17:30**
- Saturday Run – Brooklyn Road Race starting at 6:00 from Dey Street, Booklyn
- Sunday Run – Sunday Social run starting from the Irene Oval at 6:30

Mobility Mondays:

This Monday 31 August is Mobility Monday with Yolande at the Club House at 17:15. Please bring your own mat, elastic band and weights.

Weekly Time Trials

Tuesday 1 September we celebrate Spring Day with our reverse Time Trial and predicted time followed by our monthly social of great food and Quiz night to challenge your General Knowledge. Please join us at the Club House for our new **Spring start of 17:30** followed by the Spring Social.
There is a 4km, 6km and 8km distance available.

Wednesday LSD Run

This Wednesday 2 September is our midweek run starting at Echt Coffee Shop in Lyttelton at **17:30**. Please bring a headlamp. Distance will be 5km-10km

Thursday Training Session

This Thursday there will be a Speed Training session at the Club starting at **17:30**.

Saturday Run

This Saturday 5 September is the Brooklyn Road Race starting in Dey Street, Brooklyn close to the Brooklyn Mall. Start will be at 6:00 and there is a 5km, 10km, 21km and 33km distance available.

Sunday Social Run

Join us for an easy Sunday social run starting at the Irene Oval at 6:30 for a 5km-10km distance.

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

September 2026

IRENE ATHLETICS CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 **Core & Strength Training** +/- 60min	1 **Time Trial W/U, TT, C/D** B - 4km I - 6km A - 8km	2 **Midweek LSD W/U, LSD, C/D** B - 30min I - 45min A - 75min	3 Speed Session W/U, Speed, C/D B - 6 x 300m I - 6 x 400m A - 8 x 400m	4 REST	5 **BROOKLYN ROAD RACE** 5km 10km 21km 33km **(LEAGUE RACE)** **SA X-COUNTRY CHAMPIONSHIPS**	6 **SOCIAL RUN** B - 60min I - 75min A - 90min
7 **Core & Strength Training** +/- 60min	8 **Time Trial W/U, TT, C/D** B - 4km I - 6km A - 8km	9 **SAPPI TUKS NIGHT RACE** 5km 10km	10 **Hill Repeats W/U, Hills, C/D** B - 6 x 300m I - 6 x 400m A - 8 x 400m	11 REST	12 **SPIRIT OF FLIGHT RACE** 5km 10km	13 **KIT KAT CASH N CARRY** 5km 10km 21km 42.2km
14 **Core & Strength Training** +/- 60min	15 **Time Trial W/U, TT, C/D** B - 4km I - 6km A - 8km	16 **Midweek LSD W/U, LSD, C/D** B - 35min I - 50min A - 75min	17 Speed Session W/U, Speed, C/D B - 6 x 300m I - 6 x 400m A - 8 x 400m	18 REST	19 **EXXARO ROAD RACE** 5km 10km 21km	20 **SOCIAL RUN** B - 60min I - 75min A - 120min
21 **Core & Strength Training** +/- 60min	22 **Time Trial W/U, TT, C/D** B - 4km I - 6km A - 8km	23 **Midweek LSD W/U, LSD, C/D** B - 35min I - 50min A - 75min	24 **HOKA HALF MARATHON** 5km 10km 21km	25 REST	26 **FORD 3-in-1 ROAD RACE** 5km 10km 21km	27 **SOCIAL RUN** B - 60min I - 75min A - 120min
28 **Core & Strength Training** +/- 60min	29 **Time Trial W/U, TT, C/D** B - 4km I - 6km A - 8km	30 **Midweek LSD W/U, LSD, C/D** B - 40min I - 55min A - 75min	1 **Speed Session W/U, Speed, C/D** B - 6 x 300m I - 6 x 400m A - 8 x 500m	2 REST	3 **CHAMBERLAIN CLASSIC ROAD RACE** **(LEAGUE RACE)** 5km 10km 21km	4 **SOCIAL RUN** B - 60min I - 75min A - 120min

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 2 marathons later the year being Kaapsehoop or the Jacaranda Marathon.

It is September and everyone should be back on the road working towards a new goal. Whether it is a marathon or a 5km, join our sessions to get fit and into shape.
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

Theuns Nieuwoudt is very ill and still in hospital. Please keep him in your prayers.

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

Mikael	Alberts	01-Sep
Jolanda	Potgieter	01-Sep
Gerhard	Malan	01-Sep
Sekhobe	Letsie	01-Sep
Lemohanga	Letsie	01-Sep
Tjaan	Kruger	02-Sep
Krysten	Smithers	03-Sep
Suzelle	Nothnagel	03-Sep
Desmond	Mcunu	04-Sep
Elodi	Swart	06-Sep

One of our former members, Malanie Moen died last week after a short illness. She was 54. Our condolences to her husband Henk and their family.

BAR NEWS

Social evening

THOUGHT FOR THE WEEK

Maturity is when you stop complaining and making excuses and start making changes.

NOTICE BOARD

BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

5 SEPTEMBER 2026

START IN DEY STREET & FINISH IN BRONKHORST STREET, BROOKLYN MALL

STARTING TIMES:

33 km 6:00am	21,1 km 6:00am	10 km 6:00am	5 km 6:10am

MAT TO MAT TIMING (06H00-6H10)

BARNARD

Athletics Gauteng North

#RUN clean

Discovery Vitality

CLICK, TAP OR SCAN TO REGISTER ONLINE

BROOKLYN MALL

Tel: 012 346 1063 | www.brooklynmall.co.za

www.entryninja.com

sappi

Tuks Night Race

9 September 2026

18:30, Hillcrest Sports Campus

10km & 5km Fun Run

Scan for online entries

sappi

Athletics Gauteng North

TuksAthletics

TuksSport

PRETORIA MILITARY MARATHON CLUB

PRESENTS

CHERY CENTURION

SPIRIT OF FLIGHT RACE 2026

RUN THE RUNWAY

12 SEPTEMBER 2026

AFB SWARTKOP

06:30 START

10 KM RUN — STARTS AT 06:30

5 KM FUN RUN — STARTS AT 06:40

600 VITALITY POINTS FOR 10 KM

NO POINTS FOR 5 KM

1500 SPECIAL FINISHER MEDALS

INCENTIVE FROM CHERY CENTURION FOR ANYONE WHO BREAKS THE RACE RECORD OF 31.04

OPEN ENTRIES 01 JULY 2026 - 09 SEPTEMBER 2026 MIDNIGHT

www.entryninja.com

CONTACTS

ALUTA GAOTHUSE 083 259 9741

KEABETSWE NDLALA 076 109 4561

ENTRY FEES:

- 10 KM - R160 Pre-Entries or R180 on Race Day
- 5 KM Fun Run - R60 Pre-Entry or R80 on Race Day
- Free entry for 70+ athletes
- Temporary Licence - R70
- Online Entries will be open on 01 July 2026 - 09 September 2026 midnight on www.entryninja.com
- Entries will be available at Run-Away Sports in Lynwood, Tshwane Running Shop in Sinoville and Kloppers Store at Castle Gate.
- 10km starts at 06:30 and 5km starts at 06:40

10km Run Men/Women Prize Given:

Position	Open	Junior	40-49	50-59	60-69
1	1000	350	400	350	300
2	700	250	300	250	200
3	500	200	200	200	200

10km Walk Men/Women Prize Given:

Position	Open	Junior	40-49	50-59	60-69
1	500	300	400	300	200
2	400	250	-	-	-
3	300	200	-	-	-

5km Fun Run Men/Women Prize Given:

Position	Open	Junior	40-49	50-59	60-69
1	-	150	-	-	-
2	-	100	-	-	-
3	-	70	-	-	-

RULES AND INFORMATION

1. All entrants participate at their own risk and their entry indemnifies the organisers (PMMC) of any liabilities or claims.
2. All entrants must wear valid ASA 2026 license numbers on the back and front (as per the new ASA rules); and race number on the front of the vest.
3. All unlicensed athletes of the 10km race must purchase a temporary license number which must be worn on the back.
4. The race will take place under the rules of ASA and AGN.
5. Race referees' decisions are final.
6. Marshals and traffic official instructions must be obeyed at all times.
7. No seconding vehicles on the route will be permitted during the race.
8. It is the responsibility of each athlete to ensure that he or she is medically fit and healthy to participate in any of the races.
9. All categories may only compete in the age category as entered. The age category must be displayed on the running vest. Walkers should display "W" on the vest and are not allowed to run.
10. The race committee reserves the right to accept or reject any entry.
11. No PMMC members will be allowed to participate.
12. Tog bag facilities are available and are used at own risk.
13. Fast Food and refreshments will be on sale.
14. Wheelchair athletes or stroller will be allowed.
15. No Ipods are allowed.
16. Safe and sufficient parking available.
17. Water points at approximately every 3 kms.
18. Club gazebos are permitted.
19. Minimum age to participate in the 10km race is 14 years.
20. International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes.

Athletics Gauteng North

Discovery Vitality

PRETORIA MILITARY MARATHON CLUB

CHERY CENTURION

KIT KAT™
CASH AND CARRY MARATHON

Sunday 13 September 2026

Inaugural Edition of the Kit Kat Cash and Carry Marathon

Enter Online:
www.kitkatgroup.com

Entries Close:
Thursday 3 September 2026
or when entry limit is reached.

RACE	START / FINISH VENUE	START TIME	ENTRY FEES	TEMP. LIC
42.2km	Kit Kat Plaza, Pretoria West	06H00	R400	R70
21km	Kit Kat Plaza, Pretoria West	06H00	R250	R70
10km	Kit Kat Plaza, Pretoria West	06H30	R100	R70
5km	Kit Kat Plaza, Pretoria West	06H30	R75	

All entrants receive a race t-shirt, a goody bag and a Kit Kat shopping voucher worth R100.
All finishers receive a commemorative medal.

Capital City active

Athletics Gauteng North

TOTALSPORTS Two Oceans Marathon Qualifier

Comrades Marathon Qualifier

Race Office:
Entry Geek - 078 208 5183

CITY OF TSHWANE

EXXARO ROAD RACE CHALLENGE

FREE T-SHIRT
SIZE NOT GUARANTEED

EXXARO ROAD RACE CHALLENGE: CELEBRATING 20 YEARS OF IMPACT BEYOND THE SURFACE

SATURDAY, 19 SEPTEMBER 2026

5km | 10km | 21.1km

SuperSport Park, Centurion

Register on **www.sportsvendo.co.za**
or **www.peaktiming.co.za**

Athletics Gauteng North | sportsVendo | BMW | Discovery Vitality | Virgin active | SMACPIX | exxaro POWERING POSSIBILITY

HOKA
HALF
5KM | 10KM | 21KM
PRETORIA
24 September 2026
South Africa's most electrifying Half Marathon Event
ENTER NOW

Ford
JOIN US
26 SEPT 2026
3-IN-1
SPRING RACE
FORD MOTOR COMPANY SPORTS AND RECREATION CENTRE
ENTRY FEES ARE AS FOLLOWS
5KM - R100
10KM - R190
21KM - R250
Start Time:
21km & 10km | 06:00
5km | 06:15
LATE ENTRIES
5KM - R130
10KM - R220
21KM - R280
SCAN HERE
SPONSORS
CHAMBERLAIN'S TIMEKEEPING
Powered by FinishTime
Ford
Athletics Gauteng North
aQuellé
Enter Online, Entry information
Online entries close 20 Sep 2026,
Collection date is on 24, 25 Sept & Race day
before the start of the race.

CHAMBERLAIN CAPITAL CLASSIC

SATURDAY, 3 OCTOBER 2026

PHSOB Club: 378 Queens Crescent, Lynnwood

- **21.1KM RUN**
  starts 06h00
- **10KM RUN**
  starts 06h00
- **5KM FUN RUN**
  starts 06h15

Earn Discovery Vitality Points!

RUN THE 21 IN A TRADITIONAL SCOTTISH KILT AND WIN!

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card.

GET A FREE T-SHIRT

The first **3000** pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

START YOUR DAY WITH BAGPIPES

Set off to the unique sounds of the MacChamberlain Highlanders pipe band.

Athletics Gauteng North
PHOBIANS ATHLETICS CLUB
LEAGUE RACE

CHAMBERLAIN

TSHWANE RIETONDALE PARK
87 VAN DER MERWE ST, RIETONDALE, PRETORIA, 0084

10 OCTOBER 2026

10KM RACE STARTS AT 07:00AM | **5KM** RACE STARTS AT 07:20AM

ONLINE ENTRIES: **WWW.DOEKONFLEEK.AFRICA :** CLOSING DATE: **27 SEPTEMBER 2026**

FOR MORE INFORMATION CONTACT: **082 744 5140**

COLLECTION OF RACE NUMBER : **08 & 09 OCTOBER 2026 | FROM 10:00AM - 17:00PM**

COLLECT AT THE RACE VENUE: RIETONDALE PARK | NO COLLECTION ON THE RACE DAY

ENTRY FEE:	10KM	5KM
70 years +	FREE	R150
Below 70 years -	R200	R150
Temporary Licences	R70	

10KM RUN

POSITION	OPEN	JUNIOR 14-19	40-49	50-59	60-69	70+
1	R25 000	R5 000	R5 000	R5 000	R5 000	R5 000
2	R15 000	R3 000	R3 000	R3 000	R3 000	R3 000
3	R7 000	R2 000	R2 000	R2 000	R2 000	R2 000
4	R6 000	R1 000				
5	R5 000	R500				

10KM WALK

POSITION	OPEN	40+
1	R5 000	R3 000
2	R3 000	R2 500
3	R2 000	R2 000

PRIZE GIVING TIME : 10:00AM | NO ENTRIES ON THE DAY

ASA ATHLETICS GAUTENG NORTH CITY OF TSHWANE DANVILLE DEVELOPMENT AC SMACPIX

CSIR ROAD RACE

SATURDAY

17 OCTOBER 2026

CONQUER THE TRAIL,OWN THE HILLS

Powered by bestMed medical scheme

RUN AND WALK

21.1 KM /10 KM
06:00

5 KM | 06:10

FREE T-SHIRTS for the first 200 ONLINE Entries received in either the 10 km or 21.1 km races.

https://www.entryninja.com/events/83742-csir-2026

CSIR MAIN CAMPUS, MEIRINGNAUDE ROAD, BRUMMERIA, PRETORIA

ENTRIES: ONLINE AT WWW.ENTRYNINJA.COM

Open: Friday, 1 August 2026; **close:** Tuesday, 13 October 2026 at midnight

Entries also available at Run-A-Way Sport - 302 Freesia Street, Lynnwood Ridge, 012 361 3733

LATE ENTRIES: If not sold out, LATE ENTRIES available at the CSIR on the following collection dates Friday, 16 October 2026 from 14:00 – 18:00
DEBIT/CREDIT CARD PAYMENTS ONLY (no cash accepted)

ENTRY COLLECTIONS

Friday, 16 October 2026, CSIR South Gate, Meiring Naude Road, Brummeria from 14:00 - 18:00
Saturday, 17 October 2026, at CSIR North Gate, Meiring Naude Road, from 04:30 - 05:50

RACE RESULTS: HTTPS://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 4000 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	R50	R60		06:10		

science, technology & innovation
Department: Science, Technology and Innovation
REPUBLIC OF SOUTH AFRICA

CSIR
Teaching lives through innovation

Powered by bestMed medical scheme

Athletics South Africa

JACARANDA CITY MARATHON CHALLENGE 26

EARLY COMRADES & TWO OCEANS QUALIFIER

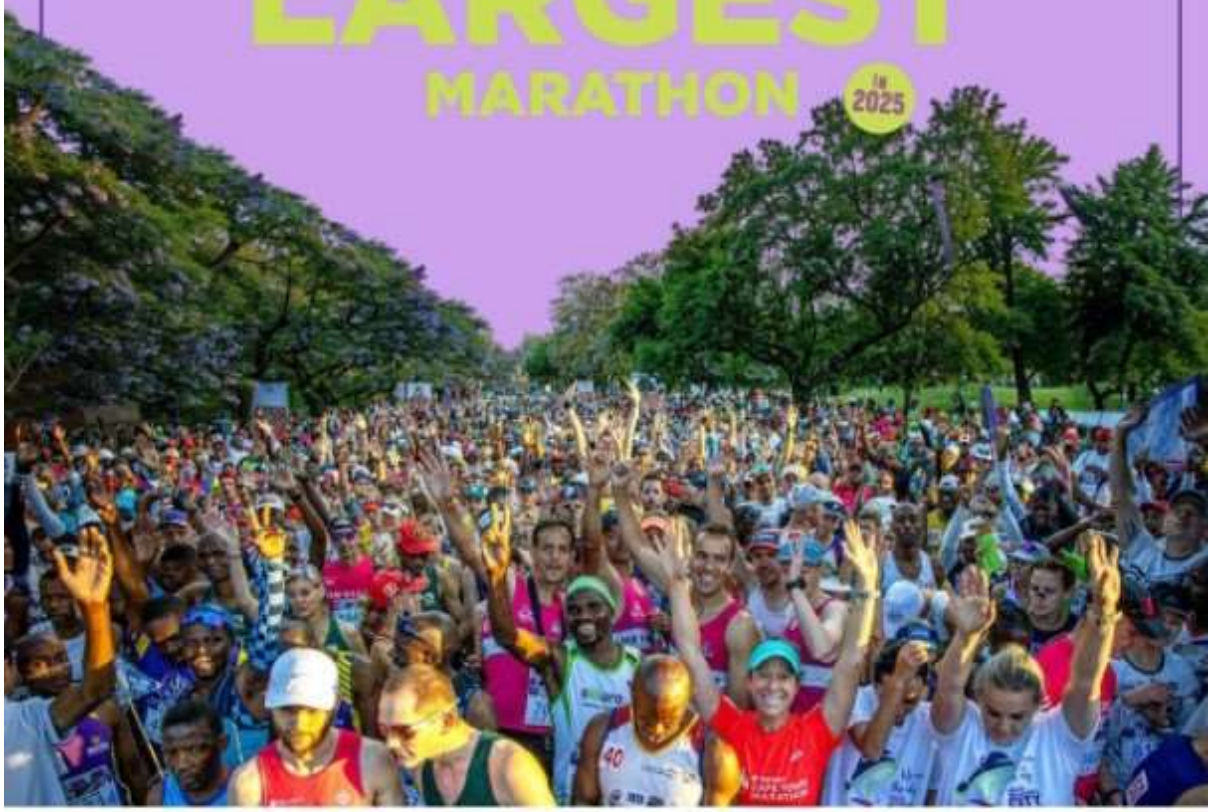
INCORPORATING AGN MARATHON CHAMPIONSHIP

24 OCTOBER 2026

5KM · 10KM · 21.1KM · 42.2KM

SOUTH AFRICA'S LARGEST MARATHON

IN 2025



Organised by: FARANANI athletics club

Presented and Produced by: sportsVendo

Sanctioned by: Athletics Gauteng North

Acknowledgement: SMACPIX

IRENE FARM RACE

31 OCT '26

Athletics Gauteng North

5km 10km 21.1km

with Discovery Vitality

IRENE

PARKING

- Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.
- Entrance to the ARC is opposite Denel Dynamics

RACE NUMBER COLLECTION

- Wednesday 28 October: Run-Away-Sport: 13:00 – 17:00
- Friday 30 October: Sportsmans Warehouse Centurion: 09:00 – 18:00
- Saturday 31 October (Race day): At the venue: 04:30 – 05:50)

FUN FOR THE WHOLE FAMILY

Bring the whole family along to join the Irene AC and 5000 enthusiasts and run/walk along the tranquil streets of Southdowns, the Irene Dairy Farm & Irene Golf Course. Farm animals along the route. There just isn't another race like this!

ENTRY FEES

Entry Fee	5km	10km	21.1km
	R 70	R 150	R 240
70 +	FREE	FREE	FREE
Late Entries (14-69)	R 80	R 170	R 260

Entry fees exclude service charges

RACE INFO

- The 10 and 21km will start at 6:00
- The 5km fun run starts at 06:15
- The 1km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1km
- Water points at ± every 3km
- Cut-off times:10km-2hours, 21km-3hours.
- Food and drinks stalls available
- 21km is not Wheelchair-friendly

PRE-ENTRIES ONLY

Pre-entries close on 27 October or when cap of 5000 is reached
Online entries: www.entryninja.com

- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Sportsmans Warehouse Centurion: 012 361 3733
- Kloppers Castle Gate: 012 051 4200

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available

aQuellé

ARC Campus, Nellmapius Drive, Irene

Please note that Irene members are not allowed to run/walk this race. We need our members to work on the day to ensure that we present a top-class race.

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

PHOTO CORNER

Wednesday evening at the PvR Dorpsfees night race

A few of our juniors at the Dorpsfees night race

Ansie Breytenbach on the podium at the AGN 10 km championships

Happy faces at the start of the Linton's Corner race

Thanks to Myburgh Bester for doing a very important job at the Linton’s Corner race

There was plenty to eat

Riaan van Staden and his son Rikus

Rhoda van Staden and Retha Knoetze on the podium

Tamrin and David Holliday at the Linton's Corner race

Carla Hartmann paid a visit to one of our founder members, Derick van der Merwe. He is doing well under circumstances

Tania Thompson and Lynette Gough did 65 km and 75 km respectively at the Dawn to Dusk race on Saturday

Elsa Meyer at the World Masters Championships