



4 August 2025 31/25

EDITORIAL

Management has decided it's time to renovate the club's bathrooms.

The renovation will include:

- * New ceilings
- * New lights
- * Fresh paint on the walls

For the next few weeks, the bathrooms will be under construction, but we'll make sure you can still use them every Tuesday.

We'll start with the ladies' bathrooms to celebrate Women's month.

If you have any suggestions, please let us know.

Fires - 081 851 3864

Jacqueline - 073 887 0757

Special surprise along the route.



IRENE



Ladies Only Time Trial

4KM
6KM



5 AUGUST
17:15

SOCIAL EVENING

IRENE SOCIAL

QUIZ NIGHT

Tues 5 August

Women's Month

Ladies, come and enjoy being spoilt by the men.

Men, come and be part of it!

1st: Special ladies time trial.

2nd: The men are making pancakes. Sweet and savory.

3rd: QUIZ NIGHT hosted by 'the ballies'. Come and join.

It's going to be GOOD!



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the SPAR Women's race on Saturday:

Annatjie Greyvenstein	2 nd 70 -79
Rhoda van Staden	3 rd Walker

REGISTRATIONS 2025

Another two 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 607 members. We had 528 members at the same time last year.



Dewald Taljaard Annah Makhubele

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 5 August is a special Ladies Night Time Trial. Start is at 17:15
- Saturday Event – Eyethu Fitness Test at Quagga Centre. Start is at 6:45
- Sunday Social Run – The Versus Out and Back event, start is at 7:00.

Weekly Time Trials

All Ladies to please join us at the Club House on Tuesday for our special Ladies Night Time Trial starting at 17:15. There will be some special treats along the way for the Ladies. Looking forward to seeing you all there.

Wednesday LSD Run

This Wednesday is our Midweek LSD Run. This will start from Echt Coffee Shop in Pierre Van Ryneveld at 17:15. There will be a 8km-10km route.

Thursday Morning Runs and Afternoon Sessions

This Thursday afternoon is our Speed session. This will be at the Irene Oval and will start at 17:15

Saturday Run

This Saturday is the Eyethu Fitness Test taking place at the Quagga Centre at 6:45. This is a League Race and there will be the following distances: 5km, 10km, 21km and 32km.

Sunday Social Run

This Sunday's Social Run will be the Versus Out and Back Run starting at the Versus Shop in Pretoria at 7:00. Remember to enter online if you want to be part of the official event. The distance covered will be 16km.

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
4 Aug - 10 Aug

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Stretch &
Strength Training
(Self train at home)

Tuesday

Ladies NIGHT 
Time Trial
@ Club House
17:15
4 6 8 km

Wednesday

ECHT
Midweek LSD Run 8
@ Echt PVR - km
17:15 10

Thursday

Speed Session
@ Irene Oval
17:15

Friday



For More Information

Nelius
072 248 7698

Jacqueline
073 887 0757



Saturday

Eyethu Fitness Test
@ Quagga Centre
6:45 5 10 21 32 km
(League Race) 

Sunday

Versus Out & Back
@ Versus Pta
7:00 16km



TRAINING PROGRAMME

August 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
4 Core & Strength Training +/- 60min	5 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	6 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	7 Speed Session W/U, Speed, C/D B - 6 x 200m I - 6 x 300m A - 6 x 400m	8 REST	9 EYETHU FITNESS TEST (LEAGUE RACE) 5km 10km 21,1km 32km	10 SOCIAL RUN B - 45min I - 60min A - 75min
11 12 WEEK MARATHON TRAINING START (KAAPESEHOOP MARATHON)	12 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	13 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	14 Hill Repeats W/U, Hills, C/D B - 4 x 200m I - 6 x 300m A - 8 x 300m	15 REST	16 CROSS COUNTRY AGN CHAMPIONSHIPS	17 SOCIAL RUN B - 45min I - 60min A - 90min
18 12 WEEK MARATHON TRAINING START (JACARANDA MARATHON)	19 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	20 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	21 Speed Session W/U, Speed, C/D B - 4 x 300m I - 6 x 300m A - 8 x 400m	22 REST	23 CASTLE WALK (10km CLUB CHAMPS) 5km 10km	24 ABSA RUN YOUR CITY 10km
25 Core & Strength Training +/- 60min	26 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	27 PVR DORPSFEES NIGHT RACE 5km 10km	28 Hill Repeats W/U, Hills, C/D B - 4 x 200m I - 6 x 300m A - 8 x 400m	29 DAWN TO DUSK	30 DAWN TO DUSK & ULTIMATE FAST CHALLENGE	31 SOCIAL RUN B - 60min I - 75min A - 90min

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.

It has been a long and cold winter / off-season. August is the month where most runners will come out and train again. Should you plan a marathon towards the end of the year, this is the month to start.

LEGEND		
PROGRAM TERMINOLOGY	TWO OCEANS GUIDELINE	COMRADES GUIDELINE
Max HR :	Max HR estimate - Men: 220 minus age	Blue Medal :
	Max HR estimate - Women 228 minus age	8km :
W/U :	Warm Up - Easy Jog	Sub 54 minutes
C/D :	Cool Down - Easy Jog	21.1km :
LSD :	Long Slow Distance, 55% - 65% of Max HR	Sub 2h26 minutes
Min :	Minutes (Time not Distance)	42.2km :
Easy :	Long Slow Distance (LSD) - HR below 65%	Sub 4h59 minutes
Hills Repeats :	@ 70%-80% of max HR	Bronze Medal :
Sprints Session :	85-95% of Max HR	8km :
Tempo Run :	65-75% effort level	Sub 47 minutes
Program Legend :	B = Beginner	21.1km :
	I = Intermediate	Sub 2h09 minutes
	A = Advanced	42.2km :
		Sub 4h26 minutes
		Bronze Medal :
		8km :
		Sub 45 minutes
		21.1km :
		Sub 2h05 minutes
		42.2km :
		Sub 4h25 minutes
		Bill Rowan Medal :
		8km :
		Sub 38 minutes
		21.1km :
		Sub 1h46 minutes
		42.2km :
		Sub 3h40 minutes
		42.2km :
		Sub 3h30 minutes

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 - Eldoraighe 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.

Elsa	Meyer	04-Aug
Pretty	Mashego	04-Aug
Geertjie	Bloem	05-Aug
Moira	Malakalaka	05-Aug
Benson	Phalane	05-Aug
Brennon	Barkley	05-Aug
Karabo	Temo	06-Aug
Wynand	Schmitt	06-Aug
Conrad	de Kock	08-Aug
Sandra	Pretorius	09-Aug
Lindiwe	Shabalala	09-Aug



THOUGHT FOR THE WEEK

Let the improvement of yourself keep you so busy that you have no time to criticize others.

NOTICE BOARD



ARC IRENE RUN/WALK
09 AUGUST 2025
ROAD RUN

ALL FINISHERS RECEIVES A MEDAL

3KM, 5KM, 10KM, 15KM OR 21KM

RACE STARTS @ 07H00

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 WETZ



ARC IRENE RUN/WALK
09 AUGUST 2025
TRAIL RUN

ALL FINISHERS RECEIVES A MEDAL

3KM, 5KM, 10KM, 15KM OR 21KM

RACE STARTS @ 07H00

ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

OPEN TO NON-CLUB MEMBERS

Discovery Vitality

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VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT: 083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM

THYME FITCHEF WETZ



Sat 9 Aug 2025

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

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

**LUCKY
DRAWS
ON RACE
DAY!**





Athletics
Gauteng North



CASTLE
WALK



FUN
FUN
FUN



10KM

5KM FUN RUN

Entry Fee: R70 for 5km |
R130 for 10km

23 AUGUST 2025
07H00 SATURDAY

Online entries Close on :
19 August 2025



For online queries, contact:
Derrick@raceresults.co.za
Vbainspiringlives@gmail.com
www.entryninja.com





PVR DORPSFEES NIGHT RACE



IRENE



MAD MONKEY ADVENTURES

PRESENTED BY MAD MONKEY ADVENTURES

& IRENE AC



27TH 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

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

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)



**LINTON'S
CORNER**

SPRING RUN

31 AUGUST 2025

10KM/21KM - 6:30AM

5KM - 6:40AM

ENTRY FEES	5KM	R100
	10KM	R180
	21KM	R250

ENTRY FEES EXCLUDE SERVICE CHARGES



**ONLINE
REGISTRATION:**
1 JUL - 26 AUG

CONTACT

THABO MOKEBE 072 633 9226

NEO TLAKA 072 171 0834



KYALAMI corner



21.1KM | 10KM | 5KM FUN RUN

SUNDAY 31 AUGUST 2025

STARTING TIMES

21.1KM
10KM
06H30 AM

5KM
06H40 AM



GRAB A RACE T-SHIRT + R320



ENTER HERE

ENTRY FEE

- 21.1km R250 (Late Entry Fee - R270)**
GRANDMASTERS - R200 | GREAT-GRANDMASTERS - FREE
- 10km R170 (Late Entry Fee - R190)**
GRANDMASTERS - R120 | GREAT-GRANDMASTERS - FREE
- 5km R90 (Late Entry Fee - R110)**
GRANDMASTERS - R50 | GREAT-GRANDMASTERS - FREE



Temporary License 21km (R70) - 10km (R60) • Pre-entries Close Midnight - 22 August 2025

Online entries available on www.peaktiming.co.za | An additional service fee will be charged by service provider

SOMETHING FOR EVERYONE



KYALAMI CORNER
GPS -25,9833'S,28,0755'E





Memories Matter Movement

Because Every Step Helps Protect a Memory



**MOVE FOR MEMORY.
MOVE WITH PURPOSE.**

ENTRIES NOW OPEN

Every step, every kilometer, every paddle stroke matters. By joining the Memories Matter Movement, you're helping raise awareness, support People and families living with Dementia, and fund meaningful action in the fight against Dementia.



ALZHEIMER'S MONTH

1 TO 30 SEPTEMBER 2025



IT'S A VIRTUAL RACE

Join us from anywhere

HOW IT WORKS

- 1** Choose your activity:
Run, Walk, Paddle, Swim or Cycle
(Cyclists need to complete 3x the listed distances to qualify for awards)
- 2** Track your progress throughout the month.
Submit your total distance on **1 October 2025** to
- 3** **admin.gp@adasa.org.za**
We work on an honesty system!
- 4** On completion, you'll receive a digital certificate recognizing your achievement.



REGISTER NOW - LINK BELOW

ADULTS: R200 CHILDREN UNDER 18: R150

**DISTANCE AWARDS
SEE BELOW**



Memories Matter Movement

Because Every Step Helps Protect a Memory

DISTANCE AWARDS

JOIN NOW



BRONZE

100 KM (≈3.3 KM/DAY)



SILVER

150 KM (≈5 KM/DAY)



GOLD

200 KM (≈6.7 KM/DAY)



PLATINUM

450 KM (≈15 KM/DAY)



MEMORY ANGEL

Individuals who supported the cause at their own pace and ability.

MOVE FOR MEMORY.
MOVE WITH PURPOSE.

CHOOSE YOUR ACTIVITY **YOU CAN..**

1



WALK

2



RUN

3



PADDLE

4



SWIM

5



CYCLE

Feel free to **personalise your t-shirt** in honour of someone close to you who has been affected by Alzheimer's or another form of dementia. MMM T-Shirts will be available to buy.

Join the **Memories Matter Movement Facebook Group** to share your journey and see how others are participating. Use hashtags:

**#MemoriesMatterMovement #4getmenot #MoveForMemory
#MoveForPurpose**

Stay Connected: WhatsApp us on 076-337-2484



BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

6 SEPTEMBER 2025

IN MEMORY OF ANDREW GREYLING

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
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BROOKLYN MALL  BROOKLYN SQUARE

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

www.entryninja.com



sappi

Tuks Night Race

10km & 5km Fun Run

10 September 2025

18:30

Hillcrest Sports Campus



Scan for online entries

sappi



TuksAthletics



EXXARO ROAD RACE CHALLENGE

SUPERSPORT PARK, CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

20 SEPTEMBER 2025



exxaro
POWERING POSSIBILITY

Ford

leaGue race

NEW ARRIVAL
RACE T-SHIRTS

ONLY
R180

WE DO NOT ACCEPT CASH
ON THE DAY OF REGISTRATIONS



FORD

3-IN-1
SPRING RACE

FORD MOTOR COMPANY SPORTS
AND RECREATION CENTRE

27 SEPT
2025

ENTRY FEES ARE
AS FOLLOWS

It's a League Race

There will be aerobics after the race
There will be a draw after the race.
These entry fees exclude service fees.

5KM - R70

10KM - R160

21KM - R220

Start Time:
21km & 10km | 06:00
5km | 06:30



SCAN HERE
FOR RACE

aQuellé



WELLNESS STUDIO



Ford



FORD ATHLETICS CLUB



Snip & Sketch



Athletics
Gauteng North



Powered by FinishTime

CHAMBERLAIN

CAPITAL CLASSIC

SATURDAY, 4 OCTOBER 2025

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 2000 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.



PHOBIANS
Athletics Club





21.1K
10K
5K

R220 ENTRY FEE

R180 ENTRY FEE

R80 ENTRY FEE

MASELELO BOMA, HAMMANSKRAAL

BOSPLAAS WEST

FOR MORE DETAILS: WWW.MASELELOBOMA.CO.ZA/MARATHON2025

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

CSIR MAIN CAMPUS,
MEIRING NAUDE ROAD,
BRUMMERIA, PRETORIA

ENTRIES: Online at 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

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		



aQuellé

25 Oct '25

AGN LEAGUE RACE



Discovery
Vitality

Athletics
Gauteng North

IRENE

Irene Farm Race

with Discovery Vitality



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

- 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 22 October: Run-Away-Sport: 13:00 – 17:00
- Friday 24 October: Sportsmans Warehouse Centurion: 09:00 – 18:00
- Saturday 25 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!

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 21 October or when cap of 5000 is reached
Online entries: www.entryninja.com
- Sweat Shop Dunkeld: 011 325 2567
 - Run-Away-Sport: 012 361 3733
 - Tshwane Running Shop Sinoville: 076 929 7384
 - Sportsmans Warehouse Centurion: 012 361 3733
 - Sportsmans Warehouse Montana: 012 548 5131
 - Kloppers Castle Gate: 012 051 4200

ENTRY FEES

Entry Fee	5km	10km	21.1km
	R 70	R 140	R 230
70+	FREE	FREE	FREE
Late Entries (14-69)	R 80	R 160	R 250

Entry fees exclude service charges



ARC Campus, Nellmapius Drive, Irene

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



It was braai time as usual on Tuesday



Happy faces at the Skukuza half Marathon



Janine Rädcl in action at the Spar Women's race



Not a woman, but Christopher van Wyk also took part



Yolande Pietersen enjoyed her SPAR race



Ansie Breytenbach after completing her SPAR race



Rhoda van Staden on the podium as the third walker



Annatjie Greyvenstein was second in the 70 – 79 age category