



IRENE NEWS

4 April 2022

No 13 – 2022



IMPORTANT NOTICE FROM THE ARC MANAGEMENT

Unfortunately, the foot and mouth has moved closer. Which means we had to increase biosecurity into the campus.

Please be aware that every vehicle entering the ARC premises will be stopped at the gate. All passengers will have to get out of the vehicle to sanitize the soles of their shoes. The security guards will sanitize the wheels of the vehicles.

Please strictly adhere to these rules, don't be upset with the security guards, they are just doing their job.

No running on any soil, tar roads only.

HELPERS REQUIRED

The response on the request for helpers at our races this coming weekend has been fantastic!

Thank you to each and every member who have indicated their willingness to assist. You will receive your instructions early during the week.

At this point in time we are still short of a few route marshals for both days as well as helpers to hand out the race packs on both days.

Please help us out.

Just to remind you that helpers will receive R100 discount on their 2023 membership fee.

Please be reminded of the following:

- **Members working on Saturday will be allowed to run on Sunday**
- **Members running on Saturday must work on Sunday**

There are 7 Irene members who have entered to participate over the weekend but who haven't volunteered to work. Have a look at the two rules above please and adhere to it.

The entries for the event are looking good, we had more than 3000 on Saturday already.

COACH'S CORNER

Time crunch progression run

10 min easy warm up run

10 min Tempo run

10 min Threshold run

1 min 5k pace

1 min lower 3k pace

1 min higher 3k pace

12 min easy cool down

45 min



THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 17:00. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

Social evening after the time trials.

Lucky draw of R2500 with the compliments of Mugg & Bean Midstream.

Saturday:

Irene Running Festival: 5/10/21 km @06:00, 10 km walk @ 10:00

Sunday:

Irene Running Festival: 48 km @ 05:30

FROM THE ADMIN DESK

To all the members who registered before 28 February 2022, your t-shirts are now available from the Admin desk at the club house, 17:00 – 18:45 on Tuesdays.

Reminders:

- All t-shirts not collected by the end April 2022 will be forfeited. If you cannot collect, please arrange with Maggie to keep the t-shirt until you are able to collect: admin@irenerunner.co.za.
- The Admin desk will be closed on 12 April 2022. Plan to collect your ASA license in time for any race.

Reminder to please complete the ASA form and bring the completed form to the clubhouse on a Tuesday 17:00 – 18:45. The license cannot be handed over if the form is not presented.

A small number of printed copies will be available for those that cannot print or forgot.

Maggie will assist those members outside the Irene area and outside of South Africa. Please contact her directly.

2022 ASA license may not be handed over if this form has not been completed. Irene AC will need to submit these forms to ASA as proof.

FUNKY PANTS

A promotional poster for 'FUNKY PANTS' by Irene AC. The poster has a teal background with a white central box containing text. To the right of the text is a large, colorful, abstract graphic of a plant or leaf in shades of teal, orange, and pink. At the bottom left of the white box is a small green tree icon. At the bottom right is a black rectangular logo featuring a white silhouette of a runner and the text 'FUNKY PANTS' and 'Ridiculously comfy'. The Irene AC logo is at the bottom left of the entire poster.

FUNKY PANTS

When: 5 April 2022 @ 16:00
Where: Irene Clubhouse

Purchase your club
colour pants
directly from
them

IRENE

FUNKY PANTS
Ridiculously comfy

MONTHLY SOCIAL 5 APRIL

There will not be a braai. There will be lovely home-made lasagna with a salad and a roll for sale from the bar at R70 a portion. Please pre order with Dave before 12pm Monday via WhatsApp on 082 892 7544.

Notes for the Noot vir Noot competition: Each team member (teams of 6) pays R10 entry fee and the winning team takes all the winnings as a bar voucher.

SAVE THE DATE, IRENE SOCIAL

NOOT VIR NOOT

EVENING

5 April

GET YOUR TEAMS OF 6 READY!

COME MEET MICHAEL STEMMET AND THE 'MAAK-MY-SIEK FABRIEK'. LOTS OF FUN AND

IRENE

CHARITY SUPPORT AT THE IRENE RUNNING FESTIVAL

We are proud to be involved with CHOC (Childhood Cancer Foundation of SA) this year. It has already opened doors for us that can be of significant value to our club in the future. We request our members to support them whenever and wherever possible.

Here is the story of a parent:

“After our daughter was diagnosed with Non-Hodgkin’s Lymphoma, we became exposed to the extra ordinary work that non-government organisations like CHOC Childhood Cancer Foundation SA were doing to assist and support children and families affected by childhood cancer and other life-threatening blood disorders. The support that we received from CHOC inspired us to get involved in the efforts to fight the disease and create awareness about childhood cancer. I am running the Irene Ultra Marathon in memory of my late daughter and other children and families affected by childhood cancer and life-threatening



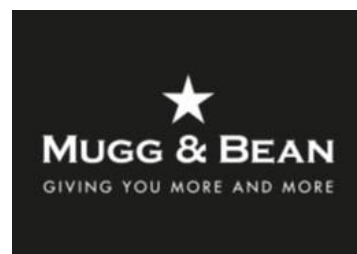
blood disorders. I am grateful to the organisers of the Irene Ultra Marathon (Irene Athletics Club) for supporting CHOC and providing a fundraising platform for CHOC within their online race entry platform. We hope that the running community will be generous and donate to CHOC in order to provide hope to families and children affected by childhood cancer.” – Thabo.

To read more about CHOC’s work visit their website www.choc.org.za

PERSONALIA

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

Anesca	Davey	05 Apr
Con	Purchase	07 Apr
Jeannette	Odendaal	09 Apr
Lourensa	Eckard	10 Apr



Midstream Tel 012 940 9229

NOTICE BOARD



**Athletics
Gauteng North**

Limited to 2000 entries per event
Electronic Timing, Staggered start

IRENE ATHLETICS CLUB PRESENTS

IRENE RUNNING FESTIVAL

8, 9, 10 APRIL 2022

The 10 km will serve as the
AGN 10 km championships



IRENE



CHOC
Childhood Cancer Foundation
South Africa
"Keeping more than hope alive"

ARC GROUNDS, NELMAPIUS ROAD
ENQUIRIES: INFO@IRENERUNNER.CO.ZA
TEL: 082 937 0733

GOLD MEDALS TO ALL FINISHERS

5km

10km

21km

10km
Trail
run

IRENE ULTRA
48km
#THEQUALIFIER



Chamberlain's
Timekeeping

ONLINE ENTRIES ONLY
WWW.ENTRYNINJA.COM
Entries close Sunday, 3 April 2022



SMACPIX

Ideal seeding opportunity. Qualifying
time is 5 hours 50 minutes (same as
for 50km), but with 2km less to run.
Mat to mat timing



COMRADES MARATHON
QUALIFIER

FAMILY DAY RUN/WALK

Spend leisure time with family and friends

Presented by

**MORETELLE
ATHLETICS
CLUB**

**18
April
2022**

6km

12km

**Starting
time
07:00**

Venue

LYNNRIDGE MALL

cnr. Jacobson- & Lynnwood Rd,
Lynnwood Ridge,
Pretoria

**Medals
to all
finishers**

**No
Price
Money**

**only
WATER**
will be served

@
**Refreshment
Points**

GPS: 25°45' 947" S
28°17' 917" E

Entries

- Pre entries from 29 March to 14 April 2022 at :
■ Run -A- Way Sport, 302 Freesia Street, Lynnwood Ridge 012 361 3733
■ On Line: entrytime.com from 29 March to midnight 16 April 2022
■ Entries on race day at the venue from 06:00

Fees

6km R60

12km R80

Non-Registered Athletes 12km must buy a Temporary Licence at R40

Rules:

- The race is run in accordance with the rules of ASA and AGN.
- All athletes must wear the race number on front of their running vests, covering of the logos on the ASA Licence number is not allowed. Registered athletes must wear their 2022 licence numbers on the front and back. Non registered 12km athletes must purchase a temporary licence and wear it on the back.
- No seconding is allowed during the race.
- No Blade, Bicycle or mechanically operated device will be allowed in the race. Manually operated wheelchairs are allowed.
- The age restrictions for participants in the 12km race is 14 years.
- No iPods or listening devices are allowed in the race.
- Athletes participate at their own risk and indemnify the organisers, sponsors and national and provincial bodies against any claims that may arise.
- Animals not allowed.
- There will only be water points along the route and finish point.
- Medical support and Tog bag facilities will be available.
- Cut of time is 09:30
- Covid 19 Protocols will be adhered.

Supported by

**RUN WALK
FOR LIFE**
ATHLETICS CLUB GAUTENG NORTH



**Athletics
Gauteng North**

In partnership with

**RUN-A-WAY
SPORT**

Enquiries: Daan 082 572 4169 Paul 082 200 4219 Bethuel 061 466 0985



MiWay Wally Hayward Marathon

Hosted By: Alpha Centurion Athletics Club

Monday, 2 May 2022

Venue: Centurion Rugby Club

Distances: 10km, 21.1km, 42.2km

Entry fees:

10km—R140

21.1km—R200

42.2km—R300

Batch starts from:

10km—7h00

21.1km—6h30

42.2km—6h30

www.wally.co.za

Strict Covid Protocols will apply

Online Entries ONLY. NO race day entries

Timing by: FinishTime (no chip required)

Visit www.wally.co.za for entry information, rules, routes, parking, etc.



miWay·CO·ZA

Medals to all finishers

Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

PTA New Build
Construction
00000

tel: 07121 841 1111
fax: 07121 841 1111
email: info@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

There is no key to happiness. The door is always open.

PHOTO CORNER



Members are invited once again to join the stretching exercises at 17:15 on a Tuesday



The “sling” squad, Fanie van Wyngaard and Johan (Fires) van Vuuren



Every Tuesday evening at the club house is something special