



9 March 2026 9/26

EDITORIAL

Thank you to those members who have reacted to the request for helping at our race on 4 April. The reaction was fantastic!

However, we still require many more of you to be part of the event. Reply to this email if you haven't done so yet.

PLEASE!!!

ACHIEVEMENTS

Congratulations to the following member who was on the podium at the Bobbies race:

Rikus van Staden 1st Male junior – 10 km

PERSONAL ACHIEVEMENTS

Mphathiseni Maungedzo

PB – 42 km

Well done!

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.



Eric
Bauser

Shaltah
Dikolobe

Yolanda
Moyo

CAPTAIN'S CORNER

Please diarize the following important dates:

- Mobility Monday sessions – 9 March at 17:30 at the Club House
- Club Time Trials – Tuesday 10 March 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 – The Moo'ose Road Race at The Irene Village Mall from 6:00
- Sunday Run – Sunday Social Run from Irene Link starting at **6:00**.
- **TRAINING CAMP FOR 2026 – Elandskloof, Mpumalanga. 27-29 March 2026**

Mobility Mondays

This Monday 9 March is our 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, small weights, exercise bands.

Weekly Time Trials

Tuesday 10 March 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 the Irene Oval, start is 17:30.

Saturday Run

This Saturday 14 March 2026 is The Moo'se Road Race starting at Irene Village Mall at 6:00. Distances available are 5km, 10km, 21km and 32km. Our Cara-Fun will be there for support at the event.

Sunday Social Run

This Sunday's Social Run will start from Irene Link at **6:00**. Distance covered will be 5km-18km.

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 Mar - 15 Mar

Irene

Athletics Club



WEEKLY TRAINING SESSIONS

Monday

Mobility Monday
with Yolande
@ Club House
17:30

Tuesday

Time Trials
@ 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

The Moo'se Race
@ Irene Mall
6:00
5km, 10km, 21km

Sunday

Sunday Social Run
@ Irene Link
6:00
5km-18km



TRAINING PROGRAMME

March 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|-----------------------------------|---|---|
| 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 - 45min I - 60min A - 75min | 5 Hill Repeats W/U, Hills, C/D J - 8 x 50m + 2 x 100m B - 6 x 150m I - 6 x 300m A - 3 x 400m + 1 x 300m | 6 MOBILITY FRIDAYS | 7 PRETORIA BOBBIES 3-IN-1 (LEAGUE RACE) 5km 10km 21.1km | 8 Sunday Long Run Run, CD B - 60min I - 90min A - 150min |
| 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 - 45min I - 60min A - 75min | 12 Speed Session W/U, Speed, C/D J - 8 x 100m B - 8 x 120m I - 6 x 300m A - 2 x 400m + 2 x 300m | 13 MOBILITY FRIDAYS | 14 THE MOOSE ROAD RACE 5km 10km 21.1km | 15 Sunday Long Run Run, CD B - 60min I - 90min A - 150min |
| 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 - 45min I - 60min A - 75min | 19 Hill Repeats W/U, Hills, C/D J - 8 x 50m B - 6 x 100m I - 5 x 200m A - 2 x 300m | 20 MOBILITY FRIDAYS | 21 RIGHT TO RUN SUNNYPARK 5km 10km 21.1km | 22 IRENE RUNNING FESTIVAL 48km |
| 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 - 45min I - 60min A - 75min | 26 Speed Session W/U, Speed, C/D J - 10 x 80m B - 6 x 100m I - 4 x 200m + 2 x 100m A - 3 x 200m + 2 x 120m | 27 MOBILITY FRIDAYS | 28 OVERKRUIM BEAST 5km 15km 32km | 29 Sunday Long Run Run, CD B - 60min I - 90min A - 150min |

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.

| 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 : 8km: Sub 54 minutes 21.1km: Sub 2h26 minutes 42.2km: Sub 4h53 minutes | Vic Clapham Medal : 8km: Sub 52 minutes 21.1km: Sub 2h18 minutes 42.2km: Sub 4h50 minutes |
| W/U : Warm Up - Easy Jog C/D : Cool Down - Easy Jog 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 | Bronze Medal : 8km: Sub 47 minutes 21.1km: Sub 2h09 minutes 42.2km: Sub 4h26 minutes Sainsbury Medal : 8km: Sub 38 minutes 21.1km: Sub 1h46 minutes 42.2km: Sub 3h40 minutes | Bronze Medal : 8km: Sub 45 minutes 21.1km: Sub 2h05 minutes 42.2km: Sub 4h25 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


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:

| | | |
|------------|--------------|--------|
| Noel | Banda | 09-Mar |
| Portia | Phetoe | 09-Mar |
| Kobus | Oberholzer | 10-Mar |
| Christelle | van der Walt | 10-Mar |
| Sello | Mabeba | 13-Mar |
| Sj | Wessels | 13-Mar |
| Jayson | Buyskes | 14-Mar |
| Moagisi | Mathekga | 15-Mar |



BAR NEWS



There will be fires for those who want to braai

THOUGHT FOR THE WEEK

Either you run the day
or the day runs you.

Jim Rohn



NOTICE BOARD



Discovery
Vitality

14 MARCH 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

The poster features a woman in athletic wear running on a dirt path through a sunlit forest. It includes logos for Discovery Vitality and Revolution Trails, a 'no dogs' symbol, and details about the race date, distances, registration, and venue.



Discovery
Vitality

14 MARCH 2026

**ARC IRENE
TRAIL RUN**

3KM | 5KM | 10KM | 15KM | 21KM

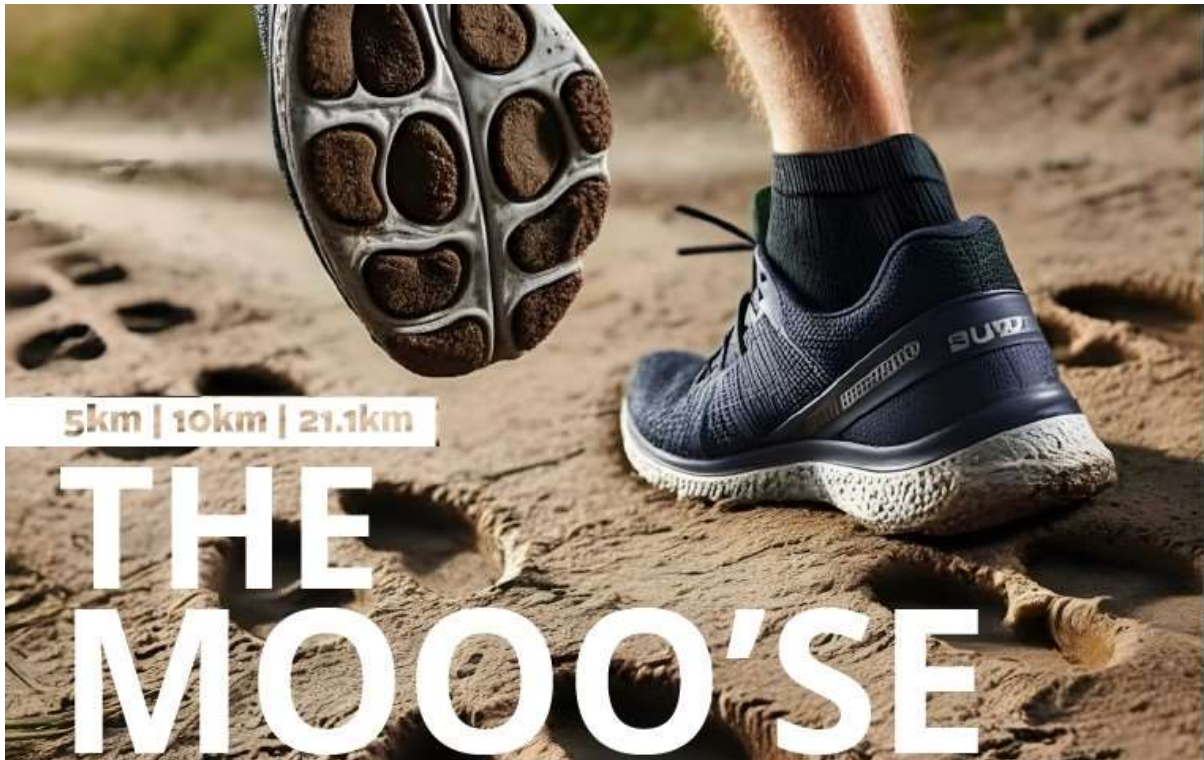
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5km | 10km | 21.1km

THE MOOO'SE ROAD RACE

Saturday, 14 March '26 06h00-09h30

Online entries at www.entryninja.com

Online entries Close Tuesday, 10 March 2026



IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET

30th

Taking It Back Home!



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 ATHLETICS CLUB

IRENE RUNNING FESTIVAL

5 KM | 10 KM | 21 KM | 48 KM

**DENEL
DYNAMICS**
NELLMAPIUS 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



Well done to the walkers who did an excellent job with the food at the social on Tuesday.



As always the Quiz was very popular



Early morning at the Bobbies race on Saturday



A group of Irene members at the start



Irene members all over



Some of the early finishers of the 10 km



First time on the podium! Well done to Rikus van Staden



The Koornhofs at the Marakele



Sunday morning training group



Mphathiseni Maungedzo did a PB at the Edenvale Marathon