



# **IRENE NEWS**

**8 August 2022**

**No 31 – 2022**



## **ACHIEVEMENTS**

Sandra Steenkamp – 2<sup>nd</sup> GM Lady - Spar Grand Prix 10 km

Well done!

## **TIME TRIALS**

Please note that the club house will be open on Tuesday as normal, despite the public holiday.

## **KLAPPERKOP RUN**

Tuesday the 9th - Come dressed "pretty" and celebrate women's day, with a Klapperkop run. 7 am from Castle Gate Shopping centre for either a 20km or a 15km

## **COMRADES GOODIE BAGS**

Thank you to those members who have promised items for the goodie bags. The packing will be done on Thursday evening, 18 August.

There is room for more please! Cash donations will also be welcome.

## **CLUB 21 KM CHAMPIONSHIPS**

The Run 2 Braai 10/21 race that was scheduled for 24 September has been cancelled due to the air show taking place on the same day. The Zwartkop Lapa race on 22 October will now serve as our club 21 km championships.

## **SPAR GRAND PRIX RACE**

Thank you to our members who helped on the day to make the race a huge success. Due to your involvement, our club benefitted financially. You made a difference once again.

## **COACH'S CORNER**

Intervals – Variable-intensity spend time at or near VO<sub>2</sub>, resulting in bigger aerobic capacity gains.

5min easy warm up

10min steady run

4 x 30sec at 3k pace with 45sec at 5k pace

2:30min recovery

4 x 30sec at 3k pace with 45sec at 5k pace

2:30min recovery

4 x 30sec at 3k pace with 45sec at 5k pace

2:30min recovery

4 x 30sec at 3k pace with 45sec at 5k pace

2:30min recovery

10min easy cooldown

55min in Total



### ***THIS WEEK'S DIARY***

#### **Tuesday:**

Walker's training session @ 16:30. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:00

Time trials @ 17:15 – Club house.

Lucky draw @ 18:30 – 2 x R250 vouchers to be won with the compliments of Mugg & Bean Midstream

#### **Saturday:**

Eyethu 10/21 @ 08:05 – Pilditch Stadium (the SA 10 km championships race will take place before the race).

#### **Sunday:**

Training run @ 06:30 - TBC

## PERSONALIA

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

Danie	Labuschagne	09 Aug
Gary	Wiid	10 Aug
Jacques	Pelser	11 Aug
Mark	van Deventer	12 Aug
Pieter	Jordaan	12 Aug
Yolanda	Oberholzer	13 Aug
Noelle	Steenkamp	14 Aug



Midstream Tel 012 940 9229

### Comrades Pre-Function

**When 20 August**  
**Where Irene club house**  
**Time From 13.00**



**Come meet the 2022 Comrades runners.**  
**Bruce Fordyce will be giving us some last minute tips.**  
**Collect your goodie bags.**  
**Prego rolls and salad on sale for R70.**  
**(please pre-order from Dave 082 892 7544)**  
**Members 10 years and 20 years badges to be handed out.**  
**Walkers to receive their Colours jackets.**  
**Lots of exciting things happening.**  
**Bring the family!**



**NEWS FLASH: The Prego rolls and salads will now only cost R50.**

**Place your order with Dave - 082 892 7544**

## NOTICE BOARD



**ARC IRENE HYBRID RUN/WALK**  
**13 AUGUST'22**

GROUP START REGISTRATION: 06H15 - 07H00  
GROUP START 07H00  
INDIVIDUAL STARTS AS OF 07H10 - 08H00

**ROAD OR TRAIL OPTIONS AVAILABLE**  
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)

**REVOLUTION TRAILS**  
**COLLAGEN FOR ATHLETES**  
**Vitality**





The South African 10km Championships will take place at the Pilditch Stadium, Maltzan Street, Pretoria West

**SA 10KM CHAMPS**

The SA 10km championships will be hosted by **Athletics Gauteng North** as a separate race in conjunction with the Fitness Test Run (10km & 21km) of **Eyethu Athletics Club**

**SATURDAY 13 AUGUST 2022**

Four athletes are shown running: a man in a white singlet with bib 1632, a woman in a red and black singlet with bib 402, a man in a green singlet with bib 258, and a woman in a purple singlet with bib 332.







## EYETHU ATHLETICS CLUB

Hosts the annual

**FITNESS TEST RUN : 21.1Km and ASA 10Km  
Championships in partnership with AGN Province**



Date : **13 August 2022**  
 Venue : **Pilditch Stadium , Tshwane**  
 Start Times : **ASA 10km Championship Women's Race: 07h:15 AM & All the Remaining Athletes: 08h:05 AM**  
 Pre-Entry Fee : 21.1km = R175.00 & 10km = R120.00  
 Race day Entry Fee : 21.1km = R200.00 & 10km = R140.00, **from 05h:00-07h:00 AM**  
 Temp Licence : R40.00



Store entries open: **16 June 2022 to 10 August 2022**

Tshwane Running Shop,  
Sinoville: (087) 688 1336

Run-A-Way-Sport, Lynn-  
Wood: (012) 361 3733

The Sweat Shop, Dunkeld  
West, JHB: (011) 325 2567/8

Online entries open: **16 June 2022 to 05 August 2022**  
 @ [www.entryninja.com](http://www.entryninja.com)

Online entries collection:  
Decathlon, Centurion:  
(012) 000 1791. **Date: 12-08-2022**

**This event will be broadcasted live on Supersport Variety 4 (209)  
TV channel (SS 209) from 07:00 AM**

**Pilditch Stadium:12-08-2022  
until 17h:00 (New entries will  
be accepted)**

**Prize giving will commence from 09h:15. Only the top three (3) athletes will be broadcasted**

### Prize Money for Non-Championship Athletes: Male & Female (21.1 km)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 650.00	R 1300.00	R 300.00	R 300.00	R 300.00	R200.00	R200.00
2	R 450.00	R 1000.00	R 200.00	R 200.00	R 200.00	-	-
3	R 350.00	R 600.00	-	-	-	-	-

### Prize Money for Non-Championship Athletes: Male & Female (10 km)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 300.00	R 700.00	R 200.00	R 200.00	R 200.00	R 200.00	R200.00
2	R 240.00	R 500.00	R 150.00	R 150.00	R 150.00	-	-
3	R 200.00	R 300.00	-	-	-	-	-

### Medals

	21.1 km	10 km
Gold	Prize winners	Prize winners
Silver (R)	Next 100 runners	Next 100 runners
Finishers medal	To all finishers within-cut-off times	

# PHOBIANS FIFTEEN

**15KM  
RUN/WALK**  
07:00  
**5KM  
FUN RUN/WALK**  
07:15

**20 • 08 • 2022**



**Athletics**  
Gauteng North

**PHOBIANS**  
Athletics Club



**PHSOB Club**





2022

George Claassen Memorial Road Race



46<sup>th</sup> running of the PwC George Claassen Memorial Road Race  
Saturday 10 September 2022



**Start times:**

21.1km/10km run/walk	6am
5km fun run	6.30am

**Cut-off times:**

Cut-off time for the 21.1km at the entrance to  
Pick n Pay Hyper (9.7km) at 7.30am

Cut-off time at 10am

**Race venue:**

Pick n Pay Hyper, Faerie Glen Atterbury Rd.

**Start/finish:**

Pick n Pay Hyper, Faerie Glen cnr Atterbury Rd.  
and Selikats Causeway, Faerie Glen, Pretoria

**Online entries:** [www.entryninja.com](http://www.entryninja.com)

**Race results:** [www.raceresults.co.za](http://www.raceresults.co.za)

## Our Race Sponsors



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**THOUGHT FOR THE WEEK**

**Go anywhere as long it is forward.**



## PHOTO CORNER



Our dry and brown race venue looked different on Saturday





Carla Hartmann and her team at the one water point



Gerald Hartmann and his team at the other water point



Lynette Gough and Lisinda van Zyl at the Skukuza half Marathon



Rosemary Brink at the Spar Grand Prix