



**8 December 2025 49/25**

**EDITORIAL**

This will be the last Irene News of 2025. The last official time trials will be held on Tuesday. The next official time trials will take place on 6 January when everything will be back to normal. Please take note that the office will be closed from 8 December until 5 January. Info about the January social will be in the first newsletter on 5 January.

The management team want to make use of this opportunity to wish all our members a fantastic festive season. May you enjoy peace and happiness on Christmas day that will last a lifetime. If you are fortunate to go away, please drive carefully and come back safely.

**REGISTRATIONS 2026**

Membership registrations for 2026 are going extremely well!

Registrations will be done on a new platform this year. Please bear with us if you experience a hiccup here and there initially.

The following membership packages will be available in 2026:

<b>Irene Membership 2026</b>	<b>Full Year</b>	<b>ASA Licence (Not compulsory)</b>
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.

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](http://www.irenerunner.co.za)

## CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 9 December is our last Time Trial for 2025. Please join us at the Clubhouse at 17:20 for our last session together.
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30. Braai to follow
- Saturday Event – The Wonderful Run, Hoerskool Akasia starting at 6:00
- Sunday Social Run – Castle Gate to Klapperkop Run. Start at Castle Gate Centre at 6:00
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumlanga. 27-29 March 2026**

### Weekly Time Trials

Please join us this Tuesday for our last Time Trial of 2025! Start will be at the Clubhouse at 17:20.

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

### Wednesday LSD Run

This Wednesday is our midweek run starting from Echt Coffee Shop in Lyttelton at 17:30.

Distance covered will be around 6km and will be followed by a bring and braai. Come join the run and social afterwards.

### Saturday Run

This Saturday 13 December is The Wonderful Run starting at Hoërskool Akasia at 6:00. There is a 5km, 10km and 21km distance available.

### **Sunday Social Run**

This Sundays Social Run will be an out and back from Castle Gate to Klapperkop. Start at Castle Gate Centre at 6:00. Distance will be 10-15km.

### **TRAINING CAMP WEEKEND AWAY 2026**

Please note the dates for the away Training weekend for 2026. This will take place at Elandskloof, Mpumalanga over the weekend of 27-29 March 2026. This will be a weekend for everyone and will include training programs for all runners and walkers. Please diarise the dates and keep this weekend open. For bookings and reservations please book online at [www.elandskloof.co.za](http://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



Week  
8 Dec - 14 Dec

# Irene

Athletics Club



## WEEKLY TRAINING SESSIONS

### Monday

Stretch &  
Strength Training  
(Self train at home)

### Tuesday

Last Time Trial for  
2025  
@ Club House  
17:30  
4km, 6km, 8km

### Wednesday

ECHT  
Midweek LSD Run  
@ Echt Lyttelton  
17:30  
6km  
Bring & Braai to follow

### Thursday

Self train at home

### Friday



#### For More Information

Lindsay  
072 2135094  
Jacqueline  
073 8870757



### Saturday

The Wonderful Run  
@ Hoerskool Akasia  
6:00  
5km, 10km, 21km

### Sunday

Sunday Social Run  
Castle Gate Centre  
@ 6:00  
10km-15km



## TRAINING PROGRAMME

Dec-25						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
Strength and core	Time Trial at Clubhose 17:20 outside bar 4K, 6K and 8K	LSD Echt F	Irene Social Run Jan Cilliers Park 18:00 6K	Rest	Easy Run B: 5K I: 10K A: 15K	Irene Social Run - Donation drive for the elderly
8	9	10	11	12	13	14
Strength and core	Time Trial at Clubhose 17:20 outside bar 4K, 6K and 8K	LSD Echt L	Hill Training at Home. WU B: 4 x 200m I: 4 x 400m A: 6 x 400m CD	Rest	Rest	Member host run - TBC
15	16	17	18	19	20	21
Strength and core	LSD Echt PVR 8K - 12K	Member host run - TBC	Speed Training at home WU B: 4 x 100m I: 5 x 400m A: 8 X 600m CD	Rest	Member host run - TBC	Member host run - TBC
22	23	24	25	26	27	28
Strength and core	LSD Echt Lyttelton 8K - 12K	Member host run - TBC	Merry Christmas	Member host run - TBC	Easy Run B: 5K I: 10K A: 15K	Member host run - TBC
29	30	31	31			
Strength and core	LSD Echt PVR 8K - 12K	Rest	Member host run - TBC			

## PERSONALIA

Condolences to Dave Roux, our barman. His mother passed away last week.

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

Michelle	van Dyk	08-Dec
Tony	Makris	09-Dec
Deborah	Mhura	09-Dec
Paul	Nel	09-Dec
Johann	Van de Venter	09-Dec
Christa	Visagie	09-Dec
Mandla	Mbasane	10-Dec
Alex	Elsworth	11-Dec
Fanna	Njomo	12-Dec
Demi	Espley-Jones	14-Dec
Liesl	Booyesen	15-Dec
Paulina	Rammabi	15-Dec
Karin	Sack	15-Dec
Jenny	van Deventer	15-Dec
Maryke	Gradwell	16-Dec
Gerald	Hartmann	16-Dec
LLewellyn	Jacobs	16-Dec
Basani	Sono	17-Dec
De Wet	Swart	17-Dec
Darin	Michael	18-Dec
Mario	Swarts	18-Dec
Ansie	Breytenbach	19-Dec
Carmen	Du Toit	19-Dec
Charnette	Van Rooyen	19-Dec
Stephan	Walters	19-Dec
Gracy	Mahlangu	20-Dec
Ty	Gradwell	23-Dec
Mamma	Kekana	23-Dec
Theunis	Schoeman	24-Dec
Jurgens	Prinsloo	25-Dec
Martie	Abrahamse	26-Dec
Henk	Basson	26-Dec
Prince	Nemutanzhela	26-Dec
Petrie	Rossouw	26-Dec



Minki	Fourie	27-Dec
Mohamed	Elhaimer	29-Dec
Philip	Koornhof	29-Dec
Ntsebele	Mathekga	29-Dec
Adriaan	Jansen van Rensburg	30-Dec
Musa	Mdluli	30-Dec
Lebeauf	von Benecke	30-Dec
Annatjie	Greyvenstein	31-Dec
Daleen	Labuschagne	31-Dec
Louis	Visser	31-Dec
Ingrid	Norval	01-Jan
Correli	Van Zijl	01-Jan
John	Ellmore	02-Jan
Shani	Wildenboer	02-Jan
Cynthia	Farnham	03-Jan
Vanessa	Mole	03-Jan
Motlanalo	Kudumela	04-Jan
Ansie	Pretorius	04-Jan
Alex	Viljoen	04-Jan

## BAR NEWS

**The bar will be closed. You are welcome to bring your own drinks.**



*THOUGHT FOR THE WEEK*

**if you never  
take a risk  
your life will  
never change**



NOTICE BOARD



**ARC IRENE RUN/WALK**  
**13 DECEMBER 2025**  
**ROAD RUN**

ALL FINISHERS RECEIVES A MEDAL

**3KM, 5KM, 10KM, 15KM OR 21KM**

RACE STARTS @ 06H30

ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)

THYME FITCHAF



**ARC IRENE RUN/WALK**  
**13 DECEMBER 2025**  
**TRAIL RUN**

ALL FINISHERS RECEIVES A MEDAL

**3KM, 5KM, 10KM, 15KM OR 21KM**

RACE STARTS @ 06H30

ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)

OPEN TO NON-CLUB MEMBERS

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THYME FITCHAF WETZ

**CITY**  
MARATHON



**YOUR CITY . YOUR RACE**

**60<sup>KM</sup> | 30<sup>KM</sup><sub>X2</sub> | 15<sup>KM</sup><sub>X4</sub>**  
**RELAY RELAY**

**+5KM FAMILY FUN WALK**



**DOWN TOWN RUN**

**16 DEC 2025**

**CHURCH SQUARE PRETORIA**

**ONLINE ENTRIES [ENTRYGEEK.COM](http://ENTRYGEEK.COM)**

For more Info- [www.city60marathon.com](http://www.city60marathon.com)



**SITHI 60 WENA O RENG!!!!**





# 'Om die Dorp' Run

## 10 Jan 2026



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



MAD MONKEY ADVENTURES



### 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



IRENE

### 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

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



### 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

#### RACE NUMBER COLLECTION & LATE ENTRIES (Limited)

Pierre van Ryneveld Geloofs familie  
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 & Blenheim Road  
Pierre van Ryneveld (Open field)

No athletes will be permitted to drive in  
Baltimore Road

Athletes with club gazebo 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



Entries are open from 19 Nov '25 to 6 Jan '26 on  
[www.entryninja.com](http://www.entryninja.com). and will be capped.  
Admin fee excluded from online entry fee.

#### 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 2025/2026 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.
- International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if are contenders for Prizes
- Only the 21.1km & 10km races will be timed.
- 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 on 10 & 21.1km.
- 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.



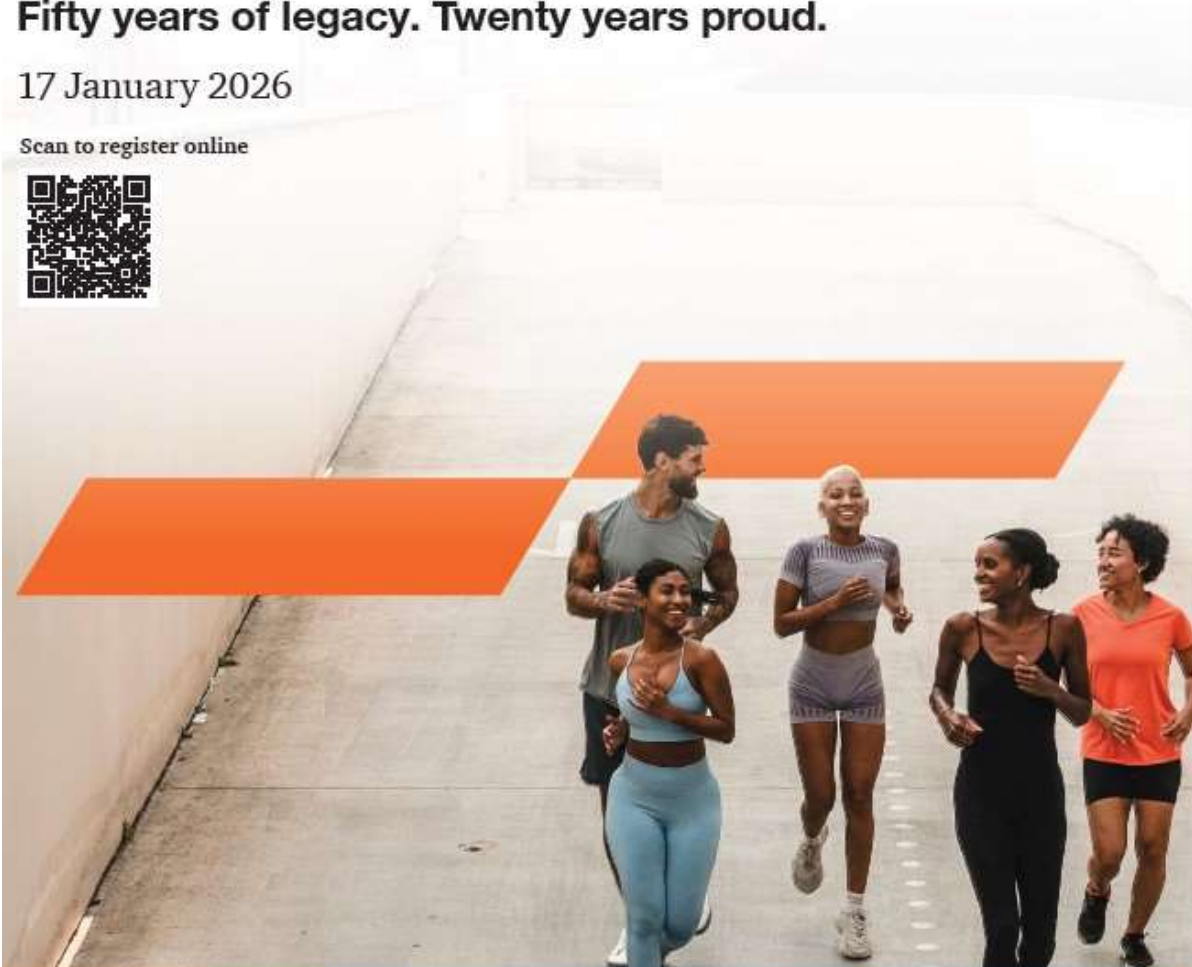
2026 | Hosted by Pretoria Marathon Club

# 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](http://www.entryninja.com)

**Race results:** [results.finishtime.co.za](http://results.finishtime.co.za)

*PHOTO CORNER*

Thank you to everybody who supported the Lights run on Thursday and the Charity run on Sunday. You have made a difference.







