



# IRENE NEWS

31 January 2022

No 4 – 2022



## TIME TRIALS

Our new coach, Telani Grobler, will be at the time trials on Tuesday. We will start with stretching exercises at 17:15. The announcements will be at 17:25 and we will start running at 17:30.

Come and meet Telani and find out what she can do for you.

## REGISTRATIONS 2022

Welcome to all who have renewed their membership and especially to our new members. You are now part of a great family.

Only the first 400 members to register before the end of February, will receive a free quality T-shirt. Time is running out.

Just go to our website [www.irenerunner.co.za](http://www.irenerunner.co.za) and follow the instructions. Please contact Maggie van Rooyen, our admin manager at [admin@irenerunner.co.za](mailto:admin@irenerunner.co.za) if you require more information.

## PRIZEGIVING FUNCTION

The function on Sunday was a huge success. Thank you to Joy and everybody who helped her.

Due to very little activities last year, only a few trophies were handed out. Congratulations to the following members who received trophies:

Golden Shoe Female	Maryke Gradwell
Golden Shoe Male	Andre Smuts
Female walker of the year	Annatjie Greyvenstein
Male walker of the year	Jaap Willemse
Rookie walker of the year	Miemie Nel
Friendliest member	Henk Basson
Attitude and loyalty	Dave Roux
Socialiser of the year	Johan Engelbrecht
Chairman's Trophy	Glizelle Langerman

See the Photo Corner for photos.

### ***CBD SUPPLEMENTS***

There will be a CBD Supplements stall at the club house on Tuesday evening.

Impact sports CBD supplements are designed for anyone that has an active lifestyle or strives to get up and get fit.

The products are suitable for everyone to use and includes innovative formulas with 0%THC specifically curated for athletes to support and manage pain, inflammation, recovery and sleep.

There will be a 20% off on products bought.

### ***CAR WASH SERVICE***

Gerard and Bertha van den Raad's grand daughter and two friends are young entrepreneurs who have just finished their matric and are now exploring the business world. They started a car wash service and will be on duty at the time trials from this week to wash your car for only R50. A small percentage of the money will go to our social responsibility project. Please support them. Also look out for their table selling all sorts of goodies.



### ***SOCIAL RESPONSIBILITY (Venita Brown)***

We would like to remind members to please donate their old running shoes, any clothes or unwanted items. We will distribute it to those who need it.

We also want to donate old and unwanted medals to Oncology, where the medals are given to children.

Look out for new exciting competitions on Tuesday evenings. This will consist of games like "nearest to the pin", darts etc, Winner will receive first drink on the house.

Proceeds will once again be donated at the end of the year to a worthy cause.

### ***IRENE NIGHT SERIES***

We will start with a Night Series on Wednesday evening, 23 February. It will be limited to 1000 entries. Club members will be required to work as marshals etc.

Save the date in the meantime. We are living in exciting times. More info to follow.

### BAR NEWS

As usual there will be fires available for those who want to braai on Tuesday evening.

There will also be braai packs available at the bar.



### PERSONALIA

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

Heleen	de Bruin	01 Feb
Bheki	Ndhlovu	01 Feb
Ray	Patterson	03 Feb
Gavin	Norton	04 Feb
Morongwa	Makgamatho	05 Feb
Theuns	Willemse	05 Feb
Neldi	Venter	06 Feb

### NOTICE BOARD

**REVOLUTION TRAILS**

**ARC IRENE NIGHT RUN**

ROAD OR TRAIL RUN / WALK  
5KM & 10KM

**2 FEBRUARY 2022**

BUY TICKETS ONLINE  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)

FOR MORE INFORMATION CONTACT US AT:  
[REVOLUTIONTRAILS@GMAIL.COM](mailto:REVOLUTIONTRAILS@GMAIL.COM)  
083 264 3931

17H00 - 19H00 STAGGERED START TIMES

Vitality

RUN - WALK - RUN - WALK - RUN - WALK - RUN - WALK



# ARC IRENE HYBRID RUN/WALK

## 5<sup>th</sup> FEBRUARY '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)

 **IMPACT**   



## NEDBANK RUNNING CLUB SKOSANA RACE & AGN 21KM CHAMPS

MILE, 5, 10 & 21 KM



**DATE: SATURDAY, 12 FEBRUARY 2022**  
**TIME: 6:00 AM**  
**VENUE: PIERRE VAN RYNEVELD CHURCH**  
**14 BALTIMORE ROAD, PIERRE VAN RYNEVELD PARK, CENTURION**

**ENTRIES VIA PEAKTIMING:** [www.peaktiming.co.za/entries](http://www.peaktiming.co.za/entries)

**TEMP LICENSES: R20 (TO BE COLLECTED ON RACE DAY)**

**TSHIRT: R170 EACH ON ORDER THROUGH PEAKTIMING**

**CATEGORIES, ENTRY FEE & PRIZES:**

MILE RACE 1.6KM: 08 - 10 YRS		MILE RACE 1.6KM: 11 - 13 YRS		MILE RACE 1.6KM: 14 - 19 YRS	
ENTRY FEE: R60		ENTRY FEE: R60		ENTRY FEE: R60	
1ST	FUTURELIFE GOODY BAG	1ST	FUTURELIFE GOODY BAG	1ST	R1,000
2ND	FUTURELIFE GOODY BAG	2ND	FUTURELIFE GOODY BAG	2ND	R600
3RD	FUTURELIFE GOODY BAG	3RD	FUTURELIFE GOODY BAG	3RD	R500
5 KM RACE		10 KM RACE		21 KM RACE	
ENTRY FEE: R60 (70+ FREE)		ENTRY FEE: R100 (70+ FREE)		ENTRY FEE: R120 (70+ FREE)	
1ST	OPEN MEN & WOMAN: R1,000	1ST	OPEN MEN & WOMAN: R1,500	1ST	OPEN MEN & WOMAN: R2,000
2ND	OPEN MEN & WOMAN: R600	2ND	OPEN MEN & WOMAN: R1,000	2ND	OPEN MEN & WOMAN: R1,400
3RD	OPEN MEN & WOMAN: R500	3RD	OPEN MEN & WOMAN: R600	3RD	OPEN MEN & WOMAN: R1,000

### AGN 21KM CHAMPS PRIZE MONEY- AGN REGISTERED ATHLETES ONLY:

BOYS 16-19 YRS		GIRLS 16-19 YRS	
1ST	R500	1ST	R500
2ND	R300	2ND	R300
3RD	R200	3RD	R200
MEN 20 - 39		WOMAN 20 - 39	
1ST	R3,000	1ST	R3,000
2ND	R2,000	2ND	R2,000
3RD	R1,000	3RD	R1,000
MEN 40 - 49		WOMAN 40 - 49	
1ST	R3,000	1ST	R1,000
2ND	R2,000	2ND	R800
3RD	R1,000	3RD	R500
MEN 50 - 59		WOMAN 50 - 59	
1ST	R500	1ST	R500
2ND	R300	2ND	R300
3RD	R200	3RD	R200
MEN 60+		WOMAN 60+	
1ST	R500	1ST	R500
2ND	R300	2ND	R300
3RD	R200	3RD	R200

### MORE INFORMATION

- Safe parking available
- Water table at 5 & 10km
- Medals at finish, sponsored by **ASSUPOL**
- COVID 19 Screening before race
- Runners must adhere to all COVID protocols, including the wearing of face masks OR buff & social distancing
- All Entrants MUST complete the questionnaire, or you will not be granted access to the venue on race day
- We ask for your cooperation in this regard, as non-adherence will cause delays and crowding at the entrance
- NO tog bag area AND NO Club Tents due to COVID 19 regulations
- PLEASE ARRIVE EARLY

Provincial medals and prizes will be awarded to the top 3 finishers (Gold, Silver and Bronze). Only AGN registered athletes will qualify for a medal and prize.

All ASA & AGN Road Race rules will apply on race day

CONTACT DETAILS: Enoch Skosana Cell: 082 825 8001 OR Jacques Rencontre E Mail: [nbrunning.pta@gmail.com](mailto:nbrunning.pta@gmail.com) / Cell: 082 462 1137





## PHOBIANS **PRETORIA** MARATHON

SUNDAY 27 FEBRUARY 2022

FREE  
T-shirt:

1st 1000  
paid-up  
entries!

**START: PHSOB Clubhouse**  
378 Queens Crescent, Lynnwood, Pretoria

**42.2k**  
**R300 5.30am**

**21.1k**  
**R200 6am**

*Staggered starts to comply with Covid protocols. Temp licence R20*

## MAPS AND RACE INFORMATION

[www.pretoriamarathon.co.za](http://www.pretoriamarathon.co.za)

**ENTRIES - online only. Cap: 2000**

[www.entryninja.com](http://www.entryninja.com)







**ENTRY NINJA**



**Free Dri-Fit t-shirt to first 1000 paid entries**

**Entry Deadline**

**TUES 22 Feb.**  
**No entries on race day**

**ENTRY QUERIES**

[margaret@raceresults.co.za](mailto:margaret@raceresults.co.za)

**CASH PRIZES (runners)**  
**Open Category winners**  
**(1st, 2nd, 3rd : gun-to-mat)**

<b>42.2</b>	<b>21.1</b>
<b>R3000</b>	<b>R1000</b>
<b>R2000</b>	<b>R500</b>
<b>R1000</b>	<b>R250</b>

**VOUCHERS (runners)**  
**Age Category Winners**  
**(1st place only: gun-to-mat)**

**STAGGERED START**  
**MAT-TO-MAT TIMING**  
to comply with Covid protocols.

**ELITE RUNNERS**  
Prize contenders must start at 5.30 (42k) or 6am (21k) for gun-to-mat timing. No exceptions.

**COLLECTIONS**  
PHSOB Clubhouse  
Fri 25th and Sat 26th **2-6pm**  
**NO COLLECTIONS ON RACE DAY**

Courier to you?  
Available when you enter online.

**RACE QUERIES**  
[info@pretoriamarathon.co.za](mailto:info@pretoriamarathon.co.za)

**NO TOG BAG AREA**



**RESULTS**

[www.results.finishtime.co.za](http://www.results.finishtime.co.za)

**RESULTS QUERIES**

[margaret@raceresults.co.za](mailto:margaret@raceresults.co.za)



**RULES & DISCLAIMER**

Event organized in accordance with the rules of ASA and AGN.

1. 2021 ASA licence number to be worn back and front of vest, with race number fixed on front.
2. Age Category Tags to be worn front and back. Supply proof of age if required.
3. Don't cover logos on ASA licence number.
4. Temporary licence (R20) to be fixed on back of vest.
5. No seconding, blades, cycles, earphones/iPods.
6. Minimum age: 21.1km 16yrs and 42.2km 20yrs.
7. Obey instructions from traffic officers/officials.
8. Medical support will be present on race day.
9. Wheelchair athletes welcome but will require assistance over grids on 21/42k.
10. Cut-off at 11.30am.
11. Covid protocols to be respected: Temperature check. Bring your own mask. Proof of vaccination not required.

Terms and conditions apply: go to [www.pretoriamarathon.co.za](http://www.pretoriamarathon.co.za)

### **THOUGHT FOR THE WEEK**

**It is of practical value to learn to like yourself. Since you must spend so much time with yourself, you might as well get some satisfaction out of the relationship!**

## ***PHOTO CORNER***

The receivers of the trophies on Sunday (those who were present)



Maryke Gradwell



Annatjie Greyvenstein





Jaap Willemse



Henk Basson



Dave Roux





Johan Engelbrecht



Glizelle Langerman



The Prinsloo and Enslin families showing off their purple flowers





Philip and Grazyna Koornhof did the Volksrust 10 km recently