



# IRENE NEWS

6 June 2022

No 22 – 2022



## ACHIEVEMENTS

Congratulations to Keith Reynolds who was selected for the AGN team to participate at the SA 21 km championships over the weekend. Although he didn't finish in a podium position, he ran his best 21 in 11 years!

Well done to Holger Hedelt who did the Tor Tour of 230 km in Germany. He finished in 10<sup>th</sup> position in a time of 32:12:48.

## FROM THE ADMIN DESK

Please note that due to other commitments, Maggie will NOT be at the admin desk on Tuesday evening. The clothing shop will be open

## SAFETY AT TIME TRIALS

Please wear some reflective clothing when running the time trials. This is for your own safety. Motorists on their way out must please dim their lights for the runners.

## COACH'S CORNER

Progression run (Long run)

6.5km Very easy warm up run

6.5km Steady endurance pace

5km Lower Tempo pace

5km Higher Tempo pace

5km Lower Threshold pace

1.5km Higher Threshold pace

3km easy cool down

Total 32.5 km



## ***SOCIAL EVENING***

The social evening on Tuesday evening is going to be very special. Bring the whole family to enjoy an evening of fun and laughter. You can go home with R2500 cash with the compliments of Mugg & Bean Midstream.

Place your order for the soup & sherry before 12:00 on Monday

**JUNE SOCIAL★**  
**TUESDAY 7 JUNE**

**MUSICAL**

**JOIN US TUESDAY FOR BINGO WITH  
★ A DIFFERENCE... MUSICAL BINGO! ★  
COME PLAY AND SING ALONG. SOUP  
AND SHERRY ON SALE FOR R60. PLEASE  
PRE-ORDER BEFORE 12PM ON MONDAY  
★ WITH DAVE 0828927544 ★**

## 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.

Monthly social after the time trials.

Lucky draw @ 19:00 – R2500 cash to be won with the compliments of Mugg & Bean Midstream

### Saturday:

Road Run/Walk @ 06:00 – Club House

### Sunday:

Training run @ 06:30 – TBC

## PERSONALIA

Quintin	Walker	06 Jun
Sonja	du Toit	07 Jun
Joubert	Krugel	08 Jun
Lucia	Willemse	08 Jun
Drix	Pretorius	09 Jun
Phinias	Mojapelo	11 Jun
Amalia	Thomas	11 Jun



Midstream Tel 012 940 9229

## NOTICE BOARD

All the official AGN races for June have been cancelled.



# ARC IRENE HYBRID RUN/WALK

## 11<sup>th</sup> JUNE'22

START ANYTIME BETWEEN 07H00 TILL 08H00

### ROAD RUN/WALK

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

ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)







**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**  
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**0792678553**  
BENJAMIN SELEPE

## Our Race Sponsors



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### THOUGHT FOR THE WEEK

Don't dream of winning, train for it.

## PHOTO CORNER



Lynette Gough did the Kigali Peace Marathon in Rwanda last weekend





Douw and Miné van Zyl did the Mac Mac Ultra 46 km two weeks ago



Proud to show their medals





Keith Reynolds with a few of his team mates at the SA 21km championships





Holger Hedelt before the start of his 230 km race