



IRENE NEWS

4 July 2022

No 26 – 2022



COMRADES GOODIE BAGS (SECOND REQUEST)

Our Comrades runners have been spoiled in the past with fantastic goodie bags. To do it once again we need your help. Thank you to those of you who have already indicated that you will contribute towards it. However, we still require many more items for the goodie bags.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goodie bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 115 goody bags.

We need it not later than 18 August, the evening when the goodie bags will be packed.

Make use of this opportunity and support our Comrades runners please.

Reply to this email if you can assist in any way.

SOCIAL EVENING

It will be the annual pan cake evening on Tuesday. We need teams of 3 men to make pancakes. You supply the mix, the gas bottles, the pans, the oil, the fillings [savoury and/or sweet], basically everything.

Winners will be the team that sells the most. You will not be out of pocket as whatever you are short at the end of the evening will be paid in by the club.

Let's have some fun and see your skills.

Please WhatsApp Joy on 0832844884 if you are interested.



The monthly lucky draw with a cash prize of R2500 with the compliments of Mugg & Ben Midstream will also take place. Ensure that you write your name in the lucky draw book.

Bring the whole family along.

CLUB 21 KM CHAMPIONSHIPS

Due to the cold weather, the Ice Breaker race on 9 July will no longer serve as our club 21 km championships.

It will be replaced with the Run 2 Braai 10/21 race that will take place at the Centurion rugby club on 24 September. It will be much warmer then and it is on our doorstep.

Entries will be taken on the day of the race as well.

Take note also that the club gazebo will be at the Ice Breaker.

COACH'S CORNER

Three peaks Tempo run

10min easy warm up run

3min upper Threshold run

2min easy recovery run

4 x 20sec 5k pace (with 40sec easy recovery)

2min easy run

3km Lower Threshold run

800m upper Threshold run

3min easy recovery run

3km Lower Threshold run

800m upper Threshold run

3min easy recovery run

3km Lower Threshold run

800m Upper Threshold run

3min easy recovery run

15 min easy cooldown run



TRI FIT
MULTISPORT COACHING

THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 16:30. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:00

Time trials @ 17:15 – Club house.

Social evening after the time trials

Lucky draw @ 18:30 – R2500 cash with the compliments of Mugg & Bean Midstream

Saturday:

Trail/Road Run/Walk @ 06:00 – Club House

Sunday:

Club training run @ 06:30. To be confirmed

IRENE BUFFS

With the extra cold on us you can keep your neck, ears and/or head a bit warmer by purchasing a funky Irene Buff for R80 from the Clothing Shop from Tuesday, 28 June. There are only 100 available, so hurry to avoid disappointment.



PERSONALIA

Both Vanessa Roux and Johan van Vuuren (Oudste) underwent operations recently. We wish them a speedy and proper recovery.

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

Maureen	Mossop	03 Jul
Alfred	Matema	06 Jul
Andrew	Heuvel	07 Jul
Tšeliso	Parkies	07 Jul
Susan	von Wielligh	08 Jul
Martin	Struwig	09 Jul
Riaan	Myburgh	09 Jul
Corne	Johnstone	10 Jul



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE HYBRID RUN/WALK

9th JULY'22

START ANYTIME BETWEEN 07H00 TILL 08H00

ROAD OR TRAIL OPTIONS AVAILABLE

2KM, 5KM, 10KM, 15KM OR 21KM

ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

ON-THE-DAY ENTRIES ALSO WELCOME

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

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

GARSFONTEIN ICE BREAKER



21.1km / 10km / 5km

09 JULY 2022



**Athletics
Gauteng North**

Venue: Garsfontein Primary School

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME	Athletes 70+ 50% DISCOUNT (ASA license or temp license compulsory for 21km/10km)
21.1km (run and walk)	R130	R40	7:00	
10km (run and walk)	R90	R40	7:00	
5km	R50	-	7:15	
Prize giving for top 3 on 21km and 10km ... other categories will be notified				

All proceeds from the race will be used for charity outreaches by the Dutch Reformed Church Garsfontein

ENTRIES – ONLY online entries will be accepted, capped at 2000

• www.entryninja.com (until 1 July 2022)

Race number collection can be done at:

• Dutch Reformed Church Garsfontein (285 Emmie Hartmann Street) from 6 July 2022 until 8 July 2022 (9am to 1pm)

• At the venue on Friday, 8 July, from 15:00 until 17:30, as well as on race day from 5:30.

NO ENTRIES ON RACE DAY



Race Inquiries

Mike Minty 083 414 5938

Claude Smit 083 564 3630

Office 012 361 3618

Wingate Road Runners

072 864 2908





**ONLINE
REGISTRATION
LATE ENTRIES
AVAILABLE**

NKODIMA DEVELOPMENT RACE

**VENUE:
MIZANZI 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

0724149062
NIXON NKODIMA

0792678553
BENJAMIN SELEPE



EYETHU ATHLETICS CLUB

Hosts the annual

**FITNESS TEST RUN : 21.1Km and ASA 10Km
Championships in partnership with AGN Province**



Date : **13 August 2022**
 Venue : **Pilditch Stadium , Tshwane**
 Start Times : **ASA 10km Championship Women's Race: 07h:15 AM & All the Remaining Athletes: 08h:05 AM**
 Pre-Entry Fee : 21.1km = R175.00 & 10km = R120.00
 Race day Entry Fee : 21.1km = R200.00 & 10km = R140.00, **from 05h:00-07h:00 AM**
 Temp Licence : R40.00



Store entries open: **16 June 2022 to 10 August 2022**

Tshwane Running Shop,
Sinoville: (087) 688 1336

Run-A-Way-Sport, Lynn-
Wood: (012) 361 3733

The Sweat Shop, Dunkeld
West, JHB: (011) 325 2567/8

Online entries open: **16 June 2022 to 05 August 2022**
 @ www.entryninja.com

Online entries collection:
Decathlon, Centurion:
(012) 000 1791. **Date: 12-08-2022**

**This event will be broadcasted live on Supersport Variety 4 (209)
TV channel (SS 209) from 07:00 AM**

**Pilditch Stadium:12-08-2022
until 17h:00 (New entries will
be accepted)**

Prize giving will commence from 09h:15. Only the top three (3) athletes will be broadcasted

Prize Money for Non-Championship Athletes: Male & Female (21.1 km)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 650.00	R 1300.00	R 300.00	R 300.00	R 300.00	R200.00	R200.00
2	R 450.00	R 1000.00	R 200.00	R 200.00	R 200.00	-	-
3	R 350.00	R 600.00	-	-	-	-	-

Prize Money for Non-Championship Athletes: Male & Female (10 km)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 300.00	R 700.00	R 200.00	R 200.00	R 200.00	R 200.00	R200.00
2	R 240.00	R 500.00	R 150.00	R 150.00	R 150.00	-	-
3	R 200.00	R 300.00	-	-	-	-	-

Medals

	21.1 km	10 km
Gold	Prize winners	Prize winners
Silver (R)	Next 100 runners	Next 100 runners
Finishers medal	To all finishers within-cut-off times	



AfriForum
SPORT

and the Voortrekker Monument Draif &
Stap Klub are proud to present the

Leon Bezuidenhout SPRINGBOK VASBYT

Distances:	21 km, 10 km, 5 km fun run:
Date:	Saturday 16 July 2022
Starting Times:	Commemoration Ceremony - 07:20 21 km & 10 km - 07:30 5 km - 07:40
Venue:	Voortrekker Monument, use the Eeufees Rd entrance

Leon Bezuidenhout 14 September 1966 - 2 August 2020

"As ek die grondpad onder my voete voel weet ek, ek is tuis"



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK
CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.**

ENTRY FEES

21 km: R140 | **10 km:** R115 | **5 km:** R60

70+ athletes (ID required): Free

Temporary License: R40

Entry fees are non-refundable

GENERAL INFORMATION

Guarded parking available

Ample toilet facilities

Water stations

No tog bag area

Only 2000 entries on the 10 km and 21 km. Only 800 entries on the 5 km. **UNFORTUNATELY NO PRIZE MONEY.**

- 10 km and 21 km:**
- Running categories' 1st and 2nd places receives gold and silver medals, respectively.
 - The rest of the field finishing within the cut-off time receives bronze medals.
 - Gun to mat timing.

MORE INFORMATION

No entries or temporary licenses are available on race day.

Online pre-entries at www.entryninja.com - Online entries close 10 July 2022.

Pre-entries at Run-A-Way Sports - opens 20 June 2022 & closes 14 July 2022 at 16:00.

Pre-entries at Voortrekker Monument - opens 20 June 2022 & closes 15 July 2022 at 16:00.

Entry collection at the Voortrekker Monument on Friday 15 July 2022 from 13:00 until 17:00 or on race day from 05:00 until 07:00.

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining, will be diverted to the finish.

No pets allowed.

The Safety at Sports and Recreational Events Act 2 of 2010 will be strictly adhered to.

The organizing club is obliged to pay the required % of the entry fee to AGN as a levy

The 10 km and 21 km race terrains are unsuitable for baby strollers and wheelchairs.

The 5 km fun run does not include any off-tar sections; baby strollers and wheelchairs are welcome.

No vuvuzelas or hooters are allowed. There are wild animals in a confined space.

Save this date!

Saturday, 24 September 2022

Run2Braai

**21km, 10km & 5km Fun Run
Centurion Rugby Club**



Presented by:

**The
Bicycle
Company**



Our Race Sponsors



Knowledge Integration Dynamics



G.I.D.I
PLUMBING



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



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Email: info@stb.co.za



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

THOUGHT FOR THE WEEK

When you truly care for someone, you don't look for faults, you don't look for answers, you don't look for mistakes, instead you fight the mistakes, you accept the faults, and you overlook the excuses.

PHOTO CORNER



The training group saw a few zebras at Klapperkop on Sunday morning