



IRENE NEWS

24 January 2022

No 3 – 2022



TIME TRIALS

Announcements will start at 17:25 and the time trials immediately after that at 17:30. Please don't start on your own.

REGISTRATIONS 2022

Only the first 400 members to register before the end of February, will receive a free quality T-shirt. Ensure that you don't lose out!

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.

NEW COACH



We are super excited to announce our partnership with Tri Fit Multisport Coaching (www.trifit.co.za). Coach Telani has officially joined the Irene team as our coach! How awesome is that?

Telani Grobler is the founder and head coach of TRI FIT MULTISPORT COACHING and has 17 years experience in the fitness industry. From Personal training, Pilates & Kinetic Precision instructor. She is a fully qualified Triathlon Coach, certified by the acclaimed International Triathlon Coaching Association (ITCA) and International Certified Revolution running coach. Telani is an accredited Level 1 Trainingpeaks coach. Competing as an age group athlete, Telani understands the pressure of family and work commitments and to find the right balance for it all. "There is no better feeling than seeing your athletes grow and achieve their goals, to become a better version of themselves"

Coach Telani will be at Time Trials this week, come along and meet her and help us show her a warm Irene welcome. More information will follow in the coming weeks, so make sure to keep an eye on your inbox and social media.



PRIZEGIVING AND WELCOME FUNCTION

You are invited to



The
Enchanted
GARDEN
PRIZE GIVING AND WELCOME
PARTY
IRENE ATHLETICS CLUB HOUSE

SAT 29 JANUARY
SAVE THE DATE!
Things are 'returning to normal'
so LETS START LIVING AGAIN!

Bring and braai
Braai packs and salads available
Bar will be open
RSVP Joy 0832844884 for numbers

**WEAR A TOUCH OF PURPLE TO STAND
A CHANCE TO WIN A SPOT PRIZE**

PS. Bring your cozzie for the water slide

MORE DETAILS TO FOLLOW

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.



PERSONALIA

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

Alta)	Struwig	24 Jan
Kovilan	Rajaruthnam	25 Jan
Danie	Joubert	26 Jan
Greg	Usher	27 Jan
Pumla	Hako	27 Jan
MC	du Toit	27 Jan
Erik	van der Merwe	28 Jan
Rikus	Steyn	29 Jan
Yolandi	Delport	29 Jan



NOTICE BOARD



ARC IRENE HYBRID RUN/WALK

29th JANUARY'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







NEDBANK RUNNING CLUB SKOSANA RACE & AGN 21KM CHAMPS

MILE, 5, 10 & 21 KM



DATE: SATURDAY, 12 FEBRUARY 2022

TIME: 6:00 AM

VENUE: PIERRE VAN RYNEVELD CHURCH

14 BALTIMORE ROAD, PIERRE VAN RYNEVELD PARK, CENTURION

ENTRIES VIA PEAKTIMING: www.peaktiming.co.za/entries

TEMP LICENSES: R20 (TO BE COLLECTED ON RACE DAY)

TSHIRT: R170 EACH ON ORDER THROUGH PEAKTIMING

CATEGORIES, ENTRY FEE & PRIZES:

MILE RACE 1.6KM: 08 - 10 YRS		MILE RACE 1.6KM: 11 - 13 YRS		MILE RACE 1.6KM: 14 - 19 YRS	
ENTRY FEE: R60		ENTRY FEE: R60		ENTRY FEE: R60	
1ST	FUTURELIFE GOODY BAG	1ST	FUTURELIFE GOODY BAG	1ST	R1,000
2ND	FUTURELIFE GOODY BAG	2ND	FUTURELIFE GOODY BAG	2ND	R600
3RD	FUTURELIFE GOODY BAG	3RD	FUTURELIFE GOODY BAG	3RD	R500
5 KM RACE		10 KM RACE		21 KM RACE	
ENTRY FEE: R60 (70+ FREE)		ENTRY FEE: R100 (70+ FREE)		ENTRY FEE: R120 (70+ FREE)	
1ST	OPEN MEN & WOMAN: R1,000	1ST	OPEN MEN & WOMAN: R1,500	1ST	OPEN MEN & WOMAN: R2,000
2ND	OPEN MEN & WOMAN: R600	2ND	OPEN MEN & WOMAN: R1,000	2ND	OPEN MEN & WOMAN: R1,400
3RD	OPEN MEN & WOMAN: R500	3RD	OPEN MEN & WOMAN: R600	3RD	OPEN MEN & WOMAN: R1,000

AGN 21KM CHAMPS PRIZE MONEY- AGN REGISTERED ATHLETES ONLY:

BOYS 16-19 YRS		GIRLS 16-19 YRS	
1ST	R500	1ST	R500
2ND	R300	2ND	R300
3RD	R200	3RD	R200
MEN 20 - 39		WOMAN 20 - 39	
1ST	R3,000	1ST	R3,000
2ND	R2,000	2ND	R2,000
3RD	R1,000	3RD	R1,000
MEN 40 - 49		WOMAN 40 - 49	
1ST	R1,000	1ST	R1,000
2ND	R800	2ND	R800
3RD	R500	3RD	R500
MEN 50 - 59		WOMAN 50 - 59	
1ST	R500	1ST	R500
2ND	R300	2ND	R300
3RD	R200	3RD	R200
MEN 60+		WOMAN 60 +	
1ST	R500	1ST	R500
2ND	R300	2ND	R300
3RD	R200	3RD	R200

MORE INFORMATION

- Safe parking available
- Ample toilet facilities
- Water table at 5 & 10km
- Bavaria drink at finish
- Medals at finish, sponsored by **ASSUPOL**
- COVID 19 Screening before race
- Runners must adhere to all COVID protocols, including the wearing of face masks OR buff & social distancing
- All Entrants MUST complete the questionnaire, or you will not be granted access to the venue on race day
- We ask for your cooperation in this regard, as non-adherence will cause delays and crowding at the entrance
- NO tog bag area AND NO Club Tents due to COVID 19 regulations
- PLEASE ARRIVE EARLY

Provincial medals and prizes will be awarded to the top 3 finishers (Gold, Silver and Bronze). Only AGN registered athletes will qualify for a medal and prize.

All ASA & AGN Road Race rules will apply on race day

CONTACT DETAILS: Enoch Skosana Cell: 082 825 8001 OR Jacque Rencontre E Mail: nbrunning.pta@gmail.com / Cell: 082 462 1137





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





ENTRY NINJA



Free Dri-Fit t-shirt to first 1000 paid entries

Entry Deadline
TUES 22 Feb.
No entries on race day

ENTRY QUERIES
margaret@raceresults.co.za

CASH PRIZES (runners)
Open Category winners
(1st, 2nd, 3rd : gun-to-mat)

<u>42.2</u>	<u>21.1</u>
R3000	R1000
R2000	R500
R1000	R250

VOUCHERS (runners)
Age Category Winners
(1st place only: gun-to-mat)

STAGGERED START
MAT-TO-MAT TIMING
to comply with Covid protocols.

ELITE RUNNERS
Prize contenders must start at 5.30 (42k) or 6am (21k) for gun-to-mat timing. No exceptions.

COLLECTIONS
PHSOB Clubhouse
Fri 25th and Sat 26th **2-6pm**
NO COLLECTIONS ON RACE DAY

Courier to you?
Available when you enter online.

RACE QUERIES
info@pretoriamarathon.co.za

NO TOG BAG AREA



RESULTS
www.results.finishtime.co.za

RESULTS QUERIES
margaret@raceresults.co.za



RULES & DISCLAIMER

Event organized in accordance with the rules of ASA and AGN.

1. 2021 ASA licence number to be worn back and front of vest, with race number fixed on front.
2. Age Category Tags to be worn front and back. Supply proof of age if required.
3. Don't cover logos on ASA licence number.
4. Temporary licence (R20) to be fixed on back of vest.
5. No seconding, blades, cycles, earphones/iPods.
6. Minimum age: 21.1km 16yrs and 42.2km 20yrs.
7. Obey instructions from traffic officers/officials.
8. Medical support will be present on race day.
9. Wheelchair athletes welcome but will require assistance over grids on 21/42k.
10. Cut-off at 11.30am.
11. Covid protocols to be respected: Temperature check. Bring your own mask. Proof of vaccination not required.

Terms and conditions apply: go to www.pretoriamarathon.co.za

THOUGHT FOR THE WEEK

Don't ask Life: Why me? Instead say: Try me!

PHOTO CORNER

Mug & Bean Midstream not only sponsor the R2500 cash prize on the social evenings every month, they also donate two M&B vouchers worth R250 each every Tuesday. Be there on a Tuesday evening to stand a chance to be a winner.



Estien van Wyngaard receiving her voucher from Zsa-Zsa Jaquire



Nelda Smith was the other winner