



IRENE NEWS

7 February 2023

No 5 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium on Saturday at the Intercare race:

Keith Reynolds	1 st Walker – 21 km
Elsa Meyer	1 st Lady walker – 21 km
Estien van Wyngaard	1 st Lay walker – 10 km
Retha Knoetze	2 nd Lady walker – 10 km

PERSONAL ACHIEVEMENTS

Jessica Simmonds	PB – 21 km
Francisca Rossouw	PB – 21 km
Fanie van Wyngaard	PB – 10 km

Well done!

21 KM CLUB CHAMPIONSHIPS



First man – Prieur du Plessis



First woman – Rosemary Brink



Second man – Johan Snyman



Second woman – Ansie Breytenbach



Third man – Mthokoziz Mambi



Third woman – Jessica Simmonds



First walker man – Keith Reynolds



First walker women – Elsa Meyer

Congratulations to our champions!

REGISTRATIONS 2023

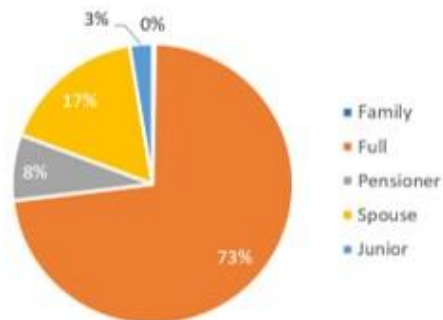
Remember that only the first 400 members who register will qualify for the subsidised T-shirt for only R50.

Register at: <https://forms.gle/DEWgNBMfyiw6a4ZJ8>

REGISTRATION STATS

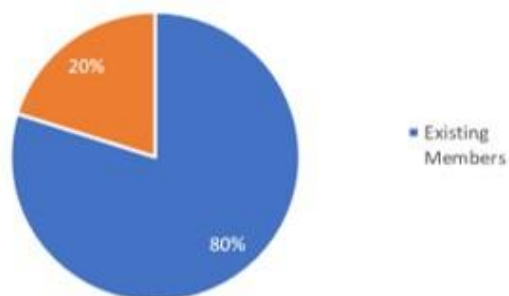
Type of member	2023 #
Family	1
Full	249
Pensioner	26
Spouse	57
Junior	9
Total	342

Type of Member (342 members)



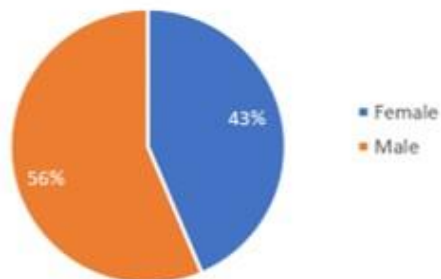
Member Satus	2023 #
Existing	273
Family	1
Full	197
Pensioner	22
Spouse	46
Junior	7
New	69
Full	52
Pensioner	4
Spouse	11
Junior	2
Grand Total	342

Existing vs New (342 members)



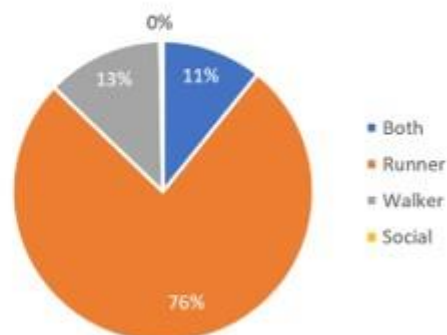
Gender	2023 #
F	149
M	193
Grand Total	342

Member by Gender (342 members)



Runner, Walker	2023 #
Both	37
Runner	261
Walker	43
None	1
Grand Total	342

Runner, Walker (342 members)



TWO OCEANS SUBSTITUTION

Linley September has an entry available for substitution. You can contact him at Linley.September@bcx.co.za

NEW MEMBERS

Welcome to the following new members whose membership were finalised during the past week:

Gerdus	Marx
Mmakgoshi	Sebata
Elaine	De Wit
Liesel	Van Olst
Ferdi	Pretorius
Lorraine	Hawker
Boitumelo	Moloi
Michael	Clampett

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:



Ferdi Pretorius Llewellyn Marshall Reinhart Hattingh Roger Mutangadura Mark Goosen

CAPTAIN'S CORNER

The year is now well under way and training is really starting to take shape. From a club training perspective there are some key activities underway, to help with your training:

- Morning training Groups at 5 am from Midstream Mugg & Bean and Virgin Active Eco Park
- Hills Training on a Thursday at 17:30 from the Irene Club House
- Time Trial Tuesdays, starting at 17:30 from the Irene Club House
- The Irene ARC is open daily from 15:00 for Irene Members to train.

Unfortunately, our Comrades Connect was rained out last week, so we are working on a new date. The Connect will cover the 2 Big Events - Two Oceans and Comrades, so please keep an eye on the notifications for a new date.

In an aim to keep everyone up to date, we are going through a cleanup on the respective groups. These are the active groups 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
- Irene Walkers (WhatsApp) – Training and discussion group
- Ad hoc groups will be opened for specific races or events, based on the requirements.

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

Two Oceans Marathon – Some additional entries have been made available. The half marathon has been sold out but there are still some Ultra's available. "Two Oceans Marathon" website / Facebook page has all details.

We want all our members attending the time trials to start together at 17:30. Please plan accordingly if possible.

If you would like to get more involved with hosting and supporting the training runs or have any other ideas that you would like to share, please get in touch!

WEEKLY SCHEDULE



Date: 6 Feb -12 Feb

TUESDAY



T.T - @ 17:30
&
Walkers Training
@16:45 - ARC



Morning
Training Group

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

WEDNESDAY



Morning
Training Group

Midstream Mugg & Bean
@ 5am

THURSDAY



Irene ARC
@ 17:30



Morning
Training Group

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

SATURDAY



Eersterust ACE
with the Cara-Fun



Long Run
Midstream M&B
25kms
@ 5:30am

SUNDAY



JHB City North



Social Runs
Klapperkop Run
from Castle Gate
18-21km
@6am

FOLLOW US

Facebook



Irene AC Notifications

IRENE ATHLETICS CLUB



SOCIAL EVENING

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!

R2500 cash to be won in the lucky draw!!!!

FUNKY PANTS



Funky Pants

7 February

LET'S
SUPPORT

Liezl From Funky Pants will be at the club Social on Tuesday night with the clubs Funky pants and with other stock to buy.

Product	Retail pricing (incl VAT)	Irene Athletics club price INCL VAT
Magoo Family Oil - 600mg	450,00	380,00
Magoo Multi Duro - 600g	380,00	320,00
Magoo - 400G	200,00	150,00
Magoo - 800G	280,00	230,00
Magoo CBD Paw Butter	145,00	120,00
Magoo CBD BodyButter	145,00	120,00
Magoo CBD Pain Freeze	200,00	170,00
Magoo CBD Pet Oil - 200mg	300,00	260,00
Nucleotides - 60 Tablets	350,00	300,00

Process to place orders:

1. Make payment of selected items into the bank details provided.
2. Using your name+IAC (Irene Athletics club)
3. Please e-mail jiza@mrmagoossa.com with the following information:
 - Items & Quantities ordered
 - Proof of payment

We will then arrange a drop off of orders bi-weekly at the club.

This price is **EXCLUSIVLEY** available to the **IRENE ATHLETICS CLUB** for the next 6 months!



Banking details:

CMS Technologies

First National Bank

62439624083

252045



PERSONALIA

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

Shaun	Smee	07 Feb
Blanche	van Vuuren	08 Feb
Thabiso	Mashaba	09 Feb
Hestia	de Kock	10 Feb
Andre	Fourie	11 Feb
Mike	Gibbons	12 Feb
Thavantharan	Nadarajah	12 Feb

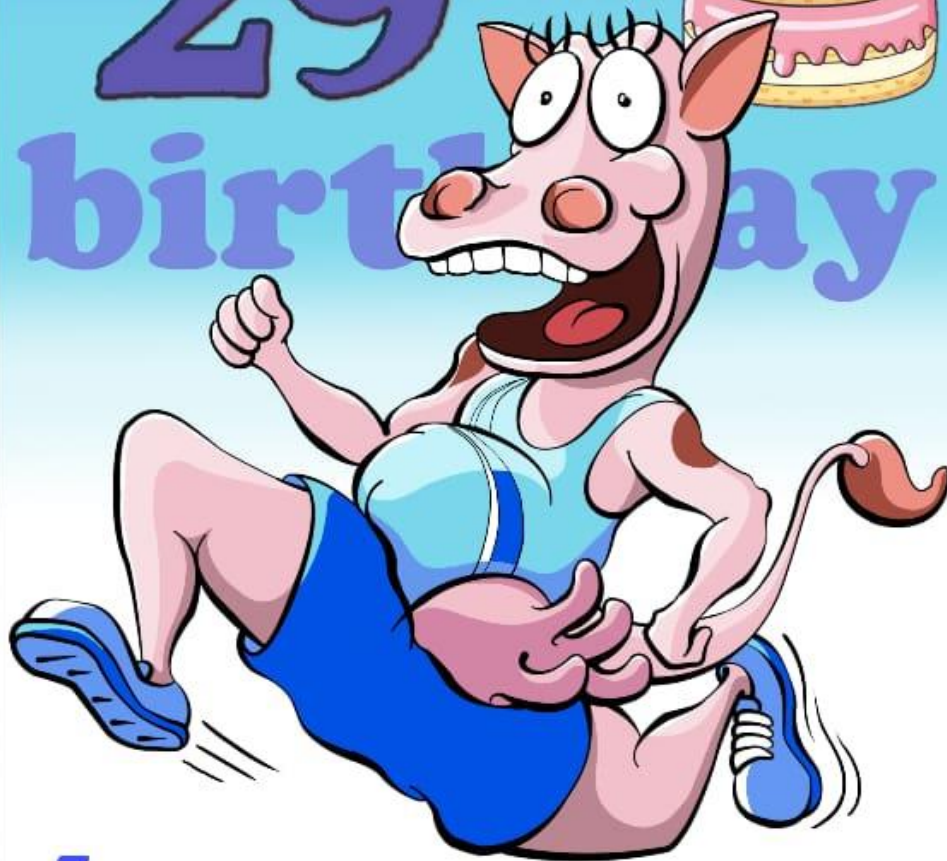


Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Life is not about the people who act true to your face, it's about the people who remain true behind your back.

HAPPY
29th
birthday



Irene

Athletics Club

Thanks for keeping us
Moo-ving!

NOTICE BOARD



ARC IRENE
SUNSET RUN/WALK
2KM, 5KM & 10KM
ROAD RUN OR TRAIL RUN
8 FEBRUARY'23
REGISTRATION OPEN FROM 17H00 - 18H30
GROUP START AT 17H30
BUY TICKETS ONLINE
WWW.REVOLUTIONTRAILS.CO.ZA
or ON-THE-DAY
VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT:
REVOLUTIONTRAILS@GMAIL.COM | 083 264 3931

NO LICENSE REQUIRED
OPEN TO NON CLUB MEMBERS

REVOLUTION TRAILS Vitality





ARC IRENE RUN/WALK
11 FEBRUARY 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





**JOIN US ON THE 11 FEBRUARY 2023
FOR OUR**



**21KM
R150**

**10KM
R100**

**5KM
R50**

**TEMP. LICENSE
R50**

**START TIME: 6AM
WWW.ENTEROONLINE.CO.ZA**

Valentines Night Race

14 February 2023

VENUE: TUT Pretoria Campus Stadium

START TIME: 18h00 – 10 km

18h05 – 5km

ENTRY FEE: R100.00 for 10 km for licensed athletes

R60.00 for 5km fun run

Temporary License for R50.00 (10km only)

ENTRIES: Enter online @ www.entryninja.com

Online entries close on 11th of February.

ENQUIRIES: Whitney (063 347 7714)

Beatrice (072 587 1163)

Late entries can be done on the 13th (13h00 -18h00) & race day@ TUT Pretoria Campus building 51-118 (8h00 – 13h00)/(13h00-17h50) by the registration table

Race numbers to be collected @ TUT Pretoria campus by bld 51-118

13th February (13h00 – 18h00)

14th February (8h00 – 17h50)

The first 3 women & Men to finish 5km will receive a valentine's gift.

#HomeofChampions



Tshwane University
of Technology

We empower people



Athletics
Gauteng North



Bestmed TuksRace

Run/walk

• 1km • 5km • 10km
• 21.1km • Incorporating the
21.1km AGN Championships

Celebrating Pretoria's most loved
race, 10 years and beyond



Saturday, 18 February 2023,
Hillcrest Sports Campus



bestMed
personally yours



PRETORIA MARATHON

Sunday, 26 February 2023

Start: PHSOB Clubhouse
378 Queens Crescent, Lynnwood, Pretoria



42.2 km

Entry Fee: R340
Start time: 05:30

21.1 km

Entry Fee: R220
Start time: 05:30

10 km

Entry Fee: R140
Start time: 06:00



Temporary Licence = R50

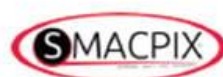


Maps and race information available on
www.pretoriamarathon.co.za

Scan QR code to enter now!

www.entryninja.com

Event hosted by





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



Timekeeping



PHOTO CORNER



It was like the good old days at the Cara Fun on Saturday



A bunch of happy Irene members after the race



The right age to start



Retha Knoetze and Estien van Wyngaard on the podium



More happy faces