

IRENE NEWS

6 March 2023

No 9 - 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Sunrise Monster:

Ansie Breytenbach 1st Master lady – 21 km Sandra Steenkamp 1st Lady walker – 10 km

The following walkers won medals in their respective age categories at the CGA Masters Championships:

5000 meters:

Johan Coetzee - Gold Dirk Neethling - Gold

Estien van Wyngaard – Gold (also 2nd lady overall)

Retha Knoetze - Gold Miemie Nel - Gold Jaap Willemse - Silver Lucia Willemse - Silver

Danie Labuschagne - Bronze

1500 meters:

Dirk Neethling

Danie Labuschagne

Well done!

PERSONAL ACHIEVEMENTS

David Holliday PB – Marathon Melanie Swart PB – 32 km

Estien van Wyngaard PB – 5000 meters walk Shaun Smee PB – Half Iron Man

Aileen Geere PB – 21 km

Samuel Molefe missed his sub 3 hour Marathon with only 26 seconds!

Congratulations!

Well done to all our members who qualified over the weekend.

Please let us know about your personal achievements i.e. personal best time on a distance, first time running a distance etc. Don't be shy!!

IRENE RUNNING FESTIVAL

We need our members to help at our race on 1 & 2 April. Without you we cannot present a successful race. Thank you to those members who have already responded.

Please read the following and let us know what your choice is and also where and when you prefer to work:

- Members working on Saturday will be allowed to run on Sunday.
- Members running on Saturday must work on Sunday.
- Members not running/walking are obviously also required to work.

Members working at the Running Festival will get R100 discount on their 2024 membership fee.

We require helpers in the following areas:

- Route marshals
- Parking marshals
- Water point helpers
- Handing out medals
- Handing out race packs (on the day and before)
- Tog bag helpers
- Race venue helpers

This is the ideal opportunity for all our new members to become active members.

Reply to this email to let us know.

CAPTAIN'S CORNER

What a weekend across Team Irene, with the CGA Championships, Sunrise Monster, Marakele, Vaal, Benoni Northern's and Iron Man. Don't think it was a weekend for the "3 F's" (Family, Friends, and a Physio) but rather the 3 "H's", Hills, Hills and then a few more hills. Well done to everyone and to those that qualified for Oceans and Comrades.

From a club training perspective, the schedule for the week:

- The morning training groups at 5am from Midstream Mugg & Bean on a Tuesday,
 Wednesday and Thursday and Virgin Active Eco Park at 5 am on a Tuesday and Thursday
- Hills with "Mr Hills" on a Thursday at 17:30 from the Irene Club House
- Time Trial Tuesdays starting at 17:30 from the Irene Club House
- o Irene ARC is open daily to all club members, from 16:00
- Saturday the 11th Buco Bobbies 3 in 1 (Race)
- Saturday the 11th Irene Training Run, starting at 5:30 am from Castle Gate for a 25km.
 Please watch the notification group for updates on groups and run times
- Sunday the 12th ASA Marathon Championships in Durban. Wishing Keith and Ansie the best of luck as they represent GN
- Sunday the 12th Irene Training Run, starting at 6am from Bootleggers at Irene Link, for a 10km and 15-18km
- o Tuesday the 14th Coach Neville Beeton's Comrades Talk

There has been extensive clean up done on the communication groups, with an effort to ensure that all members are on the Irene Notification WhatsApp/telegram group. This is ongoing and if there are any delays / omissions please reach out to Rose / Wynand / Maggie (via WhatsApp) to rectify it.

These are the groups in use and how they are used:

- Irene Notifications 2023 (WhatsApp / telegram) Notifications and updates, no discussion
- Irene Training Group 2023 (WhatsApp) Discussion group to assist with training. Please keep discussion items to training related content.
- Irene Comrades 2023 (WhatsApp) Training and discussion group Members are being added based on entries and club membership confirmations. There is a timing delay on this, so please reach out to Rose if you are not yet on this group.
- o Irene Walkers (WhatsApp) Training and discussion group managed by Dannie

We would like all members (Runners and Walkers) to be on the Notification Group, and if you would like to be on the other groups, it will be your choice.

Please see the weekly schedules with details of the training runs as well as the races. If there are any changes or updates these will be distributed on the Notification and Training Groups

WEEKLY



SCHEDULE

Date: 5 Mar - 12 Mar



@ 17:30

SOCIAL EVENING (Charades)



Midstream Mugg & Bean

Eco Park Virgin Active @ 5am



ARC Long Run - Venue Open from 16:30



Midstream Mugg & Bean @ 5am



Irene ARC 'Mr. Hills" @ 17:30



Midstream Mugg & Bean **Eco Park Virgin Active** @ 5am



Buco Bobbies 3 in 1 -21.1, 10 & 5 km



Klapperkop from Castle Gate (25km) @ 5:30am





Irene Link (10 to 12km) @ 6am





IRENE ATHLETICS CLUB





NEW MEMBERS

Welcome to Elismari Hamman who joined as a new member last week.

You are now part of the great Irene family. Enjoy every moment.

We would like to meet you personally. Please join us at the time trials on Tuesday.

We have photos of the following new members:



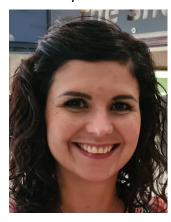
Craig Potter



Susan van Staden



Debby Mhura



Yolandi van den Berg



Nicole Mitchell

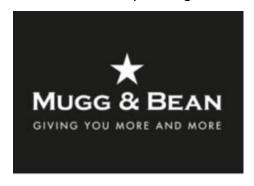


Pierre Barnard

PERSONALIA

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

Andre	Nortje	07 Mar
Markus	van der Westhuizen	07 Mar
Adriaan	Botha	08 Mar
Sumarie	Van Wyk	08 Mar
Noel	Banda	09 Mar
Kobus	Oberholzer	10 Mar
Anita	van Wyk	12 Mar



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Inhale confidence, exhale doubt.

NOTICE BOARD



PRETORIA BOBBIES 3-IN-1

11 March 2023

HATFIELD PLAZA







10km & 21km race starts at: 06h00 5km race starts at: 06h15

Clubs are welcome to set up gazebos













The Moo-se 5km, 10km or 21,1km Race 18 March 23

Join us at Irene Village Mall for a Mooo'se Road Race, with Wingate Road Runners!

Saturday, 18th March | 06h00 - 09h30

Online entries available at www.entryninja.com Entries close Tuesday, 14th March 2023.





CNR SEFAKO MAKGATHO DRIVE & DR VAN DER MERWE STR, MONTANA PARK, PRETORIA

15KM | 32KM RACE 25 MARCH 2023

RACE FEES: 5KM R50 | 15KM R130 | 32KM R150 TEMPORARY LICENSE FEE **R50**

ENTER NOW!

- Online entries: www.entrytime.co.za till 19 March 2023
- Run-A-Way Sport 012 361 3733 (302 Freesia str. Lynnwood)
- Kolonnade Info Desk 012 548 1902 (Kolonnade Shopping Centre)
- Tshwane Running Shop 076 929 7384 (192 Vinko Str. Sinoville)
- Entrance 4: 24 March 2023 at Kolonnade Shopping Centre (from 15:00 - 18:00) and 25 March 2023 (from 04:30 - 06:00)

Online Entries can be collected on Friday 24 March 2023 or on race day at Entrance 4

15KM & 32KM 06:00 5KM FUN RUN 06:15

Brought to you by











Limited to 3000 entries per event Electronic Timing, Staggered start

Irene Athletics Club presents

从 CHOC

Childhood Cancer Foundation South Africa

Keeping more than hope alive

Entries close Sunday, 26 March 2023

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









April 2023

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za

Tel: 082 937 0733

GOLD MEDALS TO ALL FINISHERS

5km /1

10km 21km

T-shirt available to purchase @ R170 48km

5km AGN cliampionsliips

2 April @ 6:30

Online entries only www.entryninja.com

PRE-ENTRIES ONLY

Online entries: www.entryninja.co.za - Sweat Shop Dunkeld: 011 325 2567

- Running High Bedfordview: 011 450 2421 I
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Sportsmans Warehouse Centurion: 012 665 0768
 - Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384





THE GREEN MILE 2023















PHOTO CORNER (Sunrise Monster)



Nadia Saayman and Miné van Zyl



Anton and Jolien de Klerk



Celeste and SW Engelbrecht



Liesel van Olst



Dolly Hlope



Jurie Venter



Cuthbert Mamabolo



Naas Steenkamp and Ansie Breytenbach



Henk Basson, Maureen Mossop and Dave Roux



It was Musa Nkosi's birthday on Saturday. His daughter brought him a cake to celebrate



The start of the female walkers in Germiston



The start of the men





Our two fastest walkers on Saturday, Estien van Wyngaard and new member Johan Coetzee



A very proud Steffen Le Grange who has qualified for Comrades on Sunday



Brett Muir in action at the Benoni race



Werner Zandberg



Nkosi Shibase



Adriaan Botha