



# IRENE NEWS

5 April 2021

No 14 - 2021



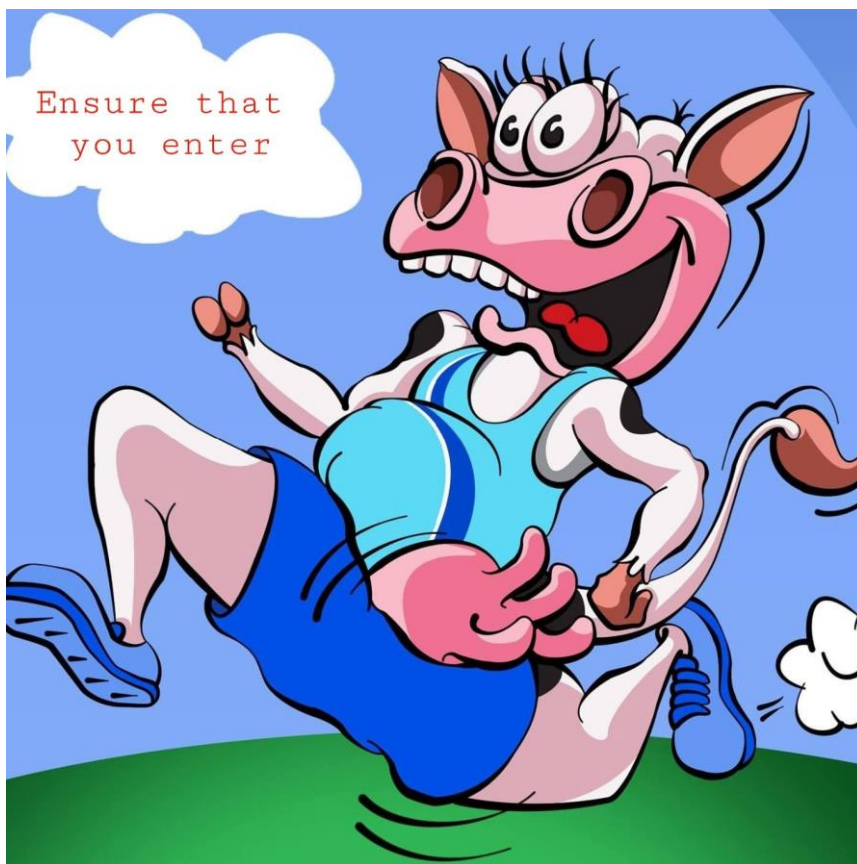
## IRENE ULTRA

Entries have opened for our Irene Ultra, a virtual race with a difference. Athletes will have the option to run/walk the distance over a period of 16 days at any place. They will also have the opportunity to run/walk the distance on the grounds of the ARC over the three weekends during this period. See the flyer for details.

We want to encourage our members to support this race big time! It will be great to be part of the race during the weekends mentioned.

We trust that at least 200 of our members will enter for this event, even if it is without ordering a medal or T-shirt. Your R50 entry fee will make a difference.

You can enter at [www.ireneultra.co.za](http://www.ireneultra.co.za)





**Irene VIRTUAL ULTRA**  
10-25 April 2021

**IRENE ATHLETICS CLUB**

**Date:** 10 - 25 April 2021  
**Venue:** Countrywide! You run in your area, in line with COVID-19 restrictions or ARC Ground, Irene Club  
**Closing Date:** 20 April 2021

**48km, 21.1 km, 10km**  
Same entry fee for all the distances  
Enter: [www.ireneultra.co.za](http://www.ireneultra.co.za)

**TOTAL 48KM IN ANY WAY YOU WANT TO RUN**  
IN THE PERIOD OF 16 DAYS

**100 GOODIE BAGS UP FOR GRABS EACH DAY OF THE ULTRA RUN PERIOD:**  
FIRST 100 RUNNERS AT THE IRENE CLUB EACH SATURDAY AND SUNDAY (IN THE ULTRA RUN PERIOD) RECEIVE GOODIE BAGS

**Entry fees:** **R50** - Per Entry **R25** - For a Medal **R200** - Per T-Shirt **R90** - Courier

Sport shop for free collection of medal and t-shirt:

- Run-Away-Sport: 012 361 3733

- Sweatshop Southdowns: 012 665 0048

- Sweatshop Dunkeld: 011 325 2567

- Sweatshop Bedfordview: 011 325 2567

- Sweatshop Broadacres: 011 465 2556

- Irene Club House: 082 937 0733

**Race rules**

- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the event.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.
- Minimum age for participation 48km is 20 years.
- Minimum age for participation: 21.1km 16 years old and 10km 14 years old.

I hereby waive and abandon any or all claims of whatever nature that may arise from my participation in this event!



**JOINTeze**

IRENE

**VIRTUAL ULTRA**  
**WITH A DIFFERENCE**  
COME DO YOUR VIRTUAL  
AT ARC GROUNDS ON WEEKENDS





## POP-UP RUN

The April Pop Up Run held in Midstream on Saturday was a huge success. Thank you to all our members who were part of it.

## TRAIL RUN

History was made on Saturday when the first Irene Trail Run took place. It was a huge success and enjoyed by all who participated. It will now be a regular event every Saturday.

You can use the distance you do at the trail run for the Irene Ultra if you wish.

# ARC IRENE — TRAIL RUN/WALK —

**STAGGERED STARTS & REGISTRATION**  
AVAILABLE FROM 06H00 TILL 09H00

**2km~R55 / 5km~R75 / 10km~R95 / 15km~R115**  
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)  
ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE

**ALL FINISHERS RECEIVES A MEDAL  
AS WELL AS OFFICIAL RACE RESULTS**  
(FOOD AND DRINKS AVAILABLE AT THE CLUB HOUSE)

Earn up to 600 Vitality Points

**ENTER @**  
**WWW.REVOLUTIONTRAILS.CO.ZA**

**VENUE:**  
**ARC IRENE CAMPUS**  
(AGRICULTURE RESEARCH COUNCIL, IRENE)  
IRENE ATHLETICS CLUBHOUSE  
NELMAPIUS DRIVE, IRENE, CENTURION

AT THE ENTRANCE GATE INDICATE  
YOU ARE COMING FOR THE TRAIL RUN

**DATE AND TIME**  
**10 APRIL '21**  
**STRICTLY  
NOT  
PET FRIENDLY**

**REVOLUTION  
TRAILS**

For more information contact  
Glizelle @ 083 264 3931 or revolutiontrails@gmail.com

COLLAGEN  
FOR  
ATHLETES





## **CAPTAINS CORNER**

### **Trail Running at Irene**

Revolution Trails kicked off their first ever official Trail Run on the ARC Irene grounds on Saturday.

The event was well attended and the feedback from participants was very positive.

Following the great morning Pop-up-Run run from Mugg & Bean and a delicious muffin to go with the sponsored cappachino I headed to the club house to join in on the 5km route. Glad to see quite a number of other Irene runners also opting in on the trail run after the Midstream event.

Despite having run various routes, most of them with Buks, there were some interesting sections of around 2kms that we (Mark Robinson and I) covered on the run that I had not done previously. The muffin did get it's revenge, giving us both a stitch around 4kms, but the run was still great.

Well done to Glizelle and her team at Revolution Trails on a great event. Looking forward to trying out their 10 & 15 km routes on one of the future weekly Saturday runs.



### **Factoring in the Irene Ultra (Factor it in challenge)**

The Irene Ultra “window” opens on the weekend of 10 April. Come and join us at the Club grounds to do part of your run on any Saturday or Sunday until the 25<sup>th</sup> of April.

Remember that we are having a fun challenge to see the different combination of 48 people can come up with. Last week we challenged you to run it using the factors of 48 kms (1, 2, 3, 4, 6, 8, 12, 16, 24 or 48). We have seen that you can also get to 48 using combinations of Prime numbers (2, 3, 5, 7, 11, 13, 17, 19, 23, 29, 31, 37, 41, 43). E.g. 5, 7, 13 and 17 kms or 4 x 5km and 4 x 7kms.

Main thing to do first is to register for the challenge. How you reach 48kms is totally up to you.

Whenever you finish a set of 48kms post it on the Irene WhatsApp Group, send it to me on my personal WhatsApp (0824503275) or email it to me on keith11523@gmail.com

Have fun 😊

### **Virtual Trend Emerging**

Following the huge success of the Pirates run at the beginning of the year, it appears that many clubs are following their example by hosting an event that you can run at any time that suites you on their route. In some cases “their route” is optional and others (like Pirates) it is a requirement.

I did the Rand Road Warriors – Edenvale marathon on Friday 2<sup>nd</sup> April and found the route well marked and quite easy to follow. They had marked out the route and also provided a link to a map of the route on their website.

I started the run quite early and was only following route markings for the first half hour before looking to check my progress. It was then that I discovered my Garmin had “frozen” and I had no idea of where I was on the route, how long I had run for or any of the other usual feedback I got from my device. When I could not even reset my device at half way (end of lap 1), I turned to Strava for record some proof of my run. Despite all the challenges I was able to easily complete the course totally alone for the entire run.

I foresee that many other clubs are going to make this kind of event available to us. While it is not a race as we know it, it will definitely be a lot better than repeating the same route options for virtual runs we plan for ourselves, typically on the same route each time.

### **Club Training Program**

Irene has a standard club training program which is set out weekly along the following guidelines:

**Monday** – Strength and Core training – Starting again from 12 April on the lawn outside the clubhouse (inside the lapa if it rains).

**Tuesday** – Time Trial 4/6/8km.

**Wednesday** Midweek run – no specific group if you come to the grounds but yo can start any time after 4pm on weekdays.

**Thursday** – Hill sessions/Speed – Hills are done after an initial warmup which starts at 5:30 pm.



**Friday** – Traditionally a rest day.

**Saturday** – Pop-up-Run on 1<sup>st</sup> Saturday of each month or Long Slow Distance (according to your fitness).

The Irene trail run is an option but it is a “private” event and you will need to pay an entry fee to participate in the official event.

**Sunday** – Run of a distance you choose – Clubhouse is open for bathroom facilities between 6 and 9 AM if you want to train on the grounds.

#### ***SOCIAL RESPONSIBILITY***



**EASTER CHARITY DRIVE**

Irene is giving back to the community in April and we need your support

Please bring along a pair of shoes (old or new) or a contribution of non-perishable food to Time Trials on Tuesdays for the month of April. There will be a collection point at the clubhouse.

Contact Buks for more info

**SHOES 4 Souls**

**ONSWINKEL**  
SOLIDARITEIT HELPENDE HAND

**IRENE**

The poster features a yellow background with a large yellow rectangle in the center. To the left of the rectangle are three cartoon shoes (red, blue, and green) and to the right are three cartoon food items (a cereal box, a juice carton, and a bag of chips). The text is centered within the yellow rectangle. At the bottom of the rectangle are three logos: 'SHOES 4 Souls', 'ONSWINKEL SOLIDARITEIT HELPENDE HAND', and 'IRENE'.

## ***SOCIAL EVENING***

Tuesday is the first Tuesday of the month and therefore we will have a social evening with a pair of Asics running shoes to be won in the lucky draw. Make sure that your name is written in the lucky draw book and be present at 19:00 when the draw is done.

There will be chicken prego rolls with noodle salad for sale at only R20. Don't miss out on this special. No need to make food at home this Tuesday.

Only 80 available.



## ***CLUB T-SHIRTS***

The second batch of club T-shirts have arrived and will be available at the club house on Tuesday from 17:00 till 19:00. This means that the T-shirts are now available to all members who registered before the end of February.



### **TIME TRIALS**

A heavy rain shower spoiled our time trials last week. Ensure that you line up at 17:30 this week. Encourage your club mates to be part of it as well.

### **PERSONALIA**

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

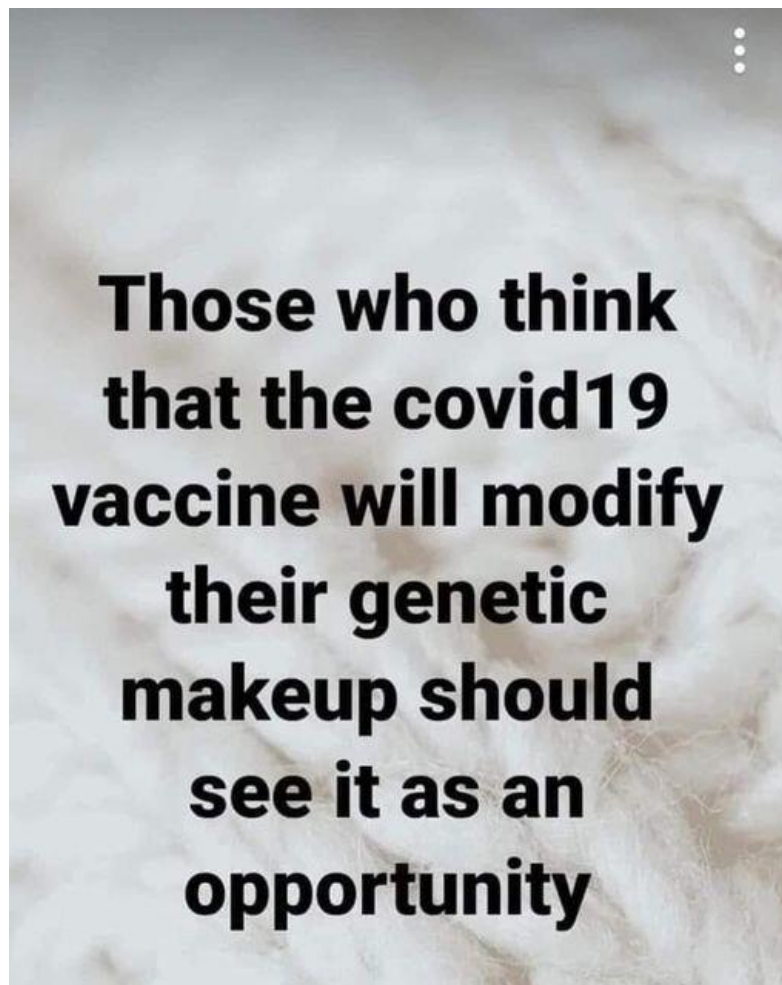
Alhassan	Jallow	06 Apr
Anri	Steyn	07 Apr
Con	Purchase	07 Apr
Jackie	Mostert	07 Apr
Travers	Snyman	07 Apr
Jeannette	Odendaal	09 Apr
Lourensa	Eckard	10 Apr
Magda	Wilcocks	11 Apr



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

### **THOUGHT FOR THE WEEK**



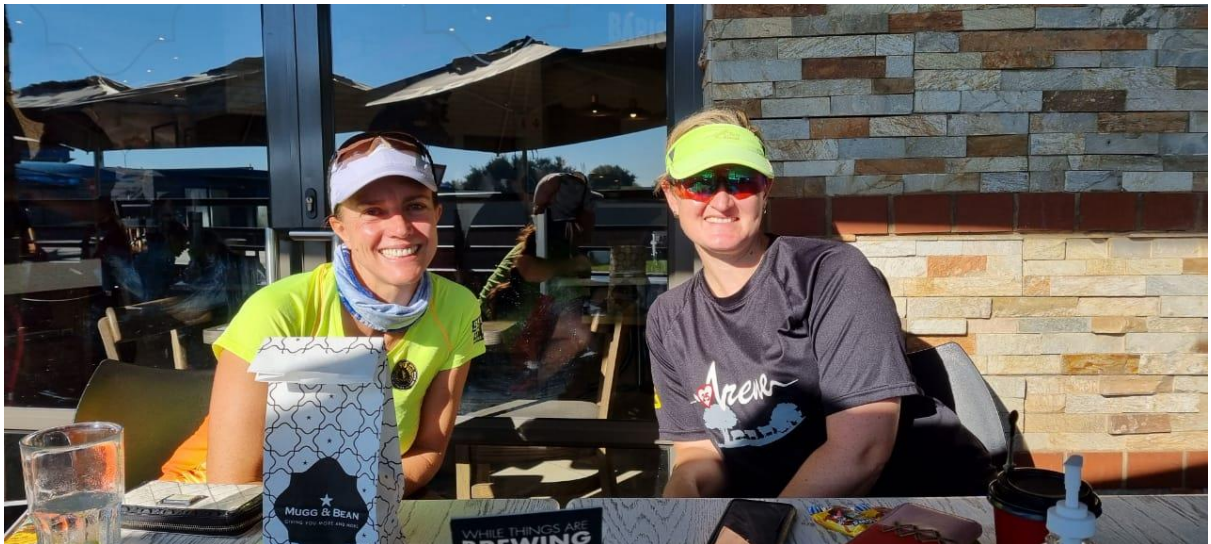


### ***PHOTO CORNER***

The following photos were taken at the Pop-Up Run on Saturday:













## Irene Trail run



Dave Roux, Kobus van Niekerk and Andy Crawshay-Hall enjoyed the trail run



A memorial run/walk was held in memory of Jan van Wyk at the club house on Monday. Jan passed away on 6 April last year during level 5 of the lockdown.











Former members Kim and Michelle Welsch came all the way from Cape Town to attend the run

