



IRENE NEWS

26 September 2022

No 37 – 2022



JACKETS & GOODIE BAGS

The jackets and goodie bags not collected will be available at the club house on Tuesday evening. The same applies to the 10/20 year badges.

TIME TRIALS

Please note that coach Telani will be presenting an overview of the training programmes that are available to club members and providing context into how to use them and answering questions at 17:15.

COACH'S CORNER

Speed Play – Fartlek

As a fartlek, The Speed play workout will have you running at various intensities over

Various durations with short rest in between.

20min easy warm up

5 x 45sec 3k pace (45sec very easy recovery in between)

4 x 4min 5k pace (2min very easy recovery in between)

5 x 45sec 3k pace (45sec very easy recovery in between)

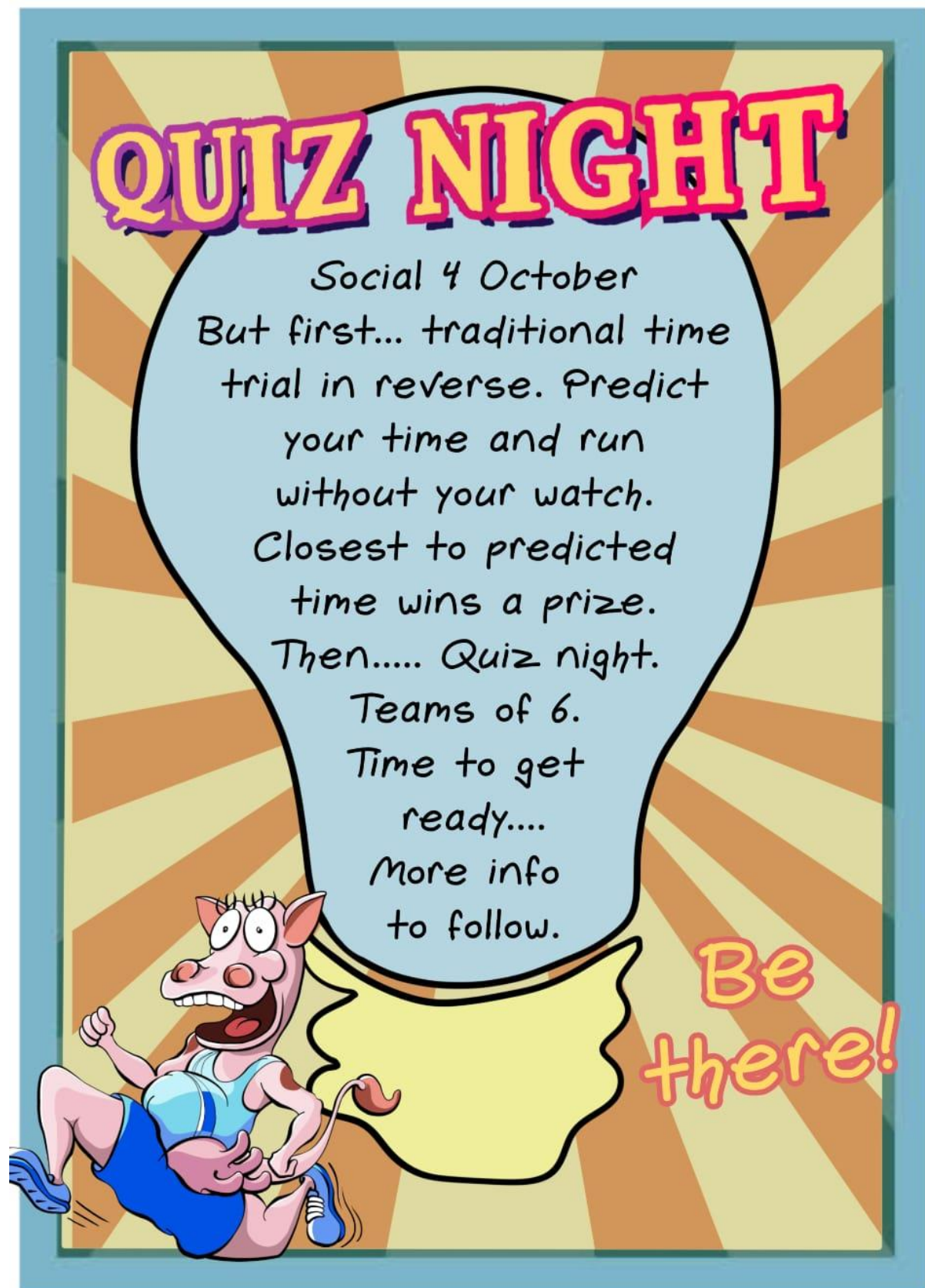
20min easy cooldown

1h19 in total



SOCIAL EVENING 4 OCTOBER

Get you teams ready for the big night!



THIS WEEK'S DIARY

Tuesday:

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

Training programmes overview @ 17:15

Time trials @ 17:30 – Club house.

Lucky draw after the time trials – 2 x R250 vouchers with the compliments of Mugg & Bean Midstream

Saturday:

Trail run @ 06:00 – Club house

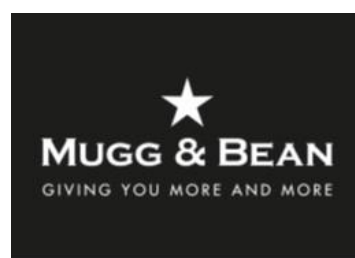
Sunday:

Training run @ 06:00 - TBC

PERSONALIA

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

Estien	van Wyngaard	26 Sep
Lindie	Pretorius	26 Sep
Ntopane	Mashabela	26 Sep
Paul	Chinchen	29 Sep
Mariet	Louw	29 Sep
Fleur	Steenkamp	01 Oct
Roger	Brown	01 Oct



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE RUN/WALK

1 OCTOBER'22

ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM

GROUP START REGISTRATION: 05H45 - 06H25
GROUP START 06H30
INDIVIDUAL REGISTRATION & STARTS AS OF 06H35 - 08H00

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





CHAMBERLAIN CAPITAL CLASSIC

SATURDAY, 8 OCTOBER 2022
Phobians Club: 378 Queens Crescent, Lynnwood

> **21.1KM RUN**
starts 06h00

> **10KM RUN**
starts 06h00

> **5KM FUN RUN**
starts 06h15

GET A FREE T-SHIRT

The first 2000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

START YOUR DAY WITH BAGPIPES

Set off to the unique sounds of the MacChamberlain Highlanders pipe band

RUN IN A KILT AND WIN

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card



PHOBIANS
Athletics Club





IRENE LINK 5 KM FUN NIGHT RUN

8 OCTOBER 2022
14:00 - 20:00

*Bastion
House*

FREE SAFE PARKING.
NO NEED TO BE AT SPRINT
CONDITION BEFORE THE RACE.

YOUNG AND OLD, FIT AND UNFIT
ARE WELCOME.

GENERATION LAPS MOST WELCOME.

FESTIVITIES GALORE AT THE OVAL.
NO NEED TO FAST.

ENTRANCE FEE OF R70 PER ADULT
AND R50 PER CHILD UNDER 10.

ENTRIES OPEN ON THE FIRST COME
FIRST SERVED BASIS.

BOOK YOUR
TICKETS ON:

Quicket
QUICK ONLINE TICKETS



15 October 2022

Race for Peace

Run/Walk 5km 10km & 21.1km

Venue

The Grove Mall,
Cnr. Lynnwood & Simon Vermooten,
Equestria, Pretoria

Time: 06:30

Medals to the 1st 1500 finishers

Hosted by



**Athletics
Gauteng North**



peace

*the grove
mall*

Supported by

Ukrainian Embassy South Africa



RACE FOR

secureme SA

RUN WALK
FOR LIFE

For more enquiries:

Daan 082 572 4169

Paul: 082 200 4219

Athletics Gauteng North 012 3274930

In Loving Memory Of Kierie van der Schyff



RACES:

21.1 & 10km run @ 6:00 AM
21.1 & 10km walk @ 6:00 AM
5km Fun Run @ 6:15 AM

FOR RACE INFO CONTACT:

082 576 9834
kerk@gwkp.co.za

ZWARTKOP ROAD RACE

22 OCTOBER '22

VENUE

Zwartkop Lapa, Wierda Road (M10)
Centurion
25°15'14.25" S
28°07'28.46" E



**MEDALS TO THE
FIRST 2000
FINISHERS**

**In accordance with the rules of
ASA & AGN**

Presented by 'Gereformeerde
Kerk Wierdapark' in conjunction
with Alpha Centurion Athletics
Club

Participation at own risk.
The organisers accept no
responsibility for any loss,
damage or injuries



GEREFORMEERDE KERK
WIERDAPARK



MORETELE ATHLETICS CLUB



MAMELODI ASSOCIATION FOR
PEOPLE WITH DISABILITY

22 Oct 2022

HERITAGE AWARENESS RUN

POWERED BY GYM COMPANY

**RACE STARTS AT SOLOMON
MAHLANGU SQUARE
AND FINISH AT TSHWANE
REGIONAL MALL**

5KM R65 (6:45)

21KM - R165

10KM - R115

Aerobics R20

Time: 06h30

Temporary

Licence R40

PRIZES

21 KM (Open)

Male & Female

R1000

R700

R400

10 KM

R600

R400

JUNIOR 40+— 80+

JUNIOR— R100

40—49

R300

R200

50— 59

R200

60+70+80+

R100

**Enough
PARKING
@ TRM**



Entrytime Enteronline

MTN MOMO APP

RUNNING IN (LYNWOOD)

RUN -AWAY-SPORT(GROENKLOEF)

GYM COMPANY TRM BLOED MALL

**FREE GYM VOUCHER TOP TEN FINISHER
20 T-SHIRT**



**Athletics
Gauteng North**

Race Rules

The race is run in accordance with the rules ASA and AGN.

Registered athletes for the 10km and 21.1 km must wear the ASA 2022 licence number on the front and the back of the running vest. The official sponsor's race number must be on the front of the vest must not cover the logos on the licence number.

Temporary licenced athletes for the 10km and 21.1km must wear the required temporary licence at the back of the vest.

All licenced athletes competing for category prizes must wear numeric category tags clearly visible on the front and the back Of the vest. Proof of age for prize winners will be required.

Walkers competing for prizes money must wear a W tag on the front and back of their vests and it must be clearly visible.

- 1.No seconding is allowed
2. No iPods or listening devices.
3. No blades, cycles or mechanically operated devices allowed on the race.
4. No pets.
5. Minimum age: 21.1km—16 years old; 10km—14 years old
6. Participants are required to obey the instructions of all traffic, race marshals and race referees.



Contact 076 822 2551 Seloane / 065 913 7177 Mshengu / 082 816 9826 Dibakwane

Please note that Irene Members are not allowed to run the race on race day. There will be a helpers race the next day



29 OCT '22



Irene Farm Race

with Vitality



ENTRY FEES

Entry Fee	21.1km	10km	5km
70+	Free	Free	Free
All other categories	R200	R120	R80

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

RACE NUMBER COLLECTION

Friday 28 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733
Race day (Saturday 29 October): 04:00 till 06:00 – at the venue

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times: 10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- (Pre-entries close on 21 October or when cap is reached).

- 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



Athletics
Gauteng North



ARC Campus, Nellmapius Drive, Irene

JACARANDA CITY CHALLENGE

EARLY COMRADES &
TWO OCEANS QUALIFIER

12 NOVEMBER 2022

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
17 18 19 20 21 22 23 24 25 26 27 28 29 30

**WE ARE
BACK**

**YOUR FAVOURITE
CITY ROAD RACE**

**5km
10km
21.1km
42.2km**



**Athletics
Gauteng North**



Our Race Sponsors



SHORT TERM BROKERS

PTY LTD
Cape Town
0600
Tel: (021) 843 5533
Fax: (021) 843 4388
Email: info@stb.co.za



If you want your logo on this page, let us know at info@irenerunner.co.za

THOUGHT FOR THE WEEK

Doing what you like is freedom, liking what you do is happiness.

PHOTO CORNER



Stretching exercises before the time trials



It is great fun and very beneficial. Join us every Tuesday at 17:15.