

IRENE NEWS

27 June 2022 No 25 – 2022



COMRADES ROADSHOW

This will be the only Comrades Roadshow to be held in Pretoria. Try to be there.



ACHIEVEMENTS

Congratulations to Anneri le Roux who did her first 21 km.

COACH'S CORNER

Intervals

2km easy warm up

800m at 5km pace

400m easy recovery run

4 x 200m 3k pace with 100m easy recovery

400m easy run

1km at 3km pace

2min easy recovery

3 x 1km at 3k pace with 2min easy recovery

1km at 3k pace

2min recovery

2km easy cooldown



THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 16:30. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:00

Time trials @ 17:15 - Club house.

Lucky draw @ 18:30 – 2 x R250 vouchers with the compliments of Mugg & Bean Midstream

Saturday:

Trail/Road Run/Walk @ 06:00 – Club House

Sunday:

Club training run @ 06:30. To be confirmed

PERSONALIA

Congratulations to David and Tamrin Holliday with the birth of their third child, they are so blessed.



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

| Rhenier | De Beer | 27 Jun | |
|---------|------------------|--------|--|
| Marie | van Dyk | 27 Jun | |
| Belinda | Hudson 28 Ju | | |
| Derek | Oldnall | 28 Jun | |
| Suzanne | Janse van Vuuren | 28 Jun | |
| Maggie | van Rooyen | 01 Jul | |
| Tau | Kgomongwe | 03 Jul | |



Midstream Tel 012 940 9229

NOTICE BOARD





21.1km / 10km / 5km 09 JULY 2022



Athletics

es 70+ % OUNT

ense or

Venue: Garsfontein Primary School

| DISTANCE | ENTRY FEE | TEMP LICENSE | START TIME | Athlete |
|--------------------------|-----------|--------------|------------|-----------------------|
| 21.1km (run and walk) | R130 | R40 | 7:00 | DISCO |
| 10km (run and walk) | R90 | R40 | 7:00 | (ASA lice temp lie |
| 5km | R50 | | 7:15 | 21km/ |

Prize giving for top 3 on 21km and 10km ... other categories will be notified

All proceeds from the race will be used for charity outreaches by the Dutch Reformed Church Garsfontein

ENTRIES - ONLY online entries will be accepted, capped at 2000

· www.entryninja.com (until 1 July 2022)

Race number collection can be done at:

Dutch Reformed Church Garsfortein (285 Emmie Hartmann Street) from 6 July 2022 until 8 July 2022 (9am to 1pm)
 At the venue on Friday, 8 July, from 15:00 until 17:30, as well as on race day from 5:30.
 NO ENTRIES ON RACE DAY

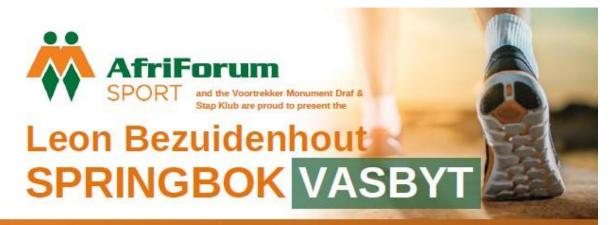


Race Inquiries

Mike Minty 083 414 5938 Claude Smit 083 564 3630 Office 012 361 3618 Wingate Road Runners 072 864 2908







Distances: 21 km, 10 km, 5 km fun run:

Date: Saturday 16 July 2022

Commemoration Ceremony - 07:20

Starting Times: 21 km & 10 km - 07:30

5 km - 07:40

Venue: Voortrekker Monument, use the Eeufees Rd entrance

Leon Bezuidenhout 14 September 1966 - 2 August 2020

"As ek die grondpad onder my voete voel weet ek, ek is tuis"



THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.

ENTRY FEES

21 km: R140 | 10 km: R115 | 5 km: R60

70+ athletes (ID required): Free

Temporary License: R40 Entry fees are non-refundable

GENERAL INFORMATION

Guarded parking available

Ample toilet facilities

Water stations

No tog bag area

Only 2000 entries on the 10 km and 21 km. Only 800 entries on the 5 km. UNFORTUNATELY NO PRIZE MONEY.

10 km and 21 km: • Running categories' 1st and 2nd places receives gold and silver medals, respectively.

- · The rest of the field finishing within the cut-off time receives bronze medals.
- · Gun to mat timing.

MORE INFORMATION

No entries or temporary licenses are available on race day.

Online pre-entries at www.entryninja.com - Online entries close 10 July 2022.

Pre-entries at Run-A-Way Sports - opens 20 June 2022 & closes 14 July 2022 at 16:00.

Pre-entries at Voortrekker Monument - opens 20 June 2022 & closes 15 July 2022 at 16:00.

Entry collection at the Voortrekker Monument on Friday 15 July 2022 from 13:00 until 17:00 or on race day from 05:00 until

07:00.

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining, will be diverted to the finish.

No pets allowed.

The Safety at Sports and Recreational Events Act 2 of 2010 will be strictly adhered to.

The organizing club is obliged to pay the required % of the entry fee to AGN as a levy

The 10 km and 21 km race terrains are unsuitable for baby strollers and wheelchairs.

The 5 km fun run does not include any off-tar sections; baby strollers and wheelchairs are welcome.

No vuvuzelas or hooters are allowed. There are wild animals in a confined space.





Our Race Sponsors











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

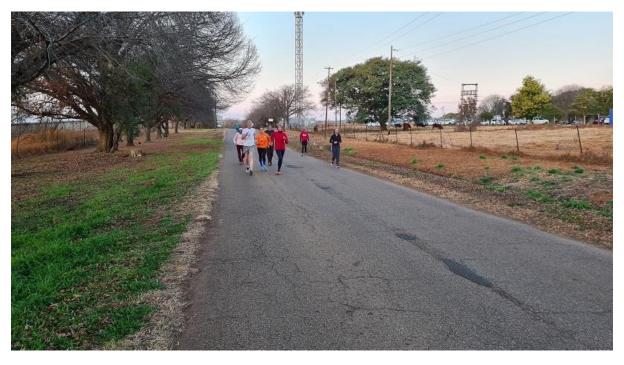
THOUGHT FOR THE WEEK

Beauty is not in the face; beauty is a light in the heart.

PHOTO CORNER



Braving the cold at the time trials last week.



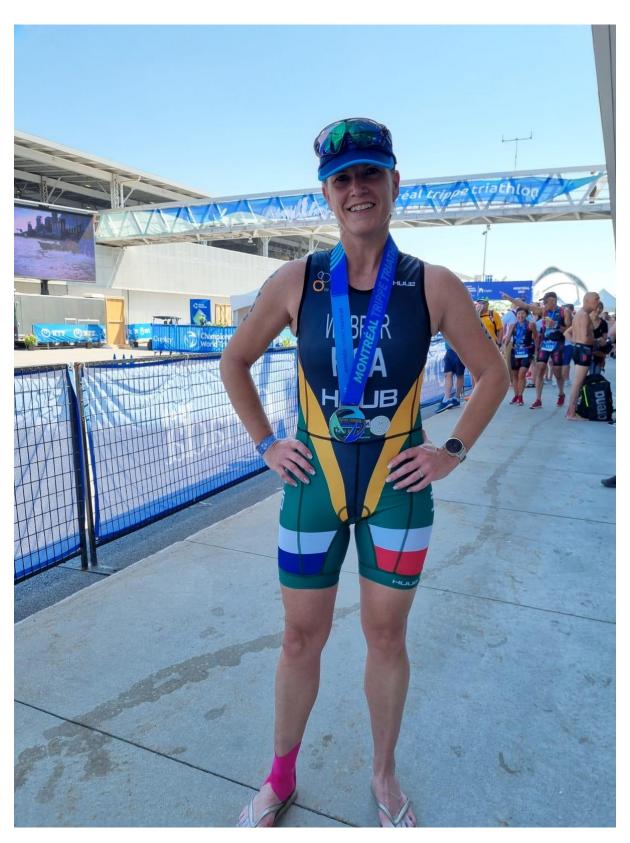
The walkers doing hills on the road behind the club house



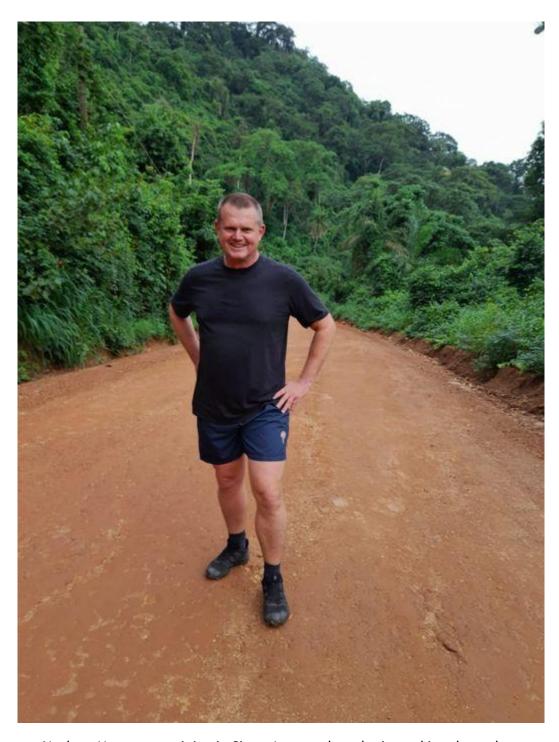
We have a new walker in our midst. Louis Visser, our former chairman in action



A lovely picture taken at the back of the club house



Coach Telani Webber at the World Triathlon Championships in Montreal



Norbert Hannweg training in Sierra Leone where he is working these days