

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 10th position in a time of 32:12:48.

FROM THE ADMIN DESK

Please note that due to other commitments, Maggie will NOT be ad 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



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.





Our Race Sponsors











Christian Stock Sali (ST2) And Shar Sali (ST2) And Shar Sali (ST2) And Shar Sali (ST2)





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

THOUGHT FOR THE WEEK

Don't dream of winning, train for it.

PHOTO CORNER



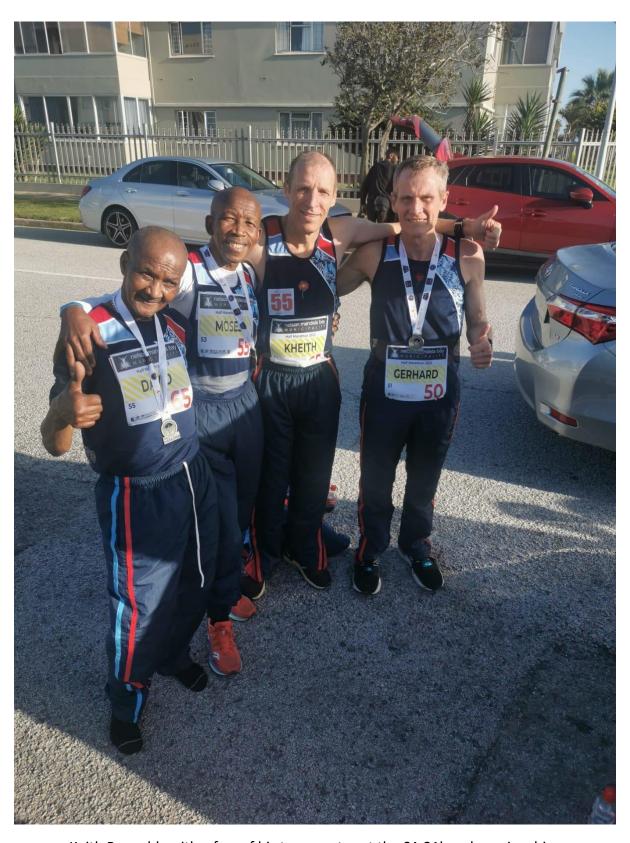
Lynette Gough did the Kigali Peace Marathon in Rwanda last weekend



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