



**3 March 2025 9/25**

### *EDITORIAL*

The response on the request for helpers at our race on 22 & 23 March was excellent. Thank you to all our members who responded. However, we need many more of you. If you haven't let us know where you prefer to work, now is the time. Reply to this email to make yourself available. We need you!

### *ACHIEVEMENTS*

Congratulations to the following members who were on the podium at the Sunrise Monster:

Anna Harris	1 <sup>st</sup> Female 50 – 59 – 10 km
Ansie Breytenbach	1 <sup>st</sup> Female 60 – 69 – 10 km
Annatjie Greyvenstein	1 <sup>st</sup> Female 80 – 89 – 10 km
Mike Gibbons	1 <sup>st</sup> Male 50 -59 – 10 km
Miemie Nel	2 <sup>nd</sup> Female walker – 10 km
Melanie Swart	1 <sup>st</sup> Female 50 – 59 – 21 km
Martin Struwig	1 <sup>st</sup> Male 50 – 59 – 21 km
John Cannon	1 <sup>st</sup> Male – 70 – 79 – 21 km
Elizna Lourens	3 <sup>rd</sup> Female – Marekele 10 km

### *PERSONAL ACHIEVEMENTS*

Aloïse Boshoff	PB – 32 km
Yolande Pietersen	PB – 21 km
Krysten Smithers	PB – 42 km

SOCIAL EVENING

**IRENE SOCIAL**

**MUSICAL  
BINGO**

**Tuesday  
4 March  
after time trial**

PLEASE JOIN US

**It's going to be  
fun! ♥**

**Enjoy a lekker  
boerewors  
roll**

*You don't want  
to miss this one!*

## REGISTRATIONS 2025

Another 14 members registered during the week of which 7 were new members. Welcome to all of you. We now have 536 members compared to 445 at the same time last year.

If you haven't done it yet, please get your registration done for 2025 as quickly as possible to help us complete the admin process. Please make sure you complete both forms A and B below.

There are 2 forms to complete. FORM A and FORM B

FORM A is for registering a family account. You should still complete this form even if you are a single member. This data will be used for billing purposes.

FORM B should be completed for each member, spouse/partner and child (junior members). Students, 19 years and older will be considered a full member.

AGN licenses are optional. You can select to buy one on FORM B.

Please help us by submitting your info as soon as possible so that we can capture all the data in the new system. Payment will only be due later.

FORM A - Account registration form

<https://forms.gle/LdXXNGkneM7rmGqL7>

FORM B - Member registration form (Complete separately for each member)

<https://forms.gle/BmsgT8SHMrZQpvFZ9>

If you haven't ordered your 2025 Club shirt yet, you can do so here:

<https://forms.gle/f3iFJy1JWHSrKU999>

You will receive an invoice once you have completed Form B. No licence will be issued before full payment is made.

## NEW MEMBERS

A warm welcome to the 7 members who joined last week. 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 the time trials on Tuesday and to collect your 2025 licence members.

Here are the new members who joined during the last two weeks:



Ashleigh  
Chaperon

Chris  
Symm

Francette  
Bedford

Mahlodi  
Mothapo



Matodzi  
Tshishonga

Robyn  
Conradie

Thando  
Lesame

### *CAPTAIN'S CORNER*

Please diarize the following important dates:

- Club Social Time Trial Relay Run – 4 March 2025 at 17:30
- Monthly Club Social Evening – 4 March 2025
- Morning training run – 6 March 2025 at 5:00 at Irene Link
- Saturday Event – 8 March 2025, Pretoria Bobbies 3 in 1 at Mayville Mall, 6:00
- Sunday Long run – Klapperkop Social long run starting at Plato Monument Park at 6:00.

#### **Weekly Time Trials**

**\*RELAY TIME TRIAL\* Tuesday 4 March 2025**

We are extremely excited to host our very first relay time trials this week at our monthly social. You must enrol in teams of 2 members each. The route will be a +/-2km loop which must be run 4 times, each member must run it twice.

Teams must consist of 1 male and 1 female.

Teams must consist of 2 different age groups. Meaning 1 member can be 40-49 and 1 member 60-69. Any combination is good to go. Please check the Time Trial list sent out earlier today.

If you can, please send me your team members names before the start.

Teams can also be created on Tuesday before the event starts.

The following prizes are up for grabs.

- 1) 1st Place team
- 2) 2nd Place team
- 3) 3rd Place team
- 4) Best dressed team
- 5) Best team 'gees' / spirit

Let's all make this a fun event.

(There will be time afterwards to run extra kms should you want/need to)

### **Social Evening**

Please join us for a fun filled evening after the Time Trials at the clubhouse.

### **Wednesday LSD Run**

This week's LSD run will take place at Centurion Theatre at 17:30 for a 15km - 18km distance.

### **Thursday Morning Session**

This week's morning run will start from Irene Link at 5:00. For those of you who enjoy the early morning training please come and join us. There will be a 6km – 10km distance.

### **Thursday Speed Session**

Come join us at the Irene Oval at 17:30 for a Speed training session

### **Saturday Run**

This Saturday 8 March is the Pretoria Bobbies 3-in-1 event at Mayville Mall. There is a 5km, 10km and 21km distance.

Start is from 6:00.

Our Cara-Fun will be there for all to use.

### **Sunday**

This Sundays Long Run will start from Plato in Monument Park at 6:00 and will cover Klapperkop. Distance covered will be from 10km-20km.

The Edenvale Marathon is also happening this Sunday for those of you interested in entering.

### **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

**Irene Athletics Club**  
SERIOUS about our fun  
Week 3 Mar - 9 Mar

### WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Stretch & Strength Training (Self train at home)	Monthly Social Relay Time Trial @ Club House 17:30 4 x 2 km	Midweek LSD Run 15 km @ Centurion Theatre - 18 km 17:30
Join our community	Thursday Morning Session @ Irene Link 5:00 6-10 km Speed Session @ The Oval 17:30	Friday Rest Day
IRENE TRAINING GROUP 2025 QR CODE	Saturday Pta Bobbies 3-in-1 @ Mayville Mall 6:00 5-10-21 km	Sunday Klapperkop Run @ Monument Park Plato 6:00 10-20 km Edenvale Marathon (CGA)

For More Information  
Nelius 072 248 7698  
Jacqueline 073 887 0757

IRENE

## TRAINING PROGRAMME

# March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>3</b> Core & Strength Training  +/- 60min	<b>4</b> Time Trial W/U, TT, C/D  B - 4km I - 6km A - 8km	<b>5</b> Midweek LSD W/U, LSD, C/D  B - 45min I - 60min A - 75min	<b>6</b> Speed Session W/U, Speed, C/D  B - 4 x 400m I - 6 x 400m A - 8 x 500m	<b>7</b>  REST	<b>8</b> PRETORIA BOBBIES 3-IN-1  5km 10km 21.1km	<b>9</b> Sunday Long Run Run, CD  B - 60min I - 90min A - 150min
<b>10</b> Core & Strength Training  +/- 60min	<b>11</b> Time Trial W/U, TT, C/D  B - 4km I - 6km A - 8km	<b>12</b> Midweek LSD W/U, LSD, C/D  B - 45min I - 60min A - 75min	<b>13</b> Hill Repeats W/U, Hills, C/D  B - 6 x 300m I - 6 x 400m A - 8 x 500m	<b>14</b>  REST	<b>15</b> OM DIE DAM ULTRA MARATHON  8km 21,1km 50km	<b>16</b> Sunday Long Run Run, CD  B - 60min I - 90min A - 150min
<b>17</b> Core & Strength Training  +/- 60min	<b>18</b> Time Trial W/U, TT, C/D  B - 4km I - 6km A - 8km	<b>19</b> Midweek LSD W/U, LSD, C/D  B - 45min I - 60min A - 75min	<b>20</b> Speed Session W/U, Speed, C/D  B - 4 x 400m I - 6 x 400m A - 8 x 500m	<b>21</b> RIGHT TO RUN SUNNYPARK  5km 10km 21.1km	<b>22</b> IRENE RUNNING FESTIVAL  5km 10km 21.1km	<b>23</b> IRENE RUNNING FESTIVAL  48km
<b>24</b> Core & Strength Training  +/- 60min	<b>25</b> Time Trial W/U, TT, C/D  B - 4km I - 6km A - 8km	<b>26</b> Midweek LSD W/U, LSD, C/D  B - 45min I - 60min A - 75min	<b>27</b> Hill Repeats W/U, Hills, C/D  B - 6 x 300m I - 6 x 400m A - 8 x 500m	<b>28</b>  REST	<b>29</b> OVERKRUIN BEAST (LEAGUE RACE)  5km 15km 32km	<b>30</b> 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.

For the next two months we will focus on consistency. Two Oceans athletes will start with tapering towards the middle of March. Comrades athletes must plan their respective long runs for March and April. March and April must be your high mileage months.

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 2025.

LEGEND :		
PROGRAM TERMINOLOGY	TWO OCEANS GUIDELINE	COMRADES GUIDELINE
<b>Max HR :</b> 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	<b>Vic Clapham Medal :</b> 8km : Sub 52 minutes 21.1km : Sub 2h18 minutes 42.2km : Sub 4h50 minutes
<b>W/U :</b> Warm Up - Easy Jog		
<b>C/D :</b> Cool Down - Easy Jog		
<b>LSD :</b> Long Slow Distance, 55% - 65% of Max HR		
<b>Min :</b> Minutes (Time not Distance)	<b>Bronze Medal :</b> 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes	<b>Bronze Medal :</b> 8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 minutes
<b>Easy :</b> Long Slow Distance (LSD) - HR below 65%		
<b>Hills Repeats :</b> @ 70%-80% of max HR		
<b>Sprints Session :</b> 85-95% of Max HR		
<b>Tempo Run :</b> 65-75% effort level		
<b>Program Legend :</b> B = Beginner I = Intermediate A = Advanced	<b>Sainsbury Medal :</b> 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 minutes	<b>Bill Rowan Medal :</b> 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 the following members who celebrate their birthdays during the week. Wishing you a very happy birthday and a splendid year ahead.

Joseph	Ndou	Mar 03
Musa	Nkosi	Mar 04
Wendy	Beukes	Mar 05
Sibo	Mshengu	Mar 06
Madre	Buitendag	Mar 07
Andre	Nortje	Mar 07
Markus	vd Westhuizen	Mar 07
Miemie	Nel	Mar 07
Adriaan	Botha	Mar 08
Sumarie	van Wyk	Mar 08
Ricus	Nothnagel	Mar 08
Gugulethu	Makola	Mar 08
Noel	Banda	Mar 09



## BAR NEWS

**Monthly Social – Free boerewors rolls for all present**



THOUGHT FOR THE WEEK

Do not fear failure but rather fear not trying.

NOTICE BOARD



**ARC IRENE RUN/WALK**  
**8 MARCH 2025**

**ROAD RUN OR TRAIL RUN**  
YOU CHOOSE WHICH ONE YOU WANT TO DO

3KM, 5KM, 10KM, 15KM OR 21KM  
RACE STARTS @ 06H30

ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)

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)

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

Discovery  
Vitality

REVOLUTION  
TRAILS

THYME  
FITNESS



**PRETORIA BOBBIES**

**Slumberland**



DESIGN YOUR DREAMS

**BOBBIES 3-IN-1**  
Discovery *Vitality*

8 March 2025

Venue: Mayville Mall, Pretoria

**NEW VENUE @ MAYVILLE MALL**

**FIERCE & FUN**



Scan QR Code To  
Enter Race

Online Entries Until - 4 March 2025

(All Online Entries go in lucky Draw for Bed)

Run Away Sport Until - 6 March 2025

Tshwane Running Shop Until - 6 March 2025

**Starting Time**

06:00am (10km & 21km)

06:30am (5km)

**Cost**

5km Race - R80

10km Race - R150

21km Race - R200

Temp lic - R70

**R20 Additional for  
late Entries**

(Clubs are welcome to  
set up gazebos)

Pre-entries will go into a  
lucky draw to win a

Slumberland Hybrid Firm Bed  
(Valued at R8 999)

Discovery  
*Vitality*





5km | 10km | 21.1km

# THE MOOSE'S ROAD RACE

**Saturday, 15 March '25 • 06h00-09h30**

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

*Online Entries Close Tuesday, 11 March 2025*



**GIC** GAP INFRASTRUCTURE CORPORATION

**CHOC** Childhood Cancer Foundation South Africa "Keeping more than hope alive"

**COMRADES MARATHON QUALIFIER**

**IRENE**

**Athletics Gauteng North**

Discovery *Vitality*

# IRENE RUNNING FESTIVAL

## 22 & 23 March 2025

**Irene Athletics Club presents**  
 Limited to 3000 entries per event  
 48 km - Mat to mat timing  
 10/21 km - Gun to mat timing

**MEDALS TO ALL FINISHERS**

**ARC Grounds, Nelmapius Road**

Enquiries: [info@irenerunner.co.za](mailto:info@irenerunner.co.za)  
 Tel: 082 331 2236

Entries close Sunday, 16 March 2025

Ideal seeding opportunity. Qualifying time is **5 hours 50 minutes** (same as for 50km), but with 2km less to run. Mat to mat timing

**5km** **10km** **21km**

**Irene Ultra 48km #TheQualifier**

**SMACPIX** Online entries only [www.entryninja.com](http://www.entryninja.com) T-shirt available to purchase @R180

Mat to Mat Timing for the 48km ONLY!

PRE-ENTRIES ONLY - Sweat Shop  
 Dunkeld: 011 325 2567  
 - Running High Bedfordview: 011 450 2421  
 - Sportmans Warehouse Centurion: 0126650768  
 - Run-Away-Sport: 012 361 3733  
 - Tshwane Running Shop Sinoville: 076 929 7384

Chamberlain's + FITNESS TIME Timekeeping



**5KM | 15KM | 32KM**

# 29 MARCH 2025

15KM & 32 KM 06:00 | 5KM FUN RUN 06:15

**HOËRSKOOLOVERKRUIN  
127 BRAAM PRETORIUS  
STR  
SINOVILLE**

15km & 32 km 06:00

**ENTRY FEES:  
5 KM R30  
15KM R180  
32KM R220  
TEMPORARY LICENSE FEES: R70  
SECURE SCHOOL PARKING R30**



## ENTER NOW!

1. Online entries: [www.entryninja.com/events/80011-overkruin](http://www.entryninja.com/events/80011-overkruin) until 26 March 2025  
Online entries can be collected on 28 & 29 March at Hoërskool Overkruin  
School sport grounds Lapa  
No Temp license is required for the 5km.
2. Run-A-Way sport, 302 Freesia str, Lynnwood, Pretoria (Tel: 012 361 3733) until 28 March 2025
3. Tshwane Running, shop 192 Vinko str, Sinoville, Pretoria (Tel: 076 929 7384) until 28 March 2025
4. Hoërskool Overkruin Lapa on main sport fields on 28 March 2025 from 15:00 - 18:00
5. On race day at Hoërskool Overkruin Lapa on main sport fields on 29 March 2025 from 04:30 - 06:00



**ENTRIES CAPPED AT 2500**

# THE GREEN MILE ROAD RACE 2025

The Mile for life

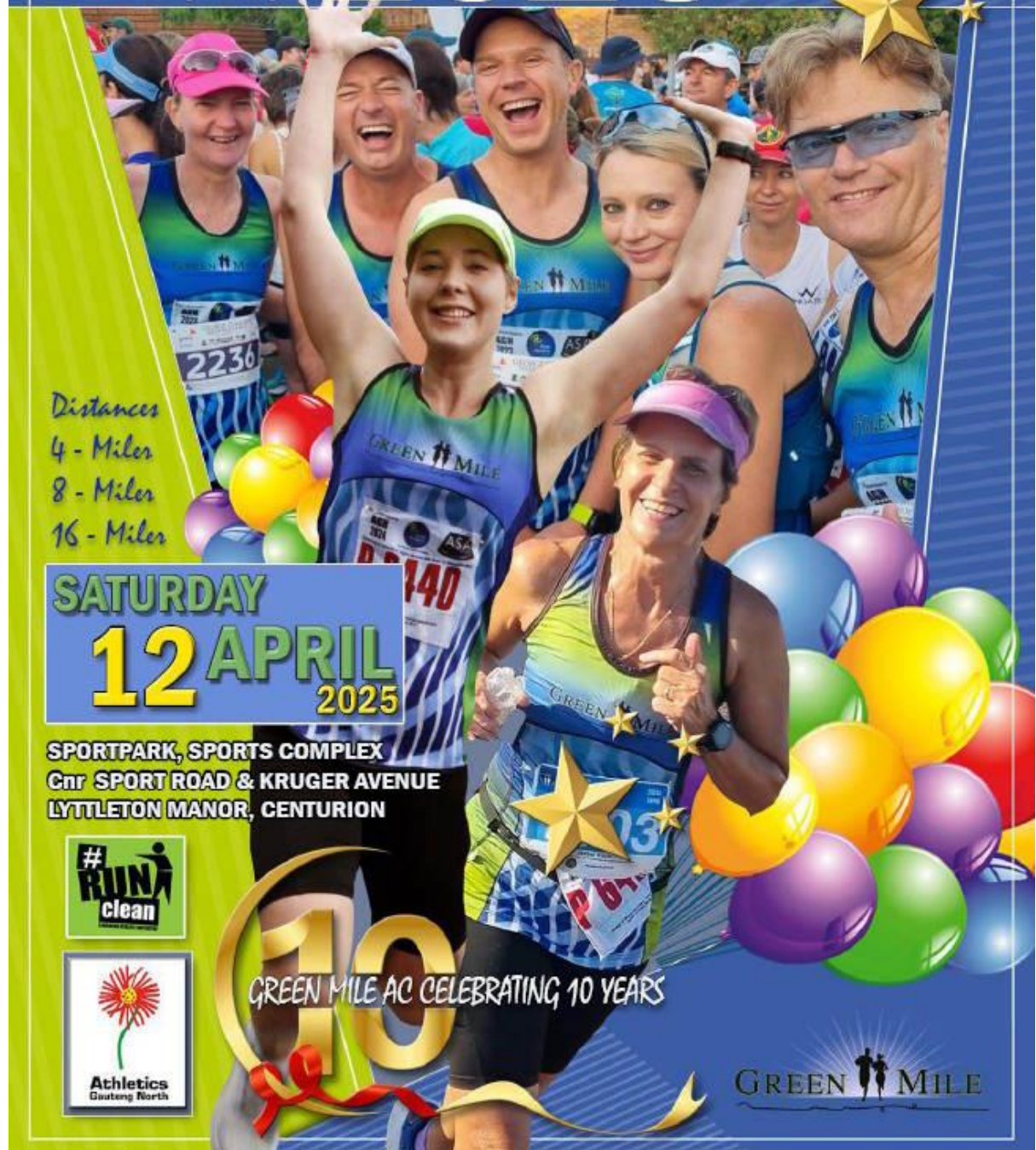
Distances  
4 - Miles  
8 - Miles  
16 - Miles

**SATURDAY**  
**12 APRIL**  
2025

SPORTPARK, SPORTS COMPLEX  
Cnr SPORT ROAD & KRUGER AVENUE  
LYTTLETON MANOR, CENTURION



**10**  
GREEN MILE AC CELEBRATING 10 YEARS





**50km 21km 10km 5km**

**DATE: 19 APRIL 2025**

**VENUE: AKASIA COMMUNITY HALL**

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R450	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R180	R70	06:45am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R380	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R120	R70	06:45am
5KM	R70	N/A	06:45am

**LONG SLEEVES TSHIRT R250**

**1st 500 ONLINE ON 50KM QUALIFY FOR FREE RACE T-SHIRT**



**For general race enquiries contact:  
079 965 4524 / 082 909 5868 / 073 497 3141**

[www.tshwanenorthultra.co.za](http://www.tshwanenorthultra.co.za)



PHOTO CORNER



Leon and Zanté Geel with Neil Andrews and Carel Malan at the Sunrise Monster



Deena Naidoo and Jurie Venter



Mthokozisi Mambi



New member Wynand Schmitt



Aloïse Boshoff, Melani Swart and John Cannon. Melani and John were also podium winners in their respective age categories.



Our own Gerda Steyn was also in action in the 32 km



Some of the 10 km runners lining up at the club gazebo



Nienke Chalmers, Natasha Pienaar and Lesinda van Zyl at the start



Retha Stoltz



Karin-Marie van Niekerk, Sandra Pretorius, Annatjie Greyvenstein, Anna Harris, Deborah Arendse and Ansie Breytenbach at the start



Odwa Golela looking ready for action. He was the first Irene finisher in the 10 km



Megan and Geoff Brown



Our 10 km podium winners, Anna Harris, Mike Gibbons, Annatjie Greyvenstein and Ansie Breytenbach. Walker Miemie Nel is absent from this photo



Nelius van Rooyen and Martin Struwig in action



Linky Makgahlela enjoying her coffee while watching the finishers



Mthokozisi Mambi, Maryke Bester and Matome Ramachela



Melanie Swart on the podium



A happy Martin Struwig



A very happy Deborah Arendse with Gerda Steyn



We were well represented at the Marekele Marathon



Runners of the Elands Marathon on their way