



IRENE NEWS

10 April 2023

No 13 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Green Mile race:

Keith Reynolds	1 st Master man & 3 rd man – 16 miles
Ansie Breytenbach	1 st Master lady – 16 miles
Sandra Steenkamp	1 st GM lady – 16 miles
Elsa Meyer	1 st GGM lady – 8 miles

PERSONAL ACHIEVEMENTS

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!!

SOCIAL EVENING

Just a reminder that the April social evening will take place on 18 April. More info to follow soon.

T-SHIRTS

Members who have ordered Irene Festival of Running T-Shirts, will be able to collect them on Tuesday at the Time Trails.

The club T-shirts will also be available to those who have ordered and not collected yet.

CAPTAIN'S CORNER

This week may be the time we need to “run off” a few of those little easter eggs that we happened to have enjoyed over the weekend.

From a club training perspective, the schedule for the week and some items coming up over the next few weeks:

Standard weekly training sessions

- o Morning training groups @ 5am from Midstream Mugg & Bean on a Tuesday, Wednesday & Thursday, and Virgin Active Eco Park @ 5 am on a Tuesday & Thursday
- o Hills with “Mr Hills” on a Thursday @ 17:30 from the Irene Club House
- o Time Trial Tuesdays starting @ 17:30 from the Irene Club House

- o Irene ARC is open daily to all club members, from 16:00

Races, special events and training sessions

- o **Two Oceans Ultra and Half Marathon**, on Saturday the 15th and Sunday the 16th. Wishing Team Irene, the best of luck as we have a team of over 50 that will be participating.
- o **ASA Athletics Grand Prix**, series starts on Wednesday the 12th April
- o **Irene Sunday Social** with a difference on Sunday the 16th. 30km starting @ 6am from Midstream Mugg & Bean to Bus Stop 7. If you are keen to join, please contact Johan – 081 851 3864 (via WhatsApp) to arrange logistics
- o From a **Cross Country** perspective, there are 4 races in the league to select the Gauteng North Team. 22nd April 6th, 12th, and 20th May. The details included in the “Criteria for the AGN Cross Country Team” will be sent out separately.
- o With several runners planning their long runs in preparation for Comrades, there are a few races and club runs for consideration over the next few weeks
 - Saturday 22nd April – Tshwane North Ultra & Elands Marathon
 - Thursday 27th April – Sedibeng Marathon in the Vaal, Krugersdorp Cradle Road race, Jimmy Perkins 64km in Boksburg, Magnolia Long Run and Fat Cats 60km from Fountains
 - Sunday 30th – Township Marathon and Jeppe Long Run (4 x 15km)
 - Monday 1st May – Wally Hayward

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: 10 April - 16 April

TUESDAY



T.T - ARC
@ 17:30



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



Two Oceans Ultra
Marathon
56km (Qualifying)



Long Run

Eco Park Virgin Active
@ 5:30am

SUNDAY



Two Oceans Half Marathon
21.1km



Social Runs

Irene Sunday Social,
Midstream M&B to Bus Stop 7
@ 6 am (+_ 30km's)

FOLLOW US



Facebook



Instagram



Irene AC Notifications

IRENE ATHLETICS CLUB



PERSONALIA

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

William	Sterrenberg	10 Apr
Lourensa	Eckard	10 Apr
Adriette	Dekker	11 Apr
Magda	Wilcocks	11 Apr
Decky	Makwakwa	14 Apr
Elze	Le Roux	15 Apr
Victor	Pheto	16 Apr
Sidwell	Mabuya	16 Apr



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Never let a stumble in the road be the end of the journey.

NOTICE BOARD

**NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS**

ARC IRENE RUN/WALK

15 APRIL 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

Revolution Trails
Vitality



EST. 2022



TNU

TSHWANE NORTH ULTRA

Ultra Marathon



50km 21km

DISTANCE	ENTRY FEE	TEM LICEN	START TIME
50KM	R450	R50	6:00am
21KM	R290	R50	6:00am
DISTANCE	GRAND MASTER		
50KM	R380	R50	6:00am
21KM	R240	R50	6:00am

DATE: 22 APRIL 2023

DISTANCE: 21KM / 50KM

**START/ FINISH: AKASIA
COMMUNITY
HALL**

ENTRIES NOW OPEN

FOR ONLINE REGISTRATION VISIT : <http://www.tshwanenorthultra.co.za>





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



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.entryninja.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	R 200.00	R 200.00
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	R 200.00
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.

PHOTO CORNER (Green Mile race)



Jessica Simmonds and Jolande Janse van Rensburg



Celeste and SW Engelbrecht



Charmaine Janse van Rensburg enjoying a beer after the race



A happy John Ellmore



Aileen Geere, Jolande and Charmaine Janse van Rensburg and Jessica Simmonds



Annemarie and Kobus Oberholzer with their son



Nelius van Rooyen



The master category winners of the 16 miler, Keith Reynolds and Ansie Breytenbach



Elsa Meyer on te podium



Sandra Steenkamp



SW and Celeste's kids had their Irene Only water point on the route



Great initiative of the kids