



IRENE NEWS

14 February 2022

No 6 – 2022



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the AGN 21 km Championships:

Keith Reynolds	1 st Master man
Sandra Steenkamp	1 st GM woman

Yvette van der Westhuizen Age category winner, SA Triathlon Championships

PERSONAL ACHIEVEMENTS

Blue Hadlow	PB – 21 km
Aileen Campbell	PB – 21 km

COACH'S CORNER

Coach workout of the week:

Progression run (Double staircase)

15 min easy run warm up

3 min Threshold run (2min easy recovery)

4 x 2 min progressing every 2 min from Tempo pace to last 2 min

upper Threshold pace

5 min easy run recovery

4 x 2 min progressing every 2 min from Tempo pace to last 2 min upper Threshold pace

5 min easy run recovery

4 x 20sec very fast (40sec recovery)

15 min easy run cool down



The full programmes are available and will be sent out later this evening 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. Lucky draw at 19:00

Saturday:

Trail Run @ 06:00 – Club house

Sunday:

Club Run @ 06:00 – Mugg & Bean Midstream

REGISTRATIONS 2022

Only two weeks left to secure your club T-shirt!

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

Due to the weather the car washers were not on duty last week. Weather permitting they will be on duty again on Tuesday, please support them.

IRENE RACES

Our planned night race that was due to take place on 23 February was postponed to 25 May.

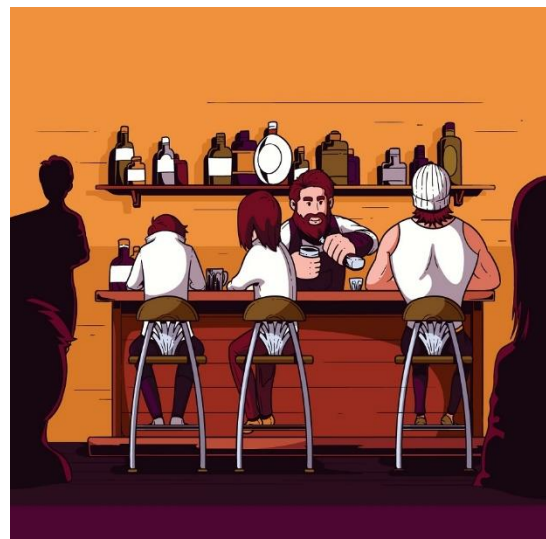
Entries for the Irene Running Festival that will take place on 8,9 & 10 April will open early this week. Irene members are allowed to enter for the 48 km on condition that a non-member will work in his/her place on the day.

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 Mugg & Bean Midstream



PERSONALIA

Fanie van Wyngaard will have surgery to his arm this week. We wish him a speedy recovery. Congratulations to the following members who celebrate their birthdays during the week:

Ilse	Merrick	14 Feb
Stoney	Steenkamp	16 Feb
Joseph	Moagi	18 Feb
Linley	September	18 Feb
Mfundo	Hadebe	18 Feb
Mmakgabo	Diangoane	19 Feb
Johannes	Liebenberg	20 Feb



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE HYBRID RUN/WALK

19th 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





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

The road to success runs uphill.

Our Race Sponsors



SHORT TERM BROKERS

PTY LTD
Cape Town
0800
Tel: (021) 843 5555
Fax: (021) 843 4588
Email: info@stb.co.za



RJC Accounting
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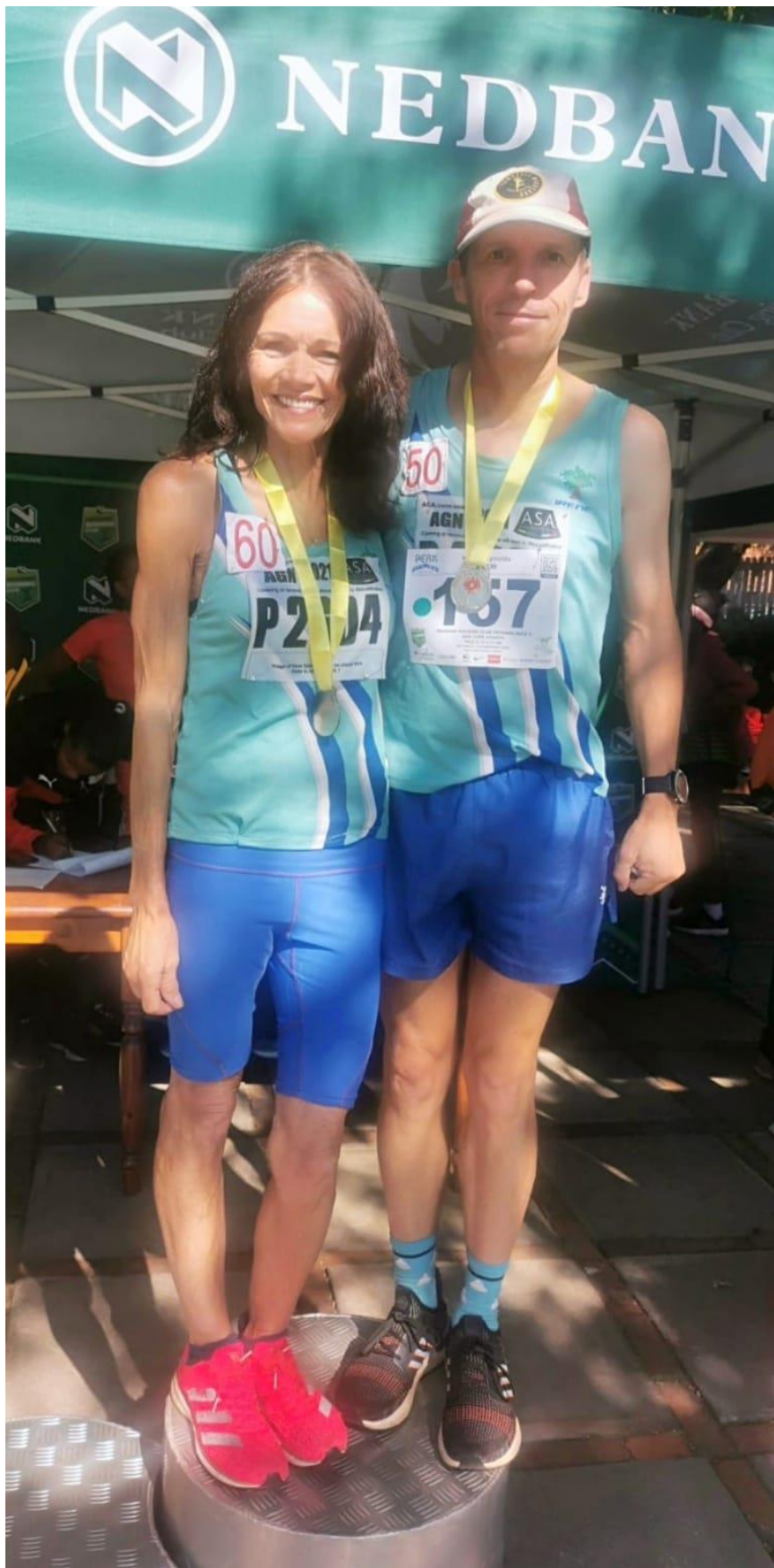
PHOTO CORNER

Action at the AGN 21 km and Skosana 10/21 race. Fantastic to see Irene colours on the road again









Our gold medal winners at the AGN 21 km Championships, Sandra Steenkamp and Keith Reynolds



A jubilant Yvette van der Westhuizen at the SA Triathlon Championships