



IRENE NEWS

20 February 2023

No 7 – 2023



ACHIEVEMENTS

Irene AC was well represented on the podium at the Tuks race on Saturday. Congratulations to the following members:

Elsa Meyer	1 st GGM Lady & 1 st lady walker – 21 km
Sandra Steenkamp	1 st GM lady – 21 km
Keith Reynolds	3 rd Master man – 21 km
Dirk Neethling	1 st GGM walker – 21 km
Ansie Breytenbach	1 st Master lady – 10 km
Estien van Wyngaard	1 st Lady walker & 1 st GM lady walker
Wynand Breytenbach	1 st GGM walker

CAPTAIN'S CORNER

Some big events and challenges are coming up over the next few weeks, with several runners doing their qualification races for both Two Oceans and Comrades and Iron Man just around the corner. So, nothing better to help us, other than training as part of a team and group of friends. From a club perspective, there are specific activities open to all members that are scheduled during the week:

- Morning training groups at 5 am from Midstream Mugg & Bean and Virgin Active Eco Park
- Hills Training on a Thursday at 17:30 from the Irene Club House
- Time Trial Tuesdays, starting at 17:30 from the Irene Club House
- The Irene ARC is open daily from 16:00 for Irene Members to train

Some additional items for this week

- Tuesday the 21st - Irene Connect, after the Time Trail – Lets meet the Teams doing Two Oceans and Comrades and get some specific insights and stories from our guest speakers
- Saturday 25th – 15km and 30km long runs starting at 5:30 from Midstream Mugg & Bean
- Sunday 26th – Time to support Team Irene on the Pretoria / Edenvale Marathon

In an aim to keep everyone up to date, we are going through a clean-up on the respective groups. These are the active groups and how they are used:

- Irene Notifications 2023 (WhatsApp / telegram) – Notifications and updates, no discussion. If you are not on this group, please let Rose, Maggie or Wynand know so that we can add you
- Irene Training Group 2023 (WhatsApp) – Discussion group to assist with training. Please keep discussion items to training related content
- Irene Comrades 2023 (WhatsApp) – Training and discussion group
- Irene Walkers (WhatsApp) – Training and discussion group
- Ad-hoc groups will be opened for specific races or events, based on the requirements

We would like all members to be on the Notification Group, and if you would like to be on the other groups, it will be your choice.

There is nothing better than a massage and treating yourself and the people that are supporting you through your training – “All About You” a mobile massage company is running a special for Irene Members (including family and friends of Irene) for the remainder of February. Please see details below:



Please see the weekly schedules with details of the training runs as well as the races. If there are any changes or updates these will be distributed on the Notification and Training Groups:

WEEKLY SCHEDULE



Date: 20 Feb -26 Feb

TUESDAY



T.T - @ 17:30
&

Team Irene Connect
Talk on races (Om Die Dam,
Oceans & Comrades) @6:30pm



Morning
Training Group

Midstream Mugg & Bean
&
Eco Park Virgin Active
@ 5am

WEDNESDAY



Morning
Training Group

Midstream Mugg & Bean
@ 5am

THURSDAY



Irene ARC
@ 17:30



Morning
Training Group

Midstream Mugg & Bean
&
Eco Park Virgin Active
@ 5am

SATURDAY



Long Run

Midstream M&B
15/30km
@ 5:30am

SUNDAY



Pretoria Marathon
10,21.1 & 42.2km with
Cara-Fun

Edenvale Marathon



Social Runs

FOLLOW US

Facebook



Irene AC Notifications

IRENE ATHLETICS CLUB



IRENE

NEW MEMBERS

Welcome to Craig Potter who joined as a new member last week.

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:



Wilna Meiring



Joan Matthew



Boitumelo Moloi



Marita Jacobs



Gcobani Madlala

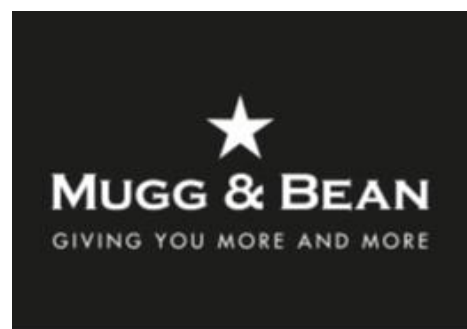


Jolien de Klerk

PERSONALIA

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

Johannes	Liebenberg	20 Feb
Freda	Hillocks	21 Feb
Dave	Roux	23 Feb
Annemarie	Oberholzer	25 Feb



Midstream Tel 012 940 9229

Every accomplishment starts with the decision to try.

NOTICE BOARD



Team Irene Connect – Time to Talk Races
Tuesday the 21st February after the Time Trials (starting at 18:30)

If you are a Comrades Green Number / Two Oceans Blue Number, please come dressed to show and if you have done either of the races and are doing them again this year, please wear your most recent t-shirt



NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

25 FEBRUARY 2023

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

Revolution Trails

Vitality

ARC IRENE



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



PRETORIA BOBBIES 3-IN-1

11 March 2023



HATFIELD PLAZA

In association with:



Hatfield Plaza

Fast & Flat



Athletics
Gauteng North



10km & 21km race starts at: 06h00

5km race starts at: 06h15

Clubs are welcome to set up gazebos



The Moo'se

5km, 10km or 21,1km

Race

18 March '23

Join us at Irene Village Mall for a
Moo'se Road Race, with
Wingate Road Runners!

Saturday, 18th March | 06h00 - 09h30

Online entries available at
www.entryninja.com

Entries close Tuesday, 14th March 2023.



Proudly brought to you by:



ATHLETICS
GAUTENG NORTH

IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET



KOLONNADE
SHOPPING CENTRE

CNR SEFAKO MAKGATHO DRIVE & DR VAN DER MERWE STR, MONTANA PARK, PRETORIA

5KM | 15KM | 32KM RACE 25 MARCH 2023

RACE FEES:

5KM R50 | 15KM R130 | 32KM
R150

TEMPORARY LICENSE FEE
R50

15KM & 32KM
06:00
5KM FUN RUN
06:15

ENTER NOW!

- » Online entries:
www.entrytime.co.za till 19 March 2023
- » Run-A-Way Sport 012 361 3733
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384
(192 Vinko Str, Sinoville)
- » Entrance 4: 24 March 2023 at
Kolonnade Shopping Centre (from 15:00 – 18:00)
and 25 March 2023 (from 04:30 – 06:00)

Online Entries can be collected on
Friday 24 March 2023 or on
race day at Entrance 4

Brought to you by



Athletics
Gauteng North



**Athletics
Gauteng North**



**Limited to 3000 entries per event
Electronic Timing, Staggered start**

Irene Athletics Club presents



CHOC

Childhood Cancer Foundation
South Africa

"Keeping more than hope alive"

**Entries close Sunday,
26 March 2023**

Ideal seeding opportunity.
Qualifying time is 5 hours 50
minutes (same as for 50km),
but with 2km less to run. Mat
to mat timing

IRENE RUNNING FESTIVAL



IRENE

1 & 2

April 2023

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za

Tel: 082 937 0733

GOLD MEDALS TO ALL FINISHERS

5km

10km

21km

T-shirt
available
to
purchase
@ R170

Irene Ultra
48km

#TheQualifier

**5km AGN
championships**

2 April @ 6:30

**Online entries only
www.entryninja.com**

PRE-ENTRIES ONLY

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



Chamberlain's

**FINISH
TIME**

Timekeeping



THE GREEN MILE ROAD RACE — 2023 —

The Mile for Life

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTELTON MANOR, CENTURION

SATURDAY
APRIL 8



GREEN MILE



Monday, 1 May 2023

VENUE

Centurion Rugby Club
270 West Ave, Die Hoewes,
Centurion,
Next to SuperSport Park



Kiddies Dash, 5 km, 10 km, 21.1 km & 42.2 km

ONLINE ENTRIES ONLY

No entries on race day

www.wally.co.za



Wally Hayward

www.finishline.co.za

www.active.com

Capped entries

5 km	1 000	21 km	3 000
10 km	2 000	42 km	4 000

Online registrations at
www.active.com or scan
the QR code.



LIVE YOUR WAY



Last Comrades Qualifier
in Gauteng

PHOTO CORNER



Maggie van Rooyen at work with Tjaan Kruger and Willem Maritz watching



Relaxing at the Cara-Fun after the race on Saturday



Estien van Wyngaard on the podium



Ansie Breytenbach



Wynand Breytenbach



Good to see Mpho Motaung back on the road