



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: admin@irenerunner.co.za.
- The Admin desk will be closed on 12 April 2022. 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 not be handed over if this form has not been completed. Irene AC will need to submit these forms to ASA as proof.

MONTHLY SOCIAL 5 APRIL

SAVE THE DATE, IRENE SOCIAL

**NOOT
IVIR
NOOT**

EVENING

GET YOUR TEAMS
OF 6 READY!

COME MEET MICHAEL STEMMET
AND THE 'MAAK-MY-SIEK
FABRIEK'.
LOTS OF FUN AND

5 April



IRENE

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



ARC IRENE HYBRID RUN/WALK

2nd APRIL'22

STAGGERED STARTS BETWEEN 06H00 TILL 08H00

ROAD RUN/WALK

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

REVOLUTION TRAILS

IMPACT

COLLAGEN FOR ATHLETES

YCEB

HERBALIFE 24

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



**Athletics
Gauteng North**

**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**



"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**

**IRENE ULTRA
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





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:

10km—R140

21.1km—R200

42.2km—R300

Batch starts from:

10km—7h00

21.1km—6h30

42.2km—6h30

www.wally.co.za

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.



miWay ·CO·ZA

Medals to all finishers

Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

PTY LTD
Cape Town
0800
Tel: (021) 843 5555
Fax: (021) 843 4588
Email: info@stb.co.za



RJC Accounting
Software Solutions

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