



IRENE NEWS

23 January 2023

No 3 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the George Claassen race on Saturday:

10km

Jacquie van der Waals	3 rd Lady
Ansie Breytenbach	1 st Master lady
Estien van Wyngaard	1 st Lady walker & 1 st GM
Elsa Meyer	1 st GGM lady walker & 2 nd lady
Jaap Willemse	1 st GM walker

21 km

Rosemary Brink	1 st Vet lady
Keith Reynolds	1 st Master walker

Congratulations to Sandra Steenkamp who has been selected to the AGN team to participate in the SA 35 km walking championships.

It is the start of the track & field season and some of our members finished in good times on Saturday at the AGN league meeting. Everybody is welcome to participate.

Watch out for the dates of these meetings in the "Captain's Corner".

THE IMPORTANCE OF GOOD NUTRITION

The success of running well, is driven by what we fuel our bodies with. Unsure of what nutrition to take during your long runs? We have invited a guest speaker to share some light on what nutrition is best to help fuel your body to achieve optimal performance.

Please join Team Irene on Tuesday the 24th January at 18:30, with Kyle and the team from Mr. Magoo, who will be sharing key insights from a nutrition perspective (covering sport and general day-to-day) and an introduction to the Magoo range of products. It is a perfect time to try out and test various products and see what works for you as you commence on your 2023 plans. This will be open to all Irene family and friends.



Magoo

Multi Vitamin
Nutri-Shake

GUEST SPEAKER

KYLE FOUNDER
OF MR MAGOOS



NUTRITION AND SPORT SUPPLEMENT

Open to club members
and the public

24 January – Tuesday
6:30
@ Irene Running Club

CAPTAIN'S CORNER

Plans for the week ahead and the next few weeks:

- **Tuesday the 24th : Time Trial Tuesdays and Kyle and the Mr Magoo team will be hosting a discussion on nutrition @ 18:30.**
- **Thursday the 26th : Irene Hills Training from the ARC @ 17:30.**
- The 2 morning training groups are in full swing and growing in numbers – Both starting at 5am. Rose (0832585336) and Jessica (0724370832) host the Midstream Runs and Mark (0823774622) the Eco Park Runs. If you would like to join either, please WhatsApp the respective hosts.
- Irene ARC facilities – Open daily for club members.
- Saturday and Sunday Club runs, scheduled for the month. Any updates / changes will be confirmed within the week.
- Park Runs – There are several Park Runs in the area every Saturday @ 8am and open to everyone at no cost. These are ideal for if you are starting out or want to do a 5km speed tester.

Irene Running Plan : 23 – 29 Jan									
Tuesday	 Time Trial Tuesdays @ 17:30 @ Irene ARC AND Talk with Kyle from Mr Magoo @ 18:30  Morning Training Groups @ 5 am from Midstream M&B & Eco Park/Virgin Active	Wednesday	 Wednesday Long Runs Facilities @ Irene ARC open from 16:30 (own runs)  Morning Training Groups @ 5 am from Midstream M&B	Thursday	 Thursday Hill Training @ 17:30 @ Irene ARC  Morning Training Groups @ 5 am from Midstream M&B & Eco Park/Virgin Active	Saturday	 Race Day Akasia (Caro-Fun support), ASA 25km Walk & Otterdal Nite  Irene Long Runs @ 5:30 from Eco Park/Virgin Active (20km)	Sunday	 Race Day Johnson Crane  Irene Sunday Socials @ Gam Klapperkop Run from Castle Gate (18km – 21km)

As a club we have generic programmes available for club members. These include a 5km, 10km, 21.1km and 42.2km's. If you would like more information, please WhatsApp Rose or join us at the Time Trials on Tuesday for more information.

The running calendar for January and February includes the Races, Training Runs and Time Trials:

TT - Time Trails R - Races TR - Training Runs TBC - To Be Confirmed

Irene January Running Calendar

Training Groups and Runs
Morning Groups starting @ 5 am from either Midstream Mugg & Bean (Contact Rose 0832585336 / Jessica 0734370832) or Eco Park Virgin Active (Contact Mark 0823774622).
Afternoons - Irene ARC venue is open from 16:30 for runs in a safe environment.

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7 TR - Klapperkop 21.1km @ 5:30 am (Cattle Gate)
8 TR - Midstream M&B 12km @ 6am	9	10 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15 - 2023 Club Opening and Social.	11 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	12 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	13	14 R - Nedbank Skosana (Support: Irene Caravan). TR - Long Run @ 5:30 am Midstream M&B
15 R - Dischem 21.1km TR - Irene Sunday Social @ 6am @ Irene Link	16	17 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15	18 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	19 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	20	21 R - PWC George Clooney (Support: Irene Caravan). TR - Irene Long Run @ 5:30am - Eco Park Virgin Active
22 R - Striders AC TR - Irene Sunday Social @ 6am, Midstream M&B	23	24 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15 - Talk "Nutrition"	25 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	26 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC Hills @ 17:30	27	28 R - Ataria, Inc AGN Marathon Championships (Support: Irene Caravan). R - Orosol R - ASA 25km Race walking TR - Irene Long Run @ 5:30am - Eco Park Virgin Active
29 R - Johnson Crane TR - Irene Sunday Social @ 6am - Klapperkop (18 - 21km)	30	31 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15 - Comrades and Oceans kick off.	1 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	2 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC Hills @ 17:30	3	4 R - Magnolia Intercare & 21.1km club championships (Support: Irene Caravan).

TT - Time Trails R - Races TR - Training Runs TBC - To Be Confirmed

Irene February Running Calendar

Training Groups and Runs
Morning Groups starting @ 5 am from either Midstream Mugg & Bean (Contact Rose 0832585336 / Jessica 0734370832) or Eco Park Virgin Active (Contact Mark 0823774622).
Afternoons - Irene ARC venue is open from 16:30 for runs in a safe environment.

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	2 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC Hills @ 17:30.	3	4 R - Magnolia Intercare & 21.1km club championships (Support: Irene Caravan).
5 TR - Sunday Social - Irene Link 12km @ 6am	6	7 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15	8 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	9 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC Hills @ 17:30.	10	11 R - ACE (Support: Irene Caravan). TR - Long Run @ 5:30 am Midstream M&B (inc shorter loop)
12 R - J&B North City Marathon TR - Sunday Social @ Midstream M&B 12km @ 6am	13	14 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15	15 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	16 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC Hills @ 17:30.	17	18 R - Tuks Bestmed. R - Secunda.
19 TR - Interclub Sunday Social @ ARC @ 6 am (X, 10, 16 & 21.1km)	20	21 TR - Midstream M&B @ 5am. TR - Irene ARC @ 17:15 - and Focused Talk (Guest speaker)	22 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	23 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC Hills @ 17:30	24	25
26 R - Pretoria Marathon R - Edenvale Marathon	27	28 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TT - Irene ARC @ 17:15.	1 TR - Midstream M&B @ 5am. TR - Irene ARC grounds open from 16:30 (Own Runs).	2 TR - Midstream M&B @ 5am. TR - Eco Park @ 5am. TR - Irene ARC Hills @ 17:30	3	4 R - Sunrise Monster (Support: Irene Caravan).

If you would like to get more involved with hosting and supporting the training runs or have any other ideas that you would like to share, please get in touch!

REGISTRATIONS 2023

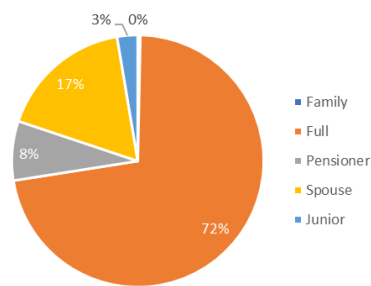
Registrations are going extremely well. We have over a hundred members more than the same time last year with 61 first time members.

If you haven't registered yet, go to: <https://forms.gle/DEWgNBMfyw6a4ZJ8>

Statistics of our 2023 membership:

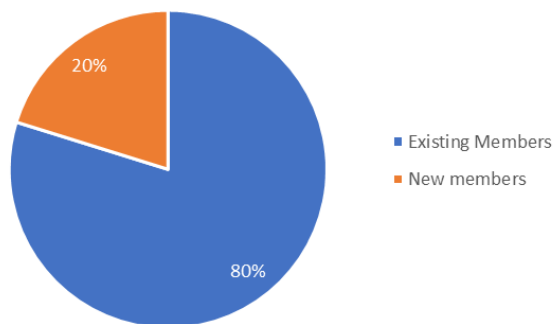
Type of member	2023 #
Family	1
Full	218
Pensioner	23
Spouse	52
Junior	8
Total	302

Type of Member (302 members)



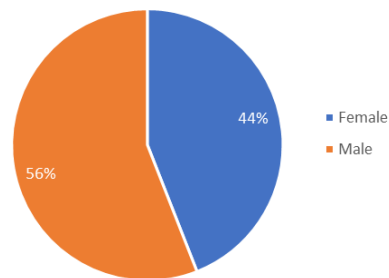
Member Satus	2023 #
Existing	241
Family	1
Full	173
Pensioner	19
Spouse	41
Junior	7
New	61
Full	45
Pensioner	4
Spouse	11
Junior	1
Grand Total	302

Existing vs New (302 members)



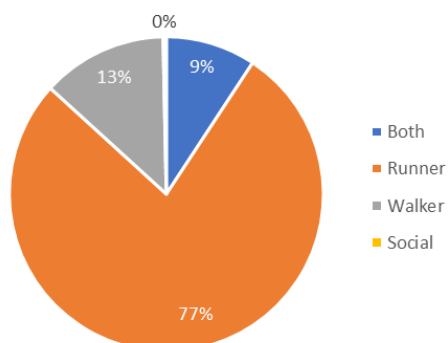
Gender	2023 #
F	133
M	169
Grand Total	302

Member by Gender (302 members)



Runner, Walker	Count of PoP 2023
Both	28
Runner	234
Walker	39
None	1
Grand Total	302

Runner, Walker (302 members)



NEW MEMBERS

Welcome to the following new members whose membership were finalised during the past week:

Jolien	De Klerk
Marinda	Van der Walt
Sarel	Van der Walt
Sumarie	Van Wyk
Sandra	Kruger
Llewellyn	Marshall
Corlia	Hattingh
Rheinhardt	Hattingh
Thavantharan	Nadarajah
Johann	Coetzee
Fia	Coetzee

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:



Liam Sterrenberg

Elré van Bosch

Barry Lombaard

Sarel vd Walt

Marinda vd Walt

THIS WEEK'S DIARY

Tuesday:

Training run @ 05:00 – Midstream Mugg & Bean

Training run @ 05:00 – Eco Park

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

Time trials @ 17:30 – Club house.

Nutrition talk after the time trials

Wednesday:

Training run @ 05:00 – Midstream Mugg & Bean

Thursday:

Training run @ 05:00 – Midstream Mugg & Bean

Training run @ 05:00 – Eco Park
Hill training @ 17:30 – Club house

Saturday:

Trail run @ 06:00 – Club house
Akasia 5,10, 21, 42 @ 05:30 – Wonderpark Shopping Centre
The 42 km will serve as the AGN Marathon Championships.
Training run @ 05:30 – Eco Park

Sunday:

Training run @ 06:00 – Klapperkop

Members can run on their own every weekday from the club house after 15:00 and any time over weekends.

CARA-FUN

Our Irene caravan (Cara-Fun) will be at the Akasia race as usual. Please make use of this facility.

TIME TRIALS

We want all our members attending the time trials to start together at 17:30. Please plan accordingly if possible.

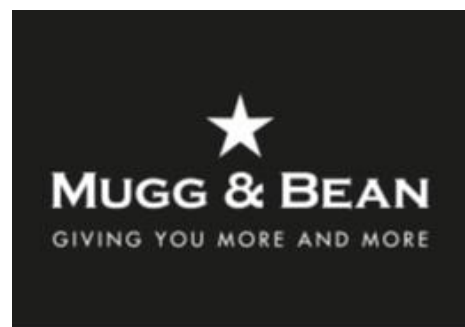
PERMANENT LICENCES

Please note that the 2022 licences are still valid until the end of February. You can use it to enter for races if you have one. If you don't have one you will have to buy a temporary licence until we receive the 2023 licences from AGN. Hopefully it will be at the end of January.

PERSONALIA

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

Alta	Struwig	24 Jan
Heidi	Taylor	26 Jan
Pumla	Hako	27 Jan
Erik	van der Merwe	28 Jan
Nhlanhla	Makhanya	29 Jan



THOUGHT FOR THE WEEK

Midstream Tel 012 940 9229

F.E.A.R has two meanings – Forget Everything And Run OR Face Everything And Rise.

NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

28 JANUARY 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








PRE-ENTRY ONLY

WONDERPARK AKASIA ROAD RACE

28 JANUARY 2023

JOHANN VAN EEDEN 42.2 KM	21.1 KM	10 KM	5 KM
Start Time: 05:30 Cut-off @ 20km 8:15	Start Time: 05:30	Start Time: 06:00	Start Time: 06:10

AGN CHAMPIONSHIPS

PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION
076 234 5329

WONDERPARK SHOPPING CENTRE
GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za

Online entries close on Friday 20 January 2023






Intercare **classic road** **race**

Saturday 4 February 2023

06h00

Rietondale Park

 **21,1 km**

 **10 km**

 **5 km**



THE 21 KM WILL SERVE AS THE 21 KM CLUB CHAMPIONSHIPS



ATHLETICS
GAUTENG NORTH

**JOIN US ON THE 11 FEBRUARY 2023
FOR OUR**



**21KM
R150**

**10KM
R100**

**5KM
R50**

**TEMP. LICENSE
R50**

START TIME: 6AM

WWW.ENTEROONLINE.CO.ZA

Valentines Night Race

14 February 2023

VENUE: TUT Pretoria Campus Stadium

START TIME: 18h00 – 10 km

18h05 – 5km

ENTRY FEE: R100.00 for 10 km for licensed athletes

R60.00 for 5km fun run

Temporary License for R50.00 (10km only)

ENTRIES: Enter online @ www.entryninja.com

Online entries close on 11th of February.

ENQUIRIES: Whitney (063 347 7714)

Beatrice (072 587 1163)

Late entries can be done on the 13th (13h00 -18h00) & race day@ TUT Pretoria Campus building 51-118 (8h00 – 13h00)/(13h00-17h50) by the registration table

Race numbers to be collected @ TUT Pretoria campus by bld 51-118

13th February (13h00 – 18h00)

14th February (8h00 – 17h50)

The first 3 women & Men to finish 5km will receive a valentine's gift.

#HomeofChampions



**Tshwane University
of Technology**
We empower people



Athletics
Gauteng North



Bestmed TuksRace

Run/walk

• 1km • 5km • 10km
• 21.1km • Incorporating the
21.1km AGN Championships

Celebrating Pretoria's most loved
race, 10 years and beyond



Saturday, 18 February 2023,
Hillcrest Sports Campus



bestMed
personally yours



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

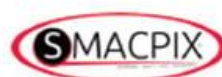


Maps and race information available on
www.pretoriamarathon.co.za

Scan QR code to enter now!

www.entryninja.com

Event hosted by





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



Timekeeping



PHOTO CORNER



The braais on Tuesday evenings are as popular as ever



The place to be on a Tuesday evening



Early morning Saturday at the Irene rendezvous



The 10 km podium winners: Jacquie van der Waals, Jaap Willemse, Estien van Wyngaard, Elsa Meyer and Ansie Breytenbach



The 21 km podium winners: Rosemary Brink and Keith Reynolds



Letha Kotze and Mariet Louw



A few members of the Eco Park training group. Mark Forbes (centre) is the co-ordinator of the group. Contact him if you want to be part of the group.