



IRENE NEWS

10 October 2022

No 39 – 2022



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Chamberlain Capitol Classic Race on Saturday:

| | |
|---------------------|--|
| Ansie Breytenbach | 1 st Lady walker & 1 st Master – 10 km |
| Estien van Wyngaard | 1 st GM lady walker – 10 km |
| Danie Labuschagne | 1 st GM walker – 10 km |
| Dirk Neethling | 1 st GGM walker – 10 km |

Miné van Zyl PB – 21 km

Well done!

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 9 November at 18:30.

You are invited once again to submit the names of candidates whom you would like to nominate for any specific position on the management committee.

THE CLOSING DATE FOR NOMINATIONS IS 20 OCTOBER

COACH'S CORNER

Fartlek (Long distance)

30min easy run (Zone 2)

4 x 1.5km Tempo pace (Zone 3)

With 1.5km easy recovery (Zone 2)

30min easy run cooldown (Zone 1 and 2)



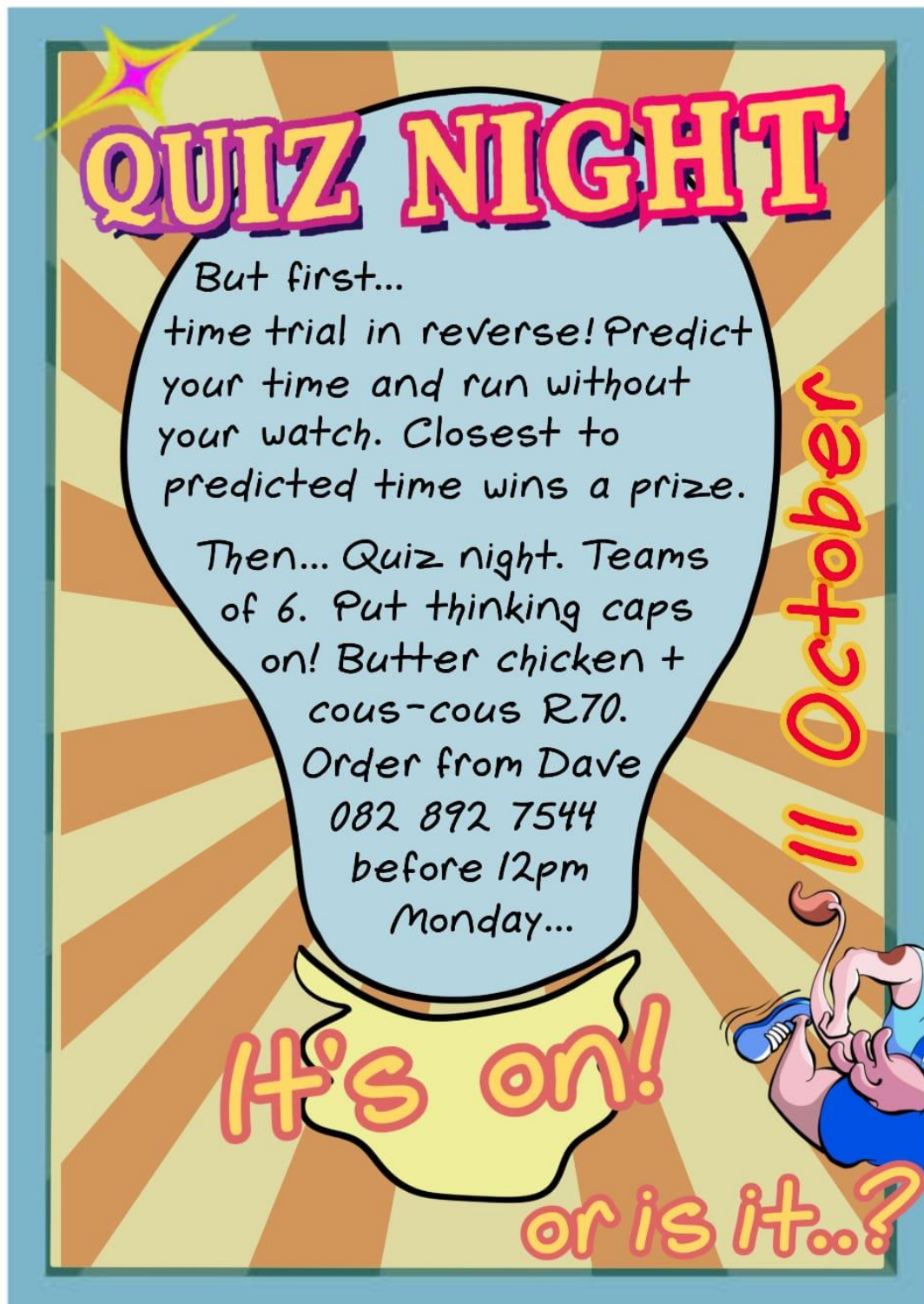
SOCIAL EVENING 11 OCTOBER

Don't miss out on a great evening!

Get your teams of 6 ready for the quiz!

Order your food before Monday 12:00!

You can win R2500 cash in the lucky draw!





IRENE COUCH TO 5KM

8 WEEK PROGRAM

Sign up for
Couch to 5km, 8-
week training
programme to get
you from your
current fitness
level to completing
a 5km event - the
**Black Diamond
Race**, part
of the
**Vitality Run
Series**.

HAVE YOU
WANTED TO RUN
A **FULL 5KM**?

WE CAN
HELP
YOU!



KICKS OFF
11 OCT '22

**AT THE IRENE
CLUB HOUSE**



ARC Campus, Nellmapius Drive, Irene

Cost:
R250

Go to www.irenerunner.co.za to enter. Get you non-member friends to take on this challenge!

10/20 YEAR BADGES

Please collect your 10/20 year badges on Tuesday evenings if you haven't done so yet.

THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

Social evening after the time trials.

Win R2500 cash with the compliments of Mugg & Bean Midstream

Saturday:

Trail run @ 06:00 – Club house

Race for Peace @ 06:30 – The Grove Mall – Club tent will be there

Sunday:

Training run @ 06:00 - TBC

WALKER VS RUNNER

Just how fast are race walkers walking?

Watch this very interesting video to get the answers:

<https://youtu.be/liY66EJOP60>

PERSONALIA

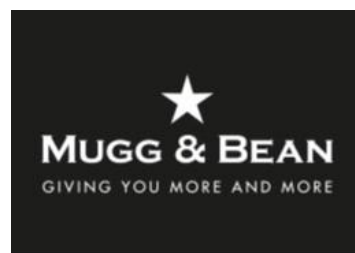
It wasn't a good week for our walkers. Lucia Willemse fell during the training session on Tuesday and broke her arm. She underwent surgery.

Elsa Meyer fell during the race on Saturday and cut her chin badly.

We wish them a speedy recovery.

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

| | | |
|----------|---------------|--------|
| Isabelle | van der Schyf | 10 Oct |
| Grazyna | Koornhof | 10 Oct |
| Jaap | Willemse | 11 Oct |
| Amanda | Cloete | 12 Oct |
| Marle | van der Walt | 14 Oct |



Midstream Tel 012 940 9229

NOTICE BOARD



ARC IRENE RUN/WALK
15 OCTOBER'22

ROAD RUN OR TRAIL RUN
2KM, 5KM, 10KM, 15KM OR 21KM

GROUP START REGISTRATION: 05H45 - 06H25
GROUP START 06H30
INDIVIDUAL REGISTRATION & STARTS AS OF 06H35 - 08H00

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
COLLAGEN FOR ATHLETES
Vitality





15 October 2022

Race for Peace
Run/Walk 5km 10km & 21.1km

Venue
The Grove Mall,
Cnr. Lynnwood & Simon Vermooten,
Equestria, Pretoria

Time: 06:30
Medals to the 1st 1 500 finishers

Hosted by

Athletics Gauteng North


peace

Supported by

Ukrainian Embassy South Africa


secureme SA
RUN WALK FOR LIFE

RACE FOR

For more enquiries:
Daan 082 572 4169 Paul 082 200 4219 Athletics Gauteng North 012 3274930

In Loving Memory Of Kierie van der Schyff



RACES:

21.1 & 10km run @ 6:00 AM
21.1 & 10km walk @ 6:00 AM
5km Fun Run @ 6:15 AM

FOR RACE INFO CONTACT:

082 576 9834
kerk@gwkp.co.za

ZWARTKOP ROADRACE

22 OCTOBER '22

VENUE

Zwartkop Lapa, Wierda Road (M10)
Centurion
25°15'14.25" S
28°07'28.46" E



**In accordance with the rules of
ASA & AGN**

Presented by 'Gereformeerde
Kerk Wierdapark' in conjunction
with Alpha Centurion Athletics
Club

Participation at own risk.
The organisers accept no
responsibility for any loss,
damage or injuries



GEREFORMEERDE KERK
WIERDAPARK



This race will serve as our 21 km club championships

MORETELE ATHLETICS CLUB



MAMELODI ASSOCIATION FOR
PEOPLE WITH DISABILITY

22 Oct 2022

HERITAGE AWARENESS RUN

POWERED BY GYM COMPANY

**RACE STARTS AT SOLOMON
MAHLANGU SQUARE
AND FINISH AT TSHWANE
REGIONAL MALL**

5KM R65 (6:45)

21KM - R165

10KM - R115

Aerobics R20

Time: 06h30

Temporary

Licence R40

PRIZES

21 KM (Open)

Male & Female

R1000

R700

R400

10 KM

R600

R400

JUNIOR 40+— 80+

JUNIOR— R100

40—49

R300

R200

50— 59

R200

60+70+80+

R100

**Enough
PARKING
@ TRM**



Entrytime Enteronline

MTN MOMO APP

RUNNING IN (LYNWOOD)

RUN -AWAY-SPORT(GROENKLOEF)

GYM COMPANY TRM BLOED MALL

**FREE GYM VOUCHER TOP TEN FINISHER
20 T-SHIRT**



Race Rules

The race is run in accordance with the rules ASA and AGN.

Registered athletes for the 10km and 21.1 km must wear the ASA 2022 licence number on the front and the back of the running vest. The official sponsor's race number must be on the front of the vest must not cover the logos on the licence number.

Temporary licenced athletes for the 10km and 21.1km must wear the required temporary licence at the back of the vest.

All licenced athletes competing for category prizes must wear numeric category tags clearly visible on the front and the back Of the vest. Proof of age for prize winners will be required.

Walkers competing for prizes money must wear a W tag on the front and back of their vests and it must be clearly visible.

- 1.No seconding is allowed
2. No iPods or listening devices.
3. No blades, cycles or mechanically operated devices allowed on the race.
4. No pets.
5. Minimum age: 21.1km—16 years old; 10km—14 years old
6. Participants are required to obey the instructions of all traffic, race marshals and race referees.

Contact 076 822 2551 Seloane / 065 913 7177 Mshengu / 082 816 9826 Dibakwane

Please note that Irene Members are not allowed to run the race on race day. There will be a helpers race the next day



29 OCT '22





Irene Farm Race



with Vitality

21.1
KM

10
KM

5
KM

ENTRY FEES

| Entry Fee | 21.1km | 10km | 5km |
|----------------------|--------|------|------|
| 70+ | Free | Free | Free |
| All other categories | R200 | R120 | R80 |

RACE INFO

- The 10 and 21 km will start at 06:00
- The 5 km fun run starts at 06:15
- The 1 km kiddies run starts at 07:45
- Medals to all finishers
- Distance markers every 1 km
- Water points at ± every 3 km cut-off times:
10 km – 2 hours, 21 km – 3 hours.
- Food and drinks stalls available
- Medical support available
- 21 km is not Wheelchair-friendly

PRIZE GIVING

Prize giving will commence at 08:00 for the 10km and at 09:00 for the 21km, or as soon as the results are available.

PARKING

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

RACE NUMBER COLLECTION

Friday 28 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733
 Race day (Saturday 29 October): 04:00 till 06:00 – at the venue

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- (Pre-entries close on 21 October or when cap is reached).

- 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



ARC Campus, Nellmapius Drive, Irene



Athletics
Gauteng North



28TH

TOM JENKINS

RUN/WALK CHALLENGE

19 November 2022

RUN
SERIES



ARCADIA
RUNNING CLUB



WITH

5KM | 06:15
10KM | 06:00
21.1KM | 06:00



VENUE Union Buildings, Government Avenue, Pretoria

GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!

| ENTRY FEES | 21.1km | 10km | 5km |
|----------------------|--------|------|------|
| 70+ | Free | Free | Free |
| All other categories | R200 | R120 | R80 |

PRE-ENTRIES ONLY

Capped at 4 000 entries

Late entries: On collection date or race day if cap not reached

Online entries: <https://www.entryninja.com/events/78082-tom-jenkins-challeng>

Run-Away-Sport: 012 - 361 3733

Pilditch Stadium

RACE NUMBER COLLECTION

At the venue on 18 November (10:00 - 18:00) and

19 November (04:30 - 05:45)



ENQUIRIES 📞 Race office: 082 566 1595 (James), 082 572 4169 (Daan)

The 54th annual Muller Potgieter Memorial Race is being hosted at the Voortrekker Monument on 26 November 2022. Muller Potgieter was a highly talented long-distance runner who won various marathons and achieved a fourth place in the 1968 Comrades at the age of 23. He tragically died in an accident a few months later. Follow this link for Muller Potgieter history <https://vtmclub.co.za/muller-potgieter-gedenkwedloop/>



Photo: Elmer van Zyl



Official AGN Sanctioned Race

THE 54TH CONSECUTIVE RUNNING OF THE
MULLER POTGIETER/
4TH RUNNING OF THE
VOORTREKKER MONUMENT
HALF MARATHON, 10KM & 5KM FUN RUN / PRETDRAF
"THE TOUGHERER ONE"



VOORTREKKER MONUMENT
DRAAF & STAP KLUB



Athletics
Gauteng North

GREEN RACE

Water available at water station, bring
your own container or bottle.

DISTANCES: 21.1 km, 10 km race and a 5 km fun run Saturday, 26

DATE: November 2022

START: 21.1km & 10km – 06:00

5km – 06:15

Gun to mat timing on 10

& 21.1km only

Voortrekker Monument,

Enufoes Rd, PTA

VENUE:



GEBRINGAAN JOU DEUR:
BROUGHT TO YOU BY:



BECS Services (Pty) Ltd

In association with BECS Environmental (Pty) Ltd

Our Race Sponsors



Knowledge Integration Dynamics



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Software Solutions

If you want your logo on this page, let us know at info@irenerunner.co.za

THOUGHT FOR THE WEEK

The greatest pleasure in life is doing what people say you cannot do.

PHOTO CORNER

Action at the Chamberlain Capital classic



Miné van Zyl was one of the runners wearing a kilt on the day



Theuns Willemse



Dirk Neethling



Sibusiso Sibisi



Derek Oldhall



Fanie van Wyngaard



Isabel Potgieter and Susan von Wielligh



Keneiloe Sibisi



Johan Snyman and Rosemary Brink



Shane Gibson finishing with his farther in law, Mark Forbes



Megan Brown



Aloïse Boshoff



Vik Ramlugaan



Ernst Gottschalk really dressed up



Belinda Watson, Antoinette Reynolds and Cari Snyman



It was back to normal with the Cara-Fun at the race again