

IRENE NEWS

30 May 2022

No 21 - 2022



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Centurion Mall Race:

10 km Walk

Maryke Gradwell 1st Lady

Ansie Breytenbach 1st Master lady & 2nd Lady

Miemie Nel 3rd Lady Lucia Willemse 1st GM Lady Marie van Dyk 1st GGM Lady Keith Reynolds 3rd Man

Keith Reynolds 3rd Man
Theuns Nieuwoudt 1st Vet
Jaap Willemse 1st GM
Wynand Breytenbach 1st GGM

21 km Walk

Sandra Steenkamp 1st Lady & 1st GM Elsa Meyer 1st GGM & 2nd Lady

21 km Run

Noel Banda 1st Master

PERSONAL ACHIEVEMENTS

Joubert Krugel PB – 21km

Well done!

FROM THE ADMIN DESK

Any members who still need their ASA license must please ensure they plan to collect the license in time for any races.

Any t-shirts not collected by 31 May 2022 will be forfeited and handed to new members who registered after the cut-off date.

SAFETY AT TIME TRIALS (for those who didn't read it last week)

We want to call on all our members going home after the time trials to take extreme care when driving home now that daylight is a problem during the winter months:

Please consider the following:

- Start with the group so that all run together
- If you run earlier, try to stay longer until everyone is back safe in the club house
- If this is not possible, please use the Olifantsfontein gate to exit
- If that is not possible, please dim your lights to ensure that runners are not blinded

All runners must wear some reflective clothing to ensure that they are visible when dark

COACH'S CORNER

Long run – Keep boredom at bay on your next Long run

- 2.5km Easy warm up
- 13km Steady (Endurance Z2) to Tempo pace (Z3)
- 6 x 300m 5km pace with 800m easy recovery in between
- 1.5km easy run
- 2.5km Threshold pace
- 2.5km Easy cool down

Total 28,6 km



THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 17:00. Walkers of all shapes and sizes welcome. Stretching exercises @ 17:00
Time trials @ 17:15 – Club house.
No lucky draw this week

Saturday:

Road Run/Walk @ 06:00 - Club House

Sunday:

Training run @ 06:30 – Mugg & Bean Midstream

PERSONALIA

14/04004	Curredline	20 May
Werner	Grundling	30 May
Keith	Reynolds	02 Jun
Patrick	Seboane	03 Jun
David	Londt	03 Jun
Wynand	Breytenbach	05 Jun
Graeme	Rennie	05 Jun
Suzanne	van Rooy	05 Jun



Midstream Tel 012 940 9229

NOTICE BOARD





Our Race Sponsors











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

THOUGHT FOR THE WEEK

Some days you just have to create your own sunshine.

PHOTO CORNER (Podium winners 10 km walk)



Ansie Breytenbach, Maryke Gradwell & Miemie Nel, top three lady walkers



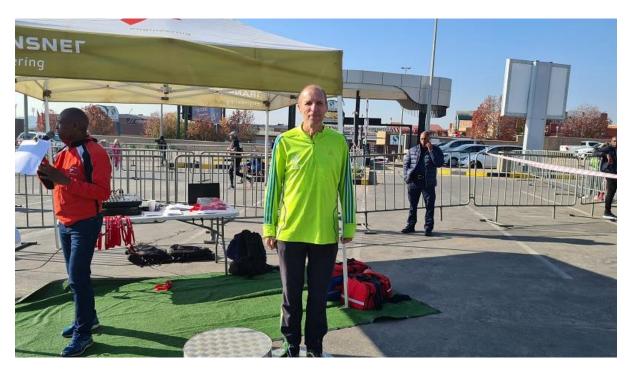
Lucia Willemse – 1st GM



Marie van Dyk – 1st GGM



Theuns Nieuwoudt – 1st Vet



Keith Reynolds – 3rd overall



Jaap Willemse – 1st GM



Wynand Breytenbach – 1st GGM



Noel Banda – 1st Master 21 km run



Bheki Ndhlovu



Melani Swart, Joy Dekker and Yolande Cowley



Mark Forbes and Rosemary Brink



Deena Naidoo



Cari Snyman, Belinda Hudson and Daleen Labuschagne



Joubert Krugel and Maureen Mossop. Maureen helped Joubert to run a 21 km PB



Lynette Gough did the Kigali Peace Marathon in Rwanda over the weekend