



IRENE NEWS

16 January 2023

No 2 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Nedbank Skosana race on Saturday:

10km

Ryan Nel	3 rd Jnr
Letha Kotze	1 st GGM lady

21 km

Keith Reynolds	1 st Master
Elsa Meyer	1 st GGM lady
Ansie Breytenbach	2 nd Master lady

REGISTRATIONS 2023

Just a reminder about the registration for 2023. Remember to add your R50 for the T-shirt. Use this link to register:

<https://forms.gle/DEWgNBMfyjw6a4ZJ8>

AGN licences are optional.

Licence Fee	R200 (AGN Cost Price)
-------------	-----------------------

Junior licence	R100
----------------	------

Plus:

Full Membership	R450
Additional Family Members	R350
Pensioners (65+)	R300
Juniors	R200

Members who worked at our races: R100 discount per race

Club T-shirts will be available at R50 each for the first 400 members. Thereafter R100 each.

NEW MEMBERS

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

Maryke	Bester
Nkosi	Shibase
Yolandi	van den Berg
Luzandre	Hawkins
Graeme	Forrest
Barry	Lombaard
Steffen	Le Grange
Adriaan	Jansen van Rensburg
Thamsanqa	Tom
Ricardo	Swarts
Susan	van Staden
Sunel	Pretorius

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:



Carol-Ann Martins



Charl Jansen v Vuuren



Dianne Kees-du Plessis



Elizma Schoeman



Frans Ledwaba



Graeme Forrest



Jacques Bannister



Michael Faber



Morné van Wyk



Louis and Stephen Finn



Steffen Le Grange

CAPTAIN'S CORNER

What a start to January and seeing everyone back on the road again.

Plans for the week ahead and the rest of January

- The 2 morning training groups are in full swing – Both starting at 5am. The Midstream Mugg & Bean group runs on a Tuesday, Wednesday and a Thursday and the Eco Park Virgin Active Group on a Tuesday and a Thursday. Rose (0832585336) and Jessica (0724370832) will be hosting the Midstream Runs and Mark (0823774622) the Eco Park Runs. If you would like to join either, please whatsapp the respective hosts. We are also looking at additional venues and hosts, so keep watching this space
- Irene ARC facilities – Open daily for club members
- Saturday and Sunday Club runs, these will be scheduled weekly, and the venues, hosts and distances will be confirmed within the newsletter on a weekly basis
- On Tuesday the 24th we have a guest speaker at the time trail that will be presenting on nutrition – This is not to be missed

As a club we have generic programmes available for club members. These include a 5km, 10km, 21.1km and 42.2km's. If you would like more information, please whatsapp Rose or join us at the Time Trials on Tuesday for more information.

We will be going through an exercise of updating the respective whatsapp groups over the next few weeks, to ensure that everyone is up to date with any news and the right support is being provided

The summary for January includes the Training Runs, Time Trials, and Races.

Irene January Calendar						
TT - Time Trails R - Races TR - Training Runs TBC - To Be Confirmed <small>Training Groups and Runs Morning Groups starting @ 5 am from either Midstream Mugg & Bean (Contact Rose 0832585336 / Jessica 0724370832) or Eco Park Virgin Active (Contact Mark 0823774622). Afternoons - Irene ARC venue is open from 16:30 for runs in a safe environment.</small>						
SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7 TR - Klapperkop 21.1km @ 530 am (Castle Gate)
8 TR - Midstream M&B 12km @ 6am	9	10 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15 - 2023 Club Opening and Social.	11 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	12 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	13	14 R - Nedbank Skosana (Support: Irene Caravan). TR - Long Run @ 530 am Midstream M&B
15 R - Dischem 21.1km TR - Irene Sunday Social @ 6am @ Irene Link	16	17 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15	18 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	19 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	20	21 R - PWC George Classen (Support: Irene Caravan). TR - Irene Long Run @ 530am (Venue TBC)
22 R - Striders AC TR - Irene Sunday Social @ 6am, Midstream M&B	23	24 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15 - Talk "Nutrition"	25 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	26 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	27	28 R - Akasia, Inc AGN Marathon Championships. (Support: Irene Caravan). R - Ootsoal
29 R - Johnson Crane TR - Irene Sunday Social @ 6am (Venue TBC)	30	31 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15 - Interclub guest TT and social.	1 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	2 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	3	4 R - Magnolia Intercare & 21.1km club championships (Support: Irene Caravan).



If you would like to get more involved with hosting and supporting the training runs or have any other ideas that you would like to share, please get in touch!

THIS WEEK'S DIARY

Tuesday:

Training run @ 05:00 – Midstream Mugg & Bean

Training run @ 05:00 – Eco Park

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Time trials @ 17:30 – Club house.

Wednesday:

Training run @ 05:00 – Midstream Mugg & Bean

Thursday:

Training run @ 05:00 – Midstream Mugg & Bean

Training run @ 05:00 – Eco Park

Saturday:

Trail run @ 06:00 – Club house

George Claassen 5-10 21 @ 06:00 – Pick 'n Pay Hyper – Atterbury Road

Sunday:

Training run @ 06:00 – Midstream Mugg & Bean

Members can run on their own every weekday from the club house after 15:00 and any time over weekends.

CARA-FUN

Our Irene caravan (Cara-Fun) will be at the George Claassen race as usual. Please make use of this facility

TIME TRIALS

We want all our members attending the time trials to start together at 17:30. Please plan accordingly if possible.

PERMANENT LICENCES

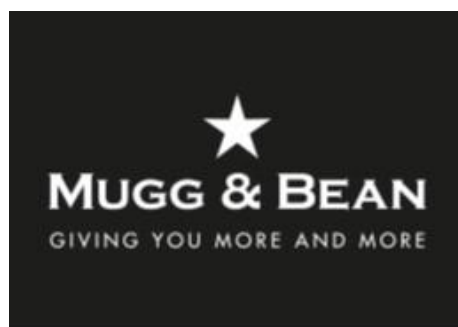
Please note that the 2022 licences are still valid until the end of February. You can use it to enter for races if you have one. If you don't have one you will have to buy a temporary licence until we receive the 2023 licences from AGN. Hopefully it will be at the end of January.

PERSONALIA

Lucia Willemse had an operation during the week. We wish her a speedy recovery.

Congratulations to the following member who celebrate her birthday during the week:

Nadene	Visser	22 Jan
--------	--------	--------



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

F.E.A.R has two meanings – Forget Everything And Run OR Face Everytging And Rise.

NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK 21 JANUARY 2023

Vitality

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



2023

George Claassen Memorial Road Race



47th running of the PwC George Claassen Memorial Road Race
Saturday 21 January 2023

Back-to-Back Challenge



Scan to register online

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

Race results: results.finishtime.co.za

PRE-ENTRY ONLY



**WONDERPARK
AKASIA ROAD
RACE**

28 JANUARY 2023

JOHANN VAN EEDEN 42.2 KM Start Time: 05:30 Cut-off @20km 8:15 AGN CHAMPIONSHIPS	21.1 KM Start Time: 05:30	10 KM Start Time: 06:00	5 KM Start Time: 06:10
--	-------------------------------------	-----------------------------------	----------------------------------

Online entries close on Friday 20 January 2023

PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION
076 234 5329

WONDERPARK SHOPPING CENTRE
GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za



HOËRSKOO
GERRIT MARITZ





Intercare classic road race



Saturday 4 February 2023

06h00

Rietondale Park

 **21,1 km**

 **10 km**

 **5 km**



THE 21 KM WILL SERVE AS THE 21 KM CLUB CHAMPIONSHIPS



ATHLETICS
GAUTENG NORTH

**JOIN US ON THE 11 FEBRUARY 2023
FOR OUR**



**21KM
R150**

**10KM
R100**

**5KM
R50**

**TEMP. LICENSE
R50**

START TIME: 6AM

WWW.ENTEROONLINE.CO.ZA



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



PHOTO CORNER



Irene members enjoying the Cara-Fun on Saturday. This is the place to be at the AGN races



Keith Reynolds on the podium on Saturday



Ryan Nel



Ansie Breytenbach



Elsa Meyer