



IRENE NEWS

7 February 2022

No 5 – 2022



COACH'S CORNER

Coach workout of the week:

30s Fartlek

15 min easy warm up

3 min Threshold run (2 min easy run)

5 x 30sec 3-5k pace (30 sec easy run)

3 min Threshold run (1min easy run)

5 x 30sec 3-5k pace (30 sec easy run)

3 min Threshold run (1min easy run)

5 x 30sec 3-5k pace (30 sec easy run)

3 min Threshold run (1min easy run)

10 min easy cool down

The full programmes will be made available to paid up members only. Make use of the opportunity and get on your way to your PB over 5 km, 10 km or 21 km.

Ideal for those who want to start from scratch.

THIS WEEK'S DIARY

Tuesday:

Time trials @ 17:30 – Club house

Comrades Chat @ 18:45 - Lapa

Saturday:

Skosana Race and AGN 21 km Championships 5/10/21 @ 06:30 – Pierre van Ryneveld

Sunday:

Club Run @ 06:00 – Mug & Bean Midstream)

REGISTRATIONS 2022

Time is running out for the T-shirts!

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 and follow the instructions. Please contact Maggie van Rooyen, our admin manager at admin@irenerunner.co.za if you require more information.

CAR WASH SERVICE

The car wash service started off with a bang!

Thank you to all who supported the young entrepreneurs. They will be there every Tuesday.

SOCIAL RESPONSIBILITY (Venita Brown)

If you didn't read this last week, please do so this week.

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.

COMRADES 2022



**COMRADES
MARATHON CHAT**

... Now for something completely different

Come join us at Irene for the first open discussion on preparing for Comrades Marathon 2022 with a focus on getting ready and running through the winter

Hosted by Keith Reynolds (32 Comrades Medals)
Tuesday, 8 February
18:45 (after optional 17:30 Time Trial)
Irene Athletics Club (ARC Irene Campus)

It's time for something a little different.

Join #teamirene for our Comrades Chat Tuesday at 18:45 - after Optional Time Trial at 17:30.

The session will be hosted by Keith Reynolds (32 Comrades medals). Keith will share his experience and provide valuable insight into preparing for Comrades 2022, including how to get ready and how to train through the winter months. The session is open to members as well as non-members and will take place at the Irene Club House. Don't miss out on this great opportunity!

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.

Lucky draw for two x R250 vouchers from Mug & Bean Midstream



PERSONALIA

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

| | | |
|----------|------------|--------|
| Blanche | van Vuuren | 08 Feb |
| Thabiso | Mashaba | 09 Feb |
| Hestia | de Kock | 10 Feb |
| Andre | Fourie | 11 Feb |
| Mike | Gibbons | 12 Feb |
| Marianne | Katzke | 13 Feb |

NOTICE BOARD



ARC IRENE HYBRID RUN/WALK

12th 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

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

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







NEDBANK RUNNING CLUB SKOSANA RACE & AGN 21KM CHAMPS

MILE, 5, 10 & 21 KM



ATHLETICS
GAUTENG NORTH

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

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 | FUTURELIFE GOODY BAG |
| 2ND | FUTURELIFE GOODY BAG | 2ND | FUTURELIFE GOODY BAG | 2ND | FUTURELIFE GOODY BAG |
| 3RD | FUTURELIFE GOODY BAG | 3RD | FUTURELIFE GOODY BAG | 3RD | FUTURELIFE GOODY BAG |
| 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 | R3,000 |
| 2ND | R2,000 | 2ND | R2,000 |
| 3RD | R1,000 | 3RD | R1,000 |
| 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 |

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

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

CONTACT DETAILS: Enoch Skosana Cell: 082 825 8001 OR Jacques Rencontre E Mail: 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

ENTRIES - online only. Cap: 2000

www.entryninja.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**

THOUGHT FOR THE WEEK

Remind yourself that it's okay not to be perfect.

Our Race Sponsors



SHORT TERM BROKERS

PTY LTD
Cape Town
0600
Tel: 0721 843 5555
Fax: 0721 843 4788
Email: info@stb.co.za



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

PHOTO CORNER



The young entrepreneurs hard at work



The stretching exercises were enjoyed by a big group



Telani Grobler, our new short distance coach, addressing the members



Miné Steyn and Nadia Snyman



The Steenkamp family, Joshua, Fleur and Stoney