



IRENE NEWS

28 November 2022

No 46 – 2022



COMMUNICATION

In an effort to ensure that all the Irene members are kept up to date with events and specific club items, there are various mechanisms that are used. If you are not currently part of either of them and would like to be, please could you send a WhatsApp to either Wynand, Rose or Maggie to assist you.

- Weekly newsletter - Please remember to share your successes with Wynand, so that we can celebrate these with you
- Irene Notification WhatsApp and Telegram Group - This has limited access and only club updates will be shared
- Irene Training WhatsApp Group - This is an open group, but we encourage members to limit feedback on this and only share running related items
- Irene Walkers WhatsApp Group
- Irene Comrades WhatsApp Group
- Irene Facebook page - With details of events,

2023 MEMBERSHIP FEES

AGN licences are optional.

Licence Fee R200 (AGN Cost Price)

Junior licence R100

Plus:

Full Membership R450

Additional Family Members R350

Pensioners (65+) R300

Juniors R200

Club T-shirts will be available at R50 each for the first 400 members. There after R100 each.

We'll send out a list with all the names of those members who worked at the races. Please verify that your name is on the list before subtracting the discount from your membership fee. We hope that this will encourage more members to assist at our next races.

Entries will open on 1 December.

CHARITY RUN 4 DECEMBER

This is a great opportunity to enjoy a social run/walk with a purpose with club members and friends. Let's turn out in big numbers to have fun! Let's see if we can get 100 people to turn up.

The venue is at the new Irene Link shopping centre in Alexandra Road, Irene.

Pin location: <https://maps.app.goo.gl/Mbctfdp9hrs6KZFZ6>



**CHRISTMAS
RUN AND
WALK**

**5 km or 10 km
4 December 2022
6:30am, Irene Link**

PLEASE WEAR RED AND WHITE FOR THE RUN.
WE WILL DRINK COFFEE AFTERWARDS
KINDLY REACH OUT TO JOHAN
IF YOU CAN CONTRIBUTE TO THE CHARITY: ONS TUIS

081 851 3864

COACH'S CORNER

Tune up – Fartlek

15min Easy warm up run

3 x 20sec 3k pace (40sec recovery in between)

15min Tempo run






2min recovery run

8 x 30sec 3k pace (30sec recovery in between)

15min Easy cooldown run



DECEMBER TRAINING PROGRAMME

Irene December Training Runs						
SUN	MON	TUES	WED	THURS	FRI	SAT
		Time Trail Tuesday @ 17:15		1 Midstream Training Run @ 5:15 am – Midstream M&B	2	3 Irene Year End Xmas Function 
4 Christmas Charity Run / Walk (5km & 10km) @ 6am – Irene Link 	5	6 Midstream Training Run @ 5:15 am – Midstream M&B & Time Trail Tuesday and Social @ 17:15	7	8 Midstream Training Run @ 5:15 am – Midstream M&B & Irene Xmas Lights Run/Walk & Picnic @ 18:00 	9	10
11 Irene Sunday Social @ 6am (Venue TBC)	12	13 Midstream Training Run @ 5:15 am – Midstream M&B & Time Trail Tuesday @ 17:15	14	15 Midstream Training Run @ 5:15 am – Midstream M&B	16 Irene Holiday Run @ 6 am (Venue TBC)	17
18 Irene Sunday Social @ 6am (Venue TBC)	19	20 Midstream Training Run @ 5:30 am – Midstream M&B	21	22 Midstream Training Run @ 5:30 am – Midstream M&B	23	24 Midstream Christmas Park Run (20 km @ 6:30 & 5km @ 8) 
25 	26	27 Midstream Training Run @ 5:30 am – Midstream M&B	28	29 Midstream Training Run @ 5:30 am – Midstream M&B	30	31 Midstream New Years Park Run (20 km @ 6:30 & 5km @ 8)

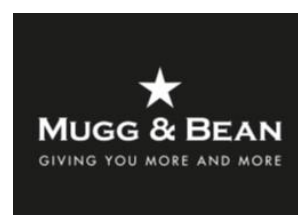
Time to get those running shoes on and get ready for the holidays, these are the details of the planned runs / walks for the 1st few weeks in December. Additional runs may be added, and some venues are still to be confirmed. Updates will be published in the newsletter and on the respective groups! Everyone is welcome, so please come and join us



PERSONALIA

Congratulations to the following member who celebrate her birthday during the week:

Isabel	Erlank	02 Dec
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Midstream Tel 012 940 9229

IRENE ATHLETICS CLUB

*** * YEAR END * *** **CHRISTMAS PARTY** **AND PRIZE GIVING**

3 DEC '22 FROM 14.00
AT THE CLUB HOUSE



SPIT BRAAI AND SALADS
SERVED AT 17.00

R80 A HEAD
CHILDREN UNDER 12
R40 A HEAD



PLEASE RSVP
JOY 083 284 4884
BEFORE 26 NOVEMBER



THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

2 x R250 vouchers with the compliments of Mugg & Bean Midstream

Wednesday

Trail run @ 17:00 – Club house

TUT Night race @ 18:00 – TUT Campus

Saturday:

BDS 5/10/21 with Vitality @ 06:00 – Wonder Park Shopping Centre (The Gazebo will be there)

Trail run – Club House

Year-end function @ 14:00 – Club house

Sunday:

Christmas Run/walk @ 06:30 – Irene Link Shopping Centre

NOTICE BOARD



REVOLUTION TRAILS

ARC IRENE NIGHT RUN

ROAD OR TRAIL RUN/WALK
2KM, 5KM & 10KM

30 NOVEMBER 2022

GROUP START REGISTRATION: 16H30 TILL 17H00
GROUP START AT 17H00
INDIVIDUAL STARTS: 17H10 TILL 18H30

VENUE:
IRENE ATHLETICS CLUBHOUSE INSIDE ARC IRENE GROUNDS

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

BUY TICKETS ONLINE
WWW.REVOLUTIONTRAILS.CO.ZA
or
ON THE DAY

Vitality

RUN - WALK - RUN - WALK - RUN - WALK - RUN - WALK






ARC IRENE RUN/WALK

3 DECEMBER'22

ROAD RUN OR TRAIL RUN

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

GROUP START REGISTRATION: 05H45 - 06H25
GROUP START 06H30

INDIVIDUAL REGISTRATION & STARTS AS OF 06H30 - 08H00

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



Tshwane University
of Technology
We empower people



Athletics
Gauteng North

TUT NIGHT RACE

10km & 5km

VENUE: TUT Pretoria Campus Stadium

DATE: 30 November 2022

START TIME: 18h00 – 10 km
18h05 – 5km

ENTRY FEE: R100 for 10 km
R60.00 for 5km
Temporary License for R40-00

ENTRIES: TUT Pretoria Stadium
Athletics Office – Bld 51, Room 118
&
Pilditch Stadium offices

ENQUIRIES: Whitney Matseba | Beatrice Themane
063 347 7714 | 072 587 1163



**16 DAYS OF
ACTIVISM**
FOR NO VIOLENCE AGAINST WOMEN AND CHILDREN

Banking details: Account holder
(Tshwane University of Tec)
Account number (04 000 000 3)
Type of account (Cheque or current acc)
Branch Code (632005)
Reference (F683/0490)



A people's university that makes knowledge work



BDS RACE WITH *Vitality*

21.1 KM
6:00am

10 KM
6:00am

5 KM
6:15am

03 DEC
SATURDAY.2022

ENTRY FEES

ENTRY FEE	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
ALL OTHER CATEGORIES	R200	R120	R80

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- Friday, 02 December: 09:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 03 December: 05:00 till 06:00 – at the venue.

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times:
10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 2500 entries
- 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
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384



Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

PO Box 8086
Centurion
0058

Tel: (012) 863 5533
Fax: (012) 863 4788
Email: stb@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

Be sure your goal is a right one, for if it isn't, it's a wrong one and nothing wrong ever turns out right.

PHOTO CORNER



The braai after the time trials last Tuesday was very special



The start at the Muller Potgieter race.



Keith Reynolds finishing his 21 km race



A happy Anna Pieterse finishing her race



Congratulations to Lourensa Eckard who did the 100 km Cape Town trail run



Well done to Blanche and Suzanne van Vuuren who did the 35 km Cape Town trail run