



IRENE NEWS

13 June 2022

No 23 – 2022



EDITORIAL

Please note that next week's newsletter will be sent out on Monday evening instead of Sunday.

SAFETY AT TIME TRIALS

We call on all our members running the time trials to wear some reflective clothing. This is for your own safety. Motorists on their way out must please dim their lights for the runners.

COACH'S CORNER

Strength builder – Threshold run

10min Easy warm up

3min Tempo run

2min Lower Threshold run

2min Easy recovery jog

3 x 10min Upper Threshold run (with 3min easy recoveries)

15min easy cooldown



SOCIAL RESPONSIBILITY

A big thank you to all the members that donated clothes, shoes, blankets and food.

In addition, a special thanks to an anonymous member who made a financial contribution. The money was used to help a 16 year old girl with a drug addiction and is presently in rehab and is doing well.

Please continue supporting this noble course by dropping your donations at the clubhouse. I will make sure it gets to the people that needs it most.

Thank you

Venita Brown

THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 17:00. 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:

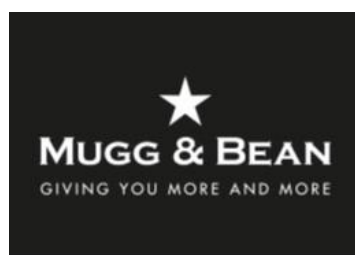
Road Run/Walk @ 06:00 – Club House

Sunday:

Phobians Inter Club Challenge @ 07:00 – Phobians Club

PERSONALIA

Mauritz	Oberholzer	16 Jun
Christiaan	Swart	21 Jun



Midstream Tel 012 940 9229

NOTICE BOARD

All the official AGN races for June have been cancelled.

ARC IRENE HYBRID RUN/WALK
18th JUNE'22
START ANYTIME BETWEEN 07H00 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

Revolution Trails
COLLAGEN FOR ATHLETES
Vitality

Our members are encouraged to be part of this Phobians Challenge. Be there in numbers!

Phobians Inter-club Winter Challenge 10/21k

Distances	10k, 21.1k	Run/Walk
Date	Sunday 19 June	
Start time	7am	
Entry process	Just arrive in time for the start	
Entry fee	None	
Covid Protocol	Stay at home if you're sick	
Race numbers	None	
Attire	Club colours	
Catering	Breakfast available at club	
Water Points	4k	1-2 boxes self service
	7k	1-2 boxes self service
	Main Gate (10.2)	1-2 boxes self service
	Finish	1-2 boxes self service
Finish	Phobians Arch	
Club trailers	Welcome	
Time keepers	Two, for category winners only. Self-timed otherwise	
Prizes	Category winners Runaway Sports, Chamberlain	
Marshals	Two: Wishbone gate, N1 bridge	
Direction boards	None	Mealie meal track, Garmin map
Km boards	None	Use your watch
Traffic police	None	Use your head

GARSFONTEIN ICE BREAKER



21.1km / 10km / 5km

09 JULY 2022



**Athletics
Gauteng North**

Venue: Garsfontein Primary School

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME	Athletes 70+ 50% DISCOUNT (ASA license or temp license compulsory for 21km/10km)
21.1km (run and walk)	R130	R40	7:00	
10km (run and walk)	R90	R40	7:00	
5km	R50	-	7:15	
Prize giving for top 3 on 21km and 10km ... other categories will be notified				

All proceeds from the race will be used for charity outreaches by the Dutch Reformed Church Garsfontein

ENTRIES – ONLY online entries will be accepted, capped at 2000

• www.entryninja.com (until 1 July 2022)

Race number collection can be done at:

- Dutch Reformed Church Garsfontein (285 Emmie Hartmann Street) from 6 July 2022 until 8 July 2022 (9am to 1pm)
- At the venue on Friday, 8 July, from 15:00 until 17:30, as well as on race day from 5:30.

NO ENTRIES ON RACE DAY



**Just Imagine
PROPERTIES**



Race Inquiries

Mike Minty 083 414 5938
Claude Smit 083 564 3630
Office 012 361 3618
Wingate Road Runners
072 864 2908





AfriForum
SPORT

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

Leon Bezuidenhout SPRINGBOK VASBYT

Distances:	21 km, 10 km, 5 km fun run:
Date:	Saturday 16 July 2022
Starting Times:	Commemoration Ceremony - 07:20 21 km & 10 km - 07:30 5 km - 07:40
Venue:	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 - 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.



ONLINE
REGISTRATION
LATE ENTRIES
AVAILABLE

NKODIMA DEVELOPMENT RACE

VENUE:
NIZAMZI RESORT (FORMER MORULA SUN)

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 R800.00	1 R800.00
2 R500.00	2 R500.00	2 R500.00
3 R300.00	3 R300.00	3 R300.00

JULY 23
STARTING TIME
07H00 - 10H00

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

CALL US

0724149062
NIXON NKODIMA

0792678553
BENJAMIN SELEPE

Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



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PTY LTD
Cape Town
0600
Tel: (021) 861 5151
Fax: (021) 861 4788
Email: stb@stb.co.za



RJC Accounting
Software Solutions

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

THOUGHT FOR THE WEEK

Running is mind over matter. If your head doesn't mind, your body doesn't matter.

PHOTO CORNER



Ian Tait did the Hillcrest Marathon last weekend, the first in Irene colours



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



Venita Brown and Telani Grobler having great fun



Everybody enjoying themselves



Brian Marais, Kovilan Rajaruthnam, Linley September and Deena Naidoo



A happy Norton Mole after winning the lucky draw of R2500 with the compliments of Mugg & Bean Midstream



Early morning at the Om die Dam race on Saturday



Riaan and Renette Prinsloo



Jessica and Glen Simmonds



Thank you to Theuns Nieuwoudt for manning the club gazebo



A few of the Irene members who did the Om die Dam



Congratulations to coach Telani Grobler who got engaged to Russel Webber