



IRENE NEWS

11 April 2022

No 14 – 2022



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Irene Running Festival:

Albert Matema	1 st Master Man – 48 km
Michael Mokwala	1 st Vet Man – 21 km
Sandra Steenkamp	1 st GM Lady – 10 km
Maryke Gradwell	1 st Lady walker – 10 km
Ansie Breytenbach	2 nd Lady walker & 1 st Master lady – 10 km
Tania Thompson	2 nd Master Lady walker – 10 km
Retha Knoetze	1 st GM Lady walker – 10 km
Lucia Willemse	2 nd GM Lady walker – 10 km
Theuns Nieuwoudt	2 nd Vet Man walker – 10 km
Dirk Neethling	1 st GGM Man walker – 10 km

IRENE RUNNING FESTIVAL

Despite the bad weather conditions, especially on Sunday, the event was a huge success. With more than 3500 entries, it was a wonderful experience to present a proper race again.

A big thank you to each and every helper who made it possible, without them it wouldn't be possible. The feedback from the participants was very positive.

We are fortunate to have a dedicated race committee who worked very hard during the last few weeks. I don't think it is realised how much work goes into organizing a race. They are the best!

Because we couldn't get enough helpers from our own members, we had to make use of members from other clubs to help out. We are grateful to Just Running, Waterfalls and Hollywood Bets for the excellent support. They were all more than willing to help on short notice. There were also a few individual non-members who were more than willing to help.

It is a pity that some of our members participated in the event without helping on the other day as requested.

FOOT AND MOUTH DISEASE

Precautionary prevention measures are still in place on the campus.

Please be aware that every vehicle entering the ARC premises will be stopped at the gate. All passengers will have to get out of the vehicle to sanitize the soles of their shoes. The security guards will sanitize the wheels of the vehicles.

Please strictly adhere to these rules, don't be upset with the security guards, they are just doing their job.

No running on any soil, tar roads only.

COACH'S CORNER

Hot start

10min easy warm up

3 min Threshold run

2 min easy recovery

4 x 20sec 5k pace (40sec recovery)

1 min 5k pace

6min lower Threshold run

3min recovery

1 min 5k pace

6min lower Threshold run

3min recovery

1 min 5k pace

6min lower Threshold run

3min recovery

1 min 5k pace

6min lower Threshold run

3min recovery

10min easy run cooldown

1h09min



TRI FIT

MULTISPORT COACHING

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.

Comrades talk @ 18:45 - Lapa

Saturday:

Road Run/Walk @ 06:00 – Club House

FROM THE ADMIN DESK

Please be reminded that the admin desk will be closed on Tuesday this week.

COMRADES TALK



COMRADES MARATHON CHAT

**Time to get structure in place to ensure
a successful Comrades. Come join us at
Irene for an open discussion on
preparing for Comrades Marathon 2022**

Hosted by Keith Reynolds (32 Comrades
Medals)

When: 12 April 2022 @ 18:45

Where: Irene Clubhouse



IRENE

PERSONALIA

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

Adriette	Dekker	11 Apr
Magda	Wilcocks	11 Apr
Andrew	Aitken	14 Apr
Venita	Brown	15 Apr
Elze	Le Roux	15 Apr
Ann	Eckard	15 Apr
Victor	Pheto	16 Apr



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE HYBRID RUN/WALK

16th 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

**IMPACT**

083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM

FAMILY DAY RUN/WALK

Spend leisure time with family and friends

Presented by

**MORETELLE
ATHLETICS
CLUB**

**18
April
2022**

6km

12km

**Starting
time
07:00**

Venue

LYNNRIDGE MALL
cnr. Jacobson- & Lynnwood Rd,
Lynnwood Ridge,
Pretoria

**Medals
to all
finishers**

**No
Price
Money**

**only
WATER**
will be served

@
**Refreshment
Points**

GPS: 25°45' 947" S
28°17' 917" E

Entries

- Pre entries from 29 March to 14 April 2022 at :
- Run -A- Way Sport, 302 Freesia Street, Lynnwood Ridge 012 361 3733
- On Line: entrytime.com from 29 March to midnight 16 April 2022
- Entries on race day at the venue from 06:00

Fees

6km R60

12km R80

Non-Registered Athletes 12km must buy a Temporary Licence at R40

Rules:

- The race is run in accordance with the rules of ASA and AGN.
- All athletes must wear the race number on front of their running vests, covering of the logos on the ASA Licence number is not allowed. Registered athletes must wear their 2022 licence numbers on the front and back. Non registered 12km athletes must purchase a temporary licence and wear it on the back.
- No seconding is allowed during the race.
- No Blade, Bicycle or mechanically operated device will be allowed in the race. Manually operated wheelchairs are allowed.
- The age restrictions for participants in the 12km race is 14 years.
- No iPods or listening devices are allowed in the race.
- Athletes participate at their own risk and indemnify the organisers, sponsors and national and provincial bodies against any claims that may arise.
- Animals not allowed.
- There will only be water points along the route and finish point.
- Medical support and Tog bag facilities will be available.
- Cut of time is 09:30
- Covid 19 Protocols will be adhered.

Supported by

**RUN WALK
FOR LIFE**
ATHLETICS CLUB GAUTENG NORTH

**Athletics
Gauteng North**

In partnership with

**RUN-A-WAY
SPORT**

Enquiries: Daan 082 572 4169 Paul 082 200 4219 Bethuel 061 466 0985



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

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Centurion
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tel: 0121 681 1111
fax: 0121 681 1111
email: info@stb.co.za



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

THOUGHT FOR THE WEEK

There are two eternities that can really break you down, Yesterday and Tomorrow. One is gone and the other doesn't exist..... so live today.

PHOTO CORNER



Anneri le Roux was the winner of the R2500 voucher with the compliments of Mugg & Bean Midstream



Thank you to Joy and Michael Dekker for a great social evening last week



The club house was packed for the Noot vir Noot competition



Threatening clouds on late Friday afternoon



Jacques Pelser after completing the 21 km on Saturday



Handing out medals in the cold



Deena Naidoo, Jenny Cairns, Ian Tait and Yolanda Oberholzer also did the 21 km



Theuns Nieuwoudt in action during the 10 km walk



A serious lead car driver



The CHOC Cows team in all their glory



The “Fires” water point team on Sunday



Lisa van Zyl (4), braved the cold to hand out medals, what an inspiration!



Karin Sack and Denice Grobler, both new members working at their first race



Runners passing the venue to start their second lap on Sunday



It was a privilege to run on the Midstream roads