



# IRENE NEWS

**11 July 2022**

**No 27 – 2022**



## **ACHIEVEMENTS**

Congratulations to the following members who were on the podium at the Ice Breaker:

Maryke Gradwell	1 <sup>st</sup> Lady walker 10 km
Annatjie Greyvenstein	1 <sup>st</sup> GGM Lady – 10 km
Keith Reynolds	1 <sup>st</sup> Walker – 21 km

## **PERSONAL ACHIEVEMENTS**

Ansie Breytenbach PB – 21 km walk

Danie Labuschagne has successfully completed the ASA level 1 coaching course.

Well done!

## **COMRADES 2022**

With Comrades around the corner and the training in full swing, the other important item to plan is celebrations and socials.

Please save the dates for the following events that will be coming up. Planning is progressing and details will be shared in due course. All these functions are open to all Irene Runners, Walkers, Supporters and Friends

- Thursday 18 August – Comrades Goodie Bags packing
- Saturday 20 August - The Irene Pre-Comrades Function
- Sunday 21 August - The Comrades send-off run and breakfast
- Sunday 28 August – Comrades day, running, supporting or glued to the TV
- Monday 29 August – The Comrades post function in Durban
- Tuesday 6 September – The Comrades Aches and Pains Party

A separate Irene Comrades WhatsApp Group will all be set up to help with the final preparation and support for our Irene Comrades Team. This should all be in place by the end of the week and if you have not been added, please send a WhatsApp to either Wynand, Rose, Joy or Keith

Happy training!

### **MAGNOLIA COMRADES TRAINING RUN**

The popular Magnolia long run is back! This is an ideal Comrades training run. As in the past, Irene will man a water point again. All welcome. Scroll down to see the flyer.

### **COMRADES GOODIE BAGS**

Please help us to get goodies for the goodie bags.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goodie bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 115 goody bags.

We need it not later than 18 August, the evening when the goodie bags will be packed.

### **SOCIAL EVENING**

Thank you to everybody who made the social such a big success last week. A special word of thanks to the three baking teams, you were great!

Congratulations to Ann Eckard who won the R2500 sponsored by Mugg & Bean Midstream.

### **COACH'S CORNER**

Tempo + Hills

15min easy warm up run

5km upper Threshold run

3min easy recovery run

4 x 20 sec at 3k pace with 1min easy recovery in between

15min easy cool down



## ***THIS WEEK'S DIARY***

### **Tuesday:**

Walker's training session @ 16:30. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:00

Time trials @ 17:15 – Club house.

Lucky draw @ 18:30 – 2 x R250 vouchers with the compliments of Mugg & Bean Midstream

### **Saturday:**

Trail/Road Run/Walk @ 06:00 – Club House

Springbok Vasbyt 5/10/21 @ 07:30 – Voortrekker Monument (Club gazebo)

### **Sunday:**

Magnolia training run @ 06:30 - Magnolia Club House

## ***IRENE BUFFS***

With the extra cold on us you can keep your neck, ears and/or head a bit warmer by purchasing a funky Irene Buff for R80 from the Clothing Shop from Tuesday, 28 June. There are only 100 available, so hurry to avoid disappointment.



## PERSONALIA

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

Hein	Pheiffer	11 Jul
Samuel	Molefe	12 Jul
Heinrich	Wessels	12 Jul
Rita	Liebenberg	13 Jul
Machiel	Engelbrecht	14 Jul



Midstream Tel 012 940 9229

## NOTICE BOARD

**ARC IRENE HYBRID RUN/WALK**  
**16<sup>th</sup> JULY'22**  
START ANYTIME BETWEEN 07H00 TILL 08H00  
**ROAD OR TRAIL OPTIONS AVAILABLE**  
2KM, 5KM, 10KM, 15KM OR 21KM  
**ENTER ONLINE AT**  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)  
**ON-THE-DAY ENTRIES ALSO WELCOME**  
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)

**REVOLUTION TRAILS**  
**COLLAGEN FOR ATHLETES**  
**Vitality**





**AfriForum**  
**SPORT**

and the Voortrekker Monument Draif &  
Stap Klub are proud to present the

# Leon Bezuidenhout SPRINGBOK VASBYT

<b>Distances:</b>	21 km, 10 km, 5 km fun run:
<b>Date:</b>	Saturday <b>16 July 2022</b>
<b>Starting Times:</b>	Commemoration Ceremony - 07:20 21 km & 10 km - 07:30 5 km - 07:40
<b>Venue:</b>	Voortrekker Monument, use the Eeufees Rd entrance

**Leon Bezuidenhout 14 September 1966 - 2 August 2020**

**"As ek die grondpad onder my voete voel weet ek, ek is tuis"**



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK  
CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.**

## ENTRY FEES

**21 km:** R140 | **10 km:** R115 | **5 km:** R60

**70+ athletes (ID required):** Free

**Temporary License:** R40

Entry fees are non-refundable

## GENERAL INFORMATION

**Guarded parking available**

**Ample toilet facilities**

**Water stations**

**No tog bag area**

Only 2000 entries on the 10 km and 21 km. Only 800 entries on the 5 km. **UNFORTUNATELY NO PRIZE MONEY.**

- 10 km and 21 km:**
- Running categories' 1st and 2nd places receives gold and silver medals, respectively.
  - The rest of the field finishing within the cut-off time receives bronze medals.
  - Gun to mat timing.

## MORE INFORMATION

**No entries or temporary licenses are available on race day.**

Online pre-entries at [www.entryninja.com](http://www.entryninja.com) - Online entries close 10 July 2022.

Pre-entries at Run-A-Way Sports - opens 20 June 2022 & closes 14 July 2022 at 16:00.

Pre-entries at Voortrekker Monument - opens 20 June 2022 & closes 15 July 2022 at 16:00.

Entry collection at the Voortrekker Monument on Friday 15 July 2022 from 13:00 until 17:00 or on race day from 05:00 until 07:00.

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining, will be diverted to the finish.

No pets allowed.

The Safety at Sports and Recreational Events Act 2 of 2010 will be strictly adhered to.

The organizing club is obliged to pay the required % of the entry fee to AGN as a levy

The 10 km and 21 km race terrains are unsuitable for baby strollers and wheelchairs.

The 5 km fun run does not include any off-tar sections; baby strollers and wheelchairs are welcome.

No vuvuzelas or hooters are allowed. There are wild animals in a confined space.



# MAGNOLIA LONG RUN

The Magnolia long run is back!!! The run caters for all types of runners/walkers, fast or slow, and everyone determine their own distance on a 15 km loop that goes no further than 3km from the club at any time.

**3 LAPS, 45KM – R120**

**2 LAPS, 30KM – R90**

**1 LAP, 15KM – R60**

**(WALKERS WELCOME)**

**17 July 2022**  
**6:30**

## MAGNOLIA'S LONG RUN OFFERS:

- 5 fixed **water points** stocked with Coke, Powerade/Energade, water, and snacks.
- **Sweep vehicle** to identify the last runner or to provide aid to anybody on the route.
- Cut-off for the start of round 3 is 10:30 at the clubhouse. Cut-off for support at the clubhouse is 12:30.
- Drop off warm or wet clothing at the clubhouse after the first lap.
- Run in quiet **shaded streets** with very little traffic, no big hills, and **relatively flat**.
- **Shower facilities** will be available afterwards.
- Parking and guards – but parking still **at your own risk**
- Remember this is an organised long training run and is not a race. **No medals will be issued.**
- **NO MARSHALS.** You are responsible for your own safety - traffic has priority. Follow arrow markers indicating the route.
- **PLEASE do not litter along the route and use the water points for your waste**
- **Runners participate at own risk. You agree to absolve the organisers and Magnolia Running club or any other person or entity from any liability for injury or loss that you may suffer as a result of attempting this event, however it may be caused.**

Entries at the club house from 5:30 am. You will receive a colour coded wristband indicating the distance you will be doing which must be worn during the run.

**START 6:30 FROM THE MAGNOLIA CLUBHOUSE, 229 MIDDEL STREET**

Thank you to the following water points:

Overkruin Running Club  
Irene Athletics Club  
Phobians  
Green Mile

 **Magnolia**





**ONLINE  
REGISTRATION  
LATE ENTRIES  
AVAILABLE**

# NKODIMA DEVELOPMENT RACE

**VENUE:  
MZANZI RESORT (FORMER MORULA SUN)**

**JULY 23**  
STARTING TIME  
07H00 - 10H00

**RUN 21KM**

Seniors	Juniors	Veterans	Masters
Men & Women	Boys & Girls	Boys & Girls	Men & Women
1 R3000.00	1 R1200.00	1 R1200.00	1 R600.00
2 R2000.00	2 R800.00	2 R800.00	2 R400.00
3 R1000.00	3 R500.00	3 R500.00	
Total R24 000.00			

**RUN 10KM**

Seniors	Juniors	Veterans	Masters
Men & Women	Boys & Girls	Men & Women	Men & Women
1 R2000.00	1 R800.00	1 R800.00	1 R600.00
2 R1000.00	2 R600.00	2 R600.00	2 R400.00
3 R700.00	3 R400.00	3 R400.00	
Total R16 000.00			

**DEVELOPMENT RACE (START 07H10)**  
**RUN 4KM6**

Under 16	Under 14	Under 12
Boys & Girls	Boys & Girls	Boys & Girls
1 R800.00	1 R600.00	1 R800.00
2 R500.00	2 R500.00	2 R500.00
3 R300.00	3 R300.00	3 R300.00

**ENTRY FEE**  
4KM = R50  
10KM = R120  
21KM = R200

**CALL US**  
**0724149062** **0792678553**  
NIXON NKODIMA BENJAMIN SELEPE



**YOU ARE INVITED TO THE 2022  
SPAR WOMEN'S GRAND PRIX 10KM SERIES**



**AUGUST 2022**



**IRENE ARC CAMPUS**

Nellmapius Drive Irene



**08:00 AM**

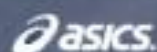
**FREE ENTRY  
LIMITED TO 500 ENTRIES.  
LADIES FROM 14 YEARS AND OLDER MAY ENTER.**

*#SPARGrandPrix*

Please submit your entry on or before  
Monday 25 July to Marilize Gobey:  
[spartshwanegrandprix@gmail.com](mailto:spartshwanegrandprix@gmail.com) / 082 789 3632

**SPAR**  
**Women's**  
**CHALLENGE**  
10km

**GRAND PRIX**  
**SERIES**



**GARMIN.**

**athlete**





## EYETHU ATHLETICS CLUB

Hosts the annual

**FITNESS TEST RUN : 21.1Km and ASA 10Km Championships in partnership with AGN Province**



Date : **13 August 2022**  
 Venue : **Pilditch Stadium , Tshwane**  
 Start Times : **ASA 10km Championship Women's Race: 07h:15 AM & All the Remaining Athletes: 08h:05 AM**  
 Pre-Entry Fee : 21.1km = R175.00 & 10km = R120.00  
 Race day Entry Fee : 21.1km = R200.00 & 10km = R140.00, **from 05h:00-07h:00 AM**  
 Temp Licence : R40.00



Store entries open: **16 June 2022 to 10 August 2022**

Tshwane Running Shop,  
Sinoville: (087) 688 1336

Run-A-Way-Sport, Lynn-  
Wood: (012) 361 3733

The Sweat Shop, Dunkeld  
West, JHB: (011) 325 2567/8

Online entries open: **16 June 2022 to 05 August 2022**  
 @ [www.entryninja.com](http://www.entryninja.com)

Online entries collection:  
Decathlon, Centurion:  
(012) 000 1791. **Date: 12-08-2022**

Pilditch Stadium: **12-08-2022**  
 until 17h:00 (New entries will  
be accepted)

*This event will be broadcasted live on Supersport Variety 4 (209)  
 TV channel (SS 209) from 07:00 AM*

Prize giving will commence from 09h:15. Only the top three (3) athletes will be broadcasted

### Prize Money for Non-Championship Athletes: Male & Female (21.1 km)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 650.00	R 1300.00	R 300.00	R 300.00	R 300.00	R200.00	R200.00
2	R 450.00	R 1000.00	R 200.00	R 200.00	R 200.00	-	-
3	R 350.00	R 600.00	-	-	-	-	-

### Prize Money for Non-Championship Athletes: Male & Female (10 km)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 300.00	R 700.00	R 200.00	R 200.00	R 200.00	R 200.00	R200.00
2	R 240.00	R 500.00	R 150.00	R 150.00	R 150.00	-	-
3	R 200.00	R 300.00	-	-	-	-	-

### Medals

	21.1 km	10 km
Gold	Prize winners	Prize winners
Silver (R)	Next 100 runners	Next 100 runners
Finishers medal	To all finishers within-cut-off times	

**WATCH  
THIS  
SPACE**



## **PwC George Claassen Memorial Road Race**

**10 September 2022**



***Save this date!***

***Saturday, 24 September 2022***

## ***Run2Braai***

**21km, 10km & 5km Fun Run  
Centurion Rugby Club**



Presented by:





## Our Race Sponsors



SHORT TERM BROKERS

PO Box 8086  
Centurion  
0058  
Tel: (012) 863 5533  
Fax: (012) 863 4388  
Email: [stb@stb.co.za](mailto:stb@stb.co.za)



If you want your logo on this page, let us know at [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

### THOUGHT FOR THE WEEK

Even if you are on the right track, you'll get run over if you just sit there.



**PHOTO CORNER**



Brian Marais and Linley September, one of the three pancake baking teams



Henk Basson, Dean van Rooyen and Michael Dekker



Because they started earlier, this team baked the most pancakes, Riaan Prinsloo, Arthur Eckard and Johan van Vuuren



Although all three teams knew what they were doing, there were a few flops as well





Ann Eckard with her range of garments that she exhibited. She was also the winner of the lucky draw



Maryke Gradwell on the podium at the Ice Breaker





Annatjie Greyvenstein receiving her prize



Andre Nortje at the finish of the 21 km





Yolande Cowley



A very happy Neldi Venter after completing her race





It was good to see Nadene Visser back on the road



Mfundo Hadebe





Riaan Prinsloo, Ansie Breytenbach, Renette Prinsloo, Lindie Pretorius, Linley September, Kovilan Rajaruthnam and Maryke Gradwell



Congratulations to Jacquie van der Waals who finished second in her age category at the South African Duathlon Championships