



# IRENE NEWS

23 May 2022

No 20 – 2022



## ACHIEVEMENTS

Jacquie van der Waals	1 <sup>st</sup> Vet Lady & 3 <sup>rd</sup> Lady – Race of hope 10 km
Ansie Breytenbach	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Master Lady – Race of Hope 10 km
Elsa Meyer	1 <sup>st</sup> GM Lady walker & 2 <sup>nd</sup> Lady – Race of Hope 10 km
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> Gm Lady – Race of Hope 21 km

Congratulations!

## PERSONAL ACHIEVEMENTS

Lizl Strauss PB – 21km

Well done!

## FROM THE ADMIN DESK

The Admin desk will [not be open](#) on 24 May 2022.

Any members who still need their ASA license must please ensure they plan to collect the license in time for any races.

Any t-shirts not collected by 31 May 2022 will be forfeited and handed to new members who registered after the cut-off date.

## SAFETY AT TIME TRIALS

We want to call on all our members going home after the time trials to take extreme care when driving home now that daylight is a problem during the winter months:

Please consider the following:

- Start with the group so that all run together
- If you run earlier, try to stay longer until everyone is back safe in the club house
- If this is not possible, please use the Olifantsfontein gate to exit
- If that is not possible, please dim your lights to ensure that runners are not blinded

All runners must wear some reflective clothing to ensure that they are visible when dark

## **COACH'S CORNER**

### London Bridge Intervals

10min easy warm up

3 x 20 sec 5k pace

(40sec easy recovery in between)

5min Threshold run

2min recovery run

4min Threshold run

2min recovery run

3min 5k pace

2min recovery run

4min Threshold run

2min recovery run

5min Threshold run

2min recovery run

3 x 20 sec 5k pace

(40sec easy recovery in between)

10min easy cool down

3km easy cool down



## **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 @ 18:45

### **Saturday:**

Road Run/Walk @ 06:00 – Club House

Centurion Mall Run/Walk @ 07:00 – Centurion Mall

**Sunday:**

Training run @ 06:30 – TBA

**PERSONALIA**

Brian	Marais	23 May
Geoff	Brown	23 May
Sibusiso	Sibisi	24 May
Grazyna	Koornhof	25 May
Donny	Thebus	26 May
Annelie	Grundling	28 May
Joseph	Kgodumo	29 May



Midstream Tel 012 940 9229

**NOTICE BOARD**

**ARC IRENE HYBRID RUN/WALK**  
**28<sup>th</sup> MAY'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, IMPACT, COLLAGEN FOR ATHLETES, YCEE, HERBALIFE 24



**28 MAY 2022**

**5km | 10km | 21.1km**

**WALK  
& RUN**

**RACE STARTS AT 07:00**



**Centurion Mall**

**CENTURION MALL**  
SKOSANA Legend

**Race of  
Gratitude**

**THE  OF  
CENTURION**

f | [centurionmall.co.za](http://centurionmall.co.za)

## Our Race Sponsors



Knowledge Integration Dynamics



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SHORT TERM BROKERS

PO Box 8086  
Centurion  
0058

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Fax: (012) 863 4388  
Email: [stb@stb.co.za](mailto:stb@stb.co.za)



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### THOUGHT FOR THE WEEK

The Lord didn't do it all in one day. What makes me think I can?



## PHOTO CORNER



A few members at the Race of Hope on Saturday



Jacquie van der Waals on the podium





Elsa Meyer and Ansie Breytenbach receiving their prizes



Quite a number of Irene members took part in the Oxpecker trail run over the weekend





Roger and Venita Brown at the Oxpecker



Happy faces at the Oxpecker





Dirk Cloete in action at the False Bay 50