

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 1st 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
- o 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
- o Irene ARC is open daily to all club members, from 16:00

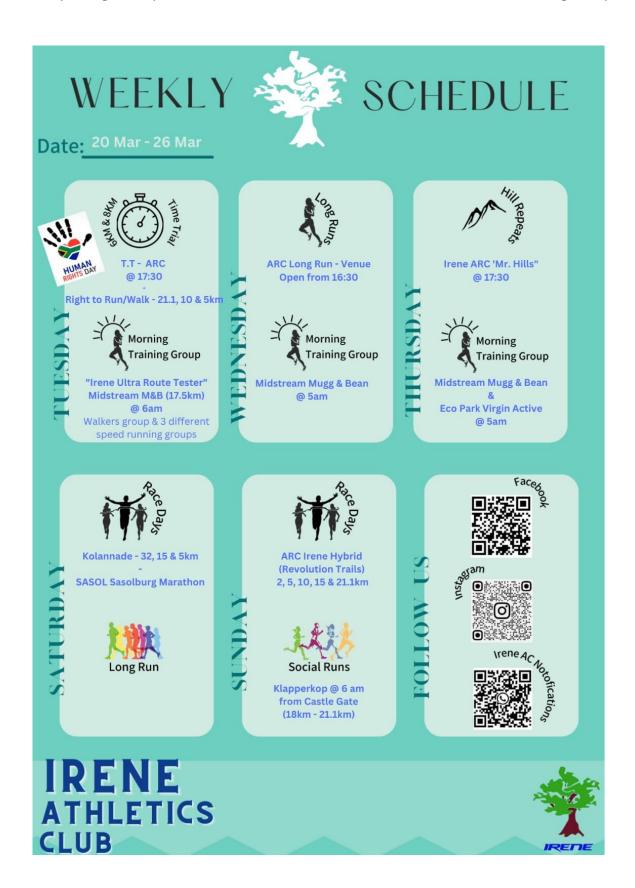
Races and special events this week

- 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



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



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



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 48km

April 2023

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 I - Run Store Fourways Crossing: 011 465 0021

- 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 SMACPIX

Chamberlain's

THE GREEN MILE 2023





Ultra Marathon

50km 21km



DISTANCE	ENTRY FEE	TEM LICEN	START TIME
50KM	R450	R50	6:00am
21KM	R290	R50	6:00am
DISTANCE	GRAND MASTER	1	1
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















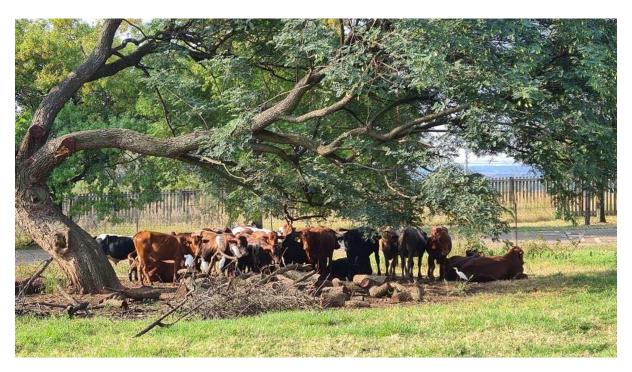








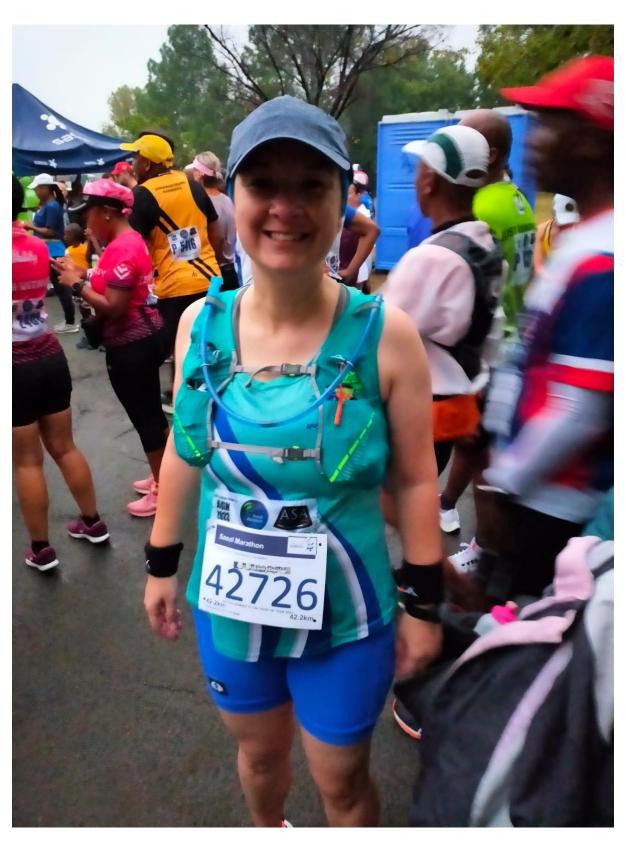
PHOTO CORNER



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



Kovilan Rajaruthnam finishing his Sasol Marathon



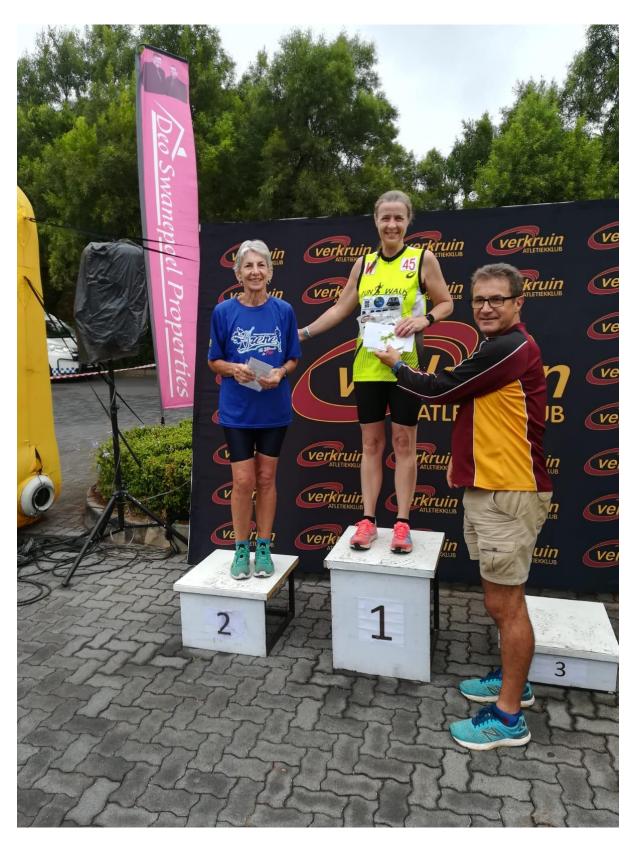
Francisca Rossouw did her first Marathon at Sasol



The Cara-Fun at the Kolonnade race



Keith Reynolds and Diane Kee enjoying a cup of coffee



Elsa Meyer on the podium at Kolonnade



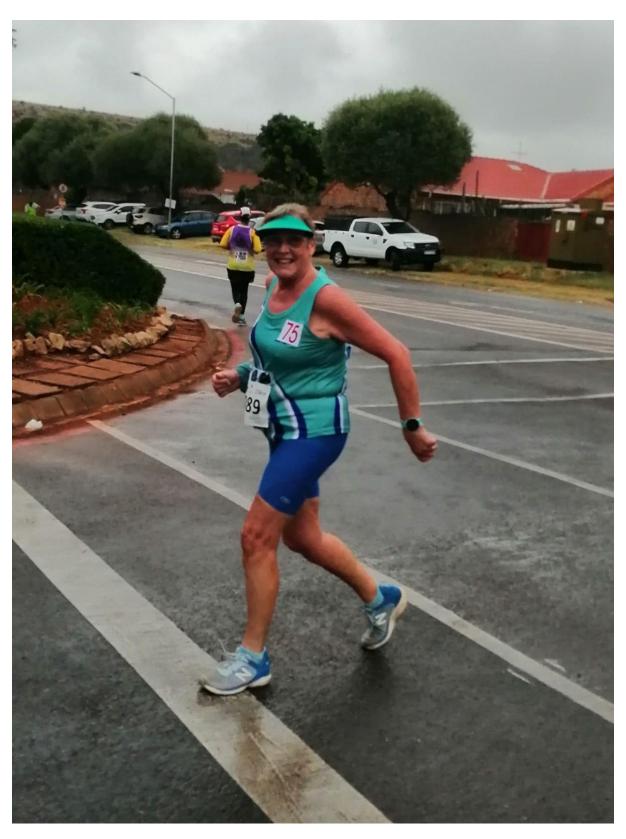
Jaap Willemse and Keith Reynolds



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