



IRENE NEWS

21 February 2022

No 7 – 2022



COACH'S CORNER

Coach workout of the week:

Intervals 8x 400 with tempo recovery
15 min easy run warm up
8 x 400m 5k pace
200m recovery tempo pace (half marathon pace)
15 min easy run cool down



Please take note that Telani will be available on Tuesday to answer all your questions.
Make use of the opportunity.



TRI FIT

MULTISPORT COACHING

THIS WEEK'S DIARY

Tuesday:

Stretching exercises @ 17:15
Time trials @ 17:30 – Club house. Lucky draw at 19:00

Saturday:

Trail Run @ 06:00 – Club house

Sunday:

Club Run @ 06:00 – Mugg & Bean Midstream

FROM THE ADMIN DESK

Good day

To all the members who already purchased the 2022 ASA license, unfortunately all the effort to get ASA forms signed was in vain.

ASA has a new form that needs to be completed before a license may be handed to a club member.

A copy was emailed, but notify Maggie if you need a copy.

Each member needs to physically complete the form in ink with a pen – not electronically. Sign the form and bring the completed form to me at the IAC club, Admin desk, on any Tuesday, 17:00 to 18:45.

Printed copies will be available at the admin desk for those that cannot print or forgot.

Maggie will assist those members outside the Irene area and outside of South Africa. Please contact her directly.

2022 ASA license may not be handed over if this form has not been completed. Irene AC will need to submit these forms to ASA as proof.

Maggie van Rooyen, admin@irenerunner.co.za

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Goeie Dag

Aan al die lede wat reeds die 2022 ASA Lisensie gekoop het, al die moeite om die forms geteken te kry was ongelukkig te vergeefs.

ASA het 'n nuwe vorm wat voltooi moet word voordat 'n lisensie aan 'n klublid oorhandig mag word.

'n Afskrif is per e-pos gestuur, maar stel Maggie in kennis as jy 'n afskrif benodig.

Elke lid moet die vorm fisies in ink met 'n pen voltooi – nie elektronies nie. Teken die vorm en bring die voltooide vorm na my by die IAC klub, admin lessenaar, enige Dinsdag, 17:00 to 18:45.

Kopiee sal by die administrasietoonbank beskikbaar wees vir diegene wat nie kan druk nie of vergeet het.

Maggie sal daardie lede buite die Irene omgewing en buite Suid-Afrika bystaan. Kontak haar asseblief direk.

2022 ASA lisensie mag nie oorhandig word indien hierdie vorm nie voltooi is nie. Irene AC sal hierdie vorms as bewys by ASA moet indien.

Maggie van Rooyen, admin@irenerunner.co.za

REGISTRATIONS 2022

Only **one week left** to secure your club T-shirt!

Just go to our website www.irenerunner.co.za and follow the instructions. Please contact Maggie van Rooyen, our admin manager at admin@irenerunner.co.za if you require more information.

FUNKY PANTS

**Funky Time Trial -
1 March 2022**



Come and run or walk with your Funky Pants/ Bright Pants/ Happy Pants on Tuesday, 1 March 2022.

Funky Pants will be at the club from 16:00. You can purchase your club colour Funky Pants directly from them.

BE ON THE LOOKOUT FOR A FUNKY TREASURE IF YOU DO THE TIME TRIAL 😊

BAR NEWS

As usual there will be fires available for those who want to braai on Tuesday evening.

There will also be braai packs available at the bar.

Lucky draw for two x R250 vouchers from Mugg & Bean Midstream



PERSONALIA

Blue Hadlow had a heart attach while running on the farm on Saturday morning. He was hospitalized and is doing well. We wish him a speedy recovery.

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

Lucian	Pretorius	23 Feb
Dave	Roux	23 Feb
Luzaan	Wiese	24 Feb
Annemarie	Oberholzer	25 Feb
Andy	Crawshay-Hall	25 Feb
Kruber	Burger	27 Feb



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE HYBRID RUN/WALK

26th FEBRUARY '22

STAGGERED STARTS BETWEEN 06H00 TILL 08H00

ROAD OR TRAIL RUN

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





PHOBIANS **PRETORIA** MARATHON

SUNDAY 27 FEBRUARY 2022

FREE
T-shirt:

1st 1000
paid-up
entries!

START: PHSOB Clubhouse
378 Queens Crescent, Lynnwood, Pretoria

42.2k
R300 5.30am

21.1k
R200 6am

Staggered starts to comply with Covid protocols. Temp licence R20

MAPS AND RACE INFORMATION

www.pretoriamarathon.co.za

ENTRIES - online only. Cap: 2000

www.entryninja.com





KOLONNADE
SHOPPING CENTRE

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

5KM | 15KM | 32KM RACE **26 MARCH 2022**

RACE FEES:

**5KM R50 | 15KM R130 | 32KM
R150**

**TEMPORARY LICENSE FEE
R40**

ENTER NOW!

Entries Capped at 2000

- » Online entries:
www.entrytime.co.za till 13 March 2022
(Provided the 2000 cap has not been reached or there is amendments to Covid regulations)
- » Run-A-Way 012 361 3733
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902 w2w
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384
(192 Vinko Str, Sinoville)
- » Entrance 4: 25 March 2022 at
Kolonnade Shopping Centre (from 15:00 – 18:00) and
26 March 2022 (from 04:30 – 06:00)
(Provided the 2000 cap has not been reached or
there is amendments to Covid regulations)

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

**ONLINE ENTRIES CAN BE COLLECTED ON
FRIDAY 25 MARCH 2022 AT ENTRANCE 4**

Brought to you by



**Athletics
Gauteng North**

THOUGHT FOR THE WEEK

A true friend will see you through, when others see that you are through.

Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

PTY LTD
Cape Town
0800

Tel: (021) 843 5555
Fax: (021) 843 4588
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

PHOTO CORNER



A few walkers enjoying something to drink after their training walk on Saturday



A scene at the Pirates race on Sunday. Things are returning to normality slowly but surely