



IRENE NEWS

16 May 2022

No 19 – 2022



PERSONAL ACHIEVEMENTS

Mark Forbes PB – Marathon

FROM THE ADMIN DESK

The Admin desk will [not be open](#) on 24 May 2022.

Any members who still need their ASA license must please ensure they plan to collect the license in time for any races.

Any t-shirts not collected by 31 May 2022 will be forfeited and handed to new members who registered after the cut-off date.

COACH'S CORNER

Alternating 800's

3km easy warm up

3 x 200m at 5k pace with easy 400m recovery in between

400 easy run

4 x 800m upper Threshold run with 400m Tempo run recovery

3km easy cool down



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 @ 18:45

Saturday:

Road Run/Walk @ 06:00 – Club House

Race of Hope @ 07:00 – The Grove Mall

Sunday:

Training run @ 06:30 – Midstream Mugg & Bean

PERSONALIA

Karen	Potgieter	17 May
Braam	Swanepoel	18 May
Louwrens	Smit	20 May
Niel	Marais	20 May
Myburgh	Bester	20 May
Carolina	van der Westhuizen	21 May
Annemarie	Chinchen	21 May



Midstream Tel 012 940 9229

NOTICE BOARD

ARC IRENE HYBRID RUN/WALK
21st MAY'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

Logos: REVOLUTION TRAILS, IMPACT, COLLAGEN FOR ATHLETES, YCEB, HERBALIFE 24



Race of Hope

21 MAY 2022 • 7AM

5km, 10km & 21.1km

dors sox



Athletics
Gauteng North

the grove
mall

Cnr. Lynnwood & Simon Vermooren, Equestria, Pretoria



28 MAY 2022

5km | 10km | 21.1km

**WALK
& RUN**

RACE STARTS AT 07:00



Centurion Mall

CENTURION MALL
SKOSANA Legend

**Race of
Gratitude**

**THE  OF
CENTURION**
f | centurionmall.co.za

aa

Our Race Sponsors



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

THOUGHT FOR THE WEEK

Go anywhere as long it is forward.

PHOTO CORNER (Social evening) Thanks to Johan Engelbrecht for the photos



Suzanne van Vuuren



Everybody enjoying themselves



Johan van Vuuren, Ann Eckard, Suzanne van Vuuren and Blanche van Vuuren



Keith Reynolds and his daughter



A barman's view



Anneri le Roux



Riaan, Renette and Zonah Prinsloo



Neil Jolly



Keith Reynolds, winner and unofficial SA record for the Beer Mile, well done!