



IRENE NEWS

28 February 2022

No 8 – 2022



ACHIEVEMENTS

Holger Hedelt 1st Master – Ultralauf HaWei 50 km – Well done!

COACH'S CORNER

Coach workout of the week:

Half hour Hustle (Fartlek)

5 min easy warm up

10 min Threshold run

2 min easy recovery

2min 5k pace

2 min easy recovery

4 x 30 sec 3k pace (30 sec easy recovery)

5 min easy run cool down



TRI FIT

MULTISPORT COACHING

THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 17:00. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

Social evening after the time trials. Lucky draw at 19:00.

Saturday:

Trail Run @ 06:00 – Club house

Sunday:

Club Run @ 06:00 – Mugg & Bean Midstream

REGISTRATIONS 2022

Only **ONE DAY** left to register and qualify for a T-shirt. Do it now!!

Just go to our website www.irenerunner.co.za and follow the instructions. Please contact Maggie van Rooyen, our admin manager at admin@irenerunner.co.za if you require more information.

SOCIAL EVENING

Be part of the fun on Tuesday and don't forget about the lucky draw! You can win R2500 in cash donated by Mugg & Bean Midstream



**MAD AS
A MARCH HARE**

**BRING YOUR Mad Hair
March Social**

This Tuesday, 1 March... let's get as mad as a March Hare, and show off your mad March Hair. Don't have any?... wear a wig! Prizes for best men's and ladies hairstyles and wigs

Just for fun, let's have a laugh. Bring and braai available including a salad.

Funky Pants will also be part of the Time trials. Look out for a funky treasure if you do the time trials.

FUNKY PANTS

**Funky Time Trial -
1 March 2022**



Come and run or walk with your Funky Pants/ Bright Pants/ Happy Pants on Tuesday, 1 March 2022.

Funky Pants will be at the club from 16:00. You can purchase your club colour Funky Pants directly from them.

BE ON THE LOOKOUT FOR A FUNKY TREASURE IF YOU DO THE TIME TRIAL 😊

FROM THE ADMIN DESK

The early bird t-shirts arrived and will be available from the Admin desk from Tuesday. The next batch will only be available at the end March 2022.

Reminder to please complete the ASA form and bring the completed form to the clubhouse on a Tuesday 17:00 – 18:45. The license cannot be handed over if the form is not presented.

A small number of printed copies will be available for those that cannot print or forgot.

Maggie will assist those members outside the Irene area and outside of South Africa. Please contact her directly.

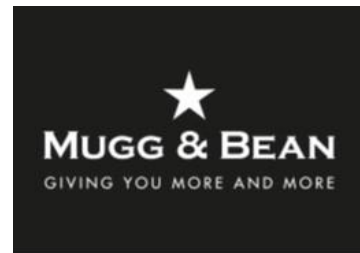
2022 ASA license may not be handed over if this form has not been completed. Irene AC will need to submit these forms to ASA as proof.

Maggie van Rooyen, admin@irenerunner.co.za

PERSONALIA

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

Dimakatso	Moloantoa	28 Feb
Robert	Hudson	01 Mar
Joseph	Ndou	03 Mar
Kerryn	Jolly	03 Mar
Pieter	Olivier	05 Mar



Midstream Tel 012 940 9229

NOTICE BOARD

AGN Track & Field League 4 will be take place on Wednesday, 2 March 2022 at Bestmed TUKS Athletics Stadium.

More info to follow.



ARC IRENE HYBRID RUN/WALK

5th MARCH'22

STAGGERED STARTS BETWEEN 06H00 TILL 08H00

ROAD OR TRAIL RUN

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

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





KOLONNADE
SHOPPING CENTRE

CNR SEFAKO MAKGATHO DRIVE & DR VAN DER MERWE STR, MONTANA PARK, PRETORIA

5KM | 15KM | 32KM RACE **26 MARCH 2022**

RACE FEES:

**5KM R50 | 15KM R130 | 32KM
R150**

**TEMPORARY LICENSE FEE
R40**

ENTER NOW!

Entries Capped at 2000

- » Online entries:
www.entrytime.co.za till 13 March 2022
(Provided the 2000 cap has not been reached or there is amendments to Covid regulations)
- » Run-A-Way 012 361 3733
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902 w2w
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384
(192 Vinko Str, Sinoville)
- » Entrance 4: 25 March 2022 at
Kolonnade Shopping Centre (from 15:00 – 18:00) and
26 March 2022 (from 04:30 – 06:00)
(Provided the 2000 cap has not been reached or
there is amendments to Covid regulations)

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

**ONLINE ENTRIES CAN BE COLLECTED ON
FRIDAY 25 MARCH 2022 AT ENTRANCE 4**

Brought to you by



Athletics
Gauteng North

THOUGHT FOR THE WEEK

You can't start the next chapter of your life if you keep re-reading the last one.

Our Race Sponsors



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

PHOTO CORNER



A lovely scene at the time trials



Maggie van Rooyen enjoying her braai with this beautiful background



For the first time in two years our Cara-Fun was in operation again



Sunrise at the Phobians race



Rob and Belinda Hudson finishing their Phobians race

