



IRENE NEWS

21 March 2022

No 11 – 2022



ACHIEVEMENTS

Congratulations to the following members who were on the podium during the long weekend:

Wingate Village Race:

Maryke Gradwell	1 st Lady walker – 10 km
Ansie Breytenbach	2 nd Lady walker – 10 km
Estien van Wyngaard	3 rd Lady walker – 10 km
Elsa Meyer	1 st Lady (70+) – 10 km
Sandra Steenkamp	1 st Lady (60 – 69) – 21 km

Right to Run/Walk

Maryke Gradwell	1 st Lady walker – 10 km
Ansie Breytenbach	1 st Master Lady walker & 2 nd Lady – 10 km
Elsa Meyer	1 st GGM Lady walker & 3 rd Lady – 10 km
Sandra Steenkamp	1 st Lady walker & 1 st GM lady – 21 km
Keith Reynolds	1 st Master Walker & 2 nd Man – 21 km
Joy Dekker	1 st Vet Lady – 21 km

Well done to Yolande Cowley who was on the podium in her category at the SA Triathlon Championships.

Congratulations to our coach Telani Grobler who has been selected to compete at the World Triathlon Championships 2022 in Montreal, Canada.

PERSONAL ACHIEVEMENTS

Maryke Gradwell	PB – 10 km Walk
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Well done!

COACH'S CORNER

Coach workout of the week:

Strength builder

1h11min

10min easy warm up
3min Tempo run
2min lower Threshold run
2 min easy recovery run
10min Threshold run
3min easy recovery
Repeat x 3
15min easy cooldown run



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
Kolonnade 5/15/32 @ 06:00 – Kolonnade Shopping Centre

Sunday:

Club Run @ 06:00 – Mugg & Bean Midstream

HELPERS REQUIRED

We need our members to help at our race on 9 & 10 April. Without you we cannot present a successful race. Thank you to those who have already responded.

Please read the following and let us know where and when you prefer to work:

- **Members working on Saturday will be allowed to run on Sunday**
- **Members running on Saturday must work on Sunday**
- **Members not running/walking are obviously also required to work**

Members working at the Running Festival will get a discount on their 2023 membership fee.

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

Reply to this email to let us know.

We rely on you.

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.

Please note:

The Admin desk will not be open on 12 April 2022.

Members must plan ahead to collect t-shirts and ASA licenses in time for any races.

Maggie van Rooyen, admin@irenerunner.co.za

PERSONALIA

Johan Fires van Vuuren underwent an operation to his shoulder. We wish him a speedy recovery.

Out walkers captain, Danie Labuschagne, was involved in a freak accident while measuring our 48 km route and broke his femur in the process. It resulted in a hip replacement on Saturday. We wish him and his family all of the best and trust that he will recover completely.

Our condolences to long time members Carl and Heidi Bester who are now residing in Australia. Their son Benjamin (28) passed away last week.

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

Johan	Janse van Vuuren	21 Mar
Nicholas	Southey	22 Mar
Chantelle	Botha	24 Mar
Alison	Pronk	25 Mar
Norbert	Hannweg	25 Mar



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE HYBRID RUN/WALK

26th 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

**VENUE: IRENE ATHLETICS CLUBHOUSE,
ARC IRENE, NELMAPIUS DRIVE, CENTURION**

FOR MORE INFORMATION CONTACT US AT:
083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM





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 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

TEL: 082 937 0733

GOLD MEDALS TO ALL FINISHERS

5km

10km

21km

**10km
Trail
run**

48km

#THEQUALIFIER



**ONLINE ENTRIES ONLY
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



SHORT TERM BROKERS

PTY LTD
Cape Town
0800
Tel: 0712 843 5533
Fax: 0712 843 4388
Email: info@stb.co.za



If you want your logo on this page, let us know at info@irenerunner.co.za

THOUGHT FOR THE WEEK

When you throw dirt, you lose ground.

PHOTO CORNER



A beautiful morning at the Irene Village Mall with a normal race taking place



Nelius van Rooyen, the first Irene finisher on the 10 km



Miles Saxby and Alan Hyson



Neldi Venter



Keneiloe and Sibusiso Sibisi



Letha Kotze



Rosemary Brink with Amanda & Dirk Cloete



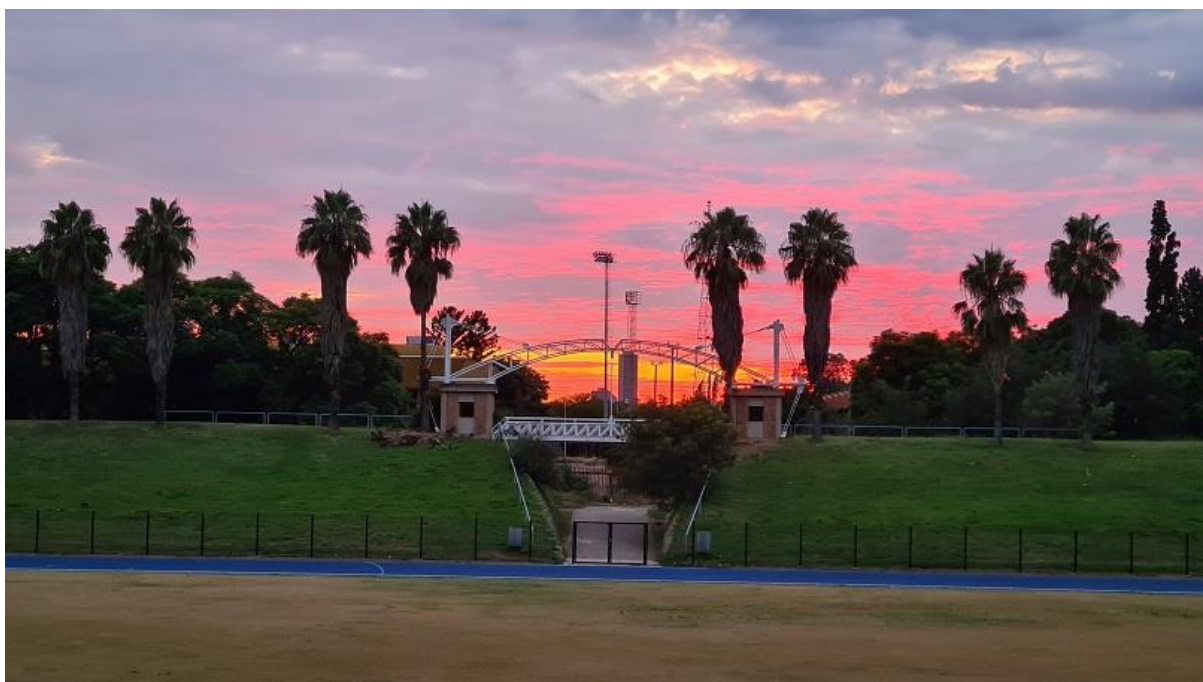
Conrad Langerman at the finish



Jenny Cairns and Ian Tait



New member Jacques Pelser in action at the Om die Dam 21 km



A beautiful sunrise at Pilditch on Monday morning



Adi van den Heever, Joy Dekker and Melani Swart at the Right to Run race at Pilditch



Elsa Meyer, Sandra Steenkamp, Ansie Breytenbach, Maryke Gradwell and Keith Reynolds



Victor Pethoe



Yolande Cowley 3rd at the SA Triathlon Championships



Our representatives at the Weskus Marathon: Johan Engelbrecht, Yolanda Oberholzer and Lynette & Linley September



A very tired but happy Cari Snyman after completing the Addo Elephant Trail run 76 km