



IRENE NEWS

17 July 2023

No 28 – 2023



ACHIEVEMENTS

Congratulations to the following walkers who won medals in their respective age categories at the Irene Open Walking Grand Prix:

Elsa Meyer	Gold
Sandra Steenkamp	Gold
Estien van Wyngaard	Silver
Dirk Neethling	Silver
Jaap Willemse	Silver
Janine Radel	Silver

RACES CANCELLED

Please note that the Fara Winter Challenge (league race) scheduled for 22 July and the Zwartkop Lapa Race (29 July) have been cancelled.

CAPTAIN'S CORNER

Despite the cold weather, Team Irene were out and about on the roads this weekend, with the Irene 10km Open Racewalking Grand Prix and the Springbok Vasbyt on Saturday and the Irene Sunday Social.

A massive congratulations also goes to Yolande Cowley, who represented South Africa in the Sprint World Championships in Hamburg over the weekend

This week we have the Fara Winter Challenge on Saturday, a League Race and the Irene Mandela Day run on Tuesday the 18th. This is a 6,7km walk or run in support of 2 charities – *Moeggesukkel* and *Blessed by Angels*. We are challenging all surrounding clubs, corporates and families to participate in the event. For a donation of R50 – Lets come together and devote our time doing what we love

From a club training perspective,

- Morning training groups – Tuesday, Wednesday and Thursday @ 5.15 from Midstream Mugg & Bean
- Time Trail Tuesdays, starting @17.15 from the Irene Club House

Races over the next few weeks

Tuesday the 18th July (@17.15)

Irene Mandela Day 6,7km Walk or Run”, in support of 2 charities – *Moeggesukkel* and *Blessed by Angels* . Open to all Irene family and friends, please extend the invite to make this an event to remember

Saturday the 22nd July

Fara Winter League Race (LEAGUE RACE) - 5, 10 & 21,1km
Interprovincial Cross Country Championships

Standard Bank CIB Winter Run – 5 & 8km

Sunday the 23rd July

Northgate - 10km

Irene Sunday Social – 10-15km @7am. Venue TBC

Saturday the 29th July

Washie – 100 Miler Ultra

Zwartkop Lapa Road Race - 5, 10 & 15km

AGN Cross Country League

Sunday the 30th July

Prestige Trail Run

Randburg Harriers Challenge - 5, 10 & 21.1km

Irene Sunday Social – 10-15km @7am. Venue TBC

Saturday the 5th August

Spar GrandPrix – 10km

Sunday the 6th August

Waterfall City Half Marathon - 5, 10 & 21.1km

Hotpod Yoga, are running a special for July. They will be hosting a community class on Friday's at 16:00, at no cost. If you would like to try out a yoga session or find out about the benefits for runners and walkers, please take a look at the website and follow the link for additional details and a booking -

<https://hotpodyoga.com/studios/pretoria/schedule/>



TIMETABLE UPDATES

Community classes will now be running every Friday at 4pm. All you need to do is "buy" a free community class pass on our website and use it to book your community class. We have also added a new Tuesday morning 8am class and our 7am Friday community class will be sticking around. So grab your mat, friends and family and join us for some Hotpod magic this July.

Nico Sterk is presenting a Sports Science information Session on Monday the 24th July at Midstream Cycles at 18:00. If you are keen to attend, please RSVP to Marie (as per the flyer) or on the facebook invite that was posted. There is no charge.

MIDSTREAM CYCLES

SPORTS SCIENCE INFO SESSION

Presented by Nico Sterk

- **MONDAY, 24 JULY**
- **AT MIDSTREAM CYCLES**
- **STARTING AT 18:00**

Everyone welcome;
no attendance fee;
Lucky Bread will
be open!

RSVP by 20 July to
mari@midstreamcycles.co.za

The weekly schedule will be shared on the Notification and Training Groups

IRENE 10 KM OPEN RACE WALKING GRAND PRIX 15 JULY 2023

Dear Fellow Irene AC Members

We have presented a very successful Irene Open Grand Prix on 15 July 2023, the 5 such event since the inaugural race on a very challenging route at our Irene Clubhouse in 2019. The Irene 10 Km Open Race Walking Grand Prix has grown in popularity and esteem since the inaugural event. This is the only known such event presented by a club in South Africa! We are a proud gaggle of walkers ...

The venue was moved to the current venue at the Irene Security Estate in 2020. The calibrated and accredited track around the Irene Oval is widely considered to be the fastest inland track in South Africa. The residents of Irene Security Estate and the Irene AC has forged relationships over many years and the upcoming Irene Farm Race builds on this well-established friendship. Many local residents turned up to see some of the top athletes in our country and province in action.

This year we were privileged to have some of the top walkers from Gauteng North Masters Athletics and Central Gauteng Athletics (CGA) in action. Carl Meyer, a renowned CGA Race Walking Coach, a multiple ASA and SAMA record holder and friend of our club joined ranks with the likes of Elsa Meyer, our own honored World Masters Athletics (WMA) World Record Holder and multiple WMA Gold Medalist to give us a demonstration of their capabilities and what race walking really is all about.

Our first event started at 07:30 on a chilly, but surprisingly not as cold as expected, morning. The build-up to the air horn blast was electric and filled with good humored bantering and chatter. The Senior, Junior and Masters 10 km event lived up to the expectations and all athletes were satisfied with their posted times. Strong performances were posted by various athletes from local and inter alia, Soweto clubs and as far as Potchefstroom, Klerksdorp and Bethlehem. If these walks are a window to the future of the sport, Irene AC is doing the right thing to invest in this sport and young walkers of the future.

The next events were for the youngsters with the youngest not more than 5 years old walking a 1 km race. Again, the passion and diligence shown by these athletes makes the sacrifice and commitment of our club and our members an investment into the future.

The day was concluded with a very nice prize-giving ceremony. It remains a blessing to see the youngsters enjoy the receiving of a medal and a prize!

Our sincere thanks to the Chairperson and Management Committee of Irene AC for the substantial Sponsorship provided to make this event a reality and such a success. A special word of appreciation to Oom Johan van Vuuren, for the time and effort to do all the financial transactions involved to pay the prize-money electronically to the winners.

A personal word of appreciation to Jaap and Lucia Willemse for planning and arrangement of the day, the technical, hospitality planning and all the arrangements. Irene AC have firmly set the standard for all AGN and events.

Our club members acting as registration desk staff and lap-counters have again raised the bar, a perfect performance! Thank you to our self-sacrificing lap counters. Thank you to Bronwyn and Tjaan (also our stalwart official for the full complement of competent Technical Officials).

In conclusion, may our walkers build from this event to give the Irene Express a good head of steam for our next events: The ASA 35 km and Inter-Provincial Championships in October 2023 (date and venue to be confirmed) and the African Masters Championships in Pretoria from 16–18 November 2023.

May the Irene Express lead the way!

Regards

Danie Labuschagne

IN THE MAILBOX (Keith Reynolds)

A huge thank you to all at Irene for their support over the past few weeks, especially the walkers group.

I am now back home after the procedures on Tuesday.

Post operation results indicate that the cancer was a higher level, much more widespread and more aggressive than the biopsy indicated.

Feedback is that if I had not undergone the radical procedure as recommended, I would not have lived another 5 years.

Specifically for the men in the club - if you ever had doubts about going in for your PSA tests or not, please put them aside and keep to the routine. Mine was detected by pure chance when I went for an unrelated procedure.

Hernia was also a lot bigger than expected so even more reason to take care to see that everything settles properly.

I will see you all again in the near future but will be taking the slow route back to be sure I don't have to repeat.

Regards

Keith

PERSONALIA

Condolences to Veli Mokoena and his family. His daughter died tragically.

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

Pieter	Jooste	17-Jul
Piet	Phalahadi	18-Jul
Corlia	Hattingh	19-Jul
Jenny	Cairns	22-Jul



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Success is not how high you have climbed, but how you make a positive difference to the world.



About Our Charities:

Tuesday 18 July

📍 ARC @ 17:15 **6,7km**



Moeggesukkel - Drives feeding schemes for those in need.
www.moeggesukkel.co.za



Blessed by Angels - A Centurion based charity organisation that helps families in need
Facebook : Blessedbyangels911



Let's come together & devote our time doing what we love.

CHAIRMAN'S BALL

After a number of years, the Chairman's Ball will be back this year. Watch this space for more details.

**SAVE THE
DATE**



28 OCTOBER 2023

NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

22 JULY 2023

Validity

ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM

GROUP START @ 07H00

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





EYETHU ATHLETICS CLUB
Hosts the annual
**FITNESS TEST : HALF MARATHON (21.1KM),
10KM & 5KM FUN RUN.**



Athletics
Gauteng North

Date : 12 August 2023
Venue : Centurion Lifestyle Centre, Centurion
Start Time : 06h:30
Pre-Entry Fee : 21.1km = R190.00, 10km = R150.00 & 5km = R50.00
Race day Entry Fee : 21.1km = R220.00, 10km = R180.00 & 5km = R80.00
Temp Licence : R50.00



Store entries open: **01 April 2023 to 09 August 2023**

Tshwane Running Shop, Sinoville: (087) 688 1336

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

Also Race Nr Sales @ 0782205763, 083 379 9830 & 082 305 2447

Online entries open: **01 April 2023 to 04 August 2023** @ www.entrynrinja.com

Online Entries Collection:
Centurion Lifestyle Centre, Centurion:
Date: **11 Aug 2023 @11h:00-17h:00**

Race Day Entries Sale: 05h:00 - 06h:10

All Discovery Vitality members can earn Vitality points as follows:
300 Vitality points for completing 5km
600 Vitality points for completing 10km
1,500 Vitality points for completing 21.1km

Prize giving: 10km ~ 09h:30 & 21.1km~ 10h:00

Prize Money: Male & Female (21.1 km run)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 550.00	R 1100.00	R 350.00	R 350.00	R 350.00	R200.00	R200.00
2	R 400.00	R 700.00	-	-	-	-	-
3	R 350.00	R 600.00	-	-	-	-	-

Prize Money: Male & Female (10 km run)

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 250.00	R 650.00	R 250.00	R 250.00	R 250.00	R 200.00	R200.00
2	R 200.00	R 450.00	-	-	-	-	-
3	R 180.00	R 350.00	-	-	-	-	-

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	

Run-A-Way Store Discounts:

- 10% discount for any sport wear purchase at Run-Away-Sport shop. The participant will only need to bring the race number to the store before 30 November 2023.

PHOBIANS FIFTEEN

Earn **600
Discovery
Vitality Points**
(15km finishers)

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

**AGN
League
Race**

19 · 08 · 2023



PHOBIANS
Athletics Club



CALLING ALL ATHLETICS GAUTENG NORTH CLUBS
COME RUN WITH US!



ENTRY FEE: R240.00
TEMP LICENCE: R50.00



EVENT DATE:
Sunday, 27 August 2023

EVENT TYPE:
Road Running

START TIME:
08H00

STARTING POINT:
Union Buildings

FINISH POINT:
Union Building Lawns

DISTANCE:
10km

CONTACT US TODAY TO ENTER
companyentries@stillwatersports.com
082 991 0045



ENTER NOW

Challenge your club members to join forces and take part in one of South Africa's most diverse road running series, the Absa RUN YOUR CITY SERIES. The Jacaranda City will be buzzing with excitement when thousands of runners toe the line to paint the streets of Tshwane red at the Absa RUN YOUR CITY TSHWANE 10K. Runners can look forward to experiencing road running at its best! The route will incorporate iconic landmarks while featuring nonstop entertainment from start to finish compliments of Tshwane's leading performing arts groups and event sponsors.

Get ready to run Tshwane your way on Sunday, 27 August 2023!

GROUP INCENTIVE OFFER:

- Enter 10 or more club members and you will automatically receive a 10% discount on all entries
- Dedicated Group Entries collection point at Race Pack Collection
- Club members will be seeded together in the same batch (on request)

STANDARD ENTRY INCLUDES:

- Absa RUN YOUR CITY Series Event Performance T-shirt
- Absa Entrant Gifts (Peak Cap, Socks, Drawstring Bag & Shoelaces)
- DHL Water Bottle
- Race Number & Timing Chip
- Absa RUN YOUR CITY Series Finisher's Medal
- Amazing Route Entertainment from Start to Finish
- 2 x Refreshment Stations on Route
- Tog Bag Drop and Collect Service

runyourcityseries.com

[f](https://www.facebook.com/Tshwane10k) [@Tshwane10k](https://www.instagram.com/Tshwane10k)

[#RunYourCity](https://twitter.com/RunYourCity) [#AbsaRunYourCity](https://twitter.com/AbsaRunYourCity)





PvR Dorpsfees Night Race Wednesday 30 August 2023

Distance	Entry fee	Start time	Minimum age	Cut off time	Late entries
10km	R120	18:30	14 years	20:30	R150
5km	R60	18:30	9 years	20:30	R80
Kiddies run	Free	18:30	3-6 years		

Temporary license
required for
non-registered athletes
on the 10km – R 50
70+ athletes: FREE entry

Online entries at www.entryninja.com Entries close 27 August 2023
No prize money - medals for all finishers

Late entries (on race day: cash or card):

14 Baltimore Road, Pierre van Ryneveld

- 5 km Fun Run & 10 km Race Start:

cnr Mustang Ave & Blenheim Road,

Pierre van Ryneveld

- 5 km Fun Run & 10 km Race Finish:

14 Baltimore Road, Pierre van Ryneveld

- Kiddies Run at:

14 Baltimore Road, Pierre van Ryneveld

Race number collection:

Pierre van Ryneveld Geloofs familie

14 Baltimore Road, Pierre van Ryneveld

- 29 August 2023

strictly from 16:00 until 19:00

- 30 August 2023

strictly from 15:00 until 18:15

Secure parking for all athletes:

cnr Mustang Ave & Blenheim Road

Pierre van Ryneveld (Open field)



No athletes will be permitted to
drive in Baltimore Road
Athletes with club gazebos need
permission to drive to finish in
Baltimore Road and must be set
up before 17H30
Race enquiries: Johan van Vuuren
- 081 851 3864

*Athletes, join us for a "braai & kuier" afterwards
Wood for the braai will be provided*

"Geniet dit!"
It's like "LEKKER"

IRENE FARM BACKYARD ULTRA

What is a Backyard Ultra ?

- It is the brainchild of Laz Lake the Barkley Marathon creator, and it is equally as mad.
- It is simple; the event has no fixed length in time or distance, you must just run the same 6,706km (4,16 mile) lap every hour and you run until you can't run anymore.

Race details

- Last man standing race:
 - There is only one winner, the last person to complete a lap.
 - All other competitors are a DNF.
 - In the instance that nobody goes any further than any other, there is not a tie, there is no winner.
- 24 Hour race:
 - Only the competitors that run until the last lap, finish the race.
 - All other competitors are a DNF.
- 12 Hour race:
 - Only the competitors that run until the last lap, finish the race.
 - All other competitors are a DNF.

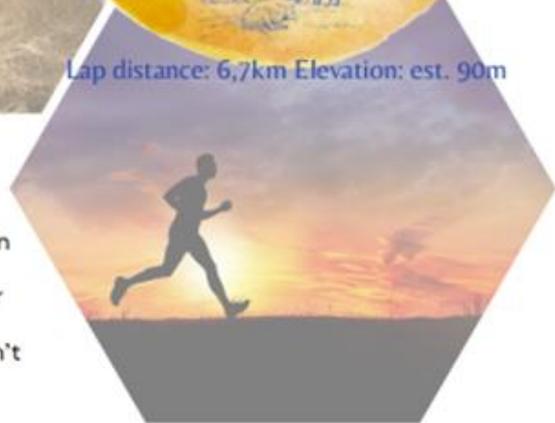
Loops

- Except for restrooms, competitors may not leave the course until each loop is completed.
- No non-competitors on the course.
- No personal aid during a loop (common aid station at the Race Village)
- Each loop must be completed within an hour to be counted, including the final loop.

Venue

- Race Village, Irene Athletic Club House
- ARC Grounds, Nelmapius Road
- Competitors and their supporters are allowed to "camp" with their gazebos or tents. One gazebo or tent, size 4m x 4m, per competitor.
- Set up at Race Village, Friday 22 Sept 2023 from 12:00.

Lap distance: 6,7km Elevation: est. 90m





Entries

- Last man standing @ R750.00
- 24 Hour race @ R650.00
- 12 Hour race @ R550.00
- T - Shirt @ R180.00
- Entries close on 1 September 2023
- No late entries
- Entries at www.entryninja.com only.

Entries includes:

- Race number
- Grab and go items
- Medal

Registration, Briefing and Start:

- Registration for all races will take place 22 September 2023 between 12:00 and 17:00.
- Briefing for each race will be 30 minutes before each race starts.
- Races start as follow:
 - o Last man standing, 22 September 2023 at 18:00
 - o 24- and 12-Hour races, 23 September 2023 at 06:00
- Each loop starts precisely 1 hour after the last, on the hour.
- Warning of 1 - 3 minutes prior to the start.
- All competitors must start at the gong (no late start).

Compulsory Gear:

These are compulsory for all three races:

- Long sleeved thermal top
- Waterproof jacket with hood
- Waterproof pants
- Cap / Hat
- Headlamp with spare set of batteries

Presented by Mad Monkey Adventures, in partnership with Irene Athletic Club



PHOTO CORNER



Braving the cold at the Springbok Vasbyt



Letha Kotze had her grandson running with her



Yolanda Oberholzer, Blanche van Vuuren and Elze le Roux





A few of the walkers relaxing after the Irene Grand Prix

