



IRENE NEWS

3 October 2022

No 38 – 2022



ACHIEVEMENTS

Congratulations to Elsa Meyer who won the 1500m and the 5000m walk at the Free State Masters Championships.

10/20 YEAR BADGES

Please collect your 10/20 year badges on Tuesday evenings if you haven't done so yet.

COACH'S CORNER

On the Edge – Progression run

This is not an easy session. Challenge yourself a bit and see if you can finish all the sets

(Build it on your watch for easier guidance)

10min warm up

3 x 20sec 3k pace (2min easy recovery)

5min easy run

5min upper Tempo run

1min Threshold run

30sec 5k pace

30sec lower Tempo run

4min Threshold run

2min upper Threshold run

30sec 5k pace

30sec lower Tempo run

3min Threshold run

3min upper Threshold run

30sec 5k pace

30sec 3k pace

2min Threshold run

4min Upper Threshold run

30sec 5k pace

30sec lower Tempo run

1min lower Threshold run

5min Threshold run

30sec 5k pace

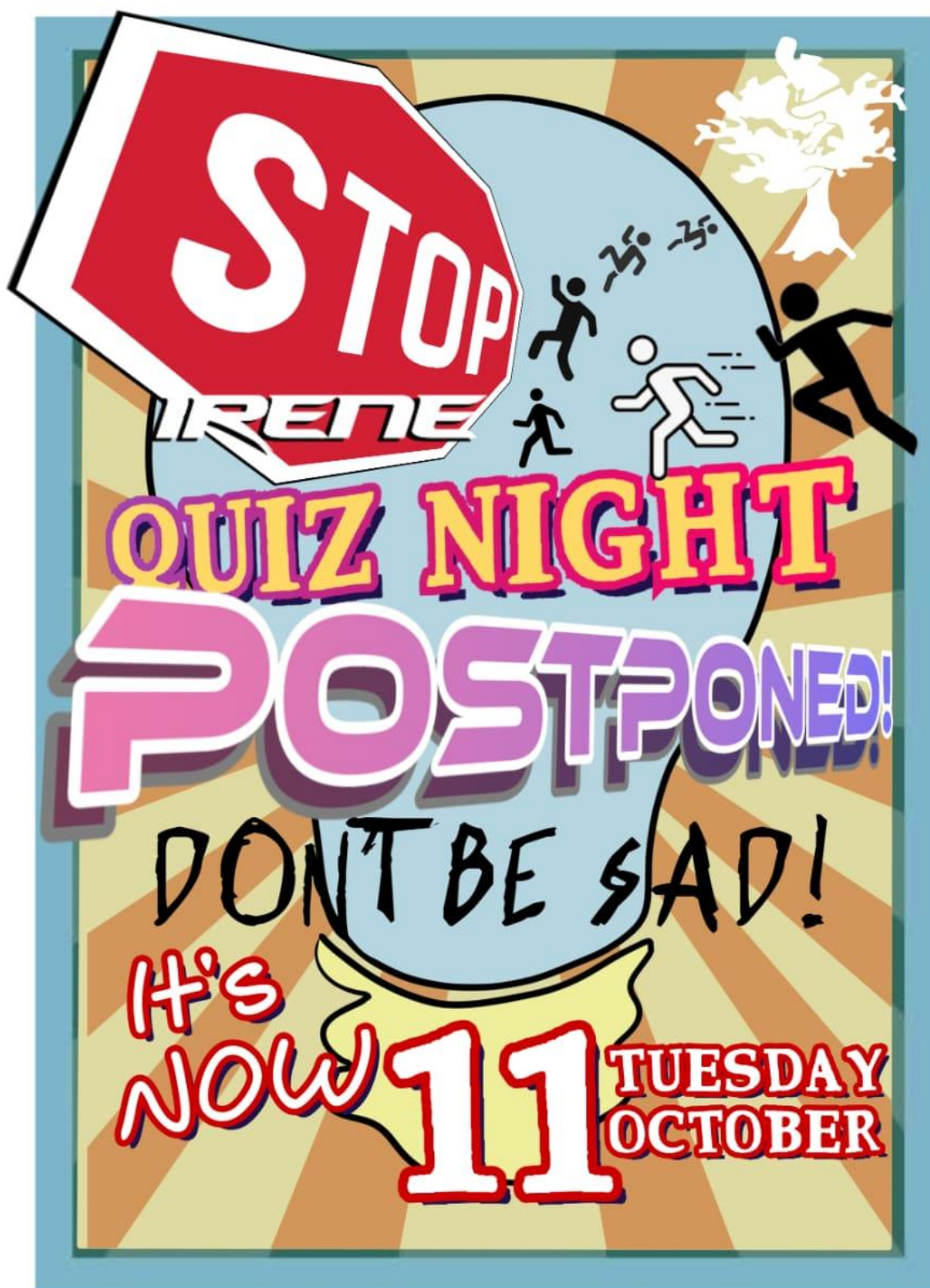
5min Threshold run

30min easy cooldown



SOCIAL EVENING POSTPONED

All social activities including 'Predict your time' backward time trial, quiz night and delicious butter chicken with couscous postponed to 11 October.





IRENE COUCH TO 5KM

8 WEEK PROGRAM

Sign up for
Couch to 5km, 8-
week training
programme to get
you from your
current fitness
level to completing
a 5km event - the
**Black Diamond
Race**, part
of the
**Vitality Run
Series.**

HAVE YOU
WANTED TO RUN
A **FULL 5KM?**

WE CAN
HELP
YOU!



KICKS OFF
11 OCT '22

**AT THE IRENE
CLUB HOUSE**



ARC Campus, Nellmapius Drive, Irene

Cost:
R250

If you or anybody you know are interested, please contact Rose at rosybrink@gmail.com

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.

Lucky draw after the time trials – 2 x R250 vouchers with the compliments of Mugg & Bean Midstream

Saturday:

Trail run @ 06:00 – Club house

Chamberlain Capital Classic @ 06:00 – Phobians club – Cara-Fun will be there

Sunday:

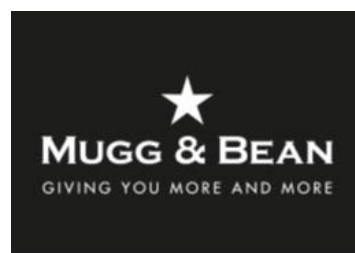
Training run @ 06:00 - TBC

PERSONALIA

Rose Kavallineas had a hip replacement during the week. We wish her a speedy and complete recovery.

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

Rose	Kavallineas	03 Oct
David	Seaton	03 Oct
Rienie	Blignaut	05 Oct
Glizelle	Langerman	06 Oct
Gerna	Horak	07 Oct
Emgee	Van Der Merwe	08 Oct



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE RUN/WALK

8 OCTOBER'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 06H35 - 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







CHAMBERLAIN CAPITAL CLASSIC

SATURDAY, 8 OCTOBER 2022
Phobians Club: 378 Queens Crescent, Lynnwood

> **21.1KM RUN**
starts 06h00

> **10KM RUN**
starts 06h00

> **5KM FUN RUN**
starts 06h15

GET A FREE T-SHIRT

The first 2000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

START YOUR DAY WITH BAGPIPES

Set off to the unique sounds of the MacChamberlain Highlanders pipe band

RUN IN A KILT AND WIN

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card



PHOBIANS
Athletics Club





IRENE LINK 5 KM FUN NIGHT RUN

8 OCTOBER 2022
14:00 - 20:00

FREE SAFE PARKING.
NO NEED TO BE AT SPRINT
CONDITION BEFORE THE RACE.

YOUNG AND OLD, FIT AND UNFIT
ARE WELCOME.

GENERATION LAPS MOST WELCOME.

FESTIVITIES GALORE AT THE OVAL.
NO NEED TO FAST.

ENTRANCE FEE OF R70 PER ADULT
AND R50 PER CHILD UNDER 10.

ENTRIES OPEN ON THE FIRST COME
FIRST SERVED BASIS.

BOOK YOUR
TICKETS ON:

Quicket
QUICK ONLINE TICKETS

*Bastion
House*



15 October 2022

Race for Peace

Run/Walk 5km 10km & 21.1km

Venue

The Grove Mall,
Cnr. Lynnwood & Simon Vermooten,
Equestria, Pretoria

Time: 06:30

Medals to the 1st 1500 finishers

Hosted by



Athletics
Gauteng North



peace

*the grove
mall*

Supported by

Ukrainian Embassy South Africa



RACE FOR

secureme SA

RUN WALK
FOR LIFE

For more enquiries:

Daan 082 572 4169

Paul: 082 200 4219

Athletics Gauteng North 012 3274930

In Loving Memory Of Kierie van der Schyff



RACES:

21.1 & 10km run @ 6:00 AM
21.1 & 10km walk @ 6:00 AM
5km Fun Run @ 6:15 AM

FOR RACE INFO CONTACT:

082 576 9834
kerk@gwkp.co.za

ZWARTKOP ROADRACE

22 OCTOBER '22

VENUE

Zwartkop Lapa, Wierda Road (M10)
Centurion
25°15'14.25" S
28°07'28.46" E



**In accordance with the rules of
ASA & AGN**

Presented by 'Gereformeerde
Kerk Wierdapark' in conjunction
with Alpha Centurion Athletics
Club

Participation at own risk.
The organisers accept no
responsibility for any loss,
damage or injuries



GEREFORMEERDE KERK
WIERDAPARK



This race will serve as our 21 km club championships

MORETELE ATHLETICS CLUB



MAMELODI ASSOCIATION FOR
PEOPLE WITH DISABILITY

22 Oct 2022

HERITAGE AWARENESS RUN

POWERED BY GYM COMPANY

**RACE STARTS AT SOLOMON
MAHLANGU SQUARE
AND FINISH AT TSHWANE
REGIONAL MALL**

5KM R65 (6:45)

21KM - R165

10KM - R115

Aerobics R20

Time: 06h30

Temporary

Licence R40

PRIZES

21 KM (Open)

Male & Female

R1000

R700

R400

10 KM

R600

R400

JUNIOR 40+— 80+

JUNIOR— R100

40—49

R300

R200

50— 59

R200

60+70+80+

R100

**Enough
PARKING
@ TRM**



Entrytime Enteronline

MTN MOMO APP

RUNNING IN (LYNWOOD)

RUN -AWAY-SPORT(GROENKLOEF)

GYM COMPANY TRM BLOED MALL

**FREE GYM VOUCHER TOP TEN FINISHER
20 T-SHIRT**



Race Rules

The race is run in accordance with the rules ASA and AGN.

Registered athletes for the 10km and 21.1 km must wear the ASA 2022 licence number on the front and the back of the running vest. The official sponsor's race number must be on the front of the vest must not cover the logos on the licence number.

Temporary licenced athletes for the 10km and 21.1km must wear the required temporary licence at the back of the vest.

All licenced athletes competing for category prizes must wear numeric category tags clearly visible on the front and the back Of the vest. Proof of age for prize winners will be required.

Walkers competing for prizes money must wear a W tag on the front and back of their vests and it must be clearly visible.

- 1.No seconding is allowed
2. No iPods or listening devices.
3. No blades, cycles or mechanically operated devices allowed on the race.
4. No pets.
5. Minimum age: 21.1km—16 years old; 10km—14 years old
6. Participants are required to obey the instructions of all traffic, race marshals and race referees.



Contact 076 822 2551 Seloane / 065 913 7177 Mshengu / 082 816 9826 Dibakwane

Please note that Irene Members are not allowed to run the race on race day. There will be helpers race the next day



The poster features a background image of runners on a dirt path in a rural setting. In the top right corner, the Discovery Vitality logo is displayed above the date '29 OCT '22'. The main title 'Irene Farm Race' is in large, colorful letters, with 'with Vitality' in a script font below it. To the left of the title is a logo of a tree with the word 'IRENE' underneath. To the right is a close-up image of a cow's face. Below the title are three colored circles representing the race distances: 21.1 KM (yellow), 10 KM (green), and 5 KM (blue). The 'ENTRY FEES' section includes a table with columns for race distance and entry fee. The 'PRIZE GIVING' section describes the timing of the prize ceremony. The 'PARKING' section provides information about the venue and directions. The 'RACE NUMBER COLLECTION' section lists the dates and times for picking up race numbers. The 'RACE INFO' section lists various details about the race, including start times, medals, distance markers, water points, food and drinks, medical support, and wheelchair accessibility. The 'PRE-ENTRIES ONLY' section lists the pre-entry period and the number of entries capped. The bottom of the poster features the ARC Campus address and the Athletics Gauteng North logo.

Discovery Vitality
29 OCT '22

Irene Farm Race

with Vitality

21.1 KM **10 KM** **5 KM**

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

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

RACE NUMBER COLLECTION

Friday 28 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733
Race day (Saturday 29 October): 04:00 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 4000 entries
- (Pre-entries close on 21 October or when cap is reached).

- 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

ARC Campus, Nellmapius Drive, Irene

Athletics Gauteng North

JACARANDA CITY CHALLENGE

EARLY COMRADES &
TWO OCEANS QUALIFIER

12 NOVEMBER 2022

1 2 3 4 5 6 7 8 9 10 11 **12** 13 14 15 16
17 18 19 20 21 22 23 24 25 26 27 28 29 30

**WE ARE
BACK**

**YOUR FAVOURITE
CITY ROAD RACE**

**5km
10km
21.1km
42.2km**



**Athletics
Gauteng North**



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 4388
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

Don't let the behaviour of others destroy your inner peace.

PHOTO CORNER



Hennie van der Walt is now residing in New Zealand. Here he is doing the Tauranga 10 km



The Rotorua 10 km



Philip and Grazyna Koornhof did the Golden Gate 10 km over the weekend



Believe it or not, Gerard van den Raad did his first Park run on Saturday!