

## **IRENE NEWS**

#### 28 March 2022

No 12 - 2022



#### **ACHIEVEMENTS**

The following members received medals in their respective age categories at the AGN Masters Championships held at Pilditch over the weekend:

Sandra Steenkamp Gold 3000m and 5000m
Retha Knoetze Gold 3000m and 5000m
Elsa Meyer Gold 3000m and 5000m
Theuns Nieuwoudt Gold 3000m and 5000m
Dirk Neethling Gold 3000m and 5000m

Jaap Willemse Gold 5000m Isi van der Schyff Silver 5000m Estien van Wyngaard Silver 5000m Lucia Willemse Silver 5000m Annatjie Greyvenstein Silver 5000m

#### Congratulations!

Jaap Willemse was the second walker at the Wingate Village 10 km on 19 April. His name was left out on the results last week.

#### IMPORTANT NOTICE FROM THE ARC MANAGEMENT

In light of the recent new outbreak of foot and mouth disease, I believe it is in the interest of our biosecurity that people running on the farm should be restricted to running on the tar road exclusively and not go onto any soil areas. This is because foot and mouth virus can persist in animal discharges in soil areas.

Dr Ben Greyling

Please strictly adhere to this for the time being.

#### **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.
Lucky Draw @ 19:00

#### Saturday:

Road Run (no trail) @ 06:00 - Club house

#### **Sunday:**

Club Run @ 06:00 – Mugg & Bean Midstream

#### **HELPERS REQUIRED**

We need more helpers 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

To all the members who registered before 28 February 2022, your t-shirts are now available from the Admin desk at the club house, 17:00 - 18:45 on Tuesdays.

#### Reminders:

- All t-shirts not collected by the end April 2022 will be forfeited. If you cannot collect, please arrange with Maggie to keep the t-shirt until you are able to collect: <a href="mailto:admin@irenerunner.co.za">admin@irenerunner.co.za</a>.
- The Admin desk will be <u>closed on 12 April 2022</u>. Plan to collect your ASA license in time for any race.

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 <u>not</u> be handed over if this form has not been completed. Irene AC will need to submit these forms to ASA as proof.



#### **PERSONALIA**

Condolences to Carolien van Zyl whose brother was killed in a car accident during the week.

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

Werner	Smit	28 Mar
Christian	Roeder	29 Mar
Michael	v d Westhuizen	29 Mar
John	Maritz	31 Mar
Prieur	du Plessis	02 Apr
Holger	Hedelt	02 Apr
Neil	Jolly	02 Apr



Midstream Tel 012 940 9229

#### **NOTICE BOARD**



Please note that due to the foot and mouth disease restrictions this will be a road run only



Limited to 2000 entries per event Electronic Timing, Staggered start

**IRENE ATHLETICS CLUB PRESENTS** 

# IRENE RUNNING FESTIVAL

CHOC

Childhood Cancer Foundation
South Africa

8, 9, 10 APRIL 2022

The 10 km will serve as the AGN 10 km championships

IRENE

"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





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





GAUTENG NORTH

## MiWay Wally Hayward Marathon

Hosted By: Alpha Centurion Athletics Club

## Monday, 2 May 2022

Venue: Centurion Rugby Club

Distances: 10km, 21.1km, 42.2km

## Entry fees: Batch starts from:

10km-7h00

www.wally.co.za

21.1km-R200

10km-R140

42.2km-R300

21.1km-6h30

42.2km-6h30

## Strict Covid Protocols will apply

Online Entries ONLY. NO race day entries

Timing by: FinishTime (no chip required)

Visit www.wally.co.za for entry information, rules, routes, parking, etc.





## **Our Race Sponsors**

















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

#### THOUGHT FOR THE WEEK

No man in this world is rich enough to buy his own past. So, live each moment of life

### PHOTO CORNER



The start of the 5000m at the AGN Masters championship



A few of our medal winners



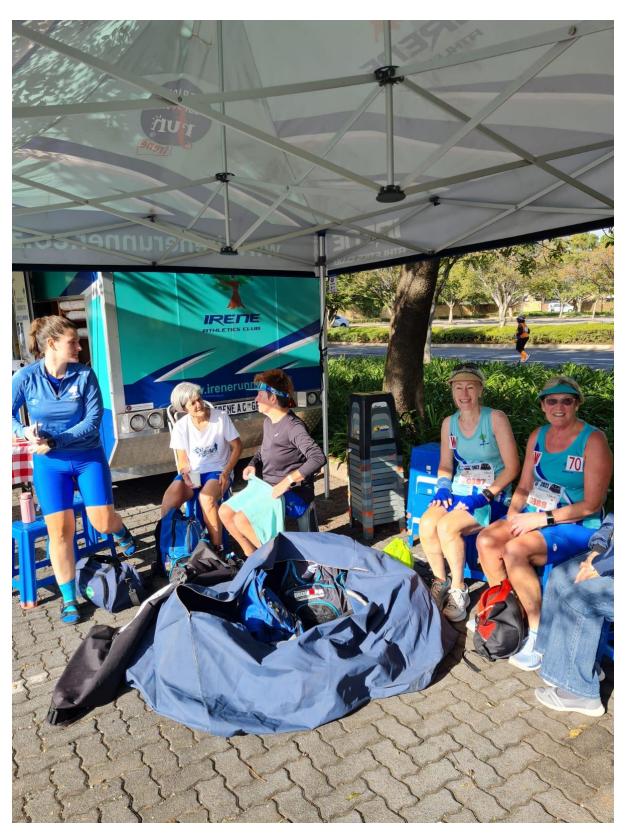
Joubert Krugel in action at the Uniwisp Fast 5-1 in Mbombela



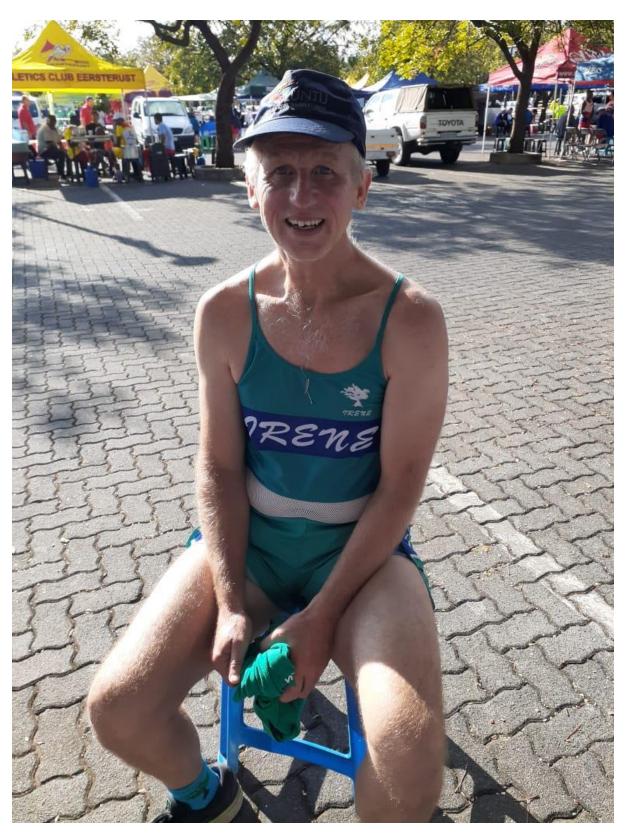
Joubert and his wife Lullu after the race



Early morning at the Cara-Fun at the Kolonnade race



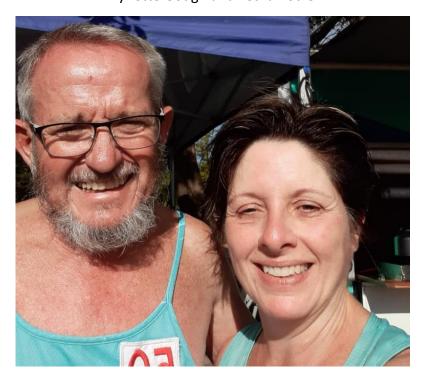
Relaxing after the race



Gerald Hartmann at the Kolonnade race



Lynette Gough and Letha Kotze



Derick van der Merwe and Carla Hartmann