



6 October 2025 40/25

EDITORIAL

To work at our races is a great privilege. It is also an ideal opportunity for our new members to become part of the club activities and to show their loyalty to their new club. We therefore invite all our new members to become part of the upcoming event on 25 October. It will be great to have you as part of the team. You will enjoy it. Family members are also welcome.

Please reply to this email to make yourself available.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Chamberlain Classic race on Saturday.

Mike Gibbons	1 st Male – 70-79 - 10 km
Annatjie Greyvenstein	1 st Female – 80+ - 10 km
Jaap Willemse	1 st Male walker – 60-69 – 10 km
Lucia Willemse	1 st Female walker – 70-79 – 10 km
Dirk Neethling	1 st Female walker – 70-79 – 21 km
Elsa Meyer	1 st Female walker – 21 km
Annatjie Greyvenstein	2 nd Female – 70+ - Spar Johannesburg 10 km

PERSONAL ACHIEVEMENTS

Aloise Boshoff PB 21 km Well done!

SOCIAL EVENING

IRENE SOCIAL

Oktoberfest Time Trial

**Come and enjoy
a beer run!**

**Traditional
German
food will
be served**

**Beer on tap
for sale**

REGISTRATIONS 2025

Another 2 new members registered during the week. Welcome to you. 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 now have 640 registered members compared to 550 at the same time last year.



Manuela
Barwise

Nicole
Kay

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 7 October is our Octoberfest Time Trials at the Club. Start is at 17:30 with a beer run to make the run more fun!
- Club Social – Tuesday 7 October is our club social, The Octoberfest. Please join after the Time Trial.
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Thursday morning run – This will be an easy morning run starting at 5:00 from Irene Link
- Saturday Event – Maselelo Half Marathon at Hammanskraal starting at 6:00 (no club gazebo)
- Sunday Social Run – Sunday Run starting at 6:00 from Irene Link

Weekly Time Trials

Please join us for our Social Time Trial this Tuesday at the Clubhouse. Start is at 17:30 with a Beer Run included. There is a 4km, 6km and 8km distance available. Please join for this fun event.

Club Social

This Tuesday is our Club Social which will be taking place after the Time Trial. Please join us for an Oktoberfest event filled with good German food, Beer on Tap and German Music. Please indicate on the poll if you will be attending for catering purposes.

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 between 10km-12km.

Thursday Session

This Thursday there will be an easy morning run starting at 5:00 from Irene Link. All welcome. Distance covered will be 5km-10km.

Saturday Run

This Saturday the 11 October is the Maselelo Half Marathon In Hammanskraal starting at 6:00. There will be a 5km, 10km and 21km distance available.

Sunday Social Run

This Sundays Social Run will start from Irene Link at 6:00. Distance covered will be between 15km-20km.

Training questions and comments

Please feel free to contact us with any training questions or comments.

Happy Running Team
Nelius 072 248 7698
Jacqueline 073 887 0757

THIS WEEK'S DIARY



Week
6 Oct - 12 Oct

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Stretch &
Strength Training
(Self train at home)

Tuesday



October
Social



Time Trial
@ Club House
17:30

4
6 km
8

Wednesday

ECHT

Midweek LSD Run 10
@ Echt PvR - km
17:30 12

Thursday

Easy Run
@ Irene Link
5:00 5
- km
10

Friday



For More Information

Nelius
072 248 7698

Jacqueline
073 887 0757



Saturday

Maselelo Half Marathon
@ Hammanskraal
6:00 5
10 km
21

Sunday

Sunday Social Run
@ Irene Link
6:00 15
- km
20



TRAINING PROGRAMME

October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 Core & Strength Training +/- 60min	30 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	1 Midweek LSD W/U, LSD, C/D B - 40min I - 35min A - 75min	2 Speed Session W/U, Speed, C/D B - 8 x 300m I - 6 x 400m A - 8 x 500m	3 REST	4 CHAMBERLAIN CLASSIC ROAD RACE 5km 10km 21km	5 SOCIAL RUN B - 60min I - 75min A - 120min
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 - 45min I - 60min A - 90min	9 Hill Repeats W/U, Hills, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	10 REST	11 MASELELO HALF MARATHON 5km 10km 21km	12 SOCIAL RUN B - 45min I - 45min A - 60min
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 - 45min I - 60min A - 90min	16 Speed Session W/U, Speed, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	17 REST	18 CSIR ROAD RACE 5km 10km 21km	19 SANLAM CAPE TOWN MARATHON 42.2km
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 - 45min I - 60min A - 90min	23 Hill Repeats W/U, Hills, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	24 REST	25 IRENE FARM RACE 5km 10km 21km	26 IRENE FARM WORKERS RACE 5km 10km 21km
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 - 45min I - 60min A - 90min	30 Speed Session W/U, Speed, C/D B - 8 x 300m I - 8 x 400m A - 8 x 600m	31 REST	KAAPSEHOOP MARATHON 21.1km 42.2km	SOWETO MARATHON 10km 21.1km 42.2km

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 3 marathons later the year being Cape Town Marathon, Kaapsehoop / Soweto Marathon or the Jaararanda Marathon. Since Cape Town is first our 12 week training program will start on 28 July. The other 3 programs will be a 14 and 15 week program.

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 :
	Max HR estimate - Women 228 minus age	8km :
W/U :	Warm Up - Easy Jog	Sub 54 minutes
C/D :	Cool Down - Easy Jog	21.1km :
LSD :	Long Slow Distance, 55% - 65% of Max HR	Sub 2h26 minutes
Min :	Minutes (Time not Distance)	42.2km :
Easy :	Long Slow Distance (LSD) - HR below 65%	Sub 4h59 minutes
Hills Repeats :	@ 70%-80% of max HR	Bronze Medal :
Sprints Session :	85-95% of Max HR	8km :
Tempo Run :	65-75% effort level	Sub 47 minutes
Program Legend :	B = Beginner	21.1km :
	I = Intermediate	Sub 2h09 minutes
	A = Advanced	42.2km :
		Sub 4h26 minutes
		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

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

Glizelle	Langerman	06-Oct
Henro	Terblanche	06-Oct
Brian	Peters	07-Oct
Gerna	Horak	07-Oct
Megan	Brown	07-Oct
Rena	van Wyk	07-Oct
Schalk	Janse van Rensburg	07-Oct
Freddy	Mokoka	09-Oct
Isabelle	Van der Schyf	10-Oct
Riana	De Necker	10-Oct
Dalene	Wah	10-Oct
Jaap	Willemse	11-Oct
Ke-Shaun	Komperie	11-Oct
Nsuku	Chanakira	11-Oct
Jaco	Engelbrecht	12-Oct



BAR NEWS

Monthly Social, October Fest! Don't miss out.
Lucky draw for two pairs of shoes. Only members who did the last two league races (Eyethu and Ford) qualify for the draw.



THOUGHT FOR THE WEEK

Every sunrise is a reminder that you have another chance to be better.

NOTICE BOARD



ARC IRENE RUN/WALK
11 OCTOBER 2025
ROAD RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 06H30
ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Discovery Vitality

REVOLUTION TRAILS

VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT: 083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM

THYME FITCHEF WETZ



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TRAIL RUN
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THYME FITCHEF WETZ



21.1K
10K
5K

R220 ENTRY FEE

R180 ENTRY FEE

R80 ENTRY FEE

MASELELO BOMA, HAMMANSKRAAL

BOSPLAAS WEST

FOR MORE DETAILS: WWW.MASELELOBOMA.CO.ZA/MARATHON2025

REGION 5 MARATHON

21KM, 10KM, 5KM & 1MILE
@ UNION BUILDINGS TSHWANE



21KM & 10KM: 07H00 | 5KM: 07H15 | 1MILE: 10H00

T-shirts for the first 3000 online entries

12 OCTOBER 2025

Entry Fee:

5KM: R80
10KM: R150
21KM: R200
Temp License: R70

Closing date: 5 Oct 2025
Collection date: 10-11 Oct 2025
From Friday 9:00 to 17:00 and Saturday
9:00 to 14:00

Collection Venue:
CT Hotel Pretoria
(Closing Date of Entries: 05 Oct 2025)



1 Mile for athletes with disability | Entry fee for 1 Mile is by invitation

Online Entries @ www.finishtime.co.za | Medals awarded to all finisher



sport, arts & culture
Department
of Sport, Arts and Culture
REPUBLIC OF SOUTH AFRICA



GAUTENG PROVINCE
Department of Education
REPUBLIC OF SOUTH AFRICA



RACE ENQUIRIES: 087 330 0001
ENOCH (RACE COORDINATOR): 082 825 8001

CSIR ROAD RACE

SATURDAY

18 OCTOBER 2025

POWERED BY BestMed

RUN AND WALK

21.1 KM / 10 KM
06:00

5 KM | 06:15

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

LUCKY DRAW FOR ONLINE ENTRIES:
5 pairs of Nimbus or Kayano as prizes from Run a Way Sport. (Value is R4000 a pair)



www.entryninja.com

CSIR MAIN CAMPUS,
MEIRING NAUDE ROAD,
BRUMMERIA, PRETORIA

ENTRIES: Online at www.entryninja.com
Close: Tuesday, 14 October 2025 at midnight

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

LATE ENTRIES available at the CSIR on the following collection dates:
Friday, 17 October 2025 from 14:00 – 18:00
DEBIT/CREDIT CARD PAYMENTS ONLY (no cash accepted)

ENTRY COLLECTIONS

Friday, 17 October 2025, CSIR South Gate, Meiring Naude Road, Brummeria from 14:00 - 18:00

Saturday, 18 October 2025, at CSIR North Gate, Meiring Naude Road, from 04:30 - 05:50

RACE RESULTS: 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 4 000 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	R60	R70		06:15		



aQuellé

25 Oct '25

AGN LEAGUE RACE



Discovery
Vitality

Athletics
Gauteng North

IRENE

Irene Farm Race

with Discovery Vitality



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

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

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 22 October: Run-Away-Sport: 13:00 – 17:00
- Friday 24 October: Sportsmans Warehouse Centurion: 09:00 – 18:00
- Saturday 25 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!

PRE-ENTRIES ONLY

- Pre-entries close on 21 October or when cap of 5000 is reached
Online entries: www.entryninja.com
- Sweat Shop Dunkeld: 011 325 2567
 - Run-Away-Sport: 012 361 3733
 - Tshwane Running Shop Sinoville: 076 929 7384
 - Sportsmans Warehouse Centurion: 012 361 3733
 - Sportsmans Warehouse Montana: 012 548 5131
 - Kloppers Castle Gate: 012 051 4200

ENTRY FEES

Entry Fee	5km	10km	21.1km
	R 70	R 140	R 230
70+	FREE	FREE	FREE
Late Entries (14-69)	R 80	R 160	R 250

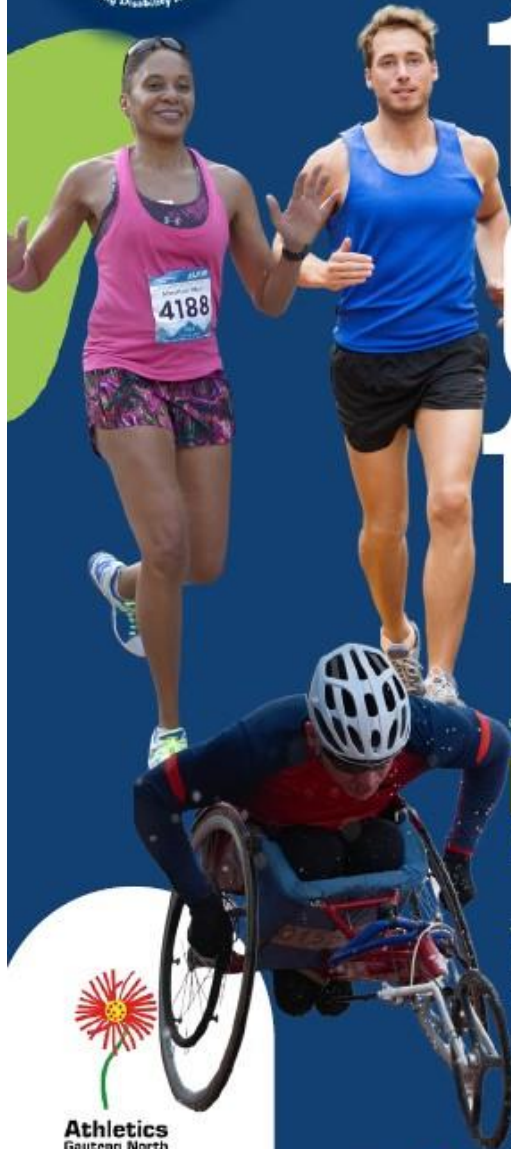
Entry fees exclude service charges



ARC Campus, Nellmapius Drive, Irene



TSHWANE OPPIE BOL



10KM 07 AM 5KM 07 30 AM 1.6KM AM RUN & WALK

DATE / VENUE **NOVEMBER 01**

SANDB SPORTS GROUNDS, VALHALLA
(THE JACKIE MEKLER ROUTE)

PREPARE YOURSELF

ENTRIES AVAILABLE AT: PILDITCH AGN, SPAR LES MARAIS, SPORTMANS WAREHOUSE (CENTURION, MONTANA) AND ON RACE DAY

ENTRY FEE:

10KM RACE - R120

5KM RACE - R80

1.6KM DREAM MILE - R40

TEMPORARY LICENCE - R70

PLEASE CONTACT

CAZLE HENDRICKS

082 818 2956

NOSISI DLOMO

072 161 0281



Athletics
Gauteng North



Entry Ninja



LEAVE NO ONE
BEHIND



ONLINE ENTRIES LINK



Tshwane Oppie Bol Entries

IN SUPPORT OF DISABILITY AWARENESS MONTH

TOM JENKINS LEAGUE RACE

31st Run/Walk Challenge

Run Series



with



ARCADIA
RUNNING CLUB



FUN RUN 5KM | 06:15

10KM | 06:00

21.1KM | 06:00

Saturday, 15 Nov 2025

VENUE: Union Buildings, Government Avenue, Pretoria

GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!

ENTRY FEES: | 21.1km | 10km | 5km **Fun Run**

exclude service charges

70+	Free	Free	Free
All other categories:	R230	R180	R100
Temporary licences:	R70	R70	



PRE-ENTRIES ONLY:

- Capped at 6 000 entries.
- Late entries: On collection date or race day if cap not reached.
- Online entries: <https://www.entryninja.com/events/82558-tom-jenkins-challenge>
- Pre-entries: from 1 Oct - 13 Nov 2025 at Run-Away-Sport: 012 - 361 3733 and ...
Friday 14 Nov 2025 race pack collection from 09:00 - 18:00.
- Online entries: will close at midnight on Tuesday 11 Nov 2025.

RACE NUMBER COLLECTION:

- Race number collection: Friday, 14 Nov 2025 from 10:00 - 18:00 and ...
- On the day of race 15 Nov 2025 at Pretoria Faith Community Church,
22 Wessels Street, Arcadia, Pretoria from 04:30 - 05:45.



ENQUIRIES:

☎ Race office: 082 200 4219 (Paul) 082 566 1595 (James)



BDS RACE WITH DISCOVERY Vitality

21.1KM
6:00am

10KM
6:00am

5KM
6:15am

29 NOV
SATURDAY.2025

ENTRY FEES

ENTRY FEES	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
60-69	R200	R100	R60
LATE ENTRIES (18-69)	R250	R160	R80
ALL OTHER CATEGORIES	R230	R130	R70
TEMPORARY LICENSE	R70	R70	N/A

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.

PARKING

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- Friday, 28 November: 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 29 November: 04:30 till 06:00 – at the venue.

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times: 10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 28th of November and morning of the race provided we have not reached the 4000

- Online entries: www.entryninja.co.za
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at Wonderpark

FOR ENQUIRIES: STEPHEN BALOYI @082 262 2568 | PETER KHOZA @084 650 3358



CITY
MARATHON



YOUR CITY . YOUR RACE

60^{KM} | 30^{KM}_{X2} | 15^{KM}_{X4}
RELAY RELAY

+5KM FAMILY FUN WALK



DOWN TOWN RUN

16 DEC 2025

CHURCH SQUARE PRETORIA

ONLINE ENTRIES ENTRYGEEK.COM

For more Info- www.city60marathon.com



SITHI 60 WENA O RENG!!!!



PHOTO CORNER



On a cold Saturday morning at the Chamberlain race



Trying to brave the cold



A proud Leandri de Kock after completing the 10 km



Derek Oldnall at full speed



Laurinda Koch finishing strong



It was good to see Aletha van den Bergh at a race again



Gerrie Esterhuizen looking strong



Estie Visser is getting stronger and stronger



A smiling Magda Brits finishing the 21 km



Liesel van Olst looking good after 21 km



Farzana John, smiling as always



Well done to Ian Tait who did the Otter Trail Run



A jubilant AD and Jacqueline Watts at the Glenn Aggy Trail Run



Annatjie Greyvenstein on the podium at the Johannesburg Spar race