5 October 2026 39/26

EDITORIAL

It is social time again! Don’t miss out on a very special social evening on Tuesday. Bring the whole family and enjoy an evening of fun and laughter with your club mates.

The lucky draw for the shoes will also be done for those members who participated in the league race. (Chamberlains Capital Classic)

Please note the club gazebos will NOT be at the Doek on Fleek race this weekend.

Please join us for our next social

MURDER MYSTERY RUN

6 OCTOBER
17:30 start

Do you consider yourself observant?
Well this this is your time to shine!!

Come help us solve the mystery murder.

Clues will be provided along the route.

And the reward for all your hard work well, this will be food, for the hungry detectives of course

IRENE FARM RACE

The response for help at our Irene Farm Race taking place on 31 October has been excellent thus far. Thank you to all who have responded. However, we still need many more helpers.

We therefore request all our members to reply to this email telling us where you prefer to work on the day (if you haven't done it yet).

Members working at the race will get R100 discount on their 2027 membership fee.

We require helpers in the following areas:

- Route marshals
- Parking marshals
- Handing out medals
- Handing out race packs (on the day before)
- Registrations
- Tog bags
- Race venue
- Water point helpers

Please take note that Irene members are not allowed to run the race on the day. It is our privilege to be the hosts on the day.

ACHIEVEMENTS

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

Rikus van Staden	2nd Male Jnr – 10 km
Paulus Masilela	1st Male – 80+ 10 km
Ansie Breytenbach	1st Female – 60-69 – 10 km
Rob Hudson	3rd Male – 60-69 – 10 km
Mike Gibbons	2nd Male – 70-79 – 10km
Retha Knoetze	1st Femele Walker – 10km
Lisa Nell	2nd Female Jnr – 21 km
Jaap Willmse	3rd Male Walker – 21 km
Elsa Meyer	3rd Female Walker – 21 km
Nicole Buyskes	3rd Female – South Coast Marathon

CAPTAIN'S CORNER

Please diarize the following important dates:

- Mobility Monday – This Monday is Mobility Monday with Yolande at the Club House at **17:20**
- Club Time Trials – Tuesday 6 October is our Time Trials at the Club House and our Murder Mystery Social evening. Please join us for our **17:30** start.
- Wednesday Evening Run - Midweek Run from Echt Lyttelton at **17:30**
- Saturday Run – She move SA (Women only) Rietondale Park at **7:00**
- Sunday Run – Purple Run through Pretoria. Do 30km or 15km. Start at Rietondale Park at **5:30 or 7:00** from Motherland Coffee Shop at Groenkloof Centre.

Mobility Mondays:

This Monday 5 October is Mobility Monday with Yolande at the Club House at 17:20. Please bring your own mat, elastic band and weights.

Tuesday Weekly Time Trials

Tuesday 6 October is our Time Trials and Social evening at the Club House. Please join us at the Club House for a 17:30 start and the Murder Mystery run for our social evening. Stay and enjoy the socialising and food after the run.
There is a 4km, 6km and 8km distance available.

Wednesday LSD Run

This Wednesday 7 October is our midweek run starting at Echt Coffee Shop in Lyttelton at **17:30**. Please bring a headlamp. Distance will be 5km-10km

Thursday Training Session

This Thursday 8 October is a Speed Training Session at the Club House at **17:30.**

Saturday Run

This Saturday 10 October is She Moves SA run for Women only starting at Rietondale Park at 7:00 for a 5km and 10km distance.

Sunday Social Run

This Sunday will be our long slow social run in support of Breast Cancer month. It is our Purple run, meandering through the Purple Jakaranda Streets of Pretoria. This will be a 30km route starting at Rietondale Park at 5:30 and meandering up towards Motherland Coffee Shop at Groenkloof Centre for a pit stop and coffee. Here will be another starting point for those wanting to join but looking for a shorter distance. We will start at 7:00 from Motherland and continue to meander the streets to Wolwespruit, our destination.
Please support our Cancer drive by donating towards the I Love Boobies initiative or donating pre-loved or new bras at our collection boxes at both starts.
Remember to wear pink or purple in support of Breast Cancer awareness month.

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

IRENE

IN COLLABORATION WITH The *Pink* Initiative

Bra collection drive

SERIOUS about our run irene

IRENE CLUB LSD 15KM OR 30KM — **11 OCTOBER 2026**

5:30 START @ RIETONDALE — **END @ WOLWESPRUIT**

7:00 START @ MOTHERLAND, GROENKLOOF. (FOR 15KM) — **END @ WOLWESPRUIT**

THIS WEEK'S DIARY

TRAINING PROGRAMME

October 2026

IRENE ATHLETICS CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 **Core & Strength Training** +/- 60min	29 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	30 **Midweek LSD** **W/U, LSD, C/D** B - 40min I - 55min A - 75min	1 **Hill Session** **W/U, Hill, C/D** B - 6 x 300m I - 6 x 400m A - 8 x 500m	2 **REST**	3 **CHAMBERLAIN CLASSIC ROAD RACE** 5km 10km 21km	4 **SOCIAL RUN** B - 60min I - 75min A - 120min
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 - 45min I - 60min A - 90min	8 **Speed Repeats** **W/U, Speed, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	9 **REST**	10 **MASELELO HALF MARATHON** 5km 10km 21km	11 **SOCIAL RUN** B - 45min I - 45min A - 60min
12 **Core & Strength Training** +/- 60min	13 **Time Trial** **W/U, TT, C/D** B - 4km I - 6km A - 8km	14 **Midweek LSD** **W/U, LSD, C/D** B - 45min I - 60min A - 90min	15 **Hill Session** **W/U, Hills, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	16 **REST**	17 **CSIR ROAD RACE** 5km 10km 21km	18 **SOCIAL RUN** B - 60min I - 75min A - 120min
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 - 45min I - 60min A - 90min	22 **Speed Repeats** **W/U, Speed, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	23 **REST**	24 **JACARANDA CITY CHALLENGE MARATHON** 5km 10km 21km 42 km (IRENE AC 42 km CLUB CHAMPIONSHIP)	25 **SOCIAL RUN** B - 45min I - 45min A - 60min
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 - 45min I - 60min A - 90min	29 **Speed Session** **W/U, Speed, C/D** B - 8 x 300m I - 8 x 400m A - 8 x 600m	30 **REST**	31 **IRENE FARM RACE** 5 km 10 km 21.1km	1 **SOCIAL RUN** B - 60min I - 75min A - 120min

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 2 marathons later the year being Kaapsehoop or the Jacaranda Marathon.

The final month has approached and marathon season is upon us. Tapering should start 2-3 weeks before race day, gradually decreasing distance and effort. You worked hard, go get those medals.
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	**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 072 213 5094 or 073 887 0757

PERSONALIA

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

Lance	Van Der Scholtz	05-Oct
Zodwa	Xaba	05-Oct
Marionell	Calitz	05-Oct
Henro	Terblanche	06-Oct
Glizelle	Langerman	06-Oct
Gerna	Horak	07-Oct
Schalk	Janse van Rensburg	07-Oct
Megan	Brown	07-Oct
Brian	Peters	07-Oct
Lindani	Ngcobo	07-Oct
Isabelle	Van der Schyff	10-Oct
Dalene	Wah	10-Oct
Senkindi	Ingabire	10-Oct
Tamryn	Lawrence	10-Oct
Yolandi	Wiese	10-Oct
Jaap	Willemse	11-Oct

BAR NEWS

Social evening

THOUGHT FOR THE WEEK

Never let a stumble in the road be the end of the journey.

NOTICE BOARD

TSHWANE RIETONDALE PARK
87 VAN DER MERWE ST, RIETONDALE, PRETORIA, 0084

10 OCTOBER 2026

10KM RACE STARTS AT 07:00AM | **5KM** RACE STARTS AT 07:20AM

ONLINE ENTRIES: **WWW.DOEKONFLEEK.AFRICA :** CLOSING DATE: **27 SEPTEMBER 2026**

FOR MORE INFORMATION CONTACT: **082 744 5140**

COLLECTION OF RACE NUMBER : **08 & 09 OCTOBER 2026 | FROM 10:00AM - 17:00PM**

COLLECT AT THE RACE VENUE: RIETONDALE PARK | NO COLLECTION ON THE RACE DAY

ENTRY FEE:	10KM	5KM
70 years +	FREE	R150
Below 70 years -	R200	R150
Temporary Licences	R70	

10KM RUN

POSITION	OPEN	JUNIOR 14-19	40-49	50-59	60-69	70+
1	R25 000	R5 000	R5 000	R5 000	R5 000	R5 000
2	R15 000	R3 000	R3 000	R3 000	R3 000	R3 000
3	R7 000	R2 000	R2 000	R2 000	R2 000	R2 000
4	R6 000	R1 000				
5	R5 000	R500				

10KM WALK

POSITION	OPEN	40+
1	R5 000	R3 000
2	R3 000	R2 500
3	R2 000	R2 000

PRIZE GIVING TIME : 10:00AM | NO ENTRIES ON THE DAY

ASA ATHLETICS GAUTENG NORTH

CSIR ROAD RACE

SATURDAY

17 OCTOBER 2026

CONQUER THE TRAIL,OWN THE HILLS

Powered by bestMed medical scheme

RUN AND WALK

21.1 KM /10 KM
06:00

5 KM | 06:10

FREE T-SHIRTS for the first 200 ONLINE Entries received in either the 10 km or 21.1 km races.

https://www.entryninja.com/events/83742-csir-2026

CSIR MAIN CAMPUS, MEIRINGNAUDE ROAD, BRUMMERIA, PRETORIA

ENTRIES: ONLINE AT WWW.ENTRYNINJA.COM

Open: Friday, 1 August 2026; **close:** Tuesday, 13 October 2026 at midnight

Entries also available at Run-A-Way Sport - 302 Freesia Street, Lynnwood Ridge, 012 361 3733

LATE ENTRIES: If not sold out, LATE ENTRIES available at the CSIR on the following collection dates Friday, 16 October 2026 from 14:00 – 18:00
DEBIT/CREDIT CARD PAYMENTS ONLY (no cash accepted)

ENTRY COLLECTIONS

Friday, 16 October 2026, CSIR South Gate, Meiring Naude Road, Brummeria from 14:00 - 18:00
Saturday, 17 October 2026, at CSIR North Gate, Meiring Naude Road, from 04:30 - 05:50

RACE RESULTS: HTTPS://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 4000 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	R50	R60		06:10		

science, technology & innovation
Department: Science, Technology and Innovation
REPUBLIC OF SOUTH AFRICA

CSIR
Teaching lives through innovation

Powered by bestMed medical scheme

Athletics South Africa

Irene Primary School
YOU'RE INVITED
Moonlight
Fun Run/Walk
FRIDAY, 23 OCTOBER 2026
VENUE: Irene Primary School Sports Ground
RACE INFO: 5km & 8km – Race starts @18:00
ENTRY FEE: R100 adults & R50 children under 12
TICKETS: www.ticketpro.co.za
DOGGIES AND WHEELCHAIRS WELCOME!
@ no cost
CONTACT PERCY: communications@ireneprimary.co.za
Like and follow us on Facebook @Irene Primary School
Community • Fitness • Fun • Together

JACARANDA CITY MARATHON CHALLENGE 26
EARLY COMRADES & TWO OCEANS QUALIFIER
INCORPORATING AGN MARATHON CHAMPIONSHIP
24 OCTOBER 2026
5KM · 10KM · 21.1KM · 42.2KM
SOUTH AFRICA'S
LARGEST
MARATHON
IN 2025
Organised by:
FARANANI athletics club
Presented and Produced by:
sportsVendo
Sanctioned by:
INCORPORATING AGN MARATHON CHAMPIONSHIP
Athletics Gauteng North
Acknowledgement:
SMACPIX

IRENE FARM RACE

31 OCT '26

Athletics Gauteng North

5km 10km 21.1km

with Discovery Vitality

IRENE

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 28 October: Run-Away-Sport: 13:00 – 17:00
- Friday 30 October: Sportsmans Warehouse Centurion: 09:00 – 18:00
- Saturday 31 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!

ENTRY FEES

Entry Fee	5km	10km	21.1km
	R 70	R 150	R 240
70 +	FREE	FREE	FREE
Late Entries (14-69)	R 80	R 170	R 260

Entry fees exclude service charges

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 27 October or when cap of 5000 is reached
Online entries: www.entryninja.com

- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Sportsmans Warehouse Centurion: 012 361 3733
- Kloppers Castle Gate: 012 051 4200

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

aQuellé

ARC Campus, Nellmapius Drive, Irene

Please note that Irene members are not allowed to run/walk this race. We need our members to work on the day to ensure that we present a top-class race.

TSHWANE OPPIE BOL

HALF MARATHON

21.1KM	06:00 AM
10KM	06:15 AM
5KM	08:00 AM
1.6KM	08:00 AM

SAVE THE DATE

VALHALLA PRETORIA
07 NOVEMBER 2026
AGN LEAGUE RACE

Athletics Gauteng North

CITY OF TSHWANE

Discovery Vitality

ONLINE ENTRIES:

ENTRY FEE:
- 21.1KM RACE - R220
- 10KM RACE - R150
- 5KM RACE - R100
- 1.6KM DREAM MILE - R80
- TEMPORARY LICENCE - R70

PLEASE CONTACT
CAZLE HENDRICKS
082 818 2956
DIMAKATSO SHILANGU
064 895 1832
NOSISI DLOMO
072 161 0281

MEDALS TO ALL FINISHERS!

IN SUPPORT OF DISABILITY AWARENESS MONTH

ARCADIA

TOM JENKINS *Challenge*

ATHLETICS
GAUTENG NORTH

WITH
Discovery Vitality

UNION BUILDINGS
PRETORIA

14 NOVEMBER 2026

06H00
10KM & 21.1KM

06H15
5KM

CHOOSE YOUR CHALLENGE

5KM | **10KM** | **21.1KM**

FREE 500 T-SHIRTS

(10 AND 21KM ONLINE ENTRANTS ONLY)

AFTER THE 1ST 500,
T-SHIRTS WILL BE FOR SALE AT R250

ENTRIES OPENING ON
05 AUGUST 2026

ONLINE ENTRIES WILL CLOSE ON
TUESDAY 10 NOVEMBER 2026

PROUDLY SPONSORED BY

NISSAN GEZINA
012 404 0000

aQuellé

Discovery Vitality

RACE OFFICE / ENQUIRIES: JAMES 082 566 1595 | PAUL 082 200 4219

IRENE

You are invited

to come and enjoy the afternoon with us and end our year full of adventures together!

Venue: Irene club house

Date: 28 November

Time: 12:00

Theme: DENIM AND Diamonds

What to bring:

Fire and sides will be provided. Please bring own meat or picnic basket.

PHOTO CORNER

Ready for action at the Chamberlains race

Given Msiza leading the way 500 meters from the start at the Chamberlains race. He eventually finished 10th 0verall in the 10 km in a time of 36:46

Nelius van Rooyen and Rikus van Staden

Karin-Marie van Niekerk looking very relaxed

Happy Irene faces

Henry Enslin finished 11th overall in the 10 km in a time of 37:00

Charnette van Rooyen had a good finish

Eric Bauser is in good form again

Louwrens Smit is improving with every race

New member Lizette du Plessis had a very good race

Rikus van Staden on the podium as a junior

It is good to see our juniors on the podium. Well done to Lisa Nell

It was good to see Paulus Masilela on the podium again. Once a champion, always a champion

Rob Hudson where he belongs

Well done to Retha Knoetze

At the Irene Backyard Ultra

A nice group of dedicated runners on Sunday morning

Well done to Nicole Buyskes who finished on the podium as the third female in the South Coast Marathon on Sunday