



IRENE NEWS

27 February 2023

No 8 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

Lynette Gough	3 rd GM lady – Edenvale 42 km
Wynand Breytenbach	3 rd Male walker – Phobians 10 km

Congratulations to Ansie Breytenbach and Keith Reynolds who have been selected for the AGN team to participate in the SA Marathon Championships to be held in Durban on 12 March.

Well done to all our members who qualified over the weekend for Comrades or Two Oceans

Please let us know about your personal achievements i.e. personal best time on a distance, first time running a distance etc. Don't be shy!!

CARA-FUN

We want to call on all our members, especially the new members, to make use of our facility at the Pretoria races. Our caravan (Cara-Fun) is very special. The club spends a substantial amount every week to ensure that our members get the very best.

This is the place where all your belongings are kept safe, where you can enjoy a cup of coffee and a rusk for free, buy a cold one after the race and where we get to know each other. Each and every member is welcome there.



TIME TRIAL BOOK

We request all members doing the time trials on Tuesdays, to write their names, times and distances in the time trial book at the admin counter. We will publish it weekly in the newsletter from next week with the top 10 at the end of the month.

IRENE RUNNING FESTIVAL

We need our members to help at our race on 1 & 2 April. Without you we cannot present a successful race.

Please read the following and let us know what your choice is and also where and when you prefer to work:

- Members working on Saturday will be allowed to run on Sunday.
- Members running on Saturday **must** work on Sunday.
- Members not running/walking are obviously also required to work.

Members working at the Running Festival will get R100 discount on their 2024 membership fee.

We require helpers in the following areas:

- Route marshals
- Parking marshals
- Water point helpers
- Handing out medals
- Handing out race packs (on the day and before)
- Tog bag helpers
- Race venue helpers

This is the ideal opportunity for all our new members to become active members.

Reply to this email to let us know.

CAPTAIN'S CORNER

Thank you to everyone that joined us for the Irene Connect after the Time Trails. And a massive thanks to Dirk for sharing his knowledge and insights on Oceans and Om Die Dam and to Jessica for sharing her story – key, is to have our 3 “F’S” – Family, Friends, and a Physio!

From a club training perspective, the schedule for the week remains with

- The morning training groups at 5am from Midstream Mugg & Bean on a Tuesday, Wednesday and Thursday and Virgin Active Eco Park at 5 am on a Tuesday and Thursday
- Hills with “Mr Hills” on a Thursday at 17:30 from the Irene Club House
- Time Trial Tuesdays starting at 17:30 from the Irene Club House
- Irene ARC is open daily to all club members, from 16:00
- There will be no long social runs this weekend, due to the number of members participating in the races over the weekend
 - Saturday : Sunrise Monster with the Cara-Fan (32, 21.1, 10 and 5km)
 - Sunday : BNAC and Vaal
 - Sunday : Iron Man

With the Irene Festival coming up on the weekend of the 1st and 2nd of April, it is the perfect opportunity for Irene Members to participate in one of the events and work at the other. Please factor this into your planning and get your entries into the event you plan on doing and names to Wynand for the days that you are able to support on.

There has been extensive clean up done on the communication groups, with an effort to ensure that all members are on the Irene Notification WhatsApp/telegram group. This is ongoing and if there are any delays / omissions please reach out to Rose / Wynand / Maggie (via WhatsApp) to rectify it.

These are the groups in use and how they are used:

- Irene Notifications 2023 (WhatsApp / telegram) – Notifications and updates, no discussion.
- Irene Training Group 2023 (WhatsApp) – Discussion group to assist with training. Please keep discussion items to training related content.
- Irene Comrades 2023 (WhatsApp) – Training and discussion group – Members are being added based on entries and club membership confirmations. There is a timing delay on this, so please reach out to Rose if you are not yet on this group.
- Irene Walkers (WhatsApp) – Training and discussion group

We would like all members to be on the Notification Group, and if you would like to be on the other groups, it will be your choice.

Please see the weekly schedules with details of the training runs as well as the races. If there are any changes or updates these will be distributed on the Notification and Training Groups

WEEKLY SCHEDULE



Date: 27 Feb - 05 Mar

TUESDAY



T.T - ARC
@ 17:30



Morning
Training Group

Midstream Mugg & Bean
&
Eco Park Virgin Active
@ 5am

WEDNESDAY



Long Runs



Morning
Training Group

Midstream Mugg & Bean
@ 5am

THURSDAY



Hill Repeats

Irene ARC
@ 17:30



Morning
Training Group

Midstream Mugg & Bean
&
Eco Park Virgin Active
@ 5am

SATURDAY



Race Days

MediHelp Monster
32km with Cara-Fun
-
Edenvale Marathon



Long Run

SUNDAY



Race Days

BNAC Marathon
-
Vaal Marathon



Social Runs

FOLLOW US

Facebook



Irene AC Notifications

IRENE ATHLETICS CLUB



NEW MEMBERS

Welcome to Janine Radel and Chad & Rhodene Leydekkers who joined as a new members last week.

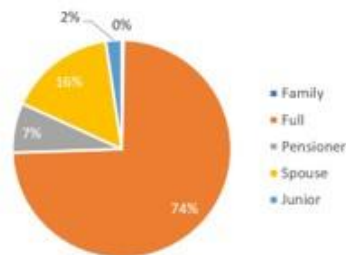
You are now part of the great Irene family. Enjoy every moment.

We would like to meet you personally. Please join us at the time trials on Tuesday.

MEMBER STATISTICS

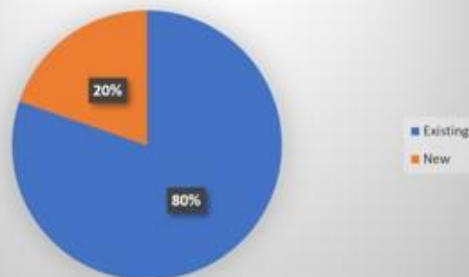
Type of member	2023 #
Family	1
Full	282
Pensioner	28
Spouse	60
Junior	9
Total	380

Type of Member (380 members)



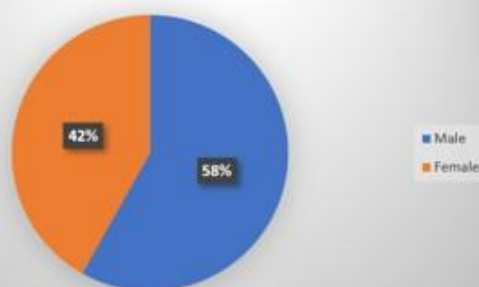
Member Satus	2023 #
Existing	305
Family	1
Full	225
Pensioner	24
Spouse	48
Junior	7
New	75
Full	57
Pensioner	4
Spouse	12
Junior	2
Grand Total	380

Existing vs New (380 members)



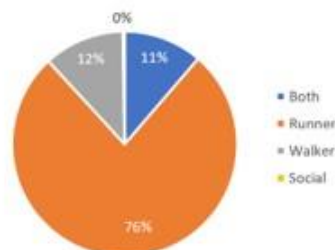
Gender	2023 #
F	159
M	221
Grand Total	380

Gender (380 members)



Runner, Walker	2023 #
Both	43
Runner	292
Walker	44
Social	1
Grand Total	380

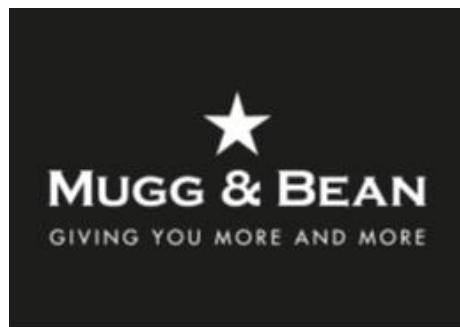
Runner, Walker (380 members)



PERSONALIA

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

Rob	Hudson	01 Mar
Ryan	Nel	01 Mar
Lorraine	Hawker	02 Mar
Joseph	Ndou	03 Mar
Lihan	Jooste	04 Mar
Musa	Nkosi	04 Mar
Pieter	Olivier	05 Mar



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

If you fail to prepare, you're prepared to fail.

NOTICE BOARD

ARC IRENE

SUNSET RUN/WALK

2KM, 5KM & 10KM
ROAD RUN OR TRAIL RUN

1 MARCH 2023

REGISTRATION OPEN FROM 17H00 - 18H30
GROUP START AT 17H30

BUY TICKETS ONLINE
WWW.REVOLUTIONTRAILS.CO.ZA
or ON-THE-DAY

VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION

FOR MORE INFORMATION CONTACT US AT:
REVOLUTIONTRAILS@GMAIL.COM | 083 264 3931



NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS



ARC IRENE RUN/WALK

4 MARCH 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



medihelp
sunrise monster
2023

The **monster is back!**
Are you **READY?**

5 km • 10 km • 21 km • 32 km

A timing chip is included in your entry fee and will be attached to your official race bib.

SATURDAY
4 March 2023

HARLEQUIN CLUB
Groenkloof, Pretoria



Medihelp is an authorised financial services provider (FSP No 15738)

PRETORIA BOBBIES 3-IN-1

11 March 2023



HATFIELD PLAZA

In association with:



Hatfield Plaza

Fast & Flat



Athletics
Gauteng North



10km & 21km race starts at: 06h00

5km race starts at: 06h15

Clubs are welcome to set up gazebos



The Moo'se Race

5km, 10km or 21,1km

18 March '23

Join us at Irene Village Mall for a
**Moo'se Road Race, with
Wingate Road Runners!**

Saturday, 18th March | 06h00 - 09h30

Online entries available at

www.entryninja.com

Entries close Tuesday, 14th March 2023.



Proudly brought to you by:



IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET



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

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

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

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



THE GREEN MILE ROAD RACE — 2023 —

The Mile for Life

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTETON MANOR, CENTURION

SATURDAY
APRIL 8



GREEN MILE




Monday, 1 May 2023

VENUE

Centurion Rugby Club
270 West Ave, Die Hoewes,
Centurion,
Next to SuperSport Park



Kiddies Dash, 5 km, 10 km, 21.1 km & 42.2 km

ONLINE ENTRIES ONLY

No entries on race day

www.wally.co.za



Wally Hayward

www.finishline.co.za

www.active.com

Capped entries

5 km	1 000	21 km	3 000
10 km	2 000	42 km	4 000

Online registrations at
www.active.com or scan
the QR code.



LIVE YOUR WAY



Last Comrades Qualifier
in Gauteng

PHOTO CORNER



Jessica Simmonds giving her talk on Tuesday



Dirk Cloete sharing his knowledge



There is nothing like a braai on a Tuesday evening



It was good to see Melodi and Adriaan Botha at the club.



Erik van der Merwe finishing his Phobians race with a bad injury



Paul Nel heading for the Cara-Fun



Brian Peters and Kgabo Diangoane



Wynand Breytenbach on the podium



Lynette Gough on the podium at the Edenvale Marathon



Johann van de Venter with his daughter. They both qualified for Comrades at Edenvale