



IRENE NEWS

29 March 2021

No 13 - 2021



IRENE ULTRA

Entries have opened for our Irene Ultra, a virtual race with a difference. Athletes will have the option to run/walk the distance over a period of 16 days at any place. They will also have the opportunity to run/walk the distance on the grounds of the ARC over the three weekends during this period. See the flyer for details.

We want to encourage our members to support this race big time! It will be great to be part of the race during the weekends mentioned.

You can enter at www.ireneultra.co.za

There is an opportunity for businesses/individuals to put up a stall to advertise their products and/or services on the 6 weekend days that the virtual race takes place on the ARC grounds. It will be free of charge. Please contact us by replying to this email to book your spot.





Irene VIRTUAL ULTRA
10-25 April 2021

IRENE ATHLETICS CLUB

Date: 10 - 25 April 2021
Venue: Countrywide! You run in your area, in line with COVID-19 restrictions or ARC Ground, Irene Club
Closing Date: 20 April 2021

48km, 21.1 km, 10km
 Same entry fee for all the distances
 Enter: www.ireneultra.co.za

TOTAL 48KM IN ANY WAY YOU WANT TO RUN
 IN THE PERIOD OF 16 DAYS

100 GOODIE BAGS UP FOR GRABS EACH DAY OF THE ULTRA RUN PERIOD:
 FIRST 100 RUNNERS AT THE IRENE CLUB EACH SATURDAY AND SUNDAY (IN THE ULTRA RUN PERIOD) RECEIVE GOODIE BAGS

Entry fees: **R50** - Per Entry **R25** - For a Medal **R200** - Per T-Shirt **R90** - Courier

Sport shop for free collection of medal and t-shirt:

- Run-Away-Sport: 012 361 3733

- Sweatshop Southdowns: 012 665 0048

- Sweatshop Dunkeld: 011 325 2567

- Sweatshop Bedfordview: 011 325 2567

- Sweatshop Broadacres: 011 465 2556

- Irene Club House: 082 937 0733

Race rules

- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the event.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.
- Minimum age for participation 48km is 20 years.
- Minimum age for participation: 21.1km 16 years old and 10km 14 years old.

I hereby waive and abandon any or all claims of whatever nature that may arise from my participation in this event!



JOINTeze

IRENE

VIRTUAL ULTRA
WITH A DIFFERENCE
 COME DO YOUR VIRTUAL
 AT ARC GROUNDS ON WEEKENDS



POP-UP RUN

It is time for our next Pop-Up Run! If you have visitors over the long weekend, this is the ideal opportunity to bring them along on Saturday to have some fun.

Please see the difference in price, we have reduced the price for the remaining batches.



IRENE POP UP RUN
3 APRIL 2021

When: Saturday, 3 April 2021
Start: between 06:00 and 06:10
Route Briefing: 05:50
Distance: 4.5km, 10km, 21km (double lapper)
Start location: Midstream Mugg & Bean, Shop 3
Square at Midstream, Ashford St, Midstream Estate,
Midrand, 1685

Theme: Easter Bunny Run, wear YELLOW

Keen to get your hands on a unique medal?
See Entry Fee details to find out more!

Please observe social distancing guidelines.
Participation is at own risk.

Irene members, family and friends are welcome.
Bring own refreshments



The poster features several cartoon bunnies. On the left, a large bunny with blue and white stripes on its ears. On the right, a large bunny with green and white stripes on its ears. At the bottom left, two small white bunnies, one with a red belly and one with a blue belly. At the bottom right, a small white bunny with blue paws. The background is yellow with a pattern of green and orange circles.

ENTRY FEE DETAILS

Irene Members:

Full bundle: R460 (remaining run series medals included)

OR

Build your medal your way

Middle medal: R80

Small medals: R35 each per run

Non Irene Members:

Full bundle: R520 (remaining run series medals included)

OR

Build your medal your way

Middle medal: R90

Small medals: R40 each per run

Payment details:

NOTE: EFT Payments only. Cash will not be accepted

Please make payment into the Irene bank account and bring your proof of payment to the Pop Up run

Banking Details:

Bank account name: Irene AC

Bank: Standard Bank

Branch: 012645

Account number: 032183186

Reference: Name and Surname_PopUpRun



CLUB T-SHIRTS

The second batch of club T-shirts have arrived and will be available at the club house on Tuesday from 17:00 till 19:00. This means that the T-shirts are now available to all members who registered before the end of February.



TIME TRIALS

The numbers at the time trials are growing every week. Ensure that you line up at 17:30 on Tuesday. Encourage your club mates to be part of it as well.



IRENE TRAIL RUN

The first ever Irene Trail Run will take place on Saturday. It will start from the Club House.

Glizelle Langerman will be responsible for organising and presenting it every Saturday. She has loads of experience and we can all look forward to quality events. Please support her, operating as Revolution Trails.

ARC IRENE — TRAIL RUN/WALK —

STAGGERED STARTS & REGISTRATION
AVAILABLE FROM 06H00 TILL 09H00

2km~R55 / 5km~R75 / 10km~R95 / 15km~R115
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)
ON THE DAY ENTRIES CARRIES A R25 SURCHARGE

**ALL FINISHERS RECEIVES A MEDAL
AS WELL AS OFFICIAL RACE RESULTS**
(FOOD AND DRINKS AVAILABLE AT THE CLUB HOUSE)

Earn up to 600 Vitality Points

ENTER @
WWW.REVOLUTIONTRAILS.CO.ZA

VENUE:
ARC IRENE CAMPUS
(AGRICULTURE RESEARCH COUNCIL IRENE)
IRENE ATHLETICS CLUBHOUSE
NELMAPIUS DRIVE, IRENE, CENTURION

**AT THE ENTRANCE GATE INDICATE
YOU ARE COMING FOR THE TRAIL RUN**

DATE AND TIME
3 APRIL '21
**STRICTLY
NOT
PET FRIENDLY**

**REVOLUTION
TRAILS**

For more information contact
Glizelle @ 083 264 3931 or revolutiontrails@gmail.com

COLLABORATION
FOR
ANALYSIS

IRENE OPEN VIRTUAL RACEWALKING EVENT

The final results of the event are attached. Thank you once again to all our members who participated.

We want to applaud our walkers captain Danie Labuschagne for organizing a high standard event.

BAR NEWS

Just a reminder that we will have a bring and braai again on Tuesday evening. Be part of it!

WEARING OF MASKS SURVEY

What is the
effect of
wearing a
mask on
endurance
training?

Interested in knowing the
answer?

**Volunteer to participate
in our research project**



WHEN

12 – 24 April 2021, we
need you for 4 exercise
sessions

WHO

Males and Females
30 – 45 years

FITNESS CRITERIA

Currently train a minimum
of 3 x 30 min endurance
sessions per week

REQUIREMENTS

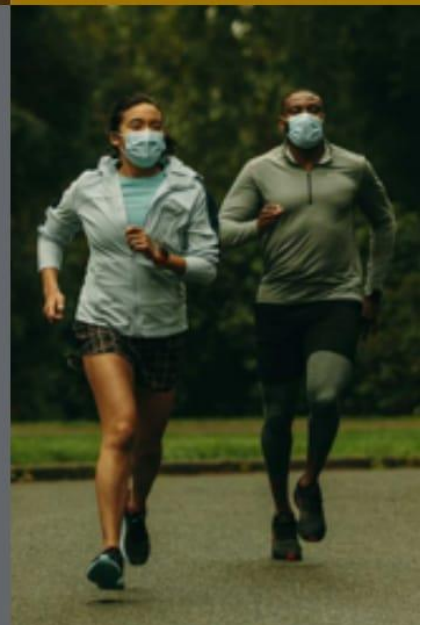
- Uninjured
- Training consistently for the past 4 - 6 weeks
- Availability for all 4 testing sessions between 12 - 24 April 2021
- 1 hour per assessment



SEMLI
Sport Science Lab
University of Pretoria
Hillcrest campus
Burnett Street
Hatfield
Pretoria

CONTACT

064 840 8619
upsportsmedicine@gmail.com



CAPTAIN'S CORNER

Factoring in the Irene Ultra (Factor it in challenge)

After over a year without a race and not that many virtual events, we are suddenly faced with so many choices that April is going to be a very tough month,

Many people may still be up for the Easter 100. The event requires that you complete 100 kms over the Easter weekend. Run Zone have upped the stakes and set the challenge to be completed in 3 days. Two Oceans have announced their event and Rand Road Warriors have a virtual marathon set up as well.

The we have our Pop-Up-Run in Midstream on the 3rd of April. This is really a great club event and is a great opportunity to start getting backing into the running and walking circles.

If you still have some energy left, pop over to the Irene grounds and take part in the Trail run which is open till around 10 am (for starting). The 5/10 km run on offer is run within the Irene grounds.

The real event of the month is the Irene Ultra. All you need to do is complete a total of 48 km between the 10th and 25th of April (16 days). This makes achieving the distance some way or another for just about anybody.

Recently there was a challenge of a person aiming to run 4 miles every 4 hours for 2 days. Coincidentally that got him to 48 miles. Just there the idea was born to set up some kind of “patterned” challenge to complete during the 16 days.

Perhaps you would like to join us at the Irene grounds for each of the 6 weekend days and complete 8 km on each occasion. Maybe you are not as fit and prefer doing 3 km per day on each of the days. Even 1 km three times a day would be acceptable.

Given the many options available we will have a challenge where Irene members and families can attempt to complete the challenge in any format they like, as long as the format involves the mathematical factors of the number 48.

So this means that you can choose to run 48 x 1 km, 24 x 2km, 16 x 3km, 12 x 4km, 8 x 6km, 6 x 8km, 4 x 12km, 3 x 16 km, 2 x 24 km or 1 x 48km.

You can have as much fun as you like in achieving the target and are not limited to the number of times you complete the 48 km in within the 16 days.

Whenever you finish a set of 48kms post it on the Irene WhatsApp Group, send it to me on my personal WhatsApp (0824503275) or email it to me on keith11523@gmail.com

If you don't want to follow a pattern then still submit your completed run showing how you put the 48kms together. Please indicate the factors followed (3x 16kms etc) and if you walked or ran it.

At the end of the 16 days we will publish a “result” of all the participants who submitted their Irene Ultra. Let's have a little extra fun and see how many interesting ways we can come up to complete the challenge.

Regards

Keith

Half and Quarter Marathon Challenge

Bedfordview have come up with an interesting personal and inter club challenge. It is totally free and all you need to do is register, run and post your runs on the website.

The picked up on the fact that “runs are cancelled but running isn’t”

Check out - <https://www.20x21km.co.za>



You have the option of taking part in a challenge to compete 40 x 10.5 kms, 20 x 21.1 kms or 40 x 21.1 kms within the year. This is a great way to keep you going throughout the year.

We at Irene will have our own internal challenge using the same format as they have. To keep it fair, we will only count the runs you log on their site from 1 April onwards.

Don't delay, register and make sure you add Irene as your club.

PERSONALIA

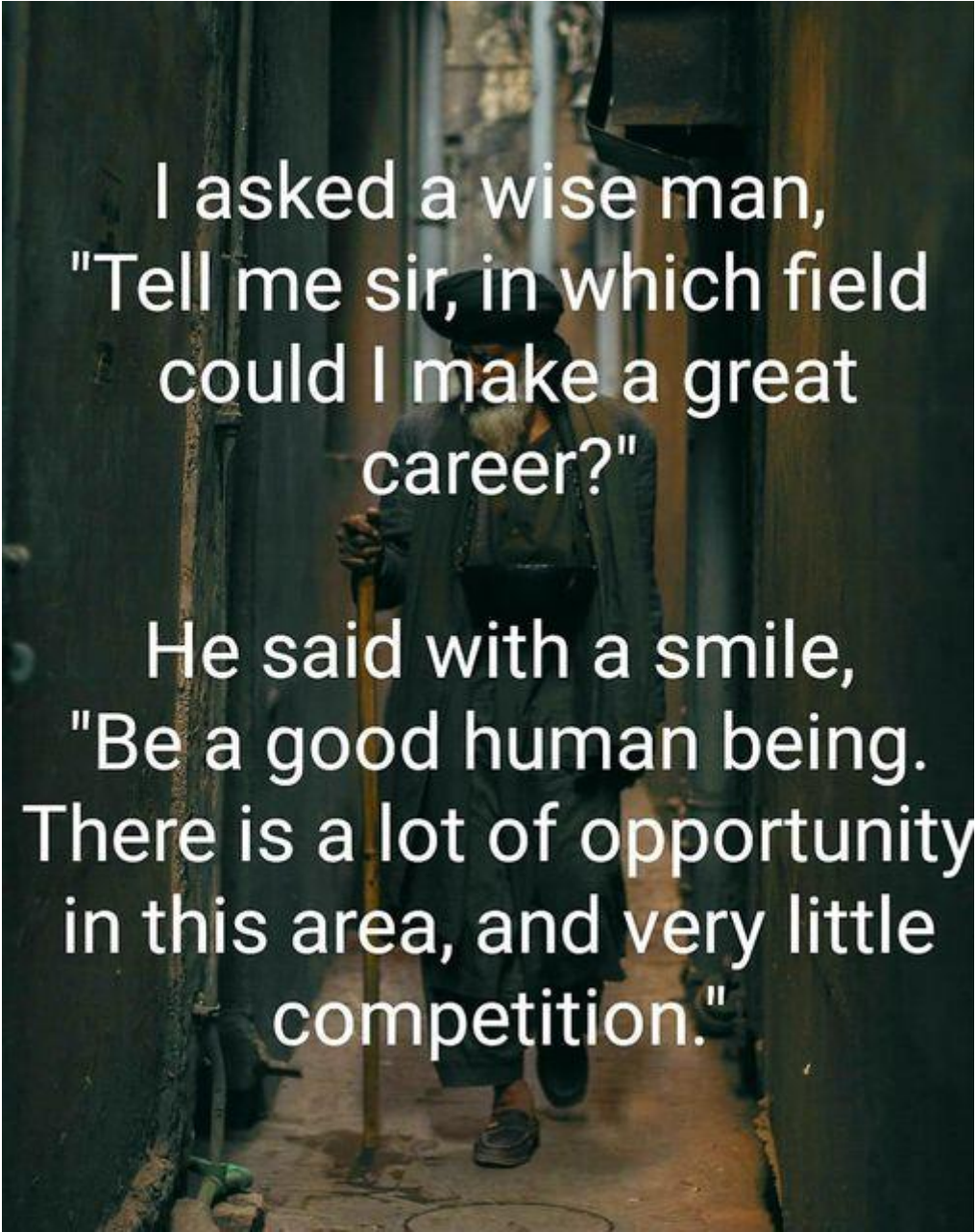
Congratulations to the following members who celebrate their birthdays during the week:

Christian	Roeder	29 Mar
John	Maritz	31 Mar
Holger	Hedelt	02 Apr
Carina	Furstenburg	02 Apr
Ben	Schaefer	04 Apr
Hendrik	Steynberg	05 Apr
Anesca	Davey	05 Apr
Iana	de Jong	05 Apr



Website: www.csi-euf.co.za

Tel: 011 805 6316



I asked a wise man,
"Tell me sir, in which field
could I make a great
career?"

He said with a smile,
"Be a good human being.
There is a lot of opportunity
in this area, and very little
competition."

PHOTO CORNER (Action at the time trials)



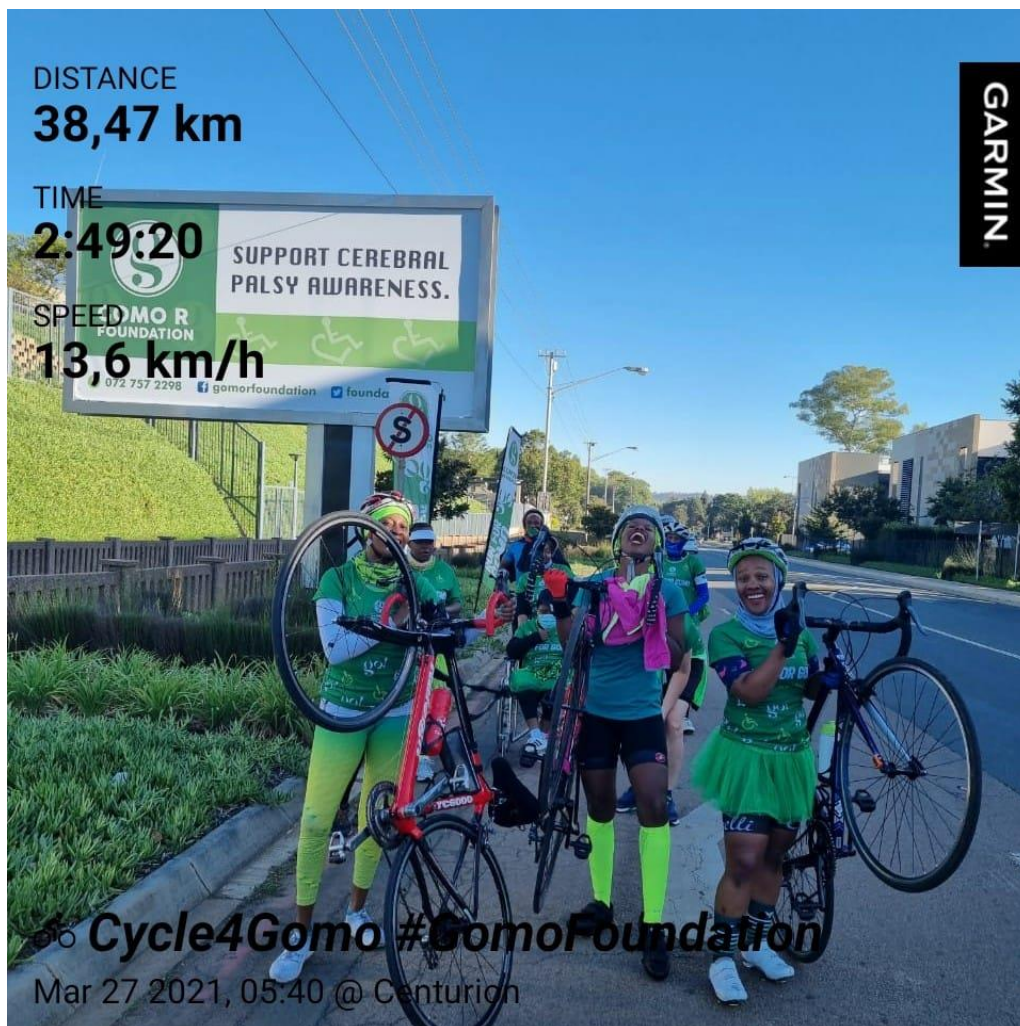












Mpho Motaung (centre) havinf some fun