



3 November 2025 44/25

EDITORIAL

Please be reminded that the Annual General Meeting of Irene Athletics Club will take place in the Lapa at the club house on Tuesday, 11 November 2025 at 18:30.

Nominations for committee members will be accepted until 3 November.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Kaapsehoop race:

Ansie Breytenbach	3 rd Female 60-69 – 21 km
Annatjie Greyvenstein	2 nd Female 70+ - 21 km
Letha Kotze	3 rd Female 70 + - 10 km

PERSONAL ACHIEVEMENTS

Jacqueline Watts	First Marathon
Farzana John	PB – Marathon
Natasha Pienaar	PB – 21 km
Maryke Gradwell	PB – 21 km

Well done!

SOCIAL EVENING

This invite was sent out to a few other clubs to join us on Tuesday. Be there in numbers to enjoy the evening together.

Inter-Club Time Trial

4 November 2025 17:30

IAC Club House

Come and run the 8km time trial and join in the challenge. Times from the 1st senior, 1st veteran, 1st master and 1st grand master from each club will be added up and the fastest time wins!

If you are not competitive, just come for the run on our beautiful farm and support your team mates. Boerie rolls on sale and the bar will be open. Let's build the 'gees' before 'kersfees' break.



CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 4 November is our Social Interclub Time Trials at the Club. Start is at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Thursday morning run – Easy run starting at 5:30. Place to be confirmed
- Saturday Event – Jacaranda City Challenge at Rietondale Park starting at 6:00.
- Sunday Social Run – Social run starting from Castle Gate Centre at 6:00

Weekly Time Trials

Please join us this Tuesday for our social Time Trial at the Clubhouse starting at 17:30. This will be an Interclub event and include members from other clubs competing in our 8km challenge. Come join the fun and competition and enjoy a boerewors roll afterwards.

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 between 10km-12km.

Thursday Morning Run

This will be an easy run starting at 5:30 for a 5-10km distance. Place will be confirmed.

Saturday Run

This Saturday the 8 November is our Marathon Club Champs. This is the Jacaranda City Challenge taking place at Rietondale Park at 6:00. Distances available are 5km, 10km, 21km and 42km.

Sunday Social Run

This Sunday's Social Run will start at Castle Gate Centre at 6:00. Distance covered will be between 15km-20km.

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
3 Nov - 9 Nov

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

<h3>Monday</h3> <p>Stretch & Strength Training (Self train at home)</p>	<h3>Tuesday</h3> <p> November Social</p> <p>Time Trial @ Club House 17:30 4 - 6 - 8 km</p>	<h3>Wednesday</h3> <p>ECHT</p> <p>Midweek LSD Run @ Echt PvR 17:30 10 - 12 km</p>
<h3>Thursday</h3> <p>Easy Run @ TBC 5:30 5 - 10 km</p>	<h3>Friday</h3> <p></p>	<p>For More Information Nelius 072 248 7698 Jacqueline 073 887 0757</p>
<h3>Saturday</h3> <p>Jacaranda City Challenge (Marathon Club Champs) @ Rietondale Park 6:00  5 10 21 42 km</p>	<h3>Sunday</h3> <p>Sunday Klapperkop Run @ Castle Gate Centre 6:00 15 - 20 km</p>	 <p>IRENE</p>



Join our community



IRENE TRAINING GROUP 2025
WhatsApp group

TRAINING PROGRAMME

November 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 Core & Strength Training +/- 60min	28 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	29 Midweek LSD W/U, LSD, C/D B - 45min I - 60min A - 90min	30 Speed Session W/U, Speed, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	31 REST	1 KAAPSEHOOP MARATHON 21.1km 42.2km	2 SOCIAL RUN B - 45min I - 45min A - 60min
3 Core & Strength Training +/- 60min	4 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	5 Midweek LSD W/U, LSD, C/D B - 30min I - 30min A - 30min	6 Hill Repeats W/U, Hills, C/D B - 8 x 200m I - 8 x 300m A - 8 x 400m	7 REST	8 JARANDA CITY CHALLENGE (42km CLUB CHAMPS) 5km, 10km 21km, 42km	9 SOCIAL RUN B - 45min I - 45min A - 60min
10 Core & Strength Training +/- 60min	11 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	12 Midweek LSD W/U, LSD, C/D B - 30min I - 30min A - 30min	13 Easy Run	14 REST	15 TOM JENKINS CHALLENGE (LEAGUE RACE) 5km 10km 21km	16 SOCIAL RUN B - 45min I - 45min A - 60min
17 Core & Strength Training +/- 60min	18 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	19 Midweek LSD W/U, LSD, C/D B - 30min I - 30min A - 30min	20 Easy Run	21 REST	22 MULLER POTGIETER RACE 5km 10km 21km	23 SOCIAL RUN B - 45min I - 45min A - 60min
24 Core & Strength Training +/- 60min	25 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	26 Midweek LSD W/U, LSD, C/D B - 30min I - 30min A - 30min	27 Easy Run	28 REST	IRENE CLUB YEAR-END FUNCTION	30 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 in the year being Cape Town Marathon, Kaapsehoop / Soweto Marathon or the Jararanda 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 Max HR estimate - Women 228 minus age	Blue Medal : 8km : Sub 54 minutes 21.1km : Sub 2h26 minutes 42.2km : Sub 4h59 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	Bronze Medal : 8km : Sub 47 minutes 21.1km : Sub 2h09 minutes 42.2km : Sub 4h26 minutes	Bronze Medal : 8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 minutes
Min : Minutes (Time not Distance)		
Easy : Long Slow Distance (LSD) - HR below 65%	Sainsbury Medal : 8km : Sub 38 minutes 21.1km : Sub 1h46 minutes 42.2km : Sub 3h40 minutes	Bill Rowan Medal : 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

PERSONALIA

Condolences to the family and friends of former member Lance van der Merwe who died last week. He was 53.

Here he is with Joy Dekker after completing his first Comrades Marathon.



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

Sharon	Booyens	04-Nov
Johan	Engelbrecht	05-Nov
Francois	Bester	05-Nov
Aubrey	Naidoo	07-Nov
Anneri	Le Roux	08-Nov
Sizo	Mzizi	08-Nov
Busi	Maqungo	09-Nov
Farzana	John	09-Nov
Vincent	Perrier	09-Nov



BAR NEWS

Social evening. Free food to members and their family members attending. No take aways.



IN THE MAILBOX

A Note of Gratitude to the Irene Running Club

I would like to express my heartfelt thanks to two incredible Irene members, Jenny and Ian, who have gone above and beyond over the past three months by supporting me with a training program leading up to the Kaapsehoop 42km marathon, where I successfully qualified.

When I reflect to April 2025, running the Benoni 42km in 5 hours 27 minutes, and compare it to what was achieved at Kaapsehoop — 4 hours 48 minutes (mat to mat) — I am overwhelmed with gratitude. That improvement did not happen by chance; it was the result of dedication, encouragement, and the unwavering support I received from those around me but most importantly to Jenny and Ian.

Jenny, you have been an exceptional mentor and coach. You continually sacrifice your own goals to help others achieve theirs. You put others' needs before your own, and when I look back on this journey, there is no doubt that I am where I am today because of you. Thank you for believing in me and for guiding me every step of the way. Mondays at the gym with lunges and weights were tough. Thursdays at the Oval challenged every ounce of willpower I had, and Saturdays with Ian coaching me felt impossible at times — but every session made me stronger. I secretly loved the days you chose to swim — it meant I could take an “excuse day” and watch you swim from the treadmill while I trotted along at my own pace. And let's not even get started on her nutrition advice — no one can truly grasp how deeply Jenny cares for others and their well-being. I've never met anyone with such genuine compassion and dedication to helping people.

To Joy, Henk, Liezel, Belinda, and Maureen — thank you for your constant support and encouragement since I joined the club in January 2025. Your words of motivation, smiles on the runs, and camaraderie have made every session something to look forward to.

To the rest of the Irene Running Club members — thank you for so generously sharing your running knowledge and good practices. No words or gestures can truly express the gratitude I feel for the milestones I have achieved with your help. Irene is not just a running club; it's a community of people who care deeply for one another — not only as runners but as family.

A special thank-you as well to Jacqueline and Nelius for consistently putting together excellent training programs that cater to all running styles. And to AD Watts — hearing you cheer me on at the finish line yesterday, “*Well done Fuzzy, 900m to go!*” — that was exactly what I needed to keep moving forward, i was at a point where i almost gave up.

Thank you, everyone, for welcoming me so openly and supporting me so wholeheartedly. I am proud to be part of the Irene family.

With deep gratitude, Fuzzy

THOUGHT FOR THE WEEK



LET US MAKE OUR
FUTURE NOW, AND LET
US MAKE OUR DREAMS
TOMORROW'S REALITY.

MALALA YOUSAFZAI

NOTICE BOARD



ARC IRENE RUN/WALK
08 NOVEMBER 2025
ROAD RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 06H30
ENTER ONLINE AT
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

THYME
FITCHEF



ARC IRENE RUN/WALK
08 NOVEMBER 2025
TRAIL RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 06H30
ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

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

THYME
FITCHEF

WETZ



aQuellé.
**JACARANDA
CITY
MARATHON
CHALLENGE**

EARLY COMRADES & TWO OCEANS QUALIFIER

08 NOV 2025
5KM / 10KM
21.1KM / 42.2KM

INCORPORATING
AGN MARATHON
CHAMPIONSHIP



Athletics
Gauteng North

aQuellé



 **sportsvendo**
PROVIDER OF SPORTSWEAR



TOM JENKINS LEAGUE RACE

31st Run/Walk Challenge

Run Series



with



ARCADIA
RUNNING CLUB



FUN RUN 5KM | 06:15

10KM | 06:00

21.1KM | 06:00

Saturday, 15 Nov 2025

VENUE: Union Buildings, Government Avenue, Pretoria

GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!

ENTRY FEES: | 21.1km | 10km | 5km **Fun Run**

exclude service charges

70+	Free	Free	Free
All other categories:	R230	R180	R100
Temporary licences:	R70	R70	



PRE-ENTRIES ONLY:

- Capped at 6 000 entries.
- Late entries: On collection date or race day if cap not reached.
- Online entries: <https://www.entryninja.com/events/82558-tom-jenkins-challenge>
- Pre-entries: from 1 Oct - 13 Nov 2025 at Run-Away-Sport: 012 - 361 3733 and ...
Friday 14 Nov 2025 race pack collection from 09:00 - 18:00.
- Online entries: will close at midnight on Tuesday 11 Nov 2025.

RACE NUMBER COLLECTION:

- Race number collection: Friday, 14 Nov 2025 from 10:00 - 18:00 and ...
- On the day of race 15 Nov 2025 at Pretoria Faith Community Church,
22 Wessels Street, Arcadia, Pretoria from 04:30 - 05:45.



ENQUIRIES:

☎ Race office: 082 200 4219 (Paul) 082 566 1595 (James)



BDS RACE WITH DISCOVERY Vitality

21.1KM
6:00am

10KM
6:00am

5KM
6:15am

29 NOV
SATURDAY.2025

ENTRY FEES

ENTRY FEES	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
60-69	R200	R100	R60
LATE ENTRIES (18-69)	R250	R160	R80
ALL OTHER CATEGORIES	R230	R130	R70
TEMPORARY LICENSE	R70	R70	N/A

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.

PARKING

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- Friday, 28 November: 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 29 November: 04:30 till 06:00 – at the venue.

RACE INFO

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

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 28th of November and morning of the race provided we have not reached the 4000

- Online entries: www.entryninja.co.za
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at Wonderpark

FOR ENQUIRIES: STEPHEN BALOYI @082 262 2568 | PETER KHOZA @084 650 3358



CITY
MARATHON



YOUR CITY . YOUR RACE

60^{KM} | 30^{KM}_{X2} | 15^{KM}_{X4}
RELAY RELAY

+5KM FAMILY FUN WALK



DOWN TOWN RUN

16 DEC 2025

CHURCH SQUARE PRETORIA

ONLINE ENTRIES ENTRYGEEK.COM

For more Info- www.city60marathon.com



SITHI 60 WENA O RENG!!!!



PHOTO CORNER



Excitement at the start of the Kaapsehoop 21 km



De Wet Swart in action



Natasha Pienaar ran very well and did a PB on the 21 km



Maryke Gradwell also ran her PB on the 21 km



Ricus Nothnagel still looking good



Lorraine Hawker and Barbara Cairns did the 10 km



Relaxing in the shade on a very hot day



Jaqueline Watts ran her first Marathon



Letha Kotze on the 10 km podium



Annatjie Greyvenstein



Ansie Breytenbach

Fun at the braai on Saturday evening:





