



6 January 2025 1/25

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 2025, 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.

REGISTRATIONS 2025

Membership registrations for 2025 have gone extremely well thus far. We now have 333 registered members compared to 324 at the same time last year. This is a good indication that we can expect a great year ahead.

If you haven't done it yet, please get your registration done for 2025 as quickly as possible to help us complete the admin process in time for when you attend your first time trial. Please make sure you complete both forms A and B below.

Things will work slightly differently this year.

There will be 2 forms to complete. FORM A and FORM B

FORM A is for registering a family account. You should still complete this form even if you are a single member. This data will be used for billing purposes.

FORM B should be completed for each member, spouse/partner and child (junior members).

Students, 19 years and older will be considered a full member.
AGN licenses are optional. You can select to buy one on FORM B.
Please help us by submitting your info as soon as possible so that we can capture all the data in the new system. Payment will only be due later.

FORM A - Account registration form

<https://forms.gle/LdXXNGkneM7rmGgL7>

FORM B - Member registration form (Complete separately for each member)

<https://forms.gle/BmsgT8SHMrZQpvFZ9>

If you haven't ordered your 2025 Club shirt yet, you can do so here:

<https://forms.gle/f3iFJy1JWHSrKU999>

You will receive an invoice once you have completed Form B. Please pay you invoice as soon as possible.

NEW MEMBERS

Last year this time we welcomed 45 members who joined Irene AC for the first time. This year we are experiencing an outstanding growth in first time members. A warm welcome to 69 members who have already 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.



AD
Watts

Amy
Nicholson

Anje
de Kock

Annelie
van Niekerk

Aobakwe
Modisakeng

Asanda
Myataza



Bonolo
Kasienyane

Brent
May

Busiwe
Maqungo

Carel
Malan

Carmen
du Toit

Carole
Mutloane



Cherien
Roux

Clarence
Nethenwe

Claudine
Andrews

Conrad
de Kock

Delene
Boshoff

Déon
Roux



Dillian
Wheatcroft

Dorothy
Roux

Dylan
Casey

Estie
Visser

Farzana
John

Geertjie
Bloem



Gerda Steyn

Gerrie Esterhuizen

Gugulethu Makola

Gugulethu Ramutlo

Gustav Janse v Rensburg

Gustav Pretorius



Henri Bakkes

Ilana Marais

Jacobi du Toit

Jacobus Marais

JJ Lourens

Johan Visser



JR Van Staden

Kabelo Mahlagare

Karolo-Entle Mameba

Khakhu Rokho

Lawrence Mashimbye

Lindiwe Shabalala



Lloyd Ramutloa

Lorraine Perumaul

Mamma Kekana

Mandy Mothupi

Mario Ribeiro

Martin Potgieter



Marvellous
Zwane

Matamela
Netshiombo

Moira
Malakalaka

Mphathiseni
Maungedzo

Nancy
Mapanzule

Ndumiso
Madubela



Nicole
Wilson

Nokuthula
Mafenuka

Pretty
Mashego

Riaan
van Staden

Ruth
Mdaki

Sandra
Pretorius



Sello
Mabeba

Siyamthanda
Lobese

Stacy
Poggenpoel

Tony
Bridger

Trudy
Sechele

Wimpie
Pieterse



Yolande
Van Staden

CAPTAIN'S CORNER

Welcome back Club Members. We hope you all had a Blessed festive season and a Happy New Year. May 2025 be a great year for each one of you and may your goals and aspirations you have set for yourself come true. We look forward to seeing all of you at the club.

Please diaries the following important dates:

- Club opens – 7 January 2025 with our first Time Trial starting at 17:30

Weekly Time Trials

This week Tuesday will be our first time trial of the year. Please come and join us on Tuesday at 17:30 at the club. We look forward to catching up with all of you after the festive season.

Wednesday LSD Run

This weeks LSD run will take place at the Centurion Theatre at 17:30

Saturday Run

The first official AGN race for 2025 will be the “Om Die Dorp” race held at the Geloofs familie Church in Pierre Van Ryneveld this Saturday. There will be a 5km, 10km and 21km route available. Starting time is at 5:30

Sunday Social Run

This Sunday's Social long run will be held at the Geloofs familie Church in Pierre Van Ryneveld at 5:30. There will be a 10km and 21km route.

Happy Running Team

Nelius 072 248 7698

Jacqueline 073 887 0757

THIS WEEK'S DIARY



Week
6 Jan - 12 Jan

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Stretch &
Strength Training

Tuesday

IAC Club House Open

Time Trial 4
@ Club House 6 km
17:30 8

Wednesday

Social LSD Run 10
@ Centurion Theatre - km
17:30 12



Thursday

No Training Run



Friday

Rest Day



For More
Information

Nelius
072 248 7698

Jacqueline
073 887 0757



Saturday

'Om Die Dorp' Run 5
@ PvR Geloofs familie 10 km
Kerk 21
5:30



Sunday

Socail Long Run 10
@ PvR Geloofs familie - km
Kerk 21
5:30

Dischem Road Race
(CGA)



SOCIAL EVENING

Our first social evening will take place on 14 January after the time trials. Don't miss this special event. Details to follow.

TRAINING PROGRAMME

January 2025 IRENE ATHLETICS CLUB <small>ESTD 1977</small>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6 Core & Strength Training +/- 60min	7 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	8 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	9 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	10 REST	11 PVR DORPS FEES ROAD RACE 5km 10km 21.1km	12 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
13 Core & Strength Training +/- 60min	14 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	15 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	16 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	17 REST	18 PWC GEORGE CLAASSEN RACE 5km 10km 21.1km	19 Sunday Long Run Run, CD B - 45min I - 75min A - 90min
20 Core & Strength Training +/- 60min	21 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	22 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	23 Hill Repeats W/U, Hills, C/D B - 6 x 200m I - 6 x 300m A - 8 x 300m	24 REST	25 AKASIA ROAD RACE (LEAGUE RACE) 5km 10km 21.1km 42.2km	26 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
27 Core & Strength Training +/- 60min	28 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	29 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	30 Speed Session W/U, Speed, C/D B - 4 x 200m I - 6 x 200m A - 8 x 200m	31 REST	1 INTERCARE CLASSIC ROAD RACE 5km 10km 21.1km	2 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 2025.

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 :		Vic Clapham Medal :	
W/U :	Warm Up - Easy Jog	8km :	Sub 54 minutes	8km :	Sub 52 minutes
C/D :	Cool Down - Easy Jog	21.1km :	Sub 2h26 minutes	21.1km :	Sub 2h18 minutes
LSD :	Long Slow Distance, 55% - 65% of Max HR.	42.2km :	Sub 4h59 minutes	42.2km :	Sub 4h50 minutes
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	Sainsbury Medal :		Bill Rowan Medal :	
Program Legend :	B = Beginner I = Intermediate A = Advanced	8km :	Sub 38 minutes	8km :	Sub 35 minutes
		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

CLOTHING

Members who have ordered and paid for the 2025 T-shirts can collect them on Tuesday, 17:00 – 19:00.

PERSONALIA

Congratulations to Dylan and Suzanne Casey with the birth of their baby on Friday last. Well wishes also to grandparents Fires and Blanche van Vuuren.

Congratulations to the following members who celebrate their birthdays during the holiday period. Wishing you a very happy birthday and a splendid year ahead.

Sandra	Kruger	Jan 07
Giel	Cillie	Jan 08
Jackson	Manasoe	Jan 08
Deena	Naidoo	Jan 08
Lenin	Sithole	Jan 08
Nelius	Van Rooyen	Jan 09
Zante	Geel	Jan 10
Mathabo	Mathebula	Jan 10
Candice	Van der Spuy	Jan 10
Humbulani	Masala	Jan 11
Heilet	Basson	Jan 11
Carla	Hartmann	Jan 12
JJ	Lourens	Jan 12



BAR NEWS

There will be fires for those who want to braai.



THOUGHT FOR THE WEEK

You don't get to choose how you're going to die, or when. You can only decide how you're going to live.

NOTICE BOARD



ARC IRENE
SUNSET RUN/WALK
2KM, 5KM & 10KM
ROAD RUN OR TRAIL RUN
You choose which one
8 JANUARY 2025
REGISTRATION OPENS AT 16H00
RACE STARTS @ 16H30
OR REGISTER AND START ANYTIME BETWEEN
16H00 TILL 18H00
BUY TICKETS ONLINE
WWW.REVOLUTIONTRAILS.CO.ZA
OR ON-THE-DAY
VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT:
REVOLUTIONTRAILS@GMAIL.COM | 083 264 3931

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Discovery
Vitality

REVOLUTION TRAILS



ARC IRENE RUN/WALK
11 JANUARY 2025
ROAD RUN OR TRAIL RUN
YOU CHOOSE WHICH ONE YOU WANT TO DO
3KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 06H30
ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA
VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT: 083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Discovery
Vitality

REVOLUTION TRAILS



'Om die Dorp' Run

11 Jan 2025

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



MAD MONKEY ADVENTURES



Entries are open from 11 Nov '24 to 7 Jan '25 on www.entryninja.com.



Distance	Entry fee	70 +	Start time	Minimum age	Cut off time	Late entries
5 km	R 60	Free	05:45	9 yrs	06:45	R 80
10 km	R 130	Free	05:30	14 yrs	07:30	R 150
21.1 km	R 230	Free	05:30	16 yrs	08:30	R 250

Temporary license required for non-registered athletes on the
10km & 21.1km – R 70

RACE RULES

- 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.
- Athletes who do not adhere to the rules will be disqualified.
- All athletes in the 21.1km & 10km race must wear a valid 2024 license number, front and back.
- 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.
- Only the 21.1km & 10km races will be chipped.
- No license required for the 5km race.
- Age category tags and 'W'-tags for walkers, must be worn.
- Athletes participating without buying a race entry will be disqualified.
- No seconding is allowed.
- All traffic officers and officials instructions must be obeyed.
- Timing for Discovery Vitality Points.
- 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.
- No blades, cycles or mechanically operated devices are allowed in the race.
- No iPods or listening devices are allowed in the race.
- 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.
- Medical support will be available.
- Tog bag area available.



Athletics
Gauteng North



IRENE

RACE NUMBER COLLECTION & LATE ENTRIES

Pierre van Ryneveld Geloofs familie
14 Baltimore Road, Pierre van Ryneveld on
Friday 10 Jan '25 strictly from 16:00 until 19:00
& Saturday 11 Jan '25 strictly from 04:30 until 05:15
Secure parking for all athletes:
cnr Mustang Ave & Blenheim 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
Geloofs familie 14 Baltimore Road,
Pierre van Ryneveld
Race enquiries:
Johan van Vuuren -
081 851 3864



ATHLETICS CLUB EERSTERUST



08
FEB
20
25

LEAGUE
RACE



RACE FEE
5KM
R60

START TIME: 6:10AM

RACE FEE
10KM
R150

START TIME: 6:00AM

TEMPORARY
LICENSE

R70

RACE FEE
21KM
R200

START TIME: 6:00AM



**ONLINE
ENTRY PAGE**

<https://www.entryninja.com/events/81379-ace>





2025



George Claassen Memorial Road Race
Hosted by Pretoria Marathon Club



49th running of the PwC George Claassen Memorial Road Race

Saturday 18 January 2025

George Claassen Memorial Road Race



Scan to register online

Start times:

21.1km/10km run/walk	6am
5km fun run	6.15am

Cut-off times:

Cut-off time for the 21.1km at the entrance to Pick n Pay Hyper (9.7km) at 7h30
Cut-off for all distances is 9h30

Race venue:

Faerie Glen Shopping Centre cnr Atterbury Road and Sellikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com

Race results: results.finishtime.co.za

aQuellé.

League Race

Discovery
Vitality



2025 WONDERPARK AKASIA road race

Online
entries close
on Tuesday
21 January
2025

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

21.1 KM
Start:
05:30

10 KM
Start:
06:00

5 KM
Fun run
Start:
06:10

PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION
076 234 5329

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



enter online

25 JANUARY 2025



fourways
aquastill





Run with your heart for your health



- 21,1 km
- 10 km
- 5 km

 Castle Gate Shopping Centre, Pretoria East

 Saturday, 1 February 2025

 06h00

- Athletics Gauteng North registered races.
- R10 per 5km fun run entry donated to CHOC.
- Additional parking available on-site.
- Medals to all finishers within cut-off times.
- Pre-entries close on 27 January 2025

Scan or visit
intercare.co.za



ATHLETICS CLUB EERSTERUST



08
FEB
20
25

LEAGUE
RACE



RACE FEE
5KM
R60
START TIME: 6:10AM

RACE FEE
10KM
R150
START TIME: 6:00AM

TEMPORARY
LICENSE **R70**

RACE FEE
21KM
R200
START TIME: 6:00AM



ONLINE
ENTRY PAGE

<https://www.entryninja.com/events/81379-ace>



#SappiTuksRace

sappi

TuksRace

PRETORIA'S MOST LOVED RACE

15 FEB 2025

Walk/Run 1km, 5km, 10km or 21.1km
Hillcrest Sports Campus



QR code to online entries

TuksSport

sappi



Athletics
Gauteng North



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



GIC GAP INFRASTRUCTURE CORPORATION

CHOC Childhood Cancer Foundation South Africa "Keeping more than hope alive"

COMRADES MARATHON QUALIFIER

IRENE

Athletics Gauteng North

Discovery *Vitality*

IRENE RUNNING FESTIVAL

22 & 23 March 2025

Irene Athletics Club presents
 Limited to 3000 entries per event
 48 km - Mat to mat timing
 10/21 km - Gun to mat timing

MEDALS TO ALL FINISHERS

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za
 Tel: 082 331 2236

Entries close Sunday, 16 March 2025

Ideal seeding opportunity. Qualifying time is **5 hours 50 minutes** (same as for 50km), but with 2km less to run. Mat to mat timing

5km **10km** **21km**

Irene Ultra 48km #TheQualifier

SMACPIX Online entries only www.entryninja.com T-shirt available to purchase @R180

Mat to Mat Timing for the 48km ONLY!

PRE-ENTRIES ONLY - Sweat Shop
 Dunkeld: 011 325 2567
 - Running High Bedfordview: 011 450 2421
 - Sportmans Warehouse Centurion: 0126650768
 - Run-Away-Sport: 012 361 3733
 - Tshwane Running Shop Sinoville: 076 929 7384

Chamberlain's **FINISH TIME** Timekeeping



50km 21km 10km 5km

DATE: 19 APRIL 2025

VENUE: AKASIA COMMUNITY HALL

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R450	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R180	R70	06:45am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R380	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R120	R70	06:45am
5KM	R70	N/A	06:45am

LONG SLEEVES TSHIRT R250

**1st 500 ONLINE ON 50KM QUALIFY
FOR FREE RACE T-SHIRT**



For general race enquiries contact:
079 965 4524 / 082 909 5868 / 073 497 3141

www.tshwanenorthultra.co.za



PHOTO CORNER

No photos this week