



IRENE NEWS

27 March 2023

No 12 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Kolonnade race:

Mike Gibbons	1 st GGM – 15 km
Keith Reynolds	1 st Male walker – 15 km
Jaap Willemse	2 nd Male walker – 15 km
Elsa Meyer	2 nd Lady walker – 15 km
Sandra Steenkamp	1 st Lady walker – 32 km

PERSONAL ACHIEVEMENTS

Joubert Krugel	PB – Marathon
Francisca Rossouw	First Marathon

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!!

HELPERS REQUIRED

We need many more helpers for Saturday and Sunday. You are not allowed to run/walk without working on one of the days or providing a non-club member to work in your place.

As club members you have a responsibility to help at our races, especially when you want to participate.

CAPTAIN'S CORNER

Nothing like seeing the Irene kit scattered around the town, over the last few days! What a weekend of running, with another jam packed one coming up this week.

From a club training perspective, the schedule for the week:

Standard weekly training sessions

- Morning training groups @ 5am from Midstream Mugg & Bean on a Tuesday, Wednesday & Thursday, and Virgin Active Eco Park @ 5 am on a Tuesday & Thursday
- Hills with “Mr Hills” on a Thursday @ 17:30 from the Irene Club House
- Time Trial Tuesdays starting @ 17:30 from the Irene Club House
- Irene ARC is open daily to all club members, from 16:00

Races and special events this week

- Tuesday the 28th - Time Trial Tuesdays starting @ 17:30 , with guest speakers Dominique and Robyn from Free Motion Physiotherapy @ 18:30, talking through the “Benefits of Physiotherapy”
- Saturday the 1st and Sunday the 2nd – Irene Festival of Running. There will be no club runs over the weekend.

Members that have ordered Irene Festival of Running T-Shirts, will be able to collect them on Tuesday at the Time Trails

Benefits of sport therapy

PHYSIOTHERAPY

Free Motion

Benefits of sports physiotherapy in athletes

- Relief from pain
- Improve physical strength
- Better understanding of your body
- Treatment of injuries
- Prevention of injuries
- Increased muscle & joint flexibility

IRENE ATHLETICS CLUB

FREE MOTION Physiotherapy

Molver

CONTACT US!

For any enquiries, please feel free to contact us.
Phone: +27(0)7 702 7850
Email: info@freemotionphysio.co.za
Website: www.freemotionphysio.co.za

Come and meet Dominique Molver and Robyn Stanford from **Free Motion Physiotherapy**, as they guide and answer some key questions

- Physio vs Bio vs Chiro – who do you see when and why
- Runner's injuries
- Dry needling
- Rehabilitation
- Sports massages
- Foam rolling
- Stretching



Come and meet Dominique and Robyn from Free Motion Physiotherapy, as they guide and answer some key questions

Tuesday the 28th March after the Time Trials (starting at 18:30). Bar will be open
www.freemotionphysio.co.za

IRENE ARC

TUESDAY 28 MARCH

@ 6:30



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: 20 Mar - 26 Mar



TUESDAY

 **HUMAN RIGHTS DAY**
6KM & 8KM Time Trial
T.T - ARC @ 17:30
Right to Run/Walk - 21.1, 10 & 5km
 Morning Training Group
"Irene Ultra Route Tester" Midstream M&B (17.5km) @ 6am
Walkers group & 3 different speed running groups

WEDNESDAY

 Long Runs
ARC Long Run - Venue Open from 16:30
 Morning Training Group
Midstream Mugg & Bean @ 5am

THURSDAY

 Hill Repeats
Irene ARC 'Mr. Hills' @ 17:30
 Morning Training Group
Midstream Mugg & Bean & Eco Park Virgin Active @ 5am

SATURDAY

 Race Days
Kolannade - 32, 15 & 5km
SASOL Sasolburg Marathon
 Long Run

SUNDAY

 Race Days
ARC Irene Hybrid (Revolution Trails) 2, 5, 10, 15 & 21.1km
 Social Runs
Klapperkop @ 6 am from Castle Gate (18km - 21.1km)

FOLLOW US

 Facebook
 Instagram
 Irene AC Notifications

IRENE ATHLETICS CLUB



IRENE

PERSONALIA

Condolences to Annatjie Greyvenstein. Her husband passed away last week. Please think of her in your prayers.

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

Simon	Nel	28 Mar
Michael	van der Westhuizen	29 Mar
Christian	Roeder	29 Mar
Hlengiwe	Ngwenya	31 Mar
Holger	Hedelt	02 Apr
Prieur	du Plessis	02 Apr



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Life becomes easier when you learn to accept an apology you never got.

NOTICE BOARD



Athletics
Gauteng North

Limited to 3000 entries per event
Electronic Timing, Staggered start

Irene Athletics Club presents

IRENE RUNNING FESTIVAL



1 & 2
April 2023



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

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
**FINISH
TIME**
Timekeeping



THE GREEN MILE ROAD RACE — 2023 —

The Mile for Life

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTTELTON MANOR, CENTURION

SATURDAY
APRIL 8



GREEN MILE




EST. 2022



TNU

TSHWANE NORTH ULTRA

Ultra Marathon



50km 21km

DISTANCE	ENTRY FEE	TEM LICEN	START TIME
50KM	R450	R50	6:00am
21KM	R290	R50	6:00am
DISTANCE	GRAND MASTER		
50KM	R380	R50	6:00am
21KM	R240	R50	6:00am

DATE: 22 APRIL 2023

DISTANCE: 21KM / 50KM

**START/ FINISH: AKASIA
COMMUNITY
HALL**

ENTRIES NOW OPEN

FOR ONLINE REGISTRATION VISIT : <http://www.tshwanenorthultra.co.za>





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.finishtime.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



A lovely view from our club house. We are so privileged.



Proudly Photographed By
MACPIX

The
SASOL MARATHON
2023

SASOL 

Kovilan Rajaruthnam finishing his Sasol Marathon



Francisca Rossouw did her first Marathon at Sasol



The Cara-Fun at the Kolonnade race



Keith Reynolds and Diane Kee enjoying a cup of coffee



Elsa Meyer on the podium at Kolonnade



Jaap Willemse and Keith Reynolds



Irene runners at Sasol



Happy faces at the start of the Kolonnade race



Letha Kotze in action at the Kolonnade race



Klapperkop on Sunday morning