



IRENE NEWS

13 February 2023

No 6 – 2023



ACHIEVEMENTS

Congratulations to the following member who were on the podium on Saturday at the ACE race:

Elsa Meyer 1st Lady & 1st lady walker – 21 km

CAPTAIN'S CORNER

Interesting week with a few challenges with the weather – so nothing like a “treadmill” run or a run in the rain!

Just a recap of the training activities within the week:

- Morning training groups at 5 am from Midstream Mugg & Bean and Virgin Active Eco Park
- Hills Training on a Thursday at 17:30 from the Irene Club House
- Time Trial Tuesdays, starting at 17:30 from the Irene Club House
- The Irene ARC is open daily from 16:00 for Irene Members to train

Some additional items that we have added into the plan for the next few weeks

- Sunday the 19th February – “Hug a Hill”. Come dressed in red and join us for the Irene Valentine’s run. Starting at 6 am from the Castle Gate Shopping Centre, with a 10km / 18-21km
- Tuesday the 21st February, after the time trial - Team Irene Connect with “Time to talk, Comrades, Oceans and Om Die Dam”

In an aim to keep everyone up to date, we are going through a cleanup on the respective groups. These are the active groups and how they are used:

- Irene Notifications 2023 (WhatsApp / telegram) – Notifications and updates, no discussion
- Irene Training Group 2023 (WhatsApp) – Discussion group to assist with training. Please keep discussion items to training related content
- Irene Comrades 2023 (WhatsApp) – Training and discussion group
- Irene Walkers (WhatsApp) – Training and discussion group
- Ad-hoc groups will be opened for specific races or events, based on the requirements

We would like all members to be on the Notification Group, and if you would like to be on the other groups, it will be your choice.

Please see the weekly schedules attached with details of the training runs as well as the races. If there are any changes or updates these will be distributed on the Notification and Training Groups:

WEEKLY SCHEDULE

Date: 13 Feb -19 Feb

TUESDAY

valentines day

 5AM & 8KM Time Trial

T.T - @ 17:30
&
TUT Valentines night
Race 5-10kms

 Morning
Training Group

Midstream Mugg & Bean
&
Eco Park Virgin Active
@ 5am

WEDNESDAY

 Long Runs

 Morning
Training Group

Midstream Mugg & Bean
@ 5am

THURSDAY

 Hill Repeats

Irene ARC
@ 17:30

 Morning
Training Group

Midstream Mugg & Bean
&
Eco Park Virgin Active
@ 5am

SATURDAY

 Race Days

Tuks BestMed
(AGN Half Marathon Champs)

Sasol Secunda
10, 21.1 & 42.2kms

 Long Run

SUNDAY

 Race Days

 Social Runs
"Hug a Hill"
from Castle Gate
10/18-21.1km
@6am
Come dressed in **RED**

FOLLOW US

facebook



Irene AC Notifications



IRENE ATHLETICS CLUB



IRENE

WEEKLY SCHEDULE



Date: 20 Feb -26 Feb

TUESDAY



T.T - @ 17:30
&

Team Irene Connect
Talk on races (Om Die Dam,
Oceans & Comrades) @6:30pm



Morning
Training Group

Midstream Mugg & Bean
&
Eco Park Virgin Active
@ 5am

WEDNESDAY



Morning
Training Group

Midstream Mugg & Bean
@ 5am

THURSDAY



Irene ARC
@ 17:30



Morning
Training Group

Midstream Mugg & Bean
&
Eco Park Virgin Active
@ 5am

SATURDAY



Long Run

Midstream M&B
15/30km
@ 5:30am

SUNDAY



Pretoria Marathon
10,21.1 & 42.2km with
Cara-Fun

Edenvale Marathon



Social Runs

FOLLOW US

Facebook



Irene AC Notifications

IRENE ATHLETICS CLUB



NEW MEMBERS

Welcome to the following new members whose membership were finalised during the past week:

JP	Botha
Nadia	van der Westhuizen
Gcobani	Madlala

You are now part of the great Irene family. Enjoy every moment.

We would like to meet you personally. Please join us at the time trials on Tuesday.

We have photos of the following new members:



Corlia Hattingh



Attie van Rensburg



Hidé Karstel



Mmakgoshi Sebata



Jaco Engelbrecht



Liesel van Olst



Michael Clampett



Sandra Kruger

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

Marianne	Katzke	13 Feb
Sibusiso	Sabela	13 Feb
Joseph	Moagi	18 Feb
Linley	September	18 Feb
Mfundo	Hadebe	18 Feb
Michael	Clampett	18 Feb



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

You don't get to choose how you're going to die, or when. You can only decide how you're going to live.

NOTICE BOARD

ARC IRENE RUN/WALK
18 FEBRUARY 2023

ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 06H30
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

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Revolution TRAILS

Vitality

Valentines Night Race

14 February 2023

VENUE: TUT Pretoria Campus Stadium

START TIME: 18h00 – 10 km

18h05 – 5km

ENTRY FEE: R100.00 for 10 km for licensed athletes

R60.00 for 5km fun run

Temporary License for R50.00 (10km only)

ENTRIES: Enter online @ www.entryninja.com

Online entries close on 11th of February.

ENQUIRIES: Whitney (063 347 7714)

Beatrice (072 587 1163)

Late entries can be done on the 13th (13h00 -18h00) & race day@ TUT Pretoria Campus building 51-118 (8h00 – 13h00)/(13h00-17h50) by the registration table

Race numbers to be collected @ TUT Pretoria campus by bld 51-118

13th February (13h00 – 18h00)

14th February (8h00 – 17h50)

The first 3 women & Men to finish 5km will receive a valentine's gift.

#HomeofChampions



**Tshwane University
of Technology**

We empower people



**Athletics
Gauteng North**



Bestmed TuksRace

Run/walk

• 1km • 5km • 10km
• 21.1km • Incorporating the
21.1km AGN Championships

Celebrating Pretoria's most loved
race, 10 years and beyond



Saturday, 18 February 2023,
Hillcrest Sports Campus



bestMed
personally yours



PRETORIA MARATHON

Sunday, 26 February 2023

Start: PHSOB Clubhouse
378 Queens Crescent, Lynnwood, Pretoria



42.2 km

Entry Fee: R340
Start time: 05:30

21.1 km

Entry Fee: R220
Start time: 05:30

10 km

Entry Fee: R140
Start time: 06:00



Temporary Licence = R50



Maps and race information available on
www.pretoriamarathon.co.za

Scan QR code to enter now!

www.entryninja.com



Event hosted by





KOLONNADE
SHOPPING CENTRE

CNR SEFAKO MAKGATHO DRIVE & DR VAN DER MERWE STR, MONTANA PARK, PRETORIA

5KM | 15KM | 32KM RACE 25 MARCH 2023

RACE FEES:

5KM R50 | 15KM R130 | 32KM
R150

TEMPORARY LICENSE FEE
R50

ENTER NOW!

- » Online entries:
www.entrytime.co.za till 19 March 2023
- » Run-A-Way Sport 012 361 3733
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384
(192 Vinko Str, Sinoville)
- » Entrance 4: 24 March 2023 at
Kolonnade Shopping Centre (from 15:00 – 18:00)
and 25 March 2023 (from 04:30 – 06:00)

Online Entries can be collected on
Friday 24 March 2023 or on
race day at Entrance 4

15KM & 32KM
06:00
5KM FUN RUN
06:15

Brought to you by



Athletics
Gauteng North



**Athletics
Gauteng North**



**Limited to 3000 entries per event
Electronic Timing, Staggered start**

Irene Athletics Club presents



CHOC

Childhood Cancer Foundation
South Africa

"Keeping more than hope alive"

**Entries close Sunday,
26 March 2023**

Ideal seeding opportunity.
Qualifying time is 5 hours 50
minutes (same as for 50km),
but with 2km less to run. Mat
to mat timing

IRENE RUNNING FESTIVAL



IRENE

1 & 2

April 2023

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za

Tel: 082 937 0733

GOLD MEDALS TO ALL FINISHERS

5km

10km

21km

T-shirt
available
to
purchase
@ R170

Irene Ultra
48km

#TheQualifier

**5km AGN
championships**

2 April @ 6:30

**Online entries only
www.entryninja.com**

PRE-ENTRIES ONLY

Online entries: www.entryninja.co.za

- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Sportsmans Warehouse Centurion: 012 665 0768
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384



Chamberlain's

**FINISH
TIME**

Timekeeping



PHOTO CORNER



There was a very nice turnout at the time trials last week



The three oldest club members, Attie van Rensburg, Gerard van den Raad and Johan van Vuuren. Gerard has lost his title as the oldest member to Attie who is a new member



Albert and Lucille Pretorius with Annamarie and Paul Chinchin. The two ladies are sisters



Nadene and Louis Visser, Maryke Gradwell and Ansie Breytenbach



Johan and Blanche van Vuuren



Maggie van Rooyen, our admin manager, had a busy evening handing out the new licences



It was a very successful social evening



The ACE race on Saturday was the wettest race in a long time. This is what the finish area looked like



Louwrens Smit (right) with a few friends



Theuns Nieuwoudt found a nice, paved spot for the Cara-Fun. Look how the water is flowing



A very wet Carla Hartmann



Anneri and Elze le Roux at the Run Zone race



The Saturday training run was cancelled due to the rain but there was a nice group doing Klapperkop on Sunday morning