



# IRENE NEWS

15 August 2022

No 32 – 2022



## ACHIEVEMENTS

Sandra Steenkamp	1st GM Lady – SA 10 km Championships
Louis Visser	1 <sup>st</sup> Master – Eyethu 21 km
Nadene Visser	2 <sup>nd</sup> Master Lady – Eyethu 21 km
Marin Struwig	2 <sup>nd</sup> Master – Eyethu 10 km
Andre Wentzel	1 <sup>st</sup> GM – Eyethu 10 km
Annatjie Greyvenstein	1 <sup>st</sup> GGM – Konka Trail Run 20 km

Well done!

## COMRADES GOODIE BAGS

Thank you to those members who have promised items for the goodie bags. The packing will be done on Thursday evening, 18 August. We require helpers to do the packing. There will be free pizza and a drink on the house for all the helpers.

Please ensure that your goodies are in the club house by Thursday evening.

## CLUB 10 KM CHAMPIONSHIPS

The Spirit of flight 10 km on 3 September will serve as our Club 10 km championships.

## COACH'S CORNER

Long run – Alternating km's

6km easy warm up

5 x 1.5km Lower threshold run with 1.5km steady run

1.5km easy cooldown



## ***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 to be won with the compliments of Mugg & Bean Midstream

### **Thursday:**

Packing of Comrades goodie bags @ 18:00 – Club house (Free pizza and a drink on the house to all the helpers)

### **Saturday:**

Phobians 15km @ 06:00 – Pretoria Boys High School

### **Sunday:**

Training run @ 06:30 - TBC

## ***PERSONALIA***

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

Cuthbert	Mamabolo	16 Aug
Merinda	Kamfer	18 Aug



Midstream Tel 012 940 9229

# IRENE FUN-CTION

*When 20 August*  
*Where Irene club house*  
*Time From 13.00*



Come meet the 2022 Comrades runners.  
Bruce Fordyce will entertain us with his  
interesting stories.

Comrades runners can collect their  
googie bags.

Prego rolls and salad on sale for R50  
(please pre-order from Dave before 15  
August - 082 892 7544)

Members 10 years and 20 years badges  
to be presented.

Walkers to receive their Colours jackets.

Lots of exciting things happening,  
including beneficial stalls and displays.

Bring the whole family for a fun filled  
day!



Place your order with Dave before 12:00 on Monday - 082 892 7544

## NOTICE BOARD



**ARC IRENE HYBRID RUN/WALK**  
**20 AUGUST'22**

GROUP START REGISTRATION: 06H15 - 07H00  
GROUP START 07H00  
INDIVIDUAL STARTS AS OF 07H10 - 08H00

**ROAD OR TRAIL OPTIONS AVAILABLE**  
2KM, 5KM, 10KM, 15KM OR 21KM

**ENTER ONLINE AT**  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)

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**PHOBIANS  
FIFTEEN**

**15KM  
RUN/WALK**  
07:00  
**5KM  
FUN RUN/WALK**  
07:15

**20 • 08 • 2022**

  
**Athletics  
Gauteng North**

**PHOBIANS**  
Athletics Club  
  
**PHSOB Club**



## RACE INFORMATION & RULES

RACE	ENTRY FEE	START TIME	CUT-OFF TIME	MIN AGE	PRIZE GIVING
15km RUN/WALK	R120	07:00	09:30	15	09:30
5km FUN RUN/WALK	R45	07:15	09:30	-	

Non-Registered Athletes (15km run & walk) must buy a temporary licence at R50 each, sold on the day. Free entry available for 70+, wheelchair athletes, blind walkers & blind runners on race day only. Fun Run: Baby strollers welcome. Tog bag area available at own risk. Club gazebos welcome but fire extinguishers mandatory.

**All proceeds from the fun run / walk will go to the Boys High Representative Council for Learners' Charities.**

### ENTRY INFORMATION:

#### ONLINE ENTRIES

[www.entryninja.com](http://www.entryninja.com).

*Online entries close on Friday, 12 August 2022.*

#### MANUAL ENTRIES

*If available, manual entries will be sold at the race venue on the morning of the race.*

15km R150      5km R80

*Your results may be delayed because of the extra admin.*

#### COLLECTIONS

**FRIDAY 12 NOON - 6PM**

**PHSOB Club (not School), 378 Queens Crescent, Lynnwood**

**SATURDAY 5AM**

**Race Venue, PBHS (School)**

1) The race is run in accordance with the rules of ASA and AGN. 2) Registered athletes must wear the current years (2022) licence number front and back. If issued with race number, this must be worn on the front of the vest and must be attached below the ASA logo so that it is clearly visible. 3) Temporary licenced athletes to wear temporary licence on the back of the vest. 4) All licenced athletes competing for category prizes must wear age category tags clearly visible front and back. Proof of age for prize winners will be required to be presented to referees before the prize giving. Prizes will be withheld until confirmed. 5) Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest. 6) No seconding is allowed. 7) No blade, cyclist or mechanically operated device allowed in the race. 8) No Pods or listening devices. 9) Minimum age: 15km -15 years old. 10) Water points are approximately every 3km. 11) Medical support will be available. 12) Participants are required to obey instructions from all traffic officials, race marshals and referees. 13) Do not litter. Please use bins provided. 14) Race entry fees non-refundable, if issued with race number this must be worn on the front of the vest and must be attached below the ASA logo so that it is clearly visible. 15) Club gazebos to be erected latest race day between 05h00 and 06h30 after which all vehicles must be removed from the field.

#### RELEASE & WAIVER:

In consideration of the acceptance of my entry, I, for myself, my executors, heir's administrators and assignees, do hereby release and discharge Phobians Athletic Club, National Provincial bodies, any and all sponsors, any and all volunteer groups, any and all medical personal, any and all local authorities from all claims for injuries, damage or property loss I may suffer caused by the negligence of them and or out of participation in this event, including pre and post race activities. By entering these events, I declare that I agree to abide to tie rules of the race and rules of ASA. I am physically fit and sufficiently trained to participate in this event.



## Pretoria Military Marathon Club

presents

**10km Run/Walk & 5km Fun Race**

to be hosted at

**Airforce Base Zwardkop, Valhalla**  
(Old Johannesburg Road, Northern Entrance)

**3 September 2022**  
**at 06:30**

Special Medals  
for the first 1 500 finishers!



**Athletics**  
Gauteng North

Entries accepted at the venue  
on the race day from  
05h00 in the morning.

Entry Fee R120 for 10km  
Fun Run R60 for 5km  
Temp Licence R40

**ENQUIRIES:**

Vuyani Kilani 074 839 8994 Vusi Lerefolo 061 493 4543 Aluta Gaothuse 083 259 9741

The race will serve as our 10 km club championships





2022

George Claassen Memorial Road Race



46<sup>th</sup> running of the PwC George Claassen Memorial Road Race  
Saturday 10 September 2022



**Start times:**

21.1km/10km run/walk	6am
5km fun run	6.30am

**Cut-off times:**

Cut-off time for the 21.1km at the entrance to  
Pick n Pay Hyper (9.7km) at 7.30am

Cut-off time at 10am

**Race venue:**

Pick n Pay Hyper, Faerie Glen Atterbury Rd.

**Start/finish:**

Pick n Pay Hyper, Faerie Glen cnr Atterbury Rd.  
and Selikats Causeway, Faerie Glen, Pretoria

**Online entries:** [www.entryninja.com](http://www.entryninja.com)

**Race results:** [www.raceresults.co.za](http://www.raceresults.co.za)

## Our Race Sponsors



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### THOUGHT FOR THE WEEK

Happiness comes through doors you didn't even know you left open.



**PHOTO CORNER**



Sandra Steenkamp on the podium at the SA 10 km Championships



Louis Visser receiving his prize





A proud Nadene Visser on the podium





Annatjie Greyvenstein did it again



The proud Visser podium couple





The Irene participants at the Konka Trail Run: Letha Kotze, Mariet Louw, Annatjie Greyvenstein, Tania Thompson and Lynette Gough