



IRENE NEWS

11 December 2023

No 50 – 2023



EDITORIAL

This will be the last Irene News of 2023. The last official time trials will be held on Tuesday. The next official time trials will take place on 16 January when everything will be back to normal. Please take note that the office will be closed from 15 December until 8 January. Info about the January social will be in the first newsletter on 8 January.

The management team want to make use of this opportunity to wish all our members a fantastic festive season. May you enjoy peace and happiness on Christmas day that will last a lifetime. If you are fortunate to go away, please drive carefully and come back safely.

THIS WEEK'S DIARY

- * Morning runs- Tuesday, Wednesday & Thursdays at Midstream Mugg & Bean and Eco Park Virgin Active @ 5H00.
- * **Tuesday** Time Trial - Irene Clubhouse, please let's start together @ 17H30.
- * **Wednesday** afternoon LSD - Run & Walk from Centurion Theatre in Amkor Road, Lyttelton. Start @ 17H30 - 10 to 15km. We will run together in groups.
- * **Thursday** - Irene Christmas Light Run @ 18H00. Charity Run towards the SPCA, Jan Cilliers Park, Wenning Str, Groenkloof.
- * **Sunday** - Social Run & Walk @ 6H30. Echt Coffee in Pierre van Ryneveld, Pierre van Ryneveld Road, 5/10/15km

Johan (Fires): 081 851 3864
Nelius: 072 248 7698

HOLIDAY MAINTENANCE PROGRAMME

Please find the programme below. It will also be sent out via email.

December 2023 - Holiday Maintenance Program						
Monday's	Tuesday's	Wednesday's	Thursday's	Friday's	Saturday's	Sunday's
11-Dec	12-Dec <i>Last Time Trial for 2023 Irene Club House @ 17H30</i>	13-Dec	14-Dec	15-Dec <i>Public Holiday Social Run @ 5H30 Irene Oval 8 - 12 Km</i>	16-Dec	17-Dec <i>Social Run @ 6H00 Klapperkop 10 - 15 Km</i>
18-Dec	19-Dec <i>Social Coffee Run @ 5H30 Southdowns - Cappuccino's</i>	20-Dec	21-Dec	22-Dec <i>Social Run @ 5H30 Irene Oval 8 - 12 Km</i>	23-Dec	24-Dec <i>Social Run @ 6H00 Irene Link 10 - 15 Km</i>
25-Dec <i>Public Holiday</i>	26-Dec <i>Social Coffee Run @ 5H30 Echt Coffee - Pierre van Ryneveld</i>	27-Dec	28-Dec	29-Dec <i>Social Run @ 5H30 Irene Oval 8 - 12 Km</i>	30-Dec <i>Old Years Run - Cancelled Social Old Years Run @ 6H00 - Irene Club House</i>	31-Dec
01-Jan <i>Public Holiday New Years Run - Cancelled</i>	02-Jan <i>Social Coffee Run @ 5H30 Doornkloof Mall - Darling Delights</i>	03-Jan	04-Jan	05-Jan <i>Social Run @ 5H30 Irene Oval 8 - 12 Km</i>	06-Jan	07-Jan <i>Social Run @ 6H00 Irene Link 10 - 15 Km</i>
08-Jan	09-Jan <i>Social Run @ 17H30 Irene Club House</i>	10-Jan <i>LSD Run from Centurion Theatre @ 17H30 8 - 15 Km</i>	11-Jan <i>Hill's and / or Speed Works @ 17H30 Irene Club House</i>	12-Jan	13-Jan <i>Ford 3 in 1 Season Opener Ford Motor Company Sports Grounds @ 6H00 21,1 & 10 & 5 Km</i>	14-Jan <i>Social Run @ 6H00 Klapperkop 10 - 15 Km</i>
15-Jan	16-Jan <i>First Time Trial for 2024 Irene Club House</i>	17-Jan <i>LSD Run from Centurion Theatre @ 17H30 8 - 15 Km</i>	18-Jan <i>Hill's and / or Speed Works @ 17H30 Irene Club House</i>	19-Jan	20-Jan <i>PWC George Classen @ 6H00 Pick 'n Pay - Faerie Glen 21,1 & 10 & 5 Km IRENE LEAGUE RACE No1</i>	21-Jan <i>Social Run @ 6H00 Irene Link 10 - 15 Km</i>

LIGHTS RUN

Thank you to all who attended the lights run on Thursday. The weather was perfect and the evening was a huge success and well attended, another record breaking number. Thank you also to all of you for your contributions towards the SPCA.

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the holiday period:

Fanna	Njomo	12-Dec
Lucille	Pretorius	13-Dec
Elaine	De Wit	14-Dec
Karin	Sack	15-Dec
Ernest	Kenoshi	15-Dec
Rosemary	Brink	16-Dec
Maryke	Gradwell	16-Dec
Gerald	Hartmann	16-Dec
Kobus	Faber	17-Dec
Brett	Muir	18-Dec
Ansie	Breytenbach	19-Dec

Leonie	Schoeman	20-Dec
Johan	Snyman	23-Dec
Dirk	Cloete	24-Dec
Theunis	Schoeman	24-Dec
Henk	Basson	26-Dec
Anton	De Klerk	26-Dec
Rienta	Le Roux	27-Dec
Lullu	Krugel	28-Dec
Philip	Koornhof	29-Dec
Adriaan	Jansen van Rensburg	30-Dec
Louis	Visser	31-Dec
Daleen	Labuschagne	31-Dec
Jaco	Engelbrecht	01-Jan
John	Ellmore	02-Jan
Vanessa	Mole	03-Jan
Motlanalo	Kudumela	04-Jan
Jackie	Schlebusch	05-Jan
Johan	van Wyk	05-Jan
Sandra	Kruger	07-Jan

THOUGHT FOR THE WEEK

What's done is done. What's gone is gone. One of life's lessons is always moving on. It's okay to look back to see how far you've come but keep moving forward.

NOTICE BOARD

Please note that both the Old Year's and New Year's races have been cancelled.



16 DECEMBER'23
 GROUP START REGISTRATION: 05H45 - 06H30
 GROUP START @ 06H30
 INDIVIDUAL STARTS AS OF 06H30 - 08H00

Santa RUN

ROAD RUN / TRAIL RUN
 3KM, 5KM, 10KM, 15KM & 21KM

ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

**VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE GROUNDS,
 NELMAPIUS DRIVE, CENTURION**

FOR MORE INFORMATION CONTACT US AT:
REVOLUTIONTRAILS@GMAIL.COM OR 083 264 3931



THE REVOLUTION NEW YEAR RUN/WALK

1st JANUARY 2024

GROUP START @ 07H00
INDIVIDUAL STARTS AVAILABLE: 07H00 - 08H00
2KM, 5KM, 10KM, 15KM AND 21KM AVAILABLE

ROAD RUN OR TRAIL RUN

2024

VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION
FOR MORE INFORMATION CONTACT US AT: 083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM





48th running of the PwC George Claassen Memorial Road Race
Saturday 20 January 2024



Scan to register online

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

Race results: results.finishtime.co.za



2024 WONDERPARK AKASIA road race

Online
entries close
on Monday
22 January
2024

JOHANN VAN EEDEN
42.2^{KM}
Start Time: 05:30
Cut-off @20km 8:15

21.1^{KM}
Start Time:
05:30

10^{KM}
Start Time:
06:00

5^{KM}
Start Time:
06:10

PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION
076 234 5329

WONDERPARK SHOPPING CENTRE
GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za



Scan to
enter online

27 JANUARY 2024



HOËRSKOO
GERRIT MARITZ

fourways
aquastill

Discovery
Vitality

wonderpark
SHOPPING
CENTRE



Saturday, 3 February, 2024 at 06h00
Castle Gate Shopping Centre

● 21,1 km ● 10 km ● 5 km



PHOTO CORNER

The following photos were taken of a lot of happy people at the Lights Run on Thursday:













