



11 November 2024 45/24

EDITORIAL

What a response!!!

75 Members registered on Friday when registrations opened for 2025. We can look forward to a fantastic year ahead.

Things will work slightly differently this year.

There will be 2 forms to complete. FORM A and FORM B

FORM A is for registering a family account with one or more runners/walkers. You should still complete this form even if you are a single member. This data will be used for billing purposes.

FORM B should be completed for each member, spouse/partner and child (junior members). Students, 19 years and older will be considered a full member.

AGN licenses are optional. You can select to buy one on FORM B.

Please help us by submitting your information as soon as possible so that we can capture all the data in the new system. **Payment will only be due later.**

FORM A - Account registration form

<https://forms.gle/LdXXNGkneM7rmGqL7>

FORM B - Member registration form (Complete separately for each member)

<https://forms.gle/BmsgT8SHMrZQpvFZ9>

If you haven't ordered your 2025 Club shirt yet, you can do so here:

<https://forms.gle/f3iFJy1JWHSrKU999>

Our members are encouraged to be part of the 'trolley push' Christmas run on Saturday at the Tom Jenkins 10 km race at the Union Buildings. Be part of the revival of something great!

It is going to be slow, so all members are welcome.

The reason for this is the following:

- To create a spirit (gees) amongst our members
- To get to know each other better
- To enjoy the drinks in the trolley
- To make it an unforgettable experience.



Let's be 'Serious about are Fun' this time around.

There will be entries available on the day.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Jacaranda Challenge on Saturday:

Sibo Mshengu	3 rd Male – 10 km
Mike Gibbons	1 st Male GGM – 10 km
Paulus Masilela	1 st Male GGM – 21 km
Sandra Steenkamp	1 st Female GM – 42 km

Well done to Gareth Nicholson and Amy Bridger who are our 2025 Marathon champions!

The first three male and female finishers in the championships were as follows:

Gareth Nicholson	Amy Bridger
David Holliday	Sharon Booyens
Keith Reynolds	Sandra Steenkamp

The age category winners were the following:

Senior	David Holliday	Amy Bridger
40 - 49	Gareth Nicholson	Sharon Booyens
50 - 59	Keith Reynolds	Liesel van Olst
60 - 69		Sandra Steenkamp



Gareth Nicholson



Amy Bridger

PERSONAL ACHIEVEMENTS

Sibo Mshengu	PB – 10 km
Janine Rädell	PB – 5 km walk
Elizna Coetzee	PB – 10 km
Gareth Nicholson	PB – 42 km

ANNUAL GENERAL MEETING

Avey successful AGM was held on Tuesday. Thank you to all our members who were present at the meeting.

The following members will serve on the 2025 management committee:



Johan Engelbrecht
Chairman



Marinda van der Walt
Admin



Johan van Vuuren
Finances



Fires van Vuuren
Logistics



Nelius van Rooyen
Club Captain



Joy Dekker
Social



Blanche van Vuuren
Apparel / Charity



Alta Struwig
Events



Suzelle Nothnagel
Communications



Jacqueline Watts
Ladies Captain



Janine Rädell
Walkers Captain



Wynand Breytenbach
General Manager

CAPTAIN'S CORNER

Congratulations to everyone who completed the Jacaranda Marathon. It was an incredible day, with fantastic running weather with some rain as well.

We also had our marathon championships. Our 2024 marathon champions are:

Men

Gareth Nicholson – 2:59:11

David Holliday – 3:13:06

Keith Reynolds – 3:18:52

Woman

Amy Bridger – 3:48:16

Sharon Booyens – 3:54:43

Sandra Steenkamp – 3:59:00

Please diaries the following important events for the rest of the year.

- Tom Jenkins Race (X-Mas Trolley Run) – 16 November 2024
- IAC Year-end Function / Prize Giving – 30 November 2024
- X-mas Charity Run – 1 December 2024
- X-mas Lights Run – 4 December 2024

Also thank you to everyone who joined at the support station. It was fantastic to have some Irene 'Gees' along the route. We will try and do this more often in the new year.

Weekly Time Trials

Time Trials every Tuesday at the clubhouse. The starting time is 17:30 and we encourage everyone to start together. Please scan and record your results as you finish. Results will be published weekly.

Wednesday LSD Session

Wednesday's LSD session will be from Centurion Theatre at 17:30.

Thursday Session

We will have easy runs on Thursdays from the club for the rest of the year.

Tom Jenkins X-Mas Trolley Run

This year we bring back an old Irene AC tradition – The Tom Jenkins X-Mas Trolley Run.

Everyone dresses up in their favourite X-mas attire and we all push the Irene Trolley (filled with drinks) along the 10km route at the Tom Jenkins Challenge. This is a fun club event for the whole family, and we will ensure there is something to eat afterwards. The Tom Jenkins race start at the Union Buildings.

Sunday Long Run

This Sunday's long run will be from Irene Link from 6am.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698



The poster features a cartoon penguin wearing a Santa hat and holding a string of colorful Christmas lights. To the right, the word "Irene" is written in a large, blue, brush-stroke font. Below it, "Christmas Trolley Run" is written in a pink, cursive font. Three colorful snowflakes (red, yellow, and green) are scattered to the right. The text "Join us for a festive adventure at the Tom Jenkins Challenge @ Union Buildings!" is written in a black, cursive font. Below this, "Everyone shows up in their most epic Christmas gear!" is written, with "Christmas" in a pink, cursive font. A calendar icon shows "NOV 16" and "06:00". The text "We cheerfully push the Irene Trolley (yes, it's packed with holiday drinks!) along the 10K route, keeping the IRENE spirit alive." is written in a black, sans-serif font, with "10K" in a yellow, bold font. At the bottom, there is a photograph of a group of runners in blue and white athletic gear, some wearing Santa hats, pushing a trolley. The trolley has "SERIOUS about our" and "IRENE" written on it. The text "MERRY & BRIGHT" is written in a colorful, playful font at the bottom left.

Irene
Christmas Trolley Run

Join us for a festive adventure at the
Tom Jenkins Challenge @ Union Buildings!

Everyone shows up in their most epic *Christmas* gear!

We cheerfully push the Irene Trolley
(yes, it's packed with holiday drinks!)
along the **10K** route, keeping the IRENE spirit alive.

NOV
16
06:00

MERRY & BRIGHT

THIS WEEK'S DIARY

Irene



Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

"The trouble with jogging is that the ice falls out of your glass."
- Martin Mull

Mornings

Tue
12 Nov



Wed
13 Nov



Thu
14 Nov



Sat
16 Nov

Tom Jenkins Challenge
(IAC Trolley Run)
@ Rietondale Park
6:00

5
10 km
21

Sun
17 Nov

Irene Link Social Run
@ Irene Link Shopping Centre
6:00

10
- km
14

Afternoons

Time Trial
@ Irene Clubhouse
17:30

4
6 km
8

Social Run
@ Centurion Theatre
17:30

8
- km
10

Social Run
@ Irene Clubhouse
17:30

6
- km
8



For More Information

Johan
Nelius

081 851 3864
072 248 7698



SOCIAL EVENING

Come play/sing along on Tuesday.

Wear your most interesting and colourful waistcoat in support of 'Emgee Stemmet'

IRENE SOCIAL
THE MUCH ANTICIPATED
Irene Music Quiz
TAKES PLACE AT 18.30
ON 12 NOVEMBER
YOUR HOST
**Emgee van der
Merwe Stemmet**
WILL LEAD US ON A
FUN-FILLED MUSICAL
Adventure!



**COME AND ENJOY THE
EVENING WITH FRIENDS!**

SAVE THE DATE
30 NOV 2024

**IRENE YEAR
END PARTY
AND
PRIZE GIVING**



**MORE DETAILS
TO FOLLOW**

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week.
Wishing you a very happy birthday and a splendid year ahead.

Pierre	Koch	Nov 12
Martin	Motaung	Nov 12
Zonah	van Rensburg	Nov 13
Rika	Myburg	Nov 13
Onja	Prinsloo	Nov 13
Janine	Rädel	Nov 13
Ntebaleng	Matshabaphala	Nov 13
Nadia	Saayman	Nov 14
Uida	Enslin	Nov 15
Richard	Reynolds	Nov 15
Letha	Kotze	Nov 15
Myrna	van Wyk	Nov 16



BAR NEWS

There will be fires for those who want to braai.



THOUGHT FOR THE WEEK

It is of practical value to learn to like yourself. Since you must spend so much time with yourself, you might as well get some satisfaction out of the relationship!

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 4 November to 1 December 2024

Short Term Goal: Build-up some speed during the next 8 weeks.

Long Term Goal: Build up endurance to run a marathon at the end of October and/or beginning of November.

DAY	DATE	Activity	Distance/Time	COMMENT
Mon	04-Nov	Core and Strength Training		Hour long session
Tue	05-Nov	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	06-Nov	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	07-Nov	Easy Run		Warm up before the session
Fri	08-Nov	REST		REST
Sat	09-Nov	JACARANDA CITY MARATHON	5/10/21/42km	42km CLUB CHAMPS
Sun	10-Nov	Long Run	15km	Long Run
Mon	11-Nov	Core and Strength Training		Hour long session
Tue	12-Nov	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	13-Nov	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	14-Nov	Easy Run		Warm up before the session
Fri	15-Nov	REST		REST
Sat	16-Nov	TOM JENKINS CHALLENGE	5/10/21.1km	X-MAS TROLLEY RUN
Sun	17-Nov	Social Run		Social Run
Mon	18-Nov	Core and Strength Training		Hour long session
Tue	19-Nov	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	20-Nov	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	21-Nov	Easy Run		Warm up before the session
Fri	22-Nov	REST		REST
Sat	23-Nov	VOORTREKKER MONUMENT	5/10/21km	Race Day
Sun	24-Nov	Social Run		Social Run
Mon	25-Nov	Core and Strength Training		Hour long session
Tue	26-Nov	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	27-Nov	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	28-Nov	Easy Run		Warm up before the session
Fri	29-Nov	REST		REST
Sat	30-Nov	BDS "ENJOYA" RACE	5/10/21.1km	LEAGUE RACE
Sun	01-Dec	X-MAS CHARITY RUN		Social Run

NOTICE BOARD

TOM JENKINS

30th Run/Walk Challenge
Run Series

with



ARCADIA
RUNNING CLUB



Saturday, 16 Nov 2024

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:	R230	R150	R80
Temporary licences:	R60	R60	

PRE-ENTRIES ONLY:

Capped at 6 000 entries.

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

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

Pre-entries from 14 October 2024 at Run-Away-Sport: 012 - 361 3733 and

Pilditch Stadium: 012 - 327 4930 will close 15 Nov 2024 at 16:00.

Online entries will close at midnight on Tuesday 12 November 2024.

RACE NUMBER COLLECTION:

At the venue on 15 November (10:00 - 18:00) and

On the day of race 16 November (04:30 - 05:45)



ENQUIRIES:

📞 Race office: 082 566 1595 (James) 082 200 4219 (Paul)

**6TH RUNNING OF THE
VOORTREKKERMONUMENT**
HALF MARATHON, 10 KM & 5 KM FUN RUN



OFFICIAL AGN SANCTIONED RACE

23 November 2024

21.1km & 10 km | 06:00

5 km FUN RUN | 06:15

Voortrekkermonument, Pretoria

Timekeeping only for races of 10 & 21.1 km



Vitality Points: 10 km = 600 & 21 km = 1500



BDS RACE WITH Discovery Vitality

21.1 KM
6:00am

10 KM
6:00am

5 KM
6:15am

30 NOV
SATURDAY 2024

ENTRY FEES

ENTRY FEES	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
60-69	R200	R100	R50
LATE ENTRIES (18-69)	R250	R150	R80
ALL OTHER CATEGORIES	R230	R130	R60

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

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- Friday, 29 November 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 30 November : 04:30 till 06:00 – at the venue.

PRE-ENTRIES ONLY

- Pre-entries only - Capped on 4000 entries
- Late entries will be accepted on the 29 November and morning of the day of the race provided we have not reached the 4000
- Online entries: www.entryninja.com
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384
- Adidas shop at wonderpark

FOR ENQUIRIES STEPHEN BALOYI @082 262 2568 | PETER KHOZA @084 650 3358



2025

George Claassen Memorial Road Race
Hosted by Pretoria Marathon Club



49th running of the PwC George Claassen Memorial Road Race

Saturday 18 January 2025

George Claassen Memorial Road Race



Scan to register online

Start times:

21.1km/10km run/walk	6am
5km fun run	6.15am

Cut-off times:

Cut-off time for the 21.1km at the entrance to Pick n Pay Hyper (9.7km) at 7h30
Cut-off for all distances is 9h30

Race venue:

Faerie Glen Shopping Centre cnr Atterbury Road and Sellkats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com

Race results: results.finishtime.co.za



Run with your heart for your health



● 21,1 km

● 10 km

● 5 km

 Castle Gate Shopping Centre, Pretoria East

 Saturday, 1 February 2025

 06h00

- Athletics Gauteng North registered races.
- R10 per 5km fun run entry donated to CHOC.
- Additional parking available on-site.
- Medals to all finishers within cut-off times.
- Pre-entries close on 27 January 2025

Scan or visit
intercare.co.za



PHOTO CORNER



Siboniso Mshengu at the start of the 10 km at the Jacaranda Challenge



Dean de Beer after finishing his race



Nadia Walters and Madelé Schoeman



Suzelle Nothnagel



Our gazebos was a popular place when it started raining

Action at the Irene support station



Noel Banda

David Holliday

Lenin Sithole



Deborah Arendse



Neli Maseko



Motlanalo Kudumela



Linky Makgahlela, Nico van Niekerk, Mariette van Vuuren & Kobus Oberholzer



Jurie Weideman



Paul Schoeman & Stephan Walters



Hendrik Basson



Sharon Booyens



Jaco Engelbrecht



Francois Bester