



IRENE NEWS

19 September 2022

No 36 – 2022



ACHIEVEMENTS

Congratulations to all our walkers who finished on the podium at the AGN 20 km walking championships on Saturday:

Sandra Steenkamp	1 st Lady & 1 st GM
Ansie Breytenbach	2 nd Lady & 1 st Master
Elsa Meyer	3 rd Lady & 1 st GGM
Keith Reynolds	1 st Master
Danie Labuschagne	1 st GM
Dirk Neethling	1 st GGM

Well done to Elsa Meyer who broke the SA and world record in her age category. It still has to be recognised officially.

JACKETS & GOODIE BAGS

The jackets and goodie bags not collected will be available at the club house on Tuesday evening. The same applies to the 10/20 year badges.

TIME TRIALS

Please note that the time trials now start at 17:30 again until the end of April.

Please note that coach Telani will be presenting an overview of the training programmes that are available to club members and providing context into how to use them and answering questions at 17:15.

COACH'S CORNER

5-3-2 Marathon km's – Put some excitement to your upcoming long run

5km easy warm up

5km Tempo run

5km easy recovery run

3km Tempo run

3km easy recovery run

2km Tempo run

2km easy recovery run

2km Cooldown run

27km Total



TRI FIT

MULTISPORT COACHING

THIS WEEK'S DIARY

Tuesday:

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

Training programmes overview @ 17:15

Time trials @ 17:30 – Club house.

Heritage braai after the time trials

Lucky draw after the time trials – 2 x R250 vouchers with the compliments of Mugg & Bean Midstream

Saturday:

Trail run @ 06:00 – Club house

HERITAGE BRAAI

Be part of a lovely evening on Tuesday.



LET'S COME TOGETHER AND CELEBRATE

Heritage Day Club Braai

Tuesday
20 September

AFTER TIME TRIAL

Bring own meat and snacks

Don't bring your own, let's support the bar!

IRENE

The poster features a background of the South African flag. On the right, a group of four people (three men and one woman) are standing outdoors, holding beer bottles and smiling. In the foreground, there is a brown silhouette of a braai (barbecue) on a stand. A red arrow points from the text 'LET'S COME TOGETHER AND CELEBRATE' towards the group of people. At the bottom left, there is a small icon of a crossed-out bottle with the text 'Don't bring your own, let's support the bar!'. At the bottom right, there is a small logo of a tree with the word 'IRENE' underneath it.

PERSONALIA

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

Andre	Ellis	19 Sep
Louisa	Spangenberg	19 Sep
Zoe	Scholtz	20 Sep
Peter	Benson	24 Sep
Paloma	Tait	25 Sep



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE RUN/WALK

24 SEPTEMBER'22

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

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

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



15 October 2022

Race for Peace

Run/Walk 5km 10km & 21.1km

Venue

The Grove Mall,
Cnr. Lynnwood & Simon Vermooten,
Equestria, Pretoria

Time: 06:30

Medals to the 1st 1500 finishers

Hosted by



**Athletics
Gauteng North**



peace

*the grove
mall*

Supported by

Ukrainian Embassy South Africa



RACE FOR

secureme SA

RUN WALK
FOR LIFE

For more enquiries:

Daan 082 572 4169

Paul: 082 200 4219

Athletics Gauteng North 012 3274930

In Loving Memory Of Kierie van der Schyff



RACES:

21.1 & 10km run @ 6:00 AM
21.1 & 10km walk @ 6:00 AM
5km Fun Run @ 6:15 AM

FOR RACE INFO CONTACT:

082 576 9834
kerk@gwkp.co.za

ZWARTKOP ROADRACE

22 OCTOBER '22

VENUE

Zwartkop Lapa, Wierda Road (M10)
Centurion
25°15'14.25" S
28°07'28.46" E



**In accordance with the rules of
ASA & AGN**

Presented by 'Gereformeerde
Kerk Wierdapark' in conjunction
with Alpha Centurion Athletics
Club

Participation at own risk.
The organisers accept no
responsibility for any loss,
damage or injuries



GEREFORMEERDE KERK
WIERDAPARK



MORETELE ATHLETICS CLUB



MAMELODI ASSOCIATION FOR
PEOPLE WITH DISABILITY

22 Oct 2022

HERITAGE AWARENESS RUN

POWERED BY GYM COMPANY

**RACE STARTS AT SOLOMON
MAHLANGU SQUARE
AND FINISH AT TSHWANE
REGIONAL MALL**

5KM R65 (6:45)

21KM - R165

10KM - R115

Aerobics R20

Time: 06h30

Temporary

Licence R40

PRIZES

21 KM (Open)

Male & Female

R1000

R700

R400

10 KM

R600

R400

JUNIOR 40+— 80+

JUNIOR— R100

40—49

R300

R200

50— 59

R200

60+70+80+

R100

**Enough
PARKING
@ TRM**



Entrytime Enteronline

MTN MOMO APP

RUNNING IN (LYNWOOD)

RUN -AWAY-SPORT(GROENKLOEF)

GYM COMPANY TRM BLOED MALL

**FREE GYM VOUCHER TOP TEN FINISHER
20 T-SHIRT**



Race Rules

The race is run in accordance with the rules ASA and AGN.

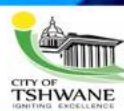
Registered athletes for the 10km and 21.1 km must wear the ASA 2022 licence number on the front and the back of the running vest. The official sponsor's race number must be on the front of the vest must not cover the logos on the licence number.

Temporary licenced athletes for the 10km and 21.1km must wear the required temporary licence at the back of the vest.

All licenced athletes competing for category prizes must wear numeric category tags clearly visible on the front and the back Of the vest. Proof of age for prize winners will be required.

Walkers competing for prizes money must wear a W tag on the front and back of their vests and it must be clearly visible.

- 1.No seconding is allowed
2. No iPods or listening devices.
3. No blades, cycles or mechanically operated devices allowed on the race.
4. No pets.
5. Minimum age: 21.1km—16 years old; 10km—14 years old
6. Participants are required to obey the instructions of all traffic, race marshals and race referees.



Contact 076 822 2551 Seloane / 065 913 7177 Mshengu / 082 816 9826 Dibakwane

Please note that Irene Members are not allowed to run the race on race day. There will be helpers race the next day



The poster features a background image of runners on a dirt path in a rural setting. In the top right corner, the Discovery Vitality logo is displayed above the date '29 OCT '22'. The main title 'Irene Farm Race' is in large, colorful letters, with 'with Vitality' in a script font below it. To the left of the title is a logo of a tree with the word 'IRENE' underneath. To the right is a close-up image of a cow's face. Below the title are three colored circles representing the race distances: 21.1 KM (yellow), 10 KM (green), and 5 KM (blue). The 'ENTRY FEES' section contains a table with columns for race distance and entry fee. The 'PRIZE GIVING' section describes the timing of the prize ceremony. The 'PARKING' section provides information about parking locations. The 'RACE NUMBER COLLECTION' section lists the times and locations for picking up race numbers. The 'RACE INFO' section lists various details about the race, including start times, medals, distance markers, water points, food and drinks, medical support, and wheelchair accessibility. The 'PRE-ENTRIES ONLY' section lists the pre-entry cap and the closing date. The bottom of the poster features a pair of running shoes, the location 'ARC Campus, Nellmapius Drive, Irene', and the Athletics Gauteng North logo.

Discovery Vitality
29 OCT '22

Irene Farm Race

with Vitality

21.1 KM 10 KM 5 KM

ENTRY FEES

Entry Fee	21.1km	10km	5km
70+	Free	Free	Free
All other categories	R200	R120	R80

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

RACE NUMBER COLLECTION

Friday 28 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733
Race day (Saturday 29 October): 04:00 till 06:00 – at the venue

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times: 10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- (Pre-entries close on 21 October or when cap is reached).

- Online entries: www.entryninja.co.za
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Sportsmans Warehouse Centurion: 012 665 0768
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

ARC Campus, Nellmapius Drive, Irene

Athletics Gauteng North

JACARANDA CITY CHALLENGE

EARLY COMRADES &
TWO OCEANS QUALIFIER

12 NOVEMBER 2022

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
17 18 19 20 21 22 23 24 25 26 27 28 29 30

**WE ARE
BACK**

**YOUR FAVOURITE
CITY ROAD RACE**

**5km
10km
21.1km
42.2km**



**Athletics
Gauteng North**



Our Race Sponsors



SHORT TERM BROKERS

PTY LTD
Cape Town
0600
Tel: (021) 861 5151
Fax: (021) 861 5155
Email: info@stb.co.za



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

THOUGHT FOR THE WEEK

Some people always throw stones in your path. It depends on you what you do with them – build a wall or a bridge? Remember you are the architect of your life.

PHOTO CORNER



The atmosphere on Tuesday evenings is very special



All members are invited to enjoy the lovely evenings on Tuesdays

Action at the AGN 20 km walking championships



Sandra Steenkamp



Ansie Breytenbach and Keith Reynolds



Dirk Neethling



Danie Labuschagne (his first 20 km race after his hip replacement)



Elsa Meyer who broke the SA and world records



Thea van Helden, Lynette Gough, Tania Thompson and Rosemary Brink at the Pirates race



Elze le Roux at the Gun Run in Cape Town