



IRENE NEWS

18 July 2022

No 28 – 2022



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Springbok Vasbyt:

John Ellmore	1 st GGM – 10 km
Annatjie Greyvenstein	1 st GGM lady – 10 km

Congratulations to the following walkers who received medals in their respective age categories at the AGN 10 km walking championships:

Keith Reynolds	Gold
Jaap Willemse	Gold
Dirk Neethling	Gold
Andre Smuts	Gold
Miemie Nel	Gold
Ansie Breytenbach	Gold
Sandra Steenkamp	Gold
Tania Thompson	Silver
Lynette Gough	Silver
Isi van der Schyff	Bronze

Open category:

Sandra Steenkamp	Gold
Maryke Gradwell	Silver
Ansie Breytenbach	Bronze

Well done to the Irene members who were involved in organizing this very successful event.

COMRADES 2022

With Comrades around the corner and the training in full swing, the other important item to plan is celebrations and socials.

Please save the dates for the following events that will be coming up. Planning is progressing and details will be shared in due course. All these functions are open to all Irene Runners, Walkers, Supporters and Friends

- Sunday 14 August - The Comrades send-off run and breakfast

- Thursday 18 August – Comrades Goodie Bags packing
- Saturday 20 August - The Irene Pre-Comrades Function
- Sunday 28 August – Comrades day, running, supporting or glued to the TV
- Monday 29 August – The Comrades post function in Durban
- Tuesday 6 September – The Comrades Aches and Pains Party

A separate Irene Comrades WhatsApp Group will all be set up to help with the final preparation and support for our Irene Comrades Team. This should all be in place by the end of the week and if you have not been added, please send a WhatsApp to either Wynand, Rose, Joy or Keith

Happy training!

COMRADES GOODIE BAGS

We still require more items for the Comrades goodie bags. Please help us!

COMRADES PRE-FUNCTION

Comrades Pre-Function

When 20 August
Where Irene club house
Time From 13.00



Come meet the 2022 Comrades runners.
Bruce Fordyce will be giving us some last minute tips.
Collect your goodie bags.
Prego rolls and salad on sale for R70.
(please pre-order from Dave 082 892 7544)
Members 10 years and 20 years badges to be handed out.
Walkers to receive their Colours jackets.
Lots of exciting things happening.
Bring the family!





COACH'S CORNER

This is not an easy workout and will challenge you

Fishtail intervals

10min easy warm up

15min Tempo run

2min easy recovery run

10min Lower Threshold run

2min easy recovery

5min Threshold run

2min easy recovery

10min 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 with the compliments of Mugg & Bean Midstream

Saturday:

Trail/Road Run/Walk @ 06:00 – Club House

Nkodima Race @ 07:00 – Mzansi Resort

Sunday:

Training run @ 06:30 - TBC

PERSONALIA

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

Piet	Phalahadi	18 Jul
Jenny	Cairns	22 Jul
Thea	van Helden	23 Jul
Melani	Swart	24 Jul



Midstream Tel 012 940 9229

NOTICE BOARD

ARC IRENE HYBRID RUN/WALK
23rd JULY'22
START ANYTIME BETWEEN 07H00 TILL 08H00
ROAD OR TRAIL OPTIONS AVAILABLE
2KM, 5KM, 10KM, 15KM OR 21KM
ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA
ON-THE-DAY ENTRIES ALSO WELCOME
VENUE: IRENE ATHLETICS CLUBHOUSE,
ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT:
083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM

Logos: **REVOLUTION TRAILS**, **COLLAGEN FOR ATHLETES**, **Vitality**, and a no-dogs sign.



**ONLINE
REGISTRATION
LATE ENTRIES
AVAILABLE**

NKODIMA DEVELOPMENT RACE

**VENUE:
MZANZI RESORT (FORMER MORULA SUN)**

JULY 23
STARTING TIME
07H00 - 10H00

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 R600.00	1 R800.00
2 R500.00	2 R500.00	2 R500.00
3 R300.00	3 R300.00	3 R300.00

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

CALL US
0724149062 **0792678553**
NIXON NKODIMA BENJAMIN SELEPE



**YOU ARE INVITED TO THE 2022
SPAR WOMEN'S GRAND PRIX 10KM SERIES**



AUGUST 2022



IRENE ARC CAMPUS

Nellmapius Drive Irene



08:00 AM

**FREE ENTRY
LIMITED TO 500 ENTRIES.
LADIES FROM 14 YEARS AND OLDER MAY ENTER.**

#SPARGrandPrix

Please submit your entry on or before
Monday 25 July to Marilize Gobey:
spartshwanegrandprix@gmail.com / 082 789 3632

SPAR
Women's
CHALLENGE
10km

GRAND PRIX
SERIES

ASA
Aspirational Sports Association

asics.

GARMIN.

athlete



EYETHU ATHLETICS CLUB

Hosts the annual

**FITNESS TEST RUN : 21.1Km and ASA 10Km
Championships in partnership with AGN Province**



Date : **13 August 2022**
 Venue : **Pilditch Stadium , Tshwane**
 Start Times : **ASA 10km Championship Women's Race: 07h:15 AM & All the Remaining Athletes: 08h:05 AM**
 Pre-Entry Fee : 21.1km = R175.00 & 10km = R120.00
 Race day Entry Fee : 21.1km = R200.00 & 10km = R140.00, **from 05h:00-07h:00 AM**
 Temp Licence : R40.00



**This event will be broadcasted live on Supersport Variety 4 (209)
TV channel (SS 209) from 07:00 AM**

Store entries open: **16 June 2022 to 10 August 2022**

Tshwane Running Shop,
Sinoville: (087) 688 1336

Run-A-Way-Sport, Lynn-
Wood: (012) 361 3733

The Sweat Shop, Dunkeld
West, JHB: (011) 325 2567/8

Online entries open: **16 June 2022 to 05 August 2022**
 @ www.entryninja.com

Online entries collection:
Decathlon, Centurion:
(012) 000 1791. **Date: 12-08-2022**

Pilditch Stadium: **12-08-2022**
 until 17h:00 (New entries will
be accepted)

Prize giving will commence from 09h:15. Only the top three (3) athletes will be broadcasted

Prize Money for Non-Championship Athletes: Male & Female (21.1 km)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 650.00	R 1300.00	R 300.00	R 300.00	R 300.00	R200.00	R200.00
2	R 450.00	R 1000.00	R 200.00	R 200.00	R 200.00	-	-
3	R 350.00	R 600.00	-	-	-	-	-

Prize Money for Non-Championship Athletes: Male & Female (10 km)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 300.00	R 700.00	R 200.00	R 200.00	R 200.00	R 200.00	R200.00
2	R 240.00	R 500.00	R 150.00	R 150.00	R 150.00	-	-
3	R 200.00	R 300.00	-	-	-	-	-

Medals

	21.1 km	10 km
Gold	Prize winners	Prize winners
Silver (R)	Next 100 runners	Next 100 runners
Finishers medal	To all finishers within-cut-off times	



**WATCH
THIS
SPACE**

**PwC George Claassen
Memorial Road Race**
10 September 2022





Save this date!
Saturday, 24 September 2022

Run2Braai

21km, 10km & 5km Fun Run
Centurion Rugby Club





Presented by:





This race will serve as the Club 21 km championships

Our Race Sponsors



Knowledge Integration Dynamics



G·I·D·I
PLUMBING



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

STB Brokers
Centurion
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tel: (012) 682 1511
fax: (012) 682 4304
Email: info@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

Life becomes easier when you learn to accept an apology you never got.

PHOTO CORNER



Jenny Cairns at her first braai at the club with her mother assisting



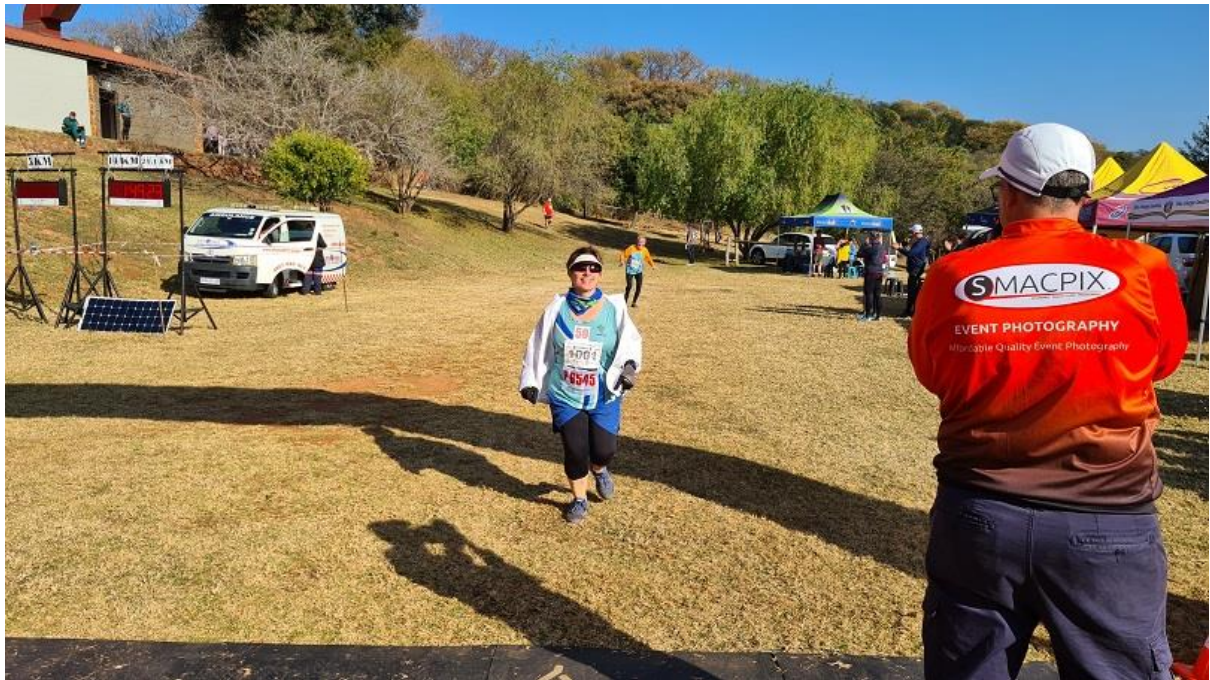
Annatjie Greyvenstein, first GGM lady at the Springbok Vasbyt



John Ellmore, first time that he was on the podium



Erik van der Merwe at the Springbok Vasbyt



Carla Hartmann



Derick van der Merwe



The Irene water point at the Magnolia long run was a huge success as always



Former member Jeannie du Plessis with Johan de Klerk and Louis Visser



Anneri and Elze le Roux



Tania Thompson and Lynette Gough



Dave Roux, Ansie Breytenbach, Theuns Nieuwoudt and Henk Joubert ensured that the Irene water point was the best



The start of the AGN 10 km walking championships



Irene members at the Midrand 60 km