



9 February 2026 6/26

EDITORIAL

We appreciate all our members who joined the league race at Eersterust on Saturday. The league has begun exceptionally well this year, and if we maintain this momentum, we'll be tough to defeat.

The next league race will be the Bobbies race on 7 March.

Thank you to all who attended the lovely social function last week, it was something special. Well done to Anneri and her team for a great evening.

IRENE RUNNING FESTIVAL

To those who perhaps missed this last week:

Please take note of the following with regards to our Irene Running Festival race that we will be presenting this year:

The date is 4 April (Easter weekend).

All the distances (5,10, 21 and 48) will be held on one day.

Due to the bio security measures at the ARC we had to move the venue.

The new venue will be on the Denel grounds.

Irene members will have the opportunity to run the 48 km on condition that they provide a non-member to work in their place on the day, no exceptions.

Irene members will not be allowed to run/walk any of the other distances.

We are facing a number of additional challenges this year and we therefore require the co-operation and support of all our members to ensure that we present a successful event once again.

It will be appreciated if you can start letting us know if you will be available to help on the day. Just reply to this email.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the ACE race on Saturday:

Mike Gibbons	1 st Male – 70-79 – 10 km
Annatjie Greyvenstein	1 st Female 80+ - 10 km
Jaap Willemse	3 rd Male walker – 10 km
Rhoda van Staden	1 st Female walker – 10 km
Retha Knoetze	2 nd Female walker – 10 km
Anna Harris	2 nd Female – 50-50 – 21 km
Elsa Meyer	2 nd Female walker – 21 km
Karin-Marie van Niekerk	3 rd Female walker – 21 km

Please be reminded that athletes must wear an age category tag in front and at the back to win a podium position. No tag, no prize money.

PERSONAL ACHIEVEMENTS

Riaan van Staden	PB 10 km
Hanno Korf	PB 21 km

Well done!

Please let us know by WhatsApp or email about your achievements, don't be shy.

NEW MEMBERS

A warm welcome to the members who have 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.



Henco
Botha



Nikolai
Saunders


Sandra
Sekgetle


Yolande
Pretorius


TWO OCEANS MARATHON


An advertisement for a 'TWO OCEANS T-SHIRT'. The background is a dark blue map of South Africa. In the top left corner is the Irene AC logo, which features a green tree and the text 'IRENE' and 'AC'. The text 'TWO OCEANS T-SHIRT' is prominently displayed in white. Below the text is a white t-shirt with a blue and white wave pattern. To the left of the t-shirt, the price 'R190 per shirt' is listed above a QR code. Below the QR code is a blue button with a white arrow and the text 'ORDER NOW'. At the bottom left, it says 'Orders close 22 Feb'. At the bottom right, it says 'LIMITED COLLECTION' in white text on a dark blue background.

 TWO OCEANS T-SHIRT – LIMITED COLLECTION 

Get race-ready in style 
Official 2026 Two Oceans tee – R190 per shirt

 Orders close 22 Feb – don't miss out!

 Order here: <https://store126837536.shop.netcash.co.za/products>

Perfect for training, race day, or flexing your runner pride 

CAPTAIN'S CORNER

Please diarize the following important dates:

- Mobility Monday sessions – 9 February at 17:30 at the Club House
- Club Time Trials – Tuesday 10 February 2026 is our Time Trial. Please join us at the Clubhouse at 17:20 To catch up and the run starts at 17:30
- Wednesday Evening Run – LSD run starting at Echt Coffee Shop, Lyttelton at 17:30.
- Saturday Event – 14 February is the Sappi Tuks Race starting from Hillcrest Sports Campus at 6:00.
- Sunday Social Run – Castle Gate Centre at 5:30 for PvR route
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumlanga. 27-29 March 2026**

TRAINING CAMP AT ELANDSKLOOF TROUT FARM, MPUMALANGA 27-29 March 2026

This year we are planning a Training Camp weekend for the whole family at Elandskloof Trout Farm, close to Dullstroom in Mpumalanga.

GPS Coordinates:

S25°31'35.0''

E30°7'64.5''

Altitude 1900m

The Program for the weekend will entail training for all walkers and runners and include social and fun activities.

Please note: This venue is not in Dullstroom Town , but on the Elandskloof Trout Farm approximately 14km before Dullstroom on route the R540 between Belfast and Dullstroom. The training routes for the weekend will be on gravel roads and there will be Trail route options on the farm for those interested in Trail Running.

Outline of the Program for the weekend:

- Friday: Arrive at own time. Food is available for purchase with pre-booking or alternatively self-catering.

Meet and Greet/Weekend brief and Ice breaker in the evening at **19:30** in the

Function Lapa.

- Saturday: The morning will entail a Training session varying from 5km-30km on District gravel roads and Trail running options on the farm's Trail routes varying from 5-20km.

Afternoon – Stretch out session followed by a Team building Fun activity.

Evening – Braai, bring your own or be catered for by pre-booking.

- Sunday: Morning Training session with various distances offered varying from 5km-20km.

Brunch after the Training session for purchase or self-catering.

Check out 10:00

Please see other activities available on the Farm's website at elandskloof.co.za and book accommodation with **discount code: IAC2026**

We are looking forward to seeing you at the training Weekend, so make sure you secure your spot timeously!

Mobility Mondays

This Monday 9 February we will be having our second session of Mobility Mondays at the Clubhouse with Yolande. Start time is 17:30. Please come and enjoy this session with her.

Please bring a towel or yoga mat.

Weekly Time Trials

Tuesday 10 February 2026 is our Time Trial 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.

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

This Thursday will be a Speed Training session at 17:30 at the Irene Oval.

Saturday Run

This Saturday is the Sappi Tuks Race starting from the Hillcrest Sports Campus at 6:00. There will be a 1km,5km, 10km and 21km event. This is our Club 21km Championship. Our Cara-Fun will be available at the event.

This facility offers: secure bag drop off before the race, pre-race refreshments and post race refreshments to keep you energised and assist with recovery. Please support this initiative.

Sunday Social Run

This Sunday's Social run will start from Castle Gate at 5:30 for a route through Pierre Van Ryneveld and will include distances from 10km – 20km.

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

9 Feb - 15 Feb

Irene Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Mobility Monday
with Yolande
@ Club House
17:30

Tuesday

Time Trials & Social
@ Club House
17:30
4km, 6km, 8km

Wednesday

ECHT
Midweek LSD Run
@ Echt Lyttelton
17:30
5km-15km

Thursday

Speed Training Session
@ Irene Oval
17:30

Friday



Mobility
Friday

For More
Information

Lindsay
072 2135094
Jacqueline
073 8870757



Saturday

Sappi Tuks Race
Hillcrest Sports Campus
@ 6:00
1km, 5km, 10km, 21km

Sunday

Sunday Social Run
Castle Gate Centre
(PVR route) @ 5:30
10km-20km



TRAINING PROGRAMME

February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31 INTERCARE CLASSIC ROAD RACE 5km 10km 21.1km	1 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
2 Core & Strength Training +/- 60min	3 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	4 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	5 Hill Repeats W/U, Hills, C/D J - 10 x 60m B - 6 x 150m I - 6 x 250m A - 4 x 400m	6 Mobility Fridays	7 ACE RACE (LEAGUE RACE) 5km 10km 21.1km	8 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
9 Core & Strength Training +/- 60min	10 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	11 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	12 Speed Session W/U, Speed, C/D J - 6 x 100m B - 6 x 150m I - 5 x 300m A - 3 x 400m + 1 x 200m	13 Mobility Fridays	14 TUKS RACE (21km CLUB CHAMPS) 5km 10km 21.1km	15 Sunday Long Run Run, CD B - 60min I - 90min A - 120min
16 Core & Strength Training +/- 60min	17 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	18 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	19 Hill Repeats W/U, Hills, C/D J - 10 x 80m B - 10 x 200m I - 8 x 200m A - 4 x 300m + 2 x 200m	20 Mobility Fridays	21 Long Run Run, CD B - 45min I - 75min A - 90min	22 BALWIN PRETORIA MARATHON 5km 10km 21.1km 42.2km
23 Core & Strength Training +/- 60min	24 Time Trial W/U, TT, C/D B - 4km I - 6km A - 8km	25 Midweek LSD W/U, LSD, C/D B - 30min I - 45min A - 60min	26 Speed Session W/U, Speed, C/D J - 6 x 60m B - 6 x 100m I - 4 x 200m A - 3 x 400m + 2 x 150m	27 Mobility Fridays	28 SUNRISE MONSTER RACE 5km 10km 21.1km 32km	1 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 2026.

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

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

CLUB AWAY WEEKEND

🏃🏠 RUN THE DISTANCE – Irene Training Camp 🏠🏃♂️

Join us for an unforgettable weekend of running and good vibes at Elandskloof Trout Farm, Dullstroom

📅 27–29 March 2026

Whether you're building endurance, chasing mountains, or just keen for a solid running escape — this is for you.

🔑 Book now and use discount code IAC2026

🌐 www.elandskloof.co.za

🏞️🏃 Let's run the distance together.

RUN THE DISTANCE
IRENE TRAINING CAMP
27-29 MARCH '26
ELANDSKLOOF TROUT FRAM
DULLSTROOM

Book now using the discount code
IAC2026
SCAN HERE

SERIOUS about our
RUN
Irene

PERSONALIA

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

Loyiso	Jiya	11-Feb
Devan	Nadarajah	11-Feb
Liesel	Van Olst	12-Feb
Michael	Gibbons	12-Feb
Vanessa	Ramahuma	12-Feb
Leshala	Chidi	12-Feb
Nicole	Kay	13-Feb
Yolande	Pretorius	13-Feb



BAR NEWS



There will be fires for those who want to braai.

THOUGHT FOR THE WEEK

**LIFE HAS NO
REMOTE. GET UP
AND CHANGE IT
YOURSELF.**

MARK J. EDGEE

NEWSHAPE.COM



NOTICE BOARD



Discovery Vitality

14 February 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 logo and a 'no dogs' symbol are also present.



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Revolution Trails logo and a 'no dogs' symbol are also present.

#SappiTuksRace

sappi
TuksRace
PRETORIA'S MOST LOVED RACE

SATURDAY
14 Feb 2026

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



QR code to online entries



TuksSport



The 21 km will serve as our club 21 km championships.

BOBBIES 3-IN1 SLUMBERLAND ROAD RACE



ON 7TH
MARCH
2026

DOUBLE BED
UP FOR GRABS:
ONLINE
ENTRIES ONLY

MAYVILLE MALL
CNR VAN
RENSBURG STR &
NIENABER AVE,
MAYVILLE,
PRETORIA

ENTRY FEE:
21Km - R 230
10Km - R 190
5Km - R 50
TEMPORARY
LICENSE - R 70

STARTING
21Km & 10Km - 06:00
5Km - 06:30

7.03

BOBBIES 3-IN-1 SLUMBERLAND ROAD RACE 2026

30th

Taking It Back Home!


Sunnypark
SHOPPING CENTRE



Athletics
Gauteng North

RIGHT  **RUN WALK**

21 March 2026

21.1km & 10km 06:00

... and the **5km 06:20**

Proudly brought to you by



ARCADIA
RUNNING CLUB



Goodie bags & T-shirts to the
1st 500 online entrants

URL & QR code to online entries Right to Run/Walk
<https://www.entryninja.com/events/83361-right-to-run>



aQuellé



Entry fees
21.1km R250
10km R180
5km R100

Temporary Licences R70
These entry fees exclude
service charges

ENQUIRIES

RACE OFFICE:

James 082 566 1595

Paul 082 200 4219



EXCLUSIVE BEAST
RACE SHIRT
R180

verkruin
ATLETIEKLUB
**BEAST
RACE**



5KM | 15KM | 32KM

28 MARCH 2026

15KM & 32 KM 06:00 | 5KM FUN RUN 06:15

HOËRSKOOI OVERKRUIN
127 BRAAM PRETORIUS
STREET SINOVILLE

ENTRY FEES:
5 KM R70
15KM R220
32KM R280
TEMPORARY LICENSE FEES: R70
SECURE SCHOOL PARKING R30



ENTER NOW!

1. Online entries: <https://www.entryninja.com/events/83298-overkruin> until 24 March 2026
Online entries can be collected on 25 March 2026 at at Run a Way Sport
27 & 28 March 2026 at Hoërskool Ovekruin sports grounds.
No Temp license is required for the 5km.
2. Run-A-Way sport, 302 Freesia str, Lynnwood, Pretoria (Tel: 012 361 3733) until 27 March 2026
3. Tshwane Running, shop 192 Vinko str, Sinoville, Pretoria (Tel: 076 929 7384) until 27 March 2026
4. Hoërskool Overkruin Lapa on main sport fields on 27 March 2026 from 15:00 - 18:00
5. On race day at Hoërskool Overkruin Lapa on main sport fields on 28 March 2026 from 04:30 – 06:00



ENTRIES CAPPED AT 3500



IRENE RUNNING FESTIVAL

5 KM | 10 KM | 21 KM | 48 KM

**DENEL
DYNAMICS**
NELMAPIUS DRIVE
IRENE

All races on Saturday

04
APRIL

**COMRADES
QUALIFER
21.1 KM AGN
CHAMPIONSHIPS**

ONLINE ENTRIES

www.entryninja.com
Limited to 5000 entries

*Ideal seeding opportunity.
Qualifying time is 05:59:59*

Mat to mat timing

48 km - Mat to mat timing
10/21 km - Mat to mat timing

063 451 3961
info@irenerunner.co.za

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

PHOTO CORNER



The social on Tuesday was not for adults only



Lovely picnic atmosphere



Anneri le Roux and Jacqueline Watts handing out the prizes



Renette Prinsloo receiving her prize with a big smile



New member Tatjana Kleine was the best dressed member



The "most eligible bachelor", Ian Tait



They ensured that everybody enjoyed a special meal



Time to eat and relax



Lovely to see our new members attending the social events



We couldn't wish for better weather



A few of our walkers enjoying themselves



Pieter and Nadia Saayman with Monigie and Peet Victor



Our members are getting younger



A very romantic scene



Riaan van Staden with his son Rikus at the ACE race on Saturday



Ready to start the race



The best place to be at the races



Estien van Wyngaard finishing her first 21 km in a long time



Rhoda van Staden and Retha Knoetze on the podium



Estrolita Lawrence and Aobakwe Modisakeng in good spirit after the race



Sunday morning training run