



IRENE NEWS

10 July 2023

No 27 – 2023



COMRADES PRIZE GIVING

Congratulations to our Comrades prize winners. They received their trophies at the Aches and Pains function on Tuesday. Congratulations to all our finishers once again.

First man	Samuel Molefe	06:44:17
First lady	Rosemary Brink	08:40:18
First Novice man	Gareth Nicholson	08:15:21
First Novice lady	Haley Mee	09:26:19
Last Irene Finisher	Freda Hillocks	11:51:35
Comrades Vasbyt	Sandra Kruger	11:51:10
Spirit of Comrades	Johan van Vuuren	
Samuel Molefe		Silver
David Holliday		Silver
Keith Reynolds		34
Dirk Cloete		20
Werner Zandberg		20
Mark Adams		10
Lengosane Modiba		10
Oldest man	Lengosane Modiba 66	
Youngest man	Gerdus Marx 26	
Oldest lady	Maureen Mossop 56	
Youngest lady	Mpho Monama 36	
121	Entries	
93	Starters Least since 1999	
76,9%	Starting rate	
85	Finishers	
91,4%	Best since 2007	
2	Silver	
9	Bill rowan	
23	Robert Mtshali	
14	Bronze	
37	Vic Clapham	

ACHIEVEMENTS

Congratulations to following members who were on the podium at the Ice Breaker on Saturday:

Francois Bester	2 nd Vet – 21 km
Mike Gibbons	2 nd GGM – 10 km
Elsa Meyer	1 st lady walker – 21 km

PERSONAL ACHIEVEMENTS

Natasha Boshoff	PB – 10 km
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Well done!

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!!

CAPTAIN'S CORNER

With the second half of the year now in full swing and a number of races and events around the corner, training is now key.

So have set your sights on your next event?

Over the next few weeks, there are some focus events

- League Races – Fara Winter Challenge on the 22nd July and Phobian's on the 19th August
- Spar Ladies – On the 5th of August. An event fun for all....even some of the Irene men have been seen dressed for the occasion
- Dawn 2 Dusk – On the 26th August. This event caters for everyone with a 80km and a 100 miler, which can be done individually, in teams of 2 or 4. We already have a number of teams that have entered. So have you booked your spot? Entries close on the 15th July, be sure not to miss out. Entry details will be sent out via email

With Mandela Day on the 18th of July, we will be hosting an "Irene Mandela Day 6,7km Walk or Run", in support of 2 charities – *Moeggesukkel* and *Blessed by Angels*. We are also 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

Saturday the 15th July

Springbok Vasbyt - 5, 10 & 21.1km

Irene 10km Racewalking Open Grand Prix (Irene Oval)

AGN Cross Country League

Sunday the 16th July

Pirates2Pirates Social Run

Irene Mandela Day Charity Run – Details TBC

Tuesday the 18th July

Irene Mandela Day 6,7km Walk or Run”, in support of 2 charities – *Moeggesukkel* and *Blessed by Angels*

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

What is HIIT Training and what is the right way to add this to your running routine?

High-intensity interval training (HIIT) looks a little bit different for everyone. It's all about your body and how it's working. A speed or incline that might be really challenging to one person might be moderate to someone else. So, resist the urge to compare your HIIT times or distances with others. No matter the HIIT workout you choose the most important part of doing HIIT both effectively and with the lowest risk of injury is to listen to your body.

HIIT workouts to try

- **Time Sprints** - Run as fast as you possibly can for 10 seconds, then slowly jog or fast walk for two minutes. Start with four rounds and increase the number as you feel comfortable. This can work as an entire workout, but you can also try it between your running warm-up and a low- to moderate-intensity run

- **Cardio Intervals** - Run at a hard pace for 30–60 seconds — at the end of the minute, you should feel like you need a break but not be totally wiped out. Then, jog at an easy pace until you feel like you could easily talk. Rinse and repeat
- **Hill Repeats** - Pick a gentle hill or set the incline on a treadmill to 10–20%. Sprint up the hill, then slowly walk back down, and repeat. Start with four rounds, and increase the number as you feel comfortable
- **Fartleks** - A Swedish term meaning "speed play". On a regular run, pick a random landmark (a tree, fire hydrant, etc.) ahead of you and sprint until you reach it. Slow things down. Then, once you feel up to another run, pick another landmark to dart to
- **Total Body Strength** - Do 10-star jumps, 10 mountain climbers, and 10 reverse lunges as quickly as you can. Rest for 60–90 seconds, then repeat for a total of three to four rounds. This strength circuit makes a great standalone workout for your legs, core and hips — all valuable running muscles. But you can also try it out after your warm-up on easy run days.

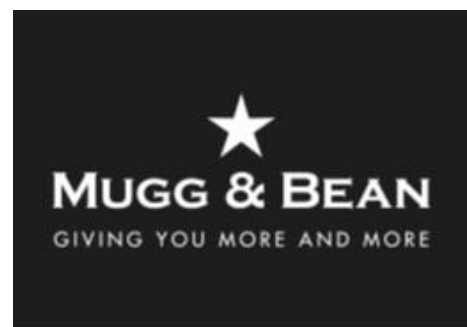
The weekly schedule will be shared on the Notification and Training Groups

PERSONALIA

Keith Reynolds will be undergoing a big operation on Tuesday, please keep him in your thoughts.

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

Corne	Johnstone	10-Jul
Mark	Goosen	11-Jul
Samuel	Molefe	12-Jul
Rita	Liebenberg	13-Jul
Machiel	Engelbrecht	14-Jul
Johann	Coetzee	15-Jul



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Do what is right, not what is easy nor what is popular.

CHARITY EVENT



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



ARC IRENE RUN/WALK
8 JULY 2023

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

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

Revolution TRAILS

Vitality



Leon Bezuidenhout SPRINGBOK VASBYT

Presented by Voortrekker Monument Running Club

Proudly Supported by



Distances:	21 km, 10 km, 5 km fun run:
Date:	Saturday 15 July 2023
Starting Times:	Commemoration Ceremony - 07:20 21 km & 10 km - 07:30 5 km - 07:40
Venue:	Voortrekker Monument, use the Eeufees Rd entrance

Leon Bezuidenhout 14 September 1966 - 2 August 2020

"As ek die grondpad onder my voete voel weet ek, ek is tuis"



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK
CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.**

ENTRY FEES

21 km: R140 | 10 km: R120 | 5 km: R60

70+ athletes (ID required): Free

Temporary License: R50

Entry fees are non-refundable

GENERAL INFORMATION

Guarded parking available

Ample toilet facilities

Water stations

Tog bag area

Club Gazebos Welcome

UNFORTUNATELY NO PRIZE MONEY. 10 km and 21 km: Running categories' 1st and 2nd places receives gold and silver medals, respectively.

The rest of the field finishing within the cut-off time receives bronze medals.

Gun to mat timing.

MORE INFORMATION

Online pre-entries at www.entryninja.com - Online entries close 11 July 2023.

Pre-entries at Run-A-Way Sports - opens 01 June 2023 & closes 13 July 2023 at 16:00.

Pre-entries at Voortrekker Monument - opens 01 June 2023 & closes 14 July 2023 at 16:00.

Entry collection at the Voortrekker Monument on Friday 14 July 2023 from 13:00 until 17:00 or on race day from 05:00 until 07:00.

Entries on race day – At the race venue as from 05H00 until 07H00 strictly.

Ensure that you have the **FinisTime Time Passport App** downloaded/installed to ease the registration process

– <https://play.google.com/store/apps/details?id=net.finishtimepassport>

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining, will be diverted to the finish.



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



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	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



PHSOB Club

CALLING ALL ATHLETICS GAUTENG NORTH CLUBS
COME RUN WITH US!



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

**WIN A
CAR!**

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

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 @Tshwane10k

#RunYourCity #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 Geloofsfamilie

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



Martin and Alta Struwig with Sandra and Rykie Kruger at the Aches and Pains function



Ann Eckard with Blanche and Johan van Vuuren



First Irene man Comrades finisher Samuel Molefe, receiving his trophy from chairman Johan Engelbrecht



Rosemary Brink was the first lady to finish



Hayley Mee was the first Novice lady



Sandra Kruger received the "Vasbyt" trophy



Johan van Vuuren received the Spirit of Comrades trophy



The group of Comrades runners who were present at the function



Johan Engelbrecht and Theuns Nieuwoudt at the Ice Breaker



Louwrens Smit and Leon Page relaxing after they have broken the ice



Craig and Tamaryn Paterson



Mike Gibbons and Alan Hyson. It was Alan's first race after a heart operation.



It was also good to see Con Purchase back on the road again



Gerard van den Raad and Ansie Breytenbach



Johan van Vuuren is improving every week



Tania Thompson and Lynette Gough doing the “camera thing”



Francois Bester was the 2nd veteran on the 21 km



Aloïse Boshoff in action

