



6 April 2026 14/26

EDITORIAL

Message from our chairman:

Dear Irene Family,

A heartfelt thank you to everyone who made the Irene Running Festival such a wonderful success. From the careful planning and organizing to the incredible teamwork on race day, your effort and enthusiasm shone brightly.

What truly sets Irene apart is our spirit—one of friendliness, inclusivity, and genuine care for fellow runners. This event reflected that spirit beautifully, showing how we welcome all, support one another, and celebrate the joy of running together.

I am deeply proud of what we achieved as a club and committee. The smiles, the camaraderie, and the positive feedback are proof of the difference you made.

With gratitude and appreciation,

AD

Despite the rule that was communicate many times that Irene members are not allowed to participate on the shorter distances of the Irene Running Festival, the following members still participated in the 10 km and 21 km on Saturday:

Ciara MANNION
Ingrid NORVAL
Joshua LETSIE
Lemo LETSIE
Theuns POTGIETER
Bernice DE WITT
Lawson KUNZMANN
Dirk NEETHLING
Nokuthu MAFENUKA

This is not the Irene spirit.

ACHIEVEMENTS

Congratulations to Jenny Cairns.

At the SA National Masters Swimming Championships held in George, she was placed 1st in 200m butterfly and 2nd in 100m butterfly in her age group. She was also part of two relay teams, where they finished first and second.



BLANKET PROJECT

Charity – Winter Warmer Project

We call on all our members to be part of our Winter Warmer Project.

Winter is approaching, and we all know how comforting it is to sleep warmly, so the least we can do is buy a nice warm blanket or two to make someone feel cared for and loved.

Please to donate a single bed blanket at the Easter Egg Hunt on Tuesday, 7 April.

We are collecting blankets for the Abraham Kriel Children's Home in Potchefstroom and the Olievenhoutbosch Christian School.

It would be wonderful if we could collect at least 200 blankets to split between the two organizations. The children's home has 120 kids on board.



CAPTAIN'S CORNER

Please diarize the following important dates:

- Monday sessions – This 6 April is Easter Monday and there will be no Mobility Monday class at the Club House.

There is a Training run from Echt Pierre Van Ryneveld at 6:00.

- Club Time Trials – Tuesday 7 April 2026 is our Time Trial and Easter Social. Please join us at the Club House at 17:20 To catch up and the run starts at 17:30. Theme is Easter and an Easter egg hunt will be on the cards
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30.
- Saturday Event – 11 April is The Green Mile, start is at 6:00 from Sports Park, Lyttelton Manor
- Sunday Run – Helpers Run (for everyone) from Club House at 6:00

Mobility Mondays

No Mobility Monday class this Monday due to Easter Monday. Please join us next week.

Monday Training Run

There will be a Training run starting from Echt Pierre Van Ryneveld at 6:00 on 6 April. All welcome. Distance from 5km to 15km.

Weekly Time Trials

Tuesday 7 April 2026 is our Time Trial and Easter Social at the Club House. Please join us for a feedback and information session at 17:20 and the run will start at 17:30.

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

Please wear your best Easter outfit and bunny ears to celebrate the Easter cheer. Be sure to be ready for the Easter egg hunt along the way.

Prego rolls will be served afterwards so please join the social and evening with us.

Remember April is our Blanket Drive so please try and bring a single blanket for our winter warmer project.

Wednesday LSD Run

This Wednesday is our midweek run starting from Echt Coffee Shop in Lyttelton at 17:30. Distance covered will be from 5km to 15km.

Thursday Training Session

There will not be a Training session this Thursday. Please do your own Training session at home.

Saturday Run

This Saturday 11 April is the Green Mile starting at 6:00 from Sport Park in Lyttelton Manor. There is a 4, 8 and 16 mile distance available.

Sunday Social Run

This Sunday is the “Helpers Run” starting at the Irene Club House at 6:00. Everyone is welcome to join for this 10km and 21km route.

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
6 April - 12 Apr

Irene Athletics Club

SERIOUS about our fun
irene

WEEKLY TRAINING SESSIONS

Monday	Tuesday	Wednesday
Easter Monday Training Run from Echt PvR. 6:00	Time Trials & Easter Social @ Club House 17:30	ECHT Midweek LSD Run @ Echt Lyttelton 17:30 5km-15km
Thursday	Friday	For More Information Lindsay 072 2135094 Jacqueline 073 8870757
No Training session Home Training session	Mobility Friday	
Saturday	Sunday	
The Green Mile Sport Park, Lyttelton Manor @ 6:00 4,8,16 miles Two Oceans Marathon	Sunday Social Run Helpers Run from Irene Club House @ 6:00 10km, 21km route Two Oceans 21km	

Join our community

QR CODE:

Two Oceans Marathon

IRENE

TRAINING PROGRAMME

April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 Core & Strength Training +/- 60min	11 Time Trial W/U, TT, C/D B - 4km I - 8km A - 8km	1 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	2 Hill Repeats W/U, Hills, C/D J - 8x80m B - 5x100m I - 4x200m A - 3x200m & 4x300m	3 MOBILITY FRIDAYS	4 IRENE RUNNING FESTIVAL 5km, 10km, 21.1km & 48km	5 EASTER SUNDAY
6 Long Run B - 75min I - 120min A - 180min	7 Time Trial W/U, TT, C/D B - 4km I - 8km A - 8km	8 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	9 Speed Session W/U, Speed, C/D B - 4x100m I - 3x150m A - 4x200m	10 MOBILITY FRIDAYS	11 THE GREENMILE ROAD RACE (LEAGUE RACE) TWO OCEANS ULTRA MARATHON (56K) 6km 12km 25km	12 Sunday Long Run/ TWO OCEANS HALF MARATHON (21.9K) B - 60min I - 90min A - 150min
13 Core & Strength Training +/- 60min	14 Time Trial W/U, TT, C/D B - 4km I - 8km A - 8km	15 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	16 Speed Session W/U, Speed, C/D J - 8x80m B - 5x100m I - 4x200m A - 3x200m (post Ocean) 5x300m (non-Ocean)	17 MOBILITY FRIDAYS	18 TSHWANE NORTH ULTRA MARATHON 5km 10km 21.1km 50km	19 Sunday Long Run B - 60min I - 90min A - 180min
20 Core & Strength Training +/- 60min	21 Time Trial W/U, TT, C/D B - 4km I - 8km A - 8km	22 Midweek LSD W/U, LSD, C/D B - 55min I - 75min A - 90min	23 Hill Repeats W/U, Hills, C/D B - 5x100m I - 4x200m A - 4x400m	24 MOBILITY FRIDAYS	25 LOSKOP MARATHON 21.1km 50km	26 Sunday Long Run B - 60min I - 90min A - 180min
27 Core & Strength Training +/- 60min	28 Time Trial W/U, TT, C/D B - 4km I - 8km A - 8km	29 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	30 Speed Session W/U, Speed, C/D J - 8x80m B - 4x100m I - 3x200m A - 4x300m	1 MIWAY WALLY HAYWARD MARATHON 5km 10km 21.1km 48km	2 REST	3 Sunday Long Run B - 60min I - 90min A - 180min

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 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
WU : Warm Up - Easy Jog		
C/D : Cool Down - Easy Jog		
LSD : Long Slow Distance, 55% - 65% of Max HR		
Min : Minutes (Time not Distance)	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
Easy : Long Slow Distance (LSD) - HR below 65%		
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	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

For All Enquiries Regarding Training :
 Call/WhatsApp on 072 248 7698 or 073 887 0757

PERSONALIA

Linley September and Gert Fourie are both recovering well after serious heart problems last weekend. We wish them both a full and speedy recovery.

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

Tsakani	Nethengwe	06-Apr
Alhasan	Jallow	06-Apr
Con	Purchase	07-Apr
Gustav	Jansen van Rensburg	07-Apr
Trevor	Blackadder	07-Apr
Tamryn	Pieterse	07-Apr
Lourens	Kamfer	09-Apr
Liam	Sterrenberg	10-Apr



BAR NEWS



Monthly social

THOUGHT FOR THE WEEK

Your present circumstances don't determine where you can go; they merely determine where you start.

NOTICE BOARD



Discovery Vitality

11 APRIL 2026

ARC IRENE ROAD RUN

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

REGISTRATION OPENS @ 05H45
RACE STARTS @ 06H30
OR REGISTER & START BETWEEN 06H30 TILL 08H00

Finisher medals

Venue: Irene Athletics Clubhouse | ARC Irene Grounds | Centurion | Gauteng
ENTER AT WWW.REVOLUTIONTRAILS.CO.ZA | WHATSAPP: 083 264 3931

REVOLUTION TRAILS

The poster features a woman in athletic wear running on a paved road through a green, hilly landscape. The text is overlaid on a dark green circular graphic.



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REVOLUTION TRAILS

The poster features a man in athletic wear running on a dirt trail through a forest. The text is overlaid on a dark green circular graphic.

THE GREEN MILE ROAD RACE — 2026 —

**TROPHIES AND PRIZE MONEY
TO ALL CATEGORY WINNERS**

**Distances: 4 - 8 - 16 Miles &
Athletics Gauteng North – 1 Mile Championships**



Official 2026 Athletics Gauteng North League Race



11 APRIL 26



**06H00:
SPORT PARK
SPORTS ROAD
LYTTELTON MANOR
CENTURION**

aQuellé



The Mile for Life



GREEN MILE
The Mile for Life

CHRIS · 082 785 8792
SHAUN · 083 417 5586
JAN-HENDRIK · 072 953 1808



MPILENG
Group



2026

**The Ultimate Comrades
Ultra Qualifier in Tshwane**

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R495	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R200	R70	06:30am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R420	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R135	R70	06:30am
5KM	R70	N/A	06:30am

18 APRIL 2026



VENUE: AKASIA COMMUNITY HALL

50k 21k 10k 5k



LONG SLEEVES T-SHIRT R250
1st 500 ONLINE ON 50KM QUALIFY
FOR FREE RACE T-SHIRT

www.tshwanenorthultra.com Contact: 079 965 4524 / 073 497 3141



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



ARMSCOR

Online entries @ www.entryninja.com



Aluta Gaothuse 083 259 9741, Keabetswe Ndlala 076 109 4561

Modise Madikazi 083 472 4453

PHOTO CORNER



Collections on Thursday



On crutches and wearing a moon boot but Casper Strydom was there to perform his duties



An early morning photo of the venue



Another photo of the venue layout



Thousands lining up for the start



Ready to go



Finally they are on their way



It took quite a while for all the runners to cross the start line



A beautiful sight indeed



Our big tent was as popular as ever



Helpers at the 27 km water point



The Fires water point helpers