



IRENE NEWS

30 January 2023

No 4 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium on Saturday:

Sandra Steenkamp	1 st Lady – SA Race walking 35 km championships
Keith Reynolds	3 rd Master man - AGN Marathon championships
Ansie Breytenbach	3 rd Master lady - AGN Marathon championships

REGISTRATIONS 2023

Remember that only the first 400 members who register will qualify for the subsidised T-shirt for only R50.

Register at: <https://forms.gle/DEWgNBMfyjw6a4ZJ8>

The latest from AGN is that the 2023 licences will not be available before mid February. You can still use your 2022 licence to enter for races. They are valid to run with until the end of February.

CAPTAIN'S CORNER

Plans for the week ahead and the next few weeks:

- **Tuesday the 31st January after time trail, come and join us for an Irene Comrades Connect. Time to meet the team, answer some questions and get some suggestions for how you would like the Irene Comrades Campaign to run!**
- **Saturday the 4th February is the Magnolia Intercare Race, and it will be our 21.1km Club Championships – perfect time to fill the streets of Rietondale with our Irene Team. The Cara-Fun will also be there, so please make use of this awesome facility.**
- Irene Hills sessions have started at 17:30 every Thursday from the Irene Club House.
- The 2 morning training groups are in full swing and growing in numbers – Both starting at 5am. Rose (0832585336) and Jessica (0724370832) host the Midstream Runs and Mark (0823774622) the Eco Park Runs. If you would like to join either, please WhatsApp the respective hosts.
- Irene ARC facilities – Open daily for club members.

- Park Runs – There are several Park Runs in the area every Saturday @ 8am and open to everyone at no cost. These are ideal for if you are starting out or want to do a 5km speed tester.

WEEKLY SCHEDULE



Date: 30 Jan - 5 Feb

IRENE

TUESDAY	 <p>T.T - @ 17:30 & Walkers Training @16:45 - ARC</p>  <p>Morning Training Group</p> <p>Midstream Mugg & Bean & Eco Park Virgin Active @ 5am</p>	WEDNESDAY	 <p>Long Runs</p>  <p>Morning Training Group</p> <p>Midstream Mugg & Bean @ 5am</p>	THURSDAY	 <p>Hill Repeats</p> <p>Irene ARC @ 17:30</p>  <p>Morning Training Group</p> <p>Midstream Mugg & Bean & Eco Park Virgin Active @ 5am</p>
SATURDAY	 <p>Race Days</p> <p>Magnolia Intercare Rietondale - Irene 21.1km Club championships with the Cara-Fun</p>  <p>Long Run</p>	SUNDAY	 <p>Race Days</p>  <p>Social Runs</p> <p>Irene Social 10-12km from the Irene Link @6am</p>	FOLLOW US	 <p>Facebook</p>  <p>Irene AC Notifications</p>

IRENE ATHLETICS CLUB



IRENE

Irene February Running Calendar							<small>Training Groups and Runs</small> <small>Morning Groups starting @ 5 am from either Midstream Mugg & Bean (Contact Rose 0832585336 / Jessica 0724370832) or Eco Park Virgin Active (Contact Mark 0823774622).</small> <small>Afternoons – Irene ARC venue is open from 16:30 for runs in a safe environment.</small>
SUN	MON	TUES	WED	THURS	FRI	SAT	
			1 TR – Midstream M&B @ 5am. TR – Irene ARC grounds open from 16:30 (Own Runs).	2 TR – Midstream M&B @ 5am. TR – Eco Park @ 5am. TR – Irene ARC Hills @ 17:30.	3	4 R – Magnolia Intercare & 21.1km club championships (Support: Irene Caravan).	
5 TR – Sunday Social - Irene Link 12km @ 6am	6	7 TR – Midstream M&B @ 5am. TR – Eco Park @ 5am. TT – Irene ARC @ 17:15 TT – Walkers Training @ 16:45 @ ARC.	8 TR – Midstream M&B @ 5am. TR – Irene ARC grounds open from 16:30 (Own Runs).	9 TR – Midstream M&B @ 5am. TR – Eco Park @ 5am. TR – Irene ARC Hills @ 17:30.	10	11 R – ACE (Support: Irene Caravan). TR – Long Run @ 530 am Midstream M&B (inc shorter loop)	
12 R – Jhb North City Marathon TR – Sunday Social @ Midstream M&B 12km @ 6am	13	14 TR – Midstream M&B @ 5am. TR – Eco Park @ 5am. TT – Irene ARC @ 17:15 TT – Walkers Training @ 16:45 @ ARC.	15 TR – Midstream M&B @ 5am. TR – Irene ARC grounds open from 16:30 (Own Runs).	16 TR – Midstream M&B @ 5am. TR – Eco Park @ 5am. TR – Irene ARC Hills @ 17:30.	17	18 R – Tuks Bestmed. R – Secunda.	
19 TR – Interclub Sunday Social @ ARC @ 6 am (8, 10, 16 & 21.1km)	20	21 TR – Midstream M&B @ 5am. TR – Eco Park @ 5am. TT – Irene ARC @ 17:15 – and Focused Talk (Guest speaker) TT – Walkers Training @ 16:45 @ ARC.	22 TR – Midstream M&B @ 5am. TR – Irene ARC grounds open from 16:30 (Own Runs).	23 TR – Midstream M&B @ 5am. TR – Eco Park @ 5am. TR – Irene ARC Hills @ 17:30.	24	25	
26 R – Pretoria Marathon R – Edenvale Marathon	27	28 TR – Midstream M&B @ 5am. TR – Eco Park @ 5am. TT – Irene ARC @ 17:15. TT – Walkers Training @ 16:45 @ ARC.	1 TR – Midstream M&B @ 5am. TR – Irene ARC grounds open from 16:30 (Own Runs).	2 TR – Midstream M&B @ 5am. TR – Eco Park @ 5am. TR – Irene ARC Hills @ 17:30.	3	4 R – Sunrise Monster (Support: Irene Caravan).	



If you would like to get more involved with hosting and supporting the training runs or have any other ideas that you would like to share, please get in touch!

TIME TRIALS

We want all our members attending the time trials to start together at 17:30. Please plan accordingly if possible.

THIS WEEK'S DIARY

Tuesday:

Training run @ 05:00 – Midstream Mugg & Bean

Training run @ 05:00 – Eco Park

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

Time trials @ 17:30 – Club house.

Wednesday:

Training run @ 05:00 – Midstream Mugg & Bean

Thursday:

Training run @ 05:00 – Midstream Mugg & Bean

Training run @ 05:00 – Eco Park

Hill training @ 17:30 – Club house

Saturday:

Trail run @ 06:00 – Club house

Intercare 5, 10, 21 @ 06:00 – Rietondale Park
The 21 km will serve as the Club 21 km Championships.

Sunday:

Training run @ 06:00 – Irene Link Shopping Centre

Members can run on their own every weekday from the club house after 15:00 and any time over weekends.

SAVE THE DATE



R2500 cash to be won in the lucky draw!!!!

CARA-FUN

Our Irene caravan (Cara-Fun) will be at the Intercare race as usual. Please make use of this facility.

NUTRITION TALK

The talk on Tuesday was well attended. Make use of the special offer to Irene members:

Product	Retail pricing (incl VAT)	Irene Athletics club price INCL VAT
Magoo Family Oil - 600mg	450,00	380,00
Magoo Multi Duro - 600g	380,00	320,00
Magoo - 400G	200,00	150,00
Magoo - 800G	280,00	230,00
Magoo CBD Paw Butter	145,00	120,00
Magoo CBD Body Butter	145,00	120,00
Magoo CBD Pain Freeze	200,00	170,00
Magoo CBD Pet Oil - 200mg	300,00	260,00
Nucleotides - 60 Tablets	350,00	300,00

Process to place orders:

1. Make payment of selected items into the bank details provided.
2. Using your name+IAC (Irene Athletics club)
3. Please e-mail liza@mimgoossa.com with the following information:
 - Items & Quantities ordered
 - Proof of payment

We will then arrange a drop off of orders bi-weekly at the club.

This price is **EXCLUSIVLEY** available to the **IRENE ATHLETICS CLUB** for the next 6 months!



Banking details:

CMS Technologies

First National Bank

62439624083

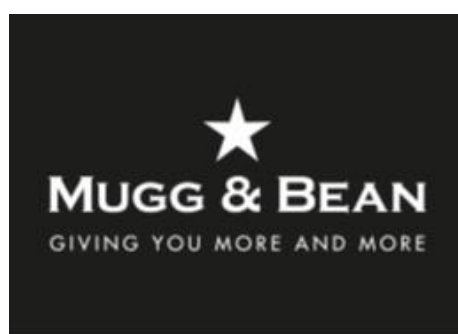
252045



PERSONALIA

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

M.C.	du Plessis	01 Feb
Hidé	Karstel	01 Feb
Bheki	Ndhlovu	03 Feb
Ray	Patterson	03 Feb
Chantelle	Barnard	05 Feb
Theuns	Willemse	05 Feb



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Every sixty seconds you spend upset is a minute of happiness you'll never get back.

NOTICE BOARD



ARC IRENE RUN/WALK
4 FEBRUARY 2023

ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 06H30
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

**NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS**

Revolution Trails
Validity



ARC IRENE
SUNSET RUN/WALK

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

8 FEBRUARY '23

REGISTRATION OPEN FROM 17H00 - 18H30
GROUP START AT 17H30
BUY TICKETS ONLINE
WWW.REVOLUTIONTRAILS.CO.ZA
or ON-THE-DAY

VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION

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

**NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS**

Revolution Trails
Validity





Intercare classic road race



Saturday 4 February 2023

06h00

Rietondale Park

 **21,1 km**

 **10 km**

 **5 km**



THE 21 KM WILL SERVE AS THE 21 KM CLUB CHAMPIONSHIPS



ATHLETICS
GAUTENG NORTH

**JOIN US ON THE 11 FEBRUARY 2023
FOR OUR**



**21KM
R150**

**10KM
R100**

**5KM
R50**

**TEMP. LICENSE
R50**

START TIME: 6AM

WWW.ENTEROONLINE.CO.ZA

Valentines Night Race

14 February 2023

VENUE: TUT Pretoria Campus Stadium

START TIME: 18h00 – 10 km

18h05 – 5km

ENTRY FEE: R100.00 for 10 km for licensed athletes

R60.00 for 5km fun run

Temporary License for R50.00 (10km only)

ENTRIES: Enter online @ www.entryninja.com

Online entries close on 11th of February.

ENQUIRIES: Whitney (063 347 7714)

Beatrice (072 587 1163)

Late entries can be done on the 13th (13h00 -18h00) & race day@ TUT Pretoria Campus building 51-118 (8h00 – 13h00)/(13h00-17h50) by the registration table

Race numbers to be collected @ TUT Pretoria campus by bld 51-118

13th February (13h00 – 18h00)

14th February (8h00 – 17h50)

The first 3 women & Men to finish 5km will receive a valentine's gift.

#HomeofChampions



Tshwane University
of Technology
We empower people



Athletics
Gauteng North



Bestmed TuksRace

Run/walk

• 1km • 5km • 10km
• 21.1km • Incorporating the
21.1km AGN Championships

Celebrating Pretoria's most loved
race, 10 years and beyond



Saturday, 18 February 2023,
Hillcrest Sports Campus



bestMed
personally yours



PRETORIA MARATHON

Sunday, 26 February 2023

Start: PHSOB Clubhouse
378 Queens Crescent, Lynnwood, Pretoria



42.2 km

Entry Fee: R340
Start time: 05:30

21.1 km

Entry Fee: R220
Start time: 05:30

10 km

Entry Fee: R140
Start time: 06:00



Temporary Licence = R50



Maps and race information available on
www.pretoriamarathon.co.za

Scan QR code to enter now!

www.entryninja.com



Event hosted by





KOLONNADE
SHOPPING CENTRE

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

5KM | 15KM | 32KM RACE 25 MARCH 2023

RACE FEES:

5KM R50 | 15KM R130 | 32KM
R150

TEMPORARY LICENSE FEE
R50

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

ENTER NOW!

- » Online entries:
www.entrytime.co.za till 19 March 2023
- » Run-A-Way Sport 012 361 3733
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384
(192 Vinko Str, Sinoville)
- » Entrance 4: 24 March 2023 at
Kolonnade Shopping Centre (from 15:00 – 18:00)
and 25 March 2023 (from 04:30 – 06:00)

Online Entries can be collected on
Friday 24 March 2023 or on
race day at Entrance 4

Brought to you by



Athletics
Gauteng North



**Athletics
Gauteng North**



**Limited to 3000 entries per event
Electronic Timing, Staggered start**

Irene Athletics Club presents



CHOC

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

IRENE RUNNING FESTIVAL



IRENE

1 & 2

April 2023

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



Timekeeping



PHOTO CORNER



Steffen Le Grange and Jacques Bannister at the time trials



Norton Mole



Stanley Macmillan



Anita Marais



Barbara Cairns



Elze le Roux and Chris Cloete



Barbara Botha and Tarryn Thompson



Ready for the nutrition talk



A lovely evening at the club house



Relaxing after the Akasia race



Victor Phetoe close to the finish of the Marathon



Noel Banda used the Marathon for a training run



Training group at Eco Park



New members Theunis and Leonie Schoeman



A screenshot of Sandra Steenkamp in action at the SA 35 km Race walking championships