5 January 2026 1/26

EDITORIAL

I trust that all of you had a wonderful break and an enjoyable festive season. On behalf of the management committee, I want to wish all our members a year filled with good health, wealth, and happiness. May all your dreams come true. Don't count the days in 2026, make the days count.

With everything back to normal, we can all look forward to an exciting year ahead. We want all our members to be part of the activities. The Club has so much to offer. Attend the time trials and join the training groups. Participate in the races and make use of our excellent facilities at the races. Enjoy a cup of coffee and a rusk or something cold. Your tog bag is much safer at the Cara-Fun than in your car.

ACHIEVEMENTS

Congratulations to Melani Swart who finished first in the 50-59 category in the 60 km at The City Marathon on 16 December.

SOCIAL EVENING

The first social will take place on 13 January. More info to follow.

REGISTRATIONS 2026

Membership registrations for 2026 are going extremely well!

Registrations are done on a new platform this year. Ensure that you complete the Google form first. When you submit the google form you will find the link to Netcash where you will select what you need and do the required payments.

The following membership packages will be available in 2026:

Irene Membership 2026	Full Year	ASA Licence
Full Membership	R650	R230
Spouse/Life Partner	R550	R230
Pensioner (65+)	R500	R230
Student (Turning 23 or less during 2026)	R250	R230
Junior (Turning 19 or less during 2026)	R250	R120

Please bear in mind that you do need an ASA licence to participate in official races. The licence is NOT included in the membership package. Thus far a total of 73 members has not ordered their licences.

There will be 400 T-shirts available to order. First come first serve.

Running vests/shirts will be free to first time new members.

Members who worked at our races during the year will receive a discount voucher to use during the registration process.

The link is available on our website www.irenerunner.co.za

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.

Amy Farrar | Bernice de Witt | Brian Jacobs | Bronwyn Esterhuizen | Cadence Fick | Cariana Smith

Clayton Bezuidenhout | Eugene Fick | Jame Buyskes | Kimberly Fick | Lahni Alberts | Lawson Kunzmann

Legan Jacobs | Mikael Alberts | Sue Fick | Tayla Buyskes | Theuns Potgieter | Tracy Thompson

Yolandé Bezuidenhout | Zoé Nell | Joshua Neilson | Archibald Holtzhausen | Pieter Pretorius | Amber du Rand

Karen Neil | Micaela Neil | Hanno Korf | Bianca Nel | Marica Prinsloo | Martin van Blerk

CAPTAIN'S CORNER

A warm welcome to all our members from the Captains Corner. We hope you all had a wonderful Festive Season and ready for all the adventures that lie ahead in 2026. We look forward to helping you this year with your running journey.

Thank you to all who helped over the Festive Season with runs to keep everyone moving during this indulgent time. We really appreciate your commitment and enthusiasm.

Please diarize the following important dates:

- Club Time Trials – Tuesday 4 January 2026 is our first Time Trial for 2026. Please join us at the Clubhouse at 17:20 to catch up with fellow members and enjoy the start of our running year.
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Saturday Event – Om Die Dorp, PVR starting at 6:00
- Sunday Social Run – Om Die Dorp Helpers Run starting at 6:00, PVR
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumalanga. 27-29 March 2026**

Weekly Time Trials

Tuesday 4 January 2026 is our first Time Trial for 2026. Please join us at the Clubhouse at 17:20 to catch up with fellow members and enjoy the start of our running year.
There is a 4km, 6km and 8km distance available.

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 5km, 10km or 15km

Thursday Training Session

This Thursday will be a Hill Training Session at the Club at 17:30.

Saturday Run

This Saturday 10 January 2026 is the Om Die Dorp Event in Pierre Van Ryneveld. Start is at 6:00. There is a 5km, 10km and 21km distance available.

Sunday Social Run

This Sundays Social Run will be the Helpers Run for Om Die Dorp in Pierre Van Ryneveld. Start is at 6am and there will be a 5km, 10km and 21km route.

TRAINING CAMP WEEKEND AWAY 2026

Please note the dates for the away Training weekend for 2026 is 27-29 March 2026. This will take place at Elandskloof, Mpumalanga. This will be a weekend for everyone and will include training programs for all runners and walkers. Please diarize the dates and keep this weekend open. For bookings and reservations please book online at www.elandskloof.co.za with discount of 15% for all Irene members for a minimum 2 night stay. Please use discount code **IAC2026**.

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

January 2026

IRENE ATHLETICS CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3	4
5 Core & Strength Training +/- 60min	6 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	7 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	8 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	9 Mobility Fridays	10 PVR OM DIE DORP ROAD RACE 5km 10km 21.1km	11 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
12 Core & Strength Training +/- 60min	13 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km IAC Social	14 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	15 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	16 Mobility Fridays	17 PWC GEORGE CLAASSEN RACE 5km 10km 21.1km	18 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
19 Core & Strength Training +/- 60min	20 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	21 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	22 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	23 Mobility Fridays	24 AKASIA ROAD RACE 5km 10km 21.1km 42.2km	25 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
26 Core & Strength Training +/- 60min	27 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	28 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	29 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	30 Mobility Fridays	31 INTERCARE CLASSIC ROAD RACE (LEAGUE RACE) 5km 10km	1 Sunday Long Run Run, CD B - 60min I - 90min A - 120min

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.
If you are targeting the Akasia or other marathon in January or early February, then we presume you have already built up a good base. Should you not be properly prepared for a January marathon, then don't stress; there is still plenty of time to work up to and achieve a qualifier.
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 2026.

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 072 248 7698 or 073 887 0757

CLUB AWAY WEEKEND

🏃‍♂️🏔️ RUN THE DISTANCE – Irene Training Camp 🏔️🏃‍♂️🎯

Join us for an unforgettable weekend of running and good vibes at Elandskloof Trout Farm, Dullstroom

🗓️ 27–29 March 2026

Whether you're building endurance, chasing mountains, or just keen for a solid running escape — this is for you.

🏏 Book now and use discount code IAC2026

🥏 www.elandskloof.co.za

👟⛰️ Let's run the distance together.

IN MEMORIUM

Former member Marina van Deventer passed away on 30 December after a few weeks in hospital. Marina served on the management committee for a few years as admin manager. Our condolences to her family.

PERSONALIA

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

Jacqueline	Schlebusch	05-Jan
Legan	Jacobs	05-Jan
Amy	Farrar	06-Jan
Rachelle	Van der Walt	07-Jan
Giel	Cillié	08-Jan
Deena	Naidoo	08-Jan
Jacques	Nel	08-Jan
Lenin	Sithole	08-Jan
Nelius	Van Rooyen	09-Jan
Zante	Geel	10-Jan
Heilet	Basson	11-Jan

BAR NEWS

There will be fire for those who want to braai.

THOUGHT FOR THE WEEK

NOTICE BOARD

'Om die Dorp' Run

10 Jan 2026

with Mad Monkey Adventures,
Pierre van Ryneveld
Geloofsfamilie en
Irene Athletic Club

Athletics
Gauteng North

MAD MONKEY ADVENTURES

PIERRE VAN RYNEVELD GELOOFSFAMILIE

RACE RULES

1. The race will take place under the rules of WA, ASA and AGN and all participants must wear club colours, except when participating with a temporary license.
2. Athletes who do not adhere to the rules will be disqualified.
3. All athletes in the 21.1km & 10km race must wear a valid 2025/2026 license number, front and back.
4. If issued with a race number, this must be worn on the front of the vest and may not cover the sponsor's logos on the license number. Temporary license must be worn on the back of the running top.
5. International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes
6. Only the 21.1km & 10km races will be timed.
7. No license required for the 5km race.
8. Age category tags and 'W'-tags for walkers, must be worn.
9. Athletes participating without buying a race entry will be disqualified.
10. No seconding is allowed.
11. All traffic officers and officials instructions must be obeyed.
12. Timing for Discovery Vitality Points on 10 & 21.1km.
13. Time limit is one (1) hours for the 5km, two (2) hours for the 10km race and three (3) hours for the 21.1km race.
14. No blades, cycles or mechanically operated devices are allowed in the race.
15. No iPods or listening devices are allowed in the race.
16. All athletes participate solely at their own risk and the organisers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during, or as a result of the race
17. Medical support will be available.
18. Tog bag area available.

21.1 km

Minimum age:	16 yrs
Entry fee:	R 230 70 + Free
Late entries:	R 250
Start time:	06:00
Cut off time:	09:00

10 km

Minimum age	14 yrs
Entry fee	R 150 70 + Free
Late entries	R 170
Start time	06:00
Cut off time	08:00

5 km

Minimum age	9 yrs
Entry fee	R 80 70 + Free
Late entries	R 100
Start time	06:15
Cut off time	07:15

Temporary license required for non-registered athletes on the 10km & 21.1km @ R70

IRENE

RACE NUMBER COLLECTION & LATE ENTRIES (Limited)

Pierre van Ryneveld Geloofsfamilie
14 Baltimore Road, Pierre van Ryneveld on
Friday 09 Jan '26 strictly from 16:00 until 19:00
& Saturday 10 Jan '26 strictly from 04:30 until 05:30
Secure parking for all athletes:
cnr Mustang Ave & Bienheim Road
Pierre van Ryneveld (Open field)
No athletes will be permitted to drive in Baltimore Road
Athletes with club gazebos need permission to drive to the finish in Baltimore Road and must be set up before 05:00
Start & Finish at Pierre van Ryneveld Geloofsfamilie 14 Baltimore Road, Pierre van Ryneveld
Race enquiries:
Johan van Vuuren – 081 851 3864

Discovery Vitality

Entries are open from 19 Nov '25 to 6 Jan '26 on www.entryninja.com. and will be capped.
Admin fee excluded from online entry fee.

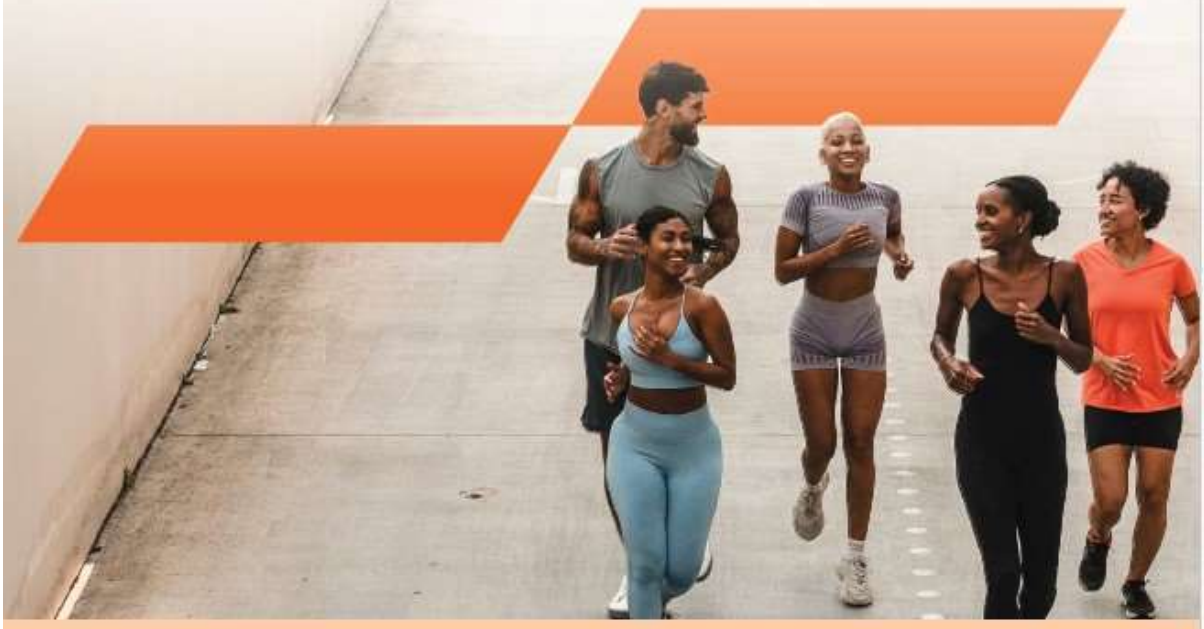
2026 | Hosted by Pretoria Marathon Club

PwC George Claassen Road Race

Fifty years of legacy. Twenty years proud.

17 January 2026

Scan to register online



Free pair of sox to the first 2500 online entries.

Start times:

21.1km/10km run/walk – 6am
5km fun run – 6:15am

Cut-off times:

21.1 km split at Pick n Pay Hyper (9.7 km) – 07:30am.
All distances – 09:30am

Race venue: Start/finish

Faerie Glen Shopping Centre, Corner Atterbury Road and Selikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com
Race results: results.finishtime.co.za

JOHANN VAN EEDEN

42.2 KM
Start: 05:30
Cut-off
@20 km 08:15

21.1 KM
Start:
05:30

10 KM
Start:
06:00

5 KM
Start:
06:10

Scan to
enter online

PRE-ENTRIES ONLY: www.entryninja.com

WONDERPARK SHOPPING CENTRE
GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za

RACE INFORMATION
071 483 1796

Online entries close on Tuesday 20 January 2026

Akasia

wonderpark SHOPPING CENTRE

Athletics

PHOTO CORNER

The following photos were taken at the City Marathon which started at Church Square, the Run for Dezi and various training runs.


P12596


1
60
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2025
28


Irene


TO LET
Irene
2025


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2025