



8 September 2025 36/25

EDITORIAL

Clubhouse Bathroom Renovations

Thank you to Giel Cillié who have made a contribution to the bathroom renovation project.

The project is going well so far. We are proud on what we are doing.

ACHIEVEMENTS

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

Gustav Pretorius	3 rd Male – 21 km
Rob Hudson	1 st Male – 60-69 – 21 km
Elsa Meyer	2 nd Female walker – 21 km
Tania Thompson	1 st Female walker – 33 km
Annatjie Greyvenstein	1 st Female 80+ - 10 km

REGISTRATIONS 2025

Another 3 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 628 registered members compared to 544 at the same time last year.



Darin Michael Lufuno Makwarele Oreneile Ramonyalisa

CAPTAIN'S CORNER

Please diarize the following important dates:

- Club Time Trials – Tuesday 9 September is our Time Trials at the Club. Start is at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Pierre Van Ryneveld at 17:30.
- Wednesday Night Race – Sappi Tuks Night Race at Hillcrest Sports Campus, 18:30
- Friday morning run – This will be an easy morning run starting at 5:00 from Highveld Spar
- Saturday Event – 13 September 2025 is the Spirit of Flight Race starting at 6:30 from Air Force Base, Swartkop
- Sunday Social Run – Sunday Run starting at 6:00 from Irene Link.

Weekly Time Trials

Please join us on Tuesday for our weekly Time Trials at the Club. Start is now at 17:30.

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 8km-10km.

Wednesday Night Race

This Wednesday 10 September is the Sappi Tuks Night Race starting at Hillcrest Sports Campus at 18:30.

Thursday Afternoon Sessions

This Thursday afternoon will be a Hills session for training at home in your own time.

Friday Morning Run

This Friday 12 September there will be an early morning easy run starting at 5:00 from the Highveld Spar. All welcome. Distance covered will be from 6km-10km.

Saturday Run

This Saturday 13 September is the Spirit of Flight Race starting at 6:30 from the Air Force Base, Swartkop. Distances available are 5km and 10km. The Cara-Fun will be available so please come and support.

Sunday Social Run

This Sunday's Social Run will start at Irene Link at 6:00. Distance covered will be between 10km and 15km.

Training questions and comments

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

Happy Running Team
Nelius 072 248 7698

THIS WEEK'S DIARY



Week
8 Sep - 14 Sep

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Stretch &
Strength Training
(Self train at home)

Tuesday

Time Trial
@ Club House
17:30

4
6 km
8

Wednesday

Midweek LSD Run
@ Echt PvR
17:30

Sappi Tuks Night Race
@ Hillcrest Sports Campus
18:30

Thursday

Hills Session
(Self train this week)

Friday

Easy Run
@ Highveld Spar
5:00

6
- km
10



For More Information

Nelius
072 248 7698
Jacqueline
073 887 0757



Saturday

Spirit of Flight Race
@ Air Force Base Swartkop
6:30

5
10 km



Sunday

Sunday Social Run
@ Irene Link
6:00

10
- km
15



TRAINING PROGRAMME

September 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Core & Strength Training +/- 60min	2 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	3 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 75min	4 Speed Session W/U, Speed, C/D B - 6 x 300m I - 6 x 400m A - 8 x 400m	5 REST	6 BROOKLYN ROAD RACE 5km 10km 21km 33km	7 SOCIAL RUN B - 60min I - 75min A - 90min
8 Core & Strength Training +/- 60min	9 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	10 SAPPI TUKS NIGHT RACE 5km 10km	11 Hill Repeats W/U, Hills, C/D B - 6 x 300m I - 6 x 400m A - 8 x 400m	12 REST	13 SPIRIT OF FLIGHT RACE 5km 10km	14 SOCIAL RUN B - 60min I - 75min A - 90min
15 Core & Strength Training +/- 60min	16 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	17 Midweek LSD W/U, LSD, C/D B - 35min I - 50min A - 75min	18 Speed Session W/U, Speed, C/D B - 6 x 300m I - 6 x 400m A - 8 x 400m	19 REST	20 EXXARO ROAD RACE 5km 10km 21km	21 SOCIAL RUN B - 60min I - 75min A - 120min
22 Core & Strength Training +/- 60min	23 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	24 Midweek LSD W/U, LSD, C/D B - 35min I - 50min A - 75min	25 Hill Repeats W/U, Hills, C/D B - 6 x 300m I - 6 x 400m A - 8 x 500m	26 REST	27 FORD 3-in-1 ROAD RACE (LEAGUE RACE) 5km 10km 21km	28 SOCIAL RUN B - 60min I - 75min A - 120min
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 - 55min A - 75min	2 Speed Session W/U, Speed, C/D B - 6 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

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 Joazranda 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.

It is September and everyone should be back on the road working towards a new goal. Whether it is a marathon or a 5km, join our sessions to get fit and into shape.

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 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	8km : Sub 38 minutes	8km : Sub 35 minutes
I = Intermediate	21.1km : Sub 1h46 minutes	21.1km : Sub 1h39 minutes
A = Advanced	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

PERSONALIA

Marie van Dyk's husband has passed away. Our sincere condolences to Marie and her family.

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

Koketso	Mokele	08-Sep
Pierre	Marais	09-Sep
Dean	de Beer	09-Sep
Aobakwe	Modisakeng	09-Sep
Elisna	Houy	09-Sep
Tersia	Odendaal	09-Oct
Michelle	Roux	09-Oct
Johan Jnr	Janse v Vuuren	09-Oct
Johan	Visser	09-Nov
Lindsay	Bull	09-Nov
Gunther	de Coning	09-Nov
Mandy	Mothupi	09-Dec
Pieter	Saayman	09-Dec
Ruben	Viljoen	09-Dec
Jacobi	Du Toit	13-Sep
Jason	Hubner	13-Sep



THOUGHT FOR THE WEEK

Don't wait for the right moment to start, start and make each moment right.

NOTICE BOARD



ARC IRENE RUN/WALK
13 SEPTEMBER 2025
ROAD RUN
ALL FINISHERS RECEIVES A MEDAL
3KM, 5KM, 10KM, 15KM OR 21KM
RACE STARTS @ 07H00
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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THYME FITCHEF WETZ



sappi

Tuks Night Race

10km & 5km Fun Run

10 September 2025

18:30

Hillcrest Sports Campus



sappi



TuksAthletics





Memories Matter Movement

Because Every Step Helps Protect a Memory



adasa

**MOVE FOR MEMORY.
MOVE WITH PURPOSE.**

ENTRIES NOW OPEN

Every step, every kilometer, every paddle stroke matters. By joining the Memories Matter Movement, you're helping raise awareness, support People and families living with Dementia, and fund meaningful action in the fight against Dementia.



ALZHEIMER'S MONTH

1 TO 30 SEPTEMBER 2025



IT'S A VIRTUAL RACE

Join us from anywhere

HOW IT WORKS

- 1 Choose your activity:
Run, Walk, Paddle, Swim or Cycle
(Cyclists need to complete 3x the listed distances to qualify for awards)
- 2 Track your progress throughout the month.
Submit your total distance on **1 October 2025** to
admin.gp@adasa.org.za
- 3 We work on an honesty system!
- 4 On completion, you'll receive a digital certificate recognizing your achievement.



REGISTER NOW - LINK BELOW

ADULTS: R200 CHILDREN UNDER 18: R150

**DISTANCE AWARDS
SEE BELOW**



Memories Matter Movement

Because Every Step Helps Protect a Memory

DISTANCE AWARDS

JOIN NOW



BRONZE

100 KM (≈3.3 KM/DAY)



SILVER

150 KM (≈5 KM/DAY)



GOLD

200 KM (≈6.7 KM/DAY)



PLATINUM

450 KM (≈15 KM/DAY)



MEMORY ANGEL

Individuals who supported the cause at their own pace and ability.

MOVE FOR MEMORY.
MOVE WITH PURPOSE.

CHOOSE YOUR ACTIVITY **YOU CAN..**

1



WALK

2



RUN

3



PADDLE

4



SWIM

5



CYCLE

Feel free to **personalise your t-shirt** in honour of someone close to you who has been affected by Alzheimer's or another form of dementia. MMM T-Shirts will be available to buy.

Join the **Memories Matter Movement Facebook Group** to share your journey and see how others are participating. Use hashtags:

#MemoriesMatterMovement #4getmenot #MoveForMemory

#MoveForPurpose

Stay Connected: WhatsApp us on 076-337-2484

PRETORIA MILITARY

Marathon Club

PRESENTS

13 September 2025 @ 06:30
📍 AIR FORCE BASE SWARTKOP

SPIRIT OF FLIGHT RACE

10 KM RUN/5 KM FUN RUN

600 VITALITY POINTS FOR 10 KM

NO POINTS FOR 5 KM

1500 SPECIAL MEDALS



Athletics
Gauteng North

Online entries from 06 August 25 @ www.entryninja.com until 09 September 25

Aluta Gauthuse, 083 259 9741, Keabetswe Ndlala, 076 109 4561

Katlego Phenya, 083 701 1046, Kgakgamatso Sekori, 082 049 5985

EXXARO ROAD RACE CHALLENGE

SUPERSPORT PARK, CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

20 SEPTEMBER 2025



exxaro
POWERING POSSIBILITY

Ford

leaGue race

NEW ARRIVAL
RACE T-SHIRTS

ONLY
R180

WE DO NOT ACCEPT CASH
ON THE DAY OF REGISTRATIONS



FORD
3-IN-1
SPRING RACE

FORD MOTOR COMPANY SPORTS
AND RECREATION CENTRE

27 SEPT
2025

ENTRY FEES ARE
AS FOLLOWS

It's a League Race

There will be aerobics after the race
There will be a draw after the race.
These entry fees exclude service fees.

5KM - R70

10KM - R160

21KM - R220

Start Time:
21km & 10km | 06:00
5km | 06:30



SCAN HERE
FOR RACE

aQuellé



WELLNESS STUDIO



Ford



FORD ATHLETICS CLUB



Snip & Sketch



Athletics
Gauteng North



Powered by FinishTime



IRENE FARM BACKYARD ULTRA 2025

“Geniet dit!” It’s like LEKKER



RACE DETAIL

12+ Loops till last runner
6 Loops
3 Loops

REGISTER NOW!

www.entryninja.com

27 SEPTEMBER 2025
06.00 AM

RACE VILLAGE,
IRENE ATHLETIC CLUB HOUSE
ARC GROUNDS,
NELLMAPIUS ROAD

CITY2CITY ULTRA MARATHON

JOHANNESBURG TO TSHWANE

28 | 09 | 25



Enquiries:

Athletics Gauteng North:

012 327 4930

Central Gauteng Athletics:

011 873 2726



CHAMBERLAIN

CAPITAL CLASSIC

SATURDAY, 4 OCTOBER 2025

PHSOB Club: 378 Queens Crescent, Lynnwood

- 21.1KM RUN

starts 06h00

- 10KM RUN

starts 06h00

- 5KM FUN RUN

starts 06h15

Earn Discovery
Vitality Points!

RUN THE 21 IN A TRADITIONAL SCOTTISH KILT AND WIN!

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card.



GET A FREE T-SHIRT

The first 2000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

START YOUR DAY WITH BAGPIPES

Set off to the unique sounds of the MacChamberlain Highlanders pipe band.



PHOBIANS
Athletics Club





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

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



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!

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 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

TOM JENKINS LEAGUE RACE

31st Run/Walk Challenge

Run Series



with



ARCADIA
RUNNING CLUB



Saturday, 15 Nov 2025

FUN RUN 5KM | 06:15
10KM | 06:00
21.1KM | 06:00

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)

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



It was a colourful gathering at the start of the time trials on Tuesday



Late entries for the predict your time race



Away they go, running in the opposite direction



Riaan Prinsloo, late starter but dressed for the occasion



Con Purchase leading the pack



Everybody enjoying themselves



Grazyna and Philip Koornhof



The hill behind the club house doesn't get easier



Joy Dekker waiting to fill in the finish times



Thank you to the walkers who were responsible for the food



Relaxing and enjoying their food



Leanne Christie and Christiaan Schellingerhout



A few of our senior ladies enjoying themselves



Stephan Walters, Paul and Madelé Schoeman and Nadie Walters at the Brooklyn 21 km



Prince Nemutanzhela at the Brooklyn race



Noel Banda looking strong



Ready for action at the Clarens Titanic Trail run



Deon Roux at the Clarens Titanic Trail run



Jaqueline and AD Watts after completing the Clarens Titanic Trail run