



**4 May 2026 18/26**

## **EDITORIAL**

### **Comrades Goodie Bags**

Our Comrades runners have been spoiled in the past with fantastic goodie bags. To do it once again we need your help. Thank you to those of you who have already indicated that you will contribute towards it.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goodie bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 100 goody bags.

We need it not later than 4 June, the evening when the goodie bags will be packed.

Make use of this opportunity and support our Comrades runners please.

Reply to this email if you can assist in any way.

## Magnolia Long Run

Since the Magnolia long run began, Irene has manned a water point along the route, where our well-known "biltong broodjies" are served. Theuns will be there with the Cara-Fun next Sunday. We need a few volunteers—it's a great spot to watch while your loved one runs.

Please reply to this email if you can help. We also encourage our members to join the run, which is an ideal final long run before Comrades.



**MAGNOLIA ROAD RUNNERS PRESENTS THE LONG RUN**

**SUNDAY, 10 MAY | 06:00**

<b>15 KM</b> 1 LAP - R100	<b>30 KM</b> 2 LAPS - R120	<b>45 KM</b> 3 LAPS - R180
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**TRUE TO ITS NAME, THE LONG RUN IS ALL ABOUT DISTANCE. FEATURING A 15KM LOOP, CHOOSE TO COMPLETE 1, 2, OR 3 LAPS. THE RUN CATERS FOR ALL TYPES OF RUNNERS/WALKERS, FAST OR SLOW.**

- 5 fixed water points stocked with Coke, Powerade/Energade, water, and snacks.
- Sweep vehicle to identify the last runner or to provide aid to anybody on the route.
- Cut-off for the start of round 3 is 10:30 at the clubhouse.  
Cut-off for support at the clubhouse is 12:30.
- Run in quiet shaded streets with very little traffic, no big hills, and relatively flat.
- Shower facilities will be available afterwards.
- Parking and guards on premises but parking is at your own risk.
- Remember this is an **organised long training run** and is not a race. **No medals will be issued.**
- **NO MARSHALS.** You are responsible for your own safety - traffic has priority. Follow arrow markers indicating the route.
- PLEASE do not litter along the route and use the water points for your waste.
- **Runners participate at own risk.** You agree to absolve the organisers and Magnolia Running club or any other person or entity from any liability for injury or loss that you may suffer as a result of attempting this event, however it may be caused.

**ONLINE ENTRIES: [WWW.MAGNOLIAROADRUNNERS.CO.ZA](http://WWW.MAGNOLIAROADRUNNERS.CO.ZA)**

**ENTRIES WILL ALSO BE AVAILABLE AT THE CLUB HOUSE FROM 5:00.**

YOU WILL RECEIVE A COLOUR CODED WRISTBAND INDICATING THE DISTANCE YOU WILL BE DOING WHICH MUST BE WORN DURING THE RUN.

**MAGNOLIA CLUB HOUSE: 229 Middel St, Nieuw Muckleneuk, Pretoria**

## *PERSONAL ACHIEVEMENTS*

Congratulations to the following members who were on the podium at the Wally Hayward race on Saturday:

Ansie Breytenbach	1 <sup>st</sup> Female 60-69 – 10 km
Annatjie Greyvenstein	1 <sup>st</sup> Female 80+ - 10 km
Emma Cox	2 <sup>nd</sup> Female Jnr – 10 km
Alan Hyson	1 <sup>st</sup> Male 70-79 – 21 km
Lisa Nell	2 <sup>nd</sup> Female Jnr – 21 km
Hestha Conradie	2 <sup>nd</sup> Female 50-59 – 42 km

Well done to the following walkers who all received gold medals at the SA Masters Walking championships that took place at Germiston over the weekend:

Janine Rädcl  
Johann Coetzee  
Jaap Willemse  
Retha Knoetze  
Dirk Neethling  
Elsa Meyer

## *PERSONAL ACHIEVEMENTS*

Zelda Botes	PB – 21 km
Tatjana Kleine	PB – 21 km
Amanda de Beer	PB – 21 km
Tim Houghting	First 21 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



André van der Merwe      Bonolo Matheka      Deon van der Merwe

**CROSS COUNTRY**

**2026 AGN CROSS COUNTRY LEAGUE FIXTURES**

**9 MAY 2026**  
**LEAGUE 1**  
@ Curro Hazeldean

**16 MAY 2026**  
**LEAGUE 2**  
@ Fleur Primary

**23 MAY 2026**  
**LEAGUE 3**  
@ Voortrekker Sports Grounds

**29 MAY 2026**  
★ **LEAGUE 4** ★  
@ ELdoraigue High (NIGHT RACE)

**6 JUNE 2026**  
**LEAGUE 5**  
@ Eersterust

**20 JUNE 2026**  
**INTERPROVINCIAL CHAMPIONSHIPS**  
@ Lavendar KLM

ATHLETICS GAITHERS NORTH

AGN

The poster features a vibrant, colorful illustration of runners on a path through a park-like setting with trees and a sun. The text is arranged in a central column, detailing the dates and locations for five leagues and the final interprovincial championships. The AGN logo is at the bottom center.

## CAPTAIN'S CORNER

I would like to thank you Kerri Stevenson, a Bio-kineticist, who was our guest speaker at our Run Smart Series Vol 2 on 21 April 2026. She gave a wonderful dynamic stretch class before the Time Trial and an informative talk afterwards.

Please see her message and details below:

Hi everyone, thanks again for the great turnout and all the questions on Tuesday evening! I really enjoyed talking to you all.

As promised, here's a simple runner warm-up and a few key injury prevention tips we discussed.

**\*5-min dynamic warm-up\* (30s each leg or 15 a side):**

- Straight leg swings forwards and backwards
- Straight leg swings left and right
- Heel raises
- Open and close the gate
- Pick up chickens (dynamic hamstring stretch)
- Single leg pogo hops

**\*Injury prevention tips:\***

1. Load management
  2. Always include a 5-minute warm-up and cool down
  3. Strength train (key muscle groups: hamstrings, all 3 glutes, calves, core and quads)
  4. Run 80% of your training runs slowly (embarrassingly slowly)
  5. Focus on the good basics of recovery (sleep, nutrition, rest days)
- If anyone wants help with chronic recurring injuries, running plans, or just checking their training load, you're welcome to reach out or book in. We are happy to help 🏃🌳



**Please diarize the following important dates:**

- Monday sessions – This Monday 4 May is Mobility Mondays with Yolande at the Club House at **17:15**
- Club Time Trials – This Tuesday 5 May 2026 is our Time Trial at the Club House. **PLEASE NOTE OUR TIMES HAVE CHANGED TO 17:15 START FOR THE WINTER SEASON.**
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at **17:15**.
- Saturday Event – Jackie Mekler Memorial Race from Pretoria Military Sports Club at 6:30.
- Sunday Run – Sunday LSD run will be in support of Magnolia Running Club. Start is at 6:00. Please enter online at [www.magnoliaroadrunners.co.za](http://www.magnoliaroadrunners.co.za) or on the morning. IAC is sponsoring a water station on route.

### **Mobility Mondays**

Please join us this Monday for Mobility Monday Class with Yolande at 17:15 at the clubhouse. Please bring a mat, small weights and an exercise band. Please note the change in time.

### **Weekly Time Trials**

Tuesday 5 May 2026 is our Winter Time Trial start at **17:15**. Please note the start time change.

There is a 4km, 6km and 8km distance available.

### **Wednesday LSD Run**

This Wednesday is our midweek run starting from Echt Coffee Shop in Lyttelton at **17:15**. Distance covered will be from 5km to 15km.

### **Thursday Training Session**

This Thursday 7 May will be a Hills Training session taking place at the Club House at **17:15**.

### **Saturday Run**

This Saturday is the Jackie Mekler Memorial Race taking place at the Pretoria Military Sports Club at 6:30. There is a 5km, 10km and 25km event. Our Kara-fun will be there for support so please join this league race and the Irene spirit.

### **Sunday Social Run**

This Sunday's long run will be in support of Magnolia Running Club and will start at 6:00 from their Club House at 229 Middel Street, Nieuw Muckleneuk. There will be a 15km route which can be done again to make a 30km distance or three times to total 45km. Please enter online at [www.magnoliaroadrunners.co.za](http://www.magnoliaroadrunners.co.za) or on the morning at the club house from 5:00. Irene Athletics Club will be supporting with a water station so come and enjoy this long run.

### 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**  
4 May - 10 May

**Irene Athletics Club**

**SERIOUS about our run**  
irene

**WEEKLY TRAINING SESSIONS**

Monday	Tuesday	Wednesday
<b>Mobility Monday</b> with Yolande @ Club House 17:15	<b>Time Trials</b> @ Club House 17:15 4km, 6km, 8km	<b>ECHT</b> Midweek LSD Run @ Echt Lyttelton 17:15 5km-15km
Thursday	Friday	<b>For More Information</b> Lindsay 072 2135094 Jacqueline 073 8870757
<b>Hills Training Session</b> @ Club House 17:15	<b>FRIST AND RECHARGE</b>	
Saturday	Sunday	
<b>Jackie Mekler Race</b> @ Pretoria Military Sports Club, 6:30 5km, 10km, 25km	<b>Sunday LSD run</b> @ Magnolia Club 6:00 15km, 30km, 45km Enter online	

**Join our community**

**2024 TRAINING SESSIONS**

# TRAINING PROGRAMME

## May 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 <b>Long Run</b> B - 75min I - 120min A - 180min	28 <b>Time Trial</b> W/U, TT, C/D B - 4km I - 6km A - 8km	29 <b>Midweek LSD</b> W/U, LSD, C/D B - 30min I - 45min A - 60min	30 <b>REST</b>	1 <b>WALLY HAYWARD MARATHON</b> 10km 21.1km 42.2km	2 <b>REST</b>	3 <b>Sunday Long Run</b> B - 60min I - 90min A - 180min
4 <b>Core &amp; Strength Training</b> +/- 60min	5 <b>Time Trial</b> W/U, TT, C/D B - 4km I - 6km A - 8km	6 <b>Midweek LSD</b> W/U, LSD, C/D B - 55min I - 75min A - 90min	7 <b>Hill Repeats</b> W/U, Hills, C/D B - 4 x 100m I - 3 x 200m A - 5 x 300m	8 <b>REST</b>	9 <b>JACKIE MEKLER ROAD RACE (LEAGUE RACE)</b> 5km 10km 25km	10 <b>Sunday Long Run</b> B - 60min I - 90min A - 150min
11 <b>Core &amp; Strength Training</b> +/- 60min	12 <b>Time Trial</b> W/U, TT, C/D B - 4km I - 6km A - 8km	13 <b>Midweek LSD</b> W/U, LSD, C/D B - 55min I - 75min A - 90min	14 <b>Speed Session</b> W/U, Speed, C/D B - 3 x 100m I - 4 x 150m A - 2 x 400m + 2 x 300m	15 <b>REST</b>	16 <b>RACE OF HOPE</b> 5km 10km 21.1km	17 <b>THE LOVE RUN</b> 5km 10km 21.1km
18 <b>Core &amp; Strength Training</b> +/- 60min	19 <b>Time Trial</b> W/U, TT, C/D B - 4km I - 6km A - 8km	20 <b>Midweek LSD</b> W/U, LSD, C/D B - 55min I - 75min A - 90min	21 <b>Hill Repeats</b> W/U, Hills, C/D B - 4 x 150m I - 4 x 200m A - 4 x 400m	22 <b>REST</b>	23 <b>THE LOVE RUN</b> 5km 10km 21.1km	24 <b>Sunday Long Run</b> B - 60min I - 90min A - 120min
25 <b>Core &amp; Strength Training</b> +/- 60min	26 <b>Time Trial</b> W/U, TT, C/D B - 4km I - 6km A - 8km	27 <b>Midweek LSD</b> W/U, LSD, C/D B - 30min I - 45min A - 60min	28 <b>Speed Session</b> W/U, Speed, C/D B - 4 x 200m I - 5 x 300m A - 8 x 400m	29 <b>REST</b>	30 <b>SKOSANA LEGEND RACE</b> 5km 10km 21km	31 <b>Sunday Long Run</b> B - 60min I - 90min A - 90min

### 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.

Comrades athletes will go into their tapering period towards the middle of the month building up to their last 2-3 weeks before race day. It is important that a gradual tapering period be planned. All athletes should be consciece to stay healthy and eat healthy in the next few

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>W/U :</b>	Warm Up - Easy Jog	<b>Vic Clapham Medal :</b> 8km : Sub 52 minutes 21.1km : Sub 2h18 minutes 42.2km : Sub 4h50 minutes
<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>Easy :</b>	Long Slow Distance (LSD) - HR below 65%	<b>Bronze Medal :</b> 8km : Sub 45 minutes 21.1km : Sub 2h05 minutes 42.2km : Sub 4h25 minutes
<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 072 213 5094 or 073 887 0757

## PERSONALIA

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

Portia	Ravhuhali	04-May
Tania	Thompson	05-May
Karen	Neil	06-May
Thobile	Skhosana	07-May
Diane	Kee	07-May
Werner	Zandberg	10-May
Jaco	van Tonder	10-May
Zodwa	Xaba	10-May
Ferdinand	Wiggins	10-May



## BAR NEWS



**There will be fires for those who want to braai**

THOUGHT FOR THE WEEK

You cannot change anyone, but you can be the reason someone changes.

NOTICE BOARD



Discovery  
*Vitality*

9 MAY 2026

**ARC IRENE  
ROAD RUN**

3KM | 5KM | 10KM | 15KM | 21KM

REGISTRATION OPENS @ 06H15  
RACE STARTS @ 07H00  
OR REGISTER & START BETWEEN 07H00 TILL 08H00

Finisher medals

Venue: Irene Athletics Clubhouse | ARC Irene Grounds | Centurion | Gauteng  
ENTER AT [WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA) | WHATSAPP: 083 264 3931

REVOLUTION TRAILS



Discovery  
*Vitality*

9 MAY 2026

**ARC IRENE  
TRAIL RUN**

3KM | 5KM | 10KM | 15KM | 21KM

REGISTRATION OPENS @ 06H15  
RACE STARTS @ 07H00  
OR REGISTER & START BETWEEN 07H00 TILL 08H00

Finisher medals

Venue: Irene Athletics Clubhouse | ARC Irene Grounds | Centurion | Gauteng  
ENTER AT [WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA) | WHATSAPP: 083 264 3931

REVOLUTION TRAILS

Our next league race, we need you there!



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

Discovery Vitality



ARMSCOR

Online entries @ [www.entryninja.com](http://www.entryninja.com)

Aluta Gaothuse 083 259 9741, Keabetswe Ndlala 076 109 4561  
Modise Madikazi 083 472 4453

**LOVE RUNNING**  
GET FIT • GET FRIENDS • CHANGE THE WORLD

**MAY 23** | **TIME:**  
**2026** | 06:45  
06:55



PRE-ENTRIES: OPEN UNTIL 19<sup>TH</sup> MAY 2026  
RUN-AWAY-SPORTS: 012 361 3733 | 302 FRESIA STREET, PRETORIA

## CONQUER THE HILLS

IN PARTNERSHIP WITH



THE GLEN HIGH SCHOOL  
Respect with honour



ATHLETICS  
GAUTENG NORTH



SPONSORED BY



WILLIAM: 082 043 2686  
AVHASHONI MADULA: 072 199 1136  
LOVERUNNIGNCLUB@GMAIL.COM



# uRUN+ SKOSANA LEGEND RACE 2026

POWERED BY uSPORT

# 30 MAY

## MENLYN

ATTERBURY RD & LOIS AVE,  
MENLYN PARK, PRETORIA, 0063

RACE INFORMATION: [WWW.URUN.CO.ZA](http://WWW.URUN.CO.ZA)

ONLINE ENTRIES: [WWW.RACEPASS.COM](http://WWW.RACEPASS.COM)

### 21.1KM

START	MIN AGE	CAP
06:30	16 YEARS	2500

### 10KM

START	MIN AGE	CAP
06:45	14 YEARS	3700

### 5KM

START	MIN AGE	CAP
07:00	9 YEARS	1800

### AGN 5KM CHAMPS

START	MIN AGE	CAP
07:00	9 YEARS	200

FIRST 1000 ENTRIES RECEIVE A FREE T-SHIRT

PRE-ENTRIES CLOSE  
27 MAY 2026

NO ON-THE-DAY  
OR LATE ENTRIES





ONLINE ENTRIES





# TUT AGN LEAGUE 2026 CORPORATE RACE

 Saturday, 25 July 2026

 Pretoria West Campus

**21KM** | **10KM** | **5KM**

07:00am

07:00am

07:15am

#### HOW TO ENTER

##### ONLINE

[www.entryninja.com](http://www.entryninja.com)

Opens 20 April 2026  
Closes 20 July 2026

##### LATE ENTRIES

@Cricket Club House

23 - 24 July 2026  
25 July from 04:00am  
until race starts

##### COLLECTIONS

@Cricket Club House

10:00 - 17:00  
23 - 24 July 2026  
25 July from 04:00am  
until race starts

#### ENTRY FEE:

- Temporary license - R70
- 5km - R70 (R80 late entry)
- 10km - R150 (R170 late entry)
- 21km - R200 (R220 late entry)

#### RACE ORGANISERS:

- Whitney - 063 347 7714
- Beatrice - 072 587 1163
- Oratile - 067 287 7112



Tshwane University  
of Technology  
*We empower people*



HEALTHY  
CAMPUS



**ATHLETICS**  
GAUTENG NORTH

PHOTO CORNER

Action at the Wally



Drix Pretorius with his daughter Tasha and son in law Tim Houghting



An energetic Reghardt Pieterse



Telanie and Jurie Venter



Ané Vos looking good



It was good to see Werner Zandberg at a race again



Mphathiseni Maungedzo and Desmond Mccunu



Zelda Botes showing who she is



Themba Twala



Prince Nemutanzhela



Karla Zietsman



Les Chidi and Darno van der Merwe



Neill Andrews and Francois Bester



Alhasan Jallow



Ndivhu Mulovhedzi, leader of the pack



Deena Naidoo



Hat winners at the support station



Ansie Breytenbach on the podium



Annatjie Greyvenstein



Lisa Nell



Alan Hyson



Hestha Conradie



Noel Banda, holding his chin, as part of the AGN team on their way to Durban for the SA Marathon championships



The start of the SA Masters Walkers championships



Carla and Gerald Hartmann at the Colgate race on Sunday