



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	1 st Master lady – 21 km
Sandra Steenkamp	1 st 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
- 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
- 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.
- 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

TUESDAY



T.T - ARC
@ 17:30

SOCIAL EVENING (Charades)



Morning
Training Group

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

WEDNESDAY



ARC Long Run - Venue
Open from 16:30



Morning
Training Group

Midstream Mugg & Bean
@ 5am

THURSDAY



Irene ARC 'Mr. Hills'
@ 17:30



Morning
Training Group

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

SATURDAY



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



Long Run

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

SUNDAY



Social Runs

Irene Link
(10 to 12km)
@ 6am

FOLLOW US



Facebook



Instagram



Irene AC Notifications

IRENE ATHLETICS CLUB



IRENE

IRENE SOCIAL

TUESDAY 7
FEBRUARY



Beef burgers
with potato wedges
ON SALE R80

Please order from Dave before
12 on Monday 082 892 7544

BRING FAMILY AND FRIENDS

It's going to be fun!

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



Debby Mhura



Nicole Mitchell



Susan van Staden



Yolandi van den Berg



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

ARC IRENE RUN/WALK
11 MARCH 2023

ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 06H30
ENTER ONLINE AT
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

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Revolution Trails

Vitality

PRETORIA BOBBIES 3-IN-1

11 March 2023



HATFIELD PLAZA

In association with:



Hatfield Plaza

Fast & Flat



Athletics
Gauteng North



10km & 21km race starts at: 06h00

5km race starts at: 06h15

Clubs are welcome to set up gazebos



The Moo'se Race

5km, 10km or 21,1km

18 March '23

Join us at Irene Village Mall for a
**Moo'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.



Proudly brought to you by:



IMPORTANT INFORMATION AT THE BACK OF THIS LEAFLET



KOLONNADE
SHOPPING CENTRE

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

5KM | 15KM | 32KM RACE 25 MARCH 2023

RACE FEES:

5KM R50 | 15KM R130 | 32KM
R150

TEMPORARY LICENSE FEE
R50

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

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

Brought to you by



Athletics
Gauteng North



**Athletics
Gauteng North**



**Limited to 3000 entries per event
Electronic Timing, Staggered start**

Irene Athletics Club presents



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

IRENE RUNNING FESTIVAL



IRENE

1 & 2

April 2023

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za

Tel: 082 937 0733

GOLD MEDALS TO ALL FINISHERS

5km

10km

21km

T-shirt
available
to
purchase
@ R170

Irene Ultra
48km

#TheQualifier

**5km AGN
championships**

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
- 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



Chamberlain's

**FINISH
TIME**

Timekeeping



THE GREEN MILE ROAD RACE — 2023 —

The Mile for Life

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTELTON MANOR, CENTURION

SATURDAY
APRIL 8



GREEN MILE



Monday, 1 May 2023

VENUE

Centurion Rugby Club
270 West Ave, Die Hoewes,
Centurion,
Next to SuperSport Park



Kiddies Dash, 5 km, 10 km, 21.1 km & 42.2 km

ONLINE ENTRIES ONLY

No entries on race day

www.wally.co.za



Wally Hayward

www.finishtime.co.za

www.active.com

Capped entries

5 km	1 000	21 km	3 000
10 km	2 000	42 km	4 000

Online registrations at
www.active.com or scan
the QR code.



LIVE YOUR WAY



Last Comrades Qualifier
in Gauteng

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



Nkosi Shibase



Werner Zandberg



Adriaan Botha