



# IRENE NEWS

14 March 2022

No 10 – 2022



## COACH'S CORNER

Coach workout of the week:

Long run

Swop your long run with this one, and spice things up!

15min easy warm up  
20min lower Tempo pace  
5 min easy recovery  
15min Upper Tempo pace  
5 min easy recovery  
10min lower Threshold pace  
5 min easy recovery  
15min easy run cool down

Total 1h30



## THIS WEEK'S DIARY

### Tuesday:

Walker's training session @ 17:00. Walkers of all shapes and sizes welcome.  
Stretching exercises @ 17:15  
Time trials @ 17:30 – Club house.

### Saturday:

Trail Run @ 06:00 – Club house  
Wingate Village Race @ 06:00 – Irene village Mall

### Sunday:

Club Run @ 06:00 – Mugg & Bean Midstream

## ***HELPERS REQUIRED***

Our Irene Running Festival takes place over the weekend of 9 – 10 April. Due to Covid this will be the first time that the Festival will take place.

As in the past we need our members to assist us as helpers on the Saturday and Sunday. We cannot present any race without the help of our members. We therefore request all our members to make themselves available to ensure that our races are of a high quality.

Scroll down to see the flyer for details.

We require helpers in the following areas:

- Route marshals
- Parking marshals
- Water point helpers
- Handing out medals
- Handing out race packs (on the day and before)
- Tog bag helpers
- Race venue helpers

Please reply to this email to let us know where and when you will be available. Bear in mind that we need helpers for the Saturday and Sunday.

Please note the following:

Irene members are not allowed to participate in our races. You are required to work on the day. The only exception is the 48 km. We want to give our members the opportunity to use the Ultra as a Comrades qualifier.

There is however one condition. Any Irene member running the 48 km, must provide a non-member to work in his/her place on race day, no exceptions.

Reply today and be part of a great weekend. It is indeed a privilege to be part of a normal race again.

## ***FROM THE ADMIN DESK***

The early bird t-shirts arrived and will be available from the Admin desk every Tuesday. The next batch will only be available at the end March 2022.

Reminder to please complete the ASA form and bring the completed form to the clubhouse on a Tuesday 17:00 – 18:45. The license cannot be handed over if the form is not presented.

A small number of printed copies will be available for those that cannot print or forgot.

Maggie will assist those members outside the Irene area and outside of South Africa. Please contact her directly.

2022 ASA license may not be handed over if this form has not been completed. Irene AC will need to submit these forms to ASA as proof.

Maggie van Rooyen, [admin@irenerunner.co.za](mailto:admin@irenerunner.co.za)

### **PERSONALIA**

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

Ignus	van Rooy	14 Mar
Joy	Dekker	16 Mar
Yolande	Cowley	16 Mar
Ilona	Chester	16 Mar
Suzanne	Woest	17 Mar
Jan	Pieterse	10 Mar
Chantal	Heuvel	20 Mar
Egmond	van Niekerk	20 Mar



Midstream Tel 012 940 9229

### **NOTICE BOARD**



# ARC IRENE HYBRID RUN/WALK

## 19<sup>th</sup> MARCH'22

STAGGERED STARTS BETWEEN 06H00 TILL 08H00

### ROAD OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM

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

**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)



PREVIOUSLY KNOWN AS "OM-DIE-DORP ROAD RACE"

Time to get your



Mooooooooove On!

# Wingate Village Race

*Come and join us for a 5km, 10km or 21,1km road race!*

**Race starts at 06h00 on Saturday, 19 March 2022**

**at the Irene Village Mall**

**c/o Nellmapius and the R21, Irene, Centurion**

**Entries close on 12 March 2022. NB: Online entries only – No race day entries**

Entries capped at 2000, provided the 2000 cap has not been reached  
or there are amendments to Covid regulations.

**Register online today by visiting [www.entryninja.com](http://www.entryninja.com)**

Entries can be collected at the Vodacom Shop from Wednesday 16 March until Friday 18 March,  
from 15:00-18:00 and Saturday before the race from 04h30-06h00.

The road race is proudly presented through the partnership of:





# RIGHT RUN WALK

PROUDLY BROUGHT TO YOU BY



**Athletics**  
Gauteng North

**Pilditch**  
**Athletics Stadium**  
Maltzan Street, Pretoria West

**21** 5 km  
**March** 10 km  
**2022** 21.1 km

**STARTING TIME 07:00**

**PRE ENTRIES FROM  
7 MARCH 2022**



The 10km is dedicated to the late Walter Vilakazi, former General Manager of Athletics Gauteng North and a former member of Arcadia Running Club.



## KOLONNADE SHOPPING CENTRE

CNR SEFAKO MAKGATHO DRIVE & DR VAN DER MERWE STR, MONTANA PARK, PRETORIA

# 5KM | 15KM | 32KM RACE 26 MARCH 2022

### RACE FEES:

5KM R50 | 15KM R130 | 32KM  
R150

TEMPORARY LICENSE FEE  
R40

## ENTER NOW!

Entries Capped at 2000

- » Online entries:  
[www.entrytime.co.za](http://www.entrytime.co.za) till 13 March 2022  
(Provided the 2000 cap has not been reached or there is amendments to Covid regulations)
- » Run-A-Way 012 361 3733  
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902 w2w  
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384  
(192 Vinko Str, Sinoville)
- » Entrance 4: 25 March 2022 at  
Kolonnade Shopping Centre (from 15:00 – 18:00) and  
26 March 2022 ( from 04:30 - 06:00)  
(Provided the 2000 cap has not been reached or  
there is amendments to Covid regulations)

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

ONLINE ENTRIES CAN BE COLLECTED ON  
FRIDAY 25 MARCH 2022 AT ENTRANCE 4

Brought to you by



Athletics  
Gauteng North





**Athletics  
Gauteng North**



Childhood Cancer Foundation  
South Africa

"Keeping more than hope alive"

**ARC GROUNDS, NELMAPIUS ROAD**

ENQUIRIES: [INFO@IRENERUNNER.CO.ZA](mailto:INFO@IRENERUNNER.CO.ZA)

TEL: 082 937 0733

**GOLD MEDALS TO ALL FINISHERS**

**5km**

**10km**

**21km**

**10km  
Trail  
run**

**48km**

**#THEQUALIFIER**



**ONLINE ENTRIES ONLY  
[WWW.ENTRYNINJA.COM](http://WWW.ENTRYNINJA.COM)**

**Entries close Sunday, 3 April 2022**

Ideal seeding opportunity. Qualifying  
time is 5 hours 50 minutes (same as  
for 50km), but with 2km less to run.  
Mat to mat timing



**Limited to 2000 entries per event  
Electronic Timing, Staggered start**

**IRENE ATHLETICS CLUB PRESENTS**

# **IRENE RUNNING FESTIVAL**

**8, 9, 10 APRIL 2022**

**The 10 km will serve as the  
AGN 10 km championships**



**IRENE**

## Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



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If you want your logo on this page, let us know at [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

### THOUGHT FOR THE WEEK

Your body can stand almost anything, it's your mind you have to convince.



**PHOTO CORNER**



Leon Page was the lucky winner of the Funky Pants treasure on 1 March





Zonah Prinsloo, Heleen Joubert and Suzanne van Vuuren did the Tinman Triathlon at Buffelspoort on Sunday