



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	1 st Lady
Ansie Breytenbach	1 st Master lady & 2 nd Lady
Miemie Nel	3 rd Lady
Lucia Willemse	1 st GM Lady
Marie van Dyk	1 st GGM Lady
Keith Reynolds	3 rd Man
Theuns Nieuwoudt	1 st Vet
Jaap Willemse	1 st GM
Wynand Breytenbach	1 st GGM

21 km Walk

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

21 km Run

Noel Banda	1 st Master
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PERSONAL ACHIEVEMENTS

Joubert Krugel	PB – 21km
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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

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

ARC IRENE HYBRID RUN/WALK
4th JUNE'22
START ANYTIME BETWEEN 07H00 TILL 08H00
ROAD RUN/WALK
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

REVOLUTION TRAILS

COLLAGEN FOR ATHLETES

Vitality



ONLINE
REGISTRATION
LATE ENTRIES
AVAILABLE

NKODIMA DEVELOPMENT RACE

VENUE:
NIZAMZI RESORT (FORMER MORULA SUN)

RUN 21KM

Seniors	Juniors	Veterans	Masters
Men & Women	Boys & Girls	Boys & Girls	Men & Women
1 R3000.00	1 R1200.00	1 R1200.00	1 R600.00
2 R2000.00	2 R800.00	2 R800.00	2 R400.00
3 R1000.00	3 R500.00	3 R500.00	
Total R24 000.00			

RUN 10KM

Seniors	Juniors	Veterans	Masters
Men & Women	Boys & Girls	Men & Women	Men & Women
1 R2000.00	1 R800.00	1 R800.00	1 R600.00
2 R1000.00	2 R600.00	2 R600.00	2 R400.00
3 R700.00	3 R400.00	3 R400.00	
Total R16 000.00			

DEVELOPMENT RACE (START 07H10)
RUN 4KM6

Under 16	Under 14	Under 12
Boys & Girls	Boys & Girls	Boys & Girls
1 R800.00	1 R800.00	1 R800.00
2 R500.00	2 R500.00	2 R500.00
3 R300.00	3 R300.00	3 R300.00

JULY 23
STARTING TIME
07H00 - 10H00

ENTRY FEE
4KM = R50
10KM = R120
21KM = R200

CALL US

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0792678553
BENJAMIN SELEPE

Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

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Email: info@stb.co.za



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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 Willemsse – 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