



# IRENE NEWS

20 June 2022

No 24 – 2022



## **SAFETY AT TIME TRIALS**

We can't emphasize the safety issue too much.

We call on all our members running the time trials to wear some reflective clothing. This is for your own safety. Motorists on their way out must please dim their lights for the runners.

## **COACH'S CORNER**

Intervals

2km easy warm up

800m at 5km pace

400m easy recovery run

4 x 200m 3k pace with 100m easy recovery

400m easy run

1km at 3km pace

2min easy recovery

3 x 1km at 3k pace with 2min easy recovery

1km at 3k pace

2min recovery

2km easy cooldown



# TRI FIT

## MULTISPORT COACHING

## **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 @ 18:30 – 2 x R250 vouchers with the compliments of Mugg & Bean Midstream

**Saturday:**

Road Run/Walk @ 06:00 – Club House

**Sunday:**

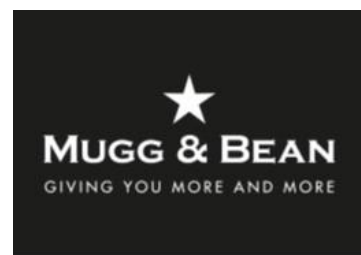
Club training run @ 07:00. To be confirmed

**PERSONALIA**

Telani Grobler will participate in the World Triathlon Championships in Canada this weekend. We wish her all the best.

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

Christiaan	Swart	21 Jun
Joshua	Steenkamp	23 Jun
SW	Engelbrecht	25 Jun



Midstream Tel 012 940 9229

**NOTICE BOARD**

All the official AGN races for June have been cancelled.

**ARC IRENE HYBRID RUN/WALK**  
**25<sup>th</sup> JUNE'22**  
START ANYTIME BETWEEN 07H00 TILL 08H00  
**ROAD RUN/WALK**  
2KM, 5KM, 10KM, 15KM OR 21KM  
**ENTER ONLINE AT**  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)

Logos: **REVOLUTION TRAILS**, **COLLAGEN FOR ATHLETES**, **Vitality**

# GARSFONTEIN ICE BREAKER



**21.1km / 10km / 5km**

**09 JULY 2022**



**Athletics  
Gauteng North**

**Venue: Garsfontein Primary School**

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME	Athletes 70+ 50% DISCOUNT  (ASA license or temp license compulsory for 21km/10km)
21.1km (run and walk)	R130	R40	7:00	
10km (run and walk)	R90	R40	7:00	
5km	R50	-	7:15	
Prize giving for top 3 on 21km and 10km ... other categories will be notified				

All proceeds from the race will be used for charity outreaches by the Dutch Reformed Church Garsfontein

**ENTRIES – ONLY online entries will be accepted, capped at 2000**

• [www.entryninja.com](http://www.entryninja.com) (until 1 July 2022)

Race number collection can be done at:

- Dutch Reformed Church Garsfontein (285 Emmie Hartmann Street) from 6 July 2022 until 8 July 2022 (9am to 1pm)
- At the venue on Friday, 8 July, from 15:00 until 17:30, as well as on race day from 5:30.

**NO ENTRIES ON RACE DAY**



**Just Imagine  
PROPERTIES**



## Race Inquiries

Mike Minty 083 414 5938  
Claude Smit 083 564 3630  
Office 012 361 3618  
Wingate Road Runners  
072 864 2908





**AfriForum**  
**SPORT**

and the Voortrekker Monument Draif &  
Stap Klub are proud to present the

# Leon Bezuidenhout SPRINGBOK VASBYT

<b>Distances:</b>	21 km, 10 km, 5 km fun run:
<b>Date:</b>	Saturday <b>16 July 2022</b>
<b>Starting Times:</b>	Commemoration Ceremony - 07:20 21 km & 10 km - 07:30 5 km - 07:40
<b>Venue:</b>	Voortrekker Monument, use the Eeufees Rd entrance

**Leon Bezuidenhout 14 September 1966 - 2 August 2020**

**"As ek die grondpad onder my voete voel weet ek, ek is tuis"**



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK  
CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.**

## ENTRY FEES

**21 km:** R140 | **10 km:** R115 | **5 km:** R60

**70+ athletes (ID required):** Free

**Temporary License:** R40

Entry fees are non-refundable

## GENERAL INFORMATION

**Guarded parking available**

**Ample toilet facilities**

**Water stations**

**No tog bag area**

Only 2000 entries on the 10 km and 21 km. Only 800 entries on the 5 km. **UNFORTUNATELY NO PRIZE MONEY.**

- 10 km and 21 km:**
- Running categories' 1st and 2nd places receives gold and silver medals, respectively.
  - The rest of the field finishing within the cut-off time receives bronze medals.
  - Gun to mat timing.

## MORE INFORMATION

**No entries or temporary licenses are available on race day.**

Online pre-entries at [www.entryninja.com](http://www.entryninja.com) - Online entries close 10 July 2022.

Pre-entries at Run-A-Way Sports - opens 20 June 2022 & closes 14 July 2022 at 16:00.

Pre-entries at Voortrekker Monument - opens 20 June 2022 & closes 15 July 2022 at 16:00.

Entry collection at the Voortrekker Monument on Friday 15 July 2022 from 13:00 until 17:00 or on race day from 05:00 until 07:00.

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining, will be diverted to the finish.

No pets allowed.

The Safety at Sports and Recreational Events Act 2 of 2010 will be strictly adhered to.

The organizing club is obliged to pay the required % of the entry fee to AGN as a levy

The 10 km and 21 km race terrains are unsuitable for baby strollers and wheelchairs.

The 5 km fun run does not include any off-tar sections; baby strollers and wheelchairs are welcome.

No vuvuzelas or hooters are allowed. There are wild animals in a confined space.



ONLINE  
REGISTRATION  
LATE ENTRIES  
AVAILABLE

# NKODIMA DEVELOPMENT RACE

VENUE:  
NIZAMZI RESORT (FORMER MORULA SUN)

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

**JULY 23**  
STARTING TIME  
07H00 - 10H00

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

CALL US

**0724149062**    **0792678553**  
NIXON NKODIMA    BENJAMIN SELEPE

## Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

STB Brok  
Creston  
0000

tel: 0121 843 5555  
fax: 0121 843 4588  
email: info@stb.co.za



076 363 0705

Delivery Times:  
Mon - Sat: 09:00 - 19:30  
Sun: 10:00 - 14:00

"Op die eerste een!"



RJC Accounting  
Software Solutions

If you want your logo on this page, let us know at [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

### THOUGHT FOR THE WEEK

Hard work beats talent when talent doesn't work hard.

## PHOTO CORNER



The training group on Thursday morning



Phobians Club winter Challenge