



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.

COMRADES MARATHON ROADSHOW



Lindsey Parry



PHOBIANS ATHLETIC CLUB
TUESDAY, 28 JUNE
7:00 PM

 **PHSOB Club, 378 Queens
Crescent, Lynnwood, Pretoria**

#TheReturn - #Sishayibuya

**ALL WELCOME: COMRADES PARTICIPANTS
OR JUST CURIOUS.**

Free entry. Cash bar.

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 Jun
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



The poster features a collage of three photographs: a group of runners on a paved road, a runner on a dirt trail, and a runner on a dirt path. The text is centered on a white background with a diagonal split. Logos for Revolution Trails, Collagen for Athletes, and Vitality are included, along with a no-dogs sign.

ARC IRENE HYBRID RUN/WALK

2nd JULY'22

START ANYTIME BETWEEN 07H00 TILL 08H00

ROAD OR TRAIL OPTIONS AVAILABLE

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

ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

ON-THE-DAY ENTRIES ALSO WELCOME

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

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

REVOLUTION TRAILS

COLLAGEN FOR ATHLETES

Vitality



GARSFONTEIN ICE BREAKER



21.1km / 10km / 5km

09 JULY 2022



**Athletics
Gauteng North**

Venue: Garsfontein Primary School

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME	Athletes 70+ 50% DISCOUNT (ASA license or temp license compulsory for 21km/10km)
21.1km (run and walk)	R130	R40	7:00	
10km (run and walk)	R90	R40	7:00	
5km	R50	-	7:15	
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 Garsfontein (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





AfriForum
SPORT

and the Voortrekker Monument Draif &
Stap Klub are proud to present the

Leon Bezuidenhout SPRINGBOK VASBYT

Distances:	21 km, 10 km, 5 km fun run:
Date:	Saturday 16 July 2022
Starting Times:	Commemoration Ceremony - 07:20 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.



ONLINE
REGISTRATION
LATE ENTRIES
AVAILABLE

NKODIMA DEVELOPMENT RACE

VENUE:
NIZAMZI RESORT (FORMER MORULA SUN)

RUN 21KM

Seniors	Juniors	Veterans	Masters
Men & Women	Boys & Girls	Boys & Girls	Men & Women
1 R3000.00	1 R1200.00	1 R1200.00	1 R600.00
2 R2000.00	2 R800.00	2 R800.00	2 R400.00
3 R1000.00	3 R500.00	3 R500.00	
Total R24 000.00			

RUN 10KM

Seniors	Juniors	Veterans	Masters
Men & Women	Boys & Girls	Men & Women	Men & Women
1 R2000.00	1 R800.00	1 R800.00	1 R600.00
2 R1000.00	2 R600.00	2 R600.00	2 R400.00
3 R700.00	3 R400.00	3 R400.00	
Total R16 000.00			

DEVELOPMENT RACE (START 07H10)

RUN 4KM6

Under 16	Under 14	Under 12
Boys & Girls	Boys & Girls	Boys & Girls
1 R800.00	1 R800.00	1 R800.00
2 R500.00	2 R500.00	2 R500.00
3 R300.00	3 R300.00	3 R300.00

JULY 23
STARTING TIME
07H00 - 10H00

ENTRY FEE
4KM = R50
10KM = R120
21KM = R200

CALL US

0724149062 **0792678553**
NIXON NKODIMA BENJAMIN SELEPE

Save this date!

Saturday, 24 September 2022

Run2Braai

**21km, 10km & 5km Fun Run
Centurion Rugby Club**



Presented by:

**The
Bicycle
Company**



Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

PTY LTD
Cape Town
0800
Tel: 0721 842 5555
Fax: 0721 842 4588
Email: info@stb.co.za



RJC Accounting
Software Solutions

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