

# **IRENE NEWS**

11 September 2023



## No 36 – 2023

## ACHIEVEMENTS

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

Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km
Estien van Wyngaard	1 <sup>st</sup> Lady walker -10 km
Retha Knoetze	2 <sup>nd</sup> Lady walker – 10 km
Jaap Willemse	1 <sup>st</sup> Walker – 21 km
Dirk Neethling	2 <sup>nd</sup> Walker – 21 km
Elsa Meyer	1 <sup>st</sup> Lady walker – 21 km
Keith Reynolds	2 <sup>nd</sup> Male – Source of the Nile 50 km Trail run

## PERSONAL ACHIEVEMENTS

Aileen Campbell	First 32 km
Sarie Rossouw	First 32 km
Keith Reynolds	50th time completing a 50 km only event

Well done!

#### TIME TRIALS

Just a reminder again that the time trials now start at 17:30. Let's make the time trials great again and start in big numbers together.

#### ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 24 October 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 29 SEPTEMBER.

## CAPTAIN'S CORNER

With summer knocking on our door, it is the perfect time to get out there and start training. With some big races and events on the calendar until the end of the year, please join us and make use of the facilities and training groups. We also have training programmes (5km, 10km, 21.1km and 42.2km) that are available and that could be used to help you achieve your goals. Reach out to Rose via WhatsApp (083 2585336) for more information if required

From a club training and events perspective,

- Morning training groups Tuesday, Wednesday and Thursday @ 5.00 am from Midstream Mugg & Bean and Eco Park Virgin Active
- "Mr Hills" Thursday @ 17.30 from the Irene Club House
- Time Trial Tuesdays, starting @17.30 from the Irene Club House. On Tuesday the 12<sup>th</sup>, there will be 2 route options. Either the normal time trial route or a sneak peak of the Irene Backyard Ultra 6.7km loop
- Saturday the 23<sup>rd</sup> September, a long run is being planned for those training for Cape Town, Kaapsehoop and Soweto
- If you have not yet set a final challenge for 2023, take a look at the Jacaranda Race on the 11<sup>th</sup> November. This will be our "Irene Bus Run" focusing across the 10km, 21.1km and 42.2km. If you are keen to drive one of the buses, please let Rose / Wynand know.

Races and Training events over the next few weeks

<u>Saturday the 16<sup>th</sup> September</u> Muller Potgieter – 5, 10 & 21.1km

#### **SA Cross Country Championships**

Sunday the 17<sup>th</sup> September Pirates - 10km Irene Sunday Social – @ 6:30 @ Castle Gate for an 18-20km

<u>Friday the 22<sup>nd</sup> September</u> Irene Backyard Ultra – 22<sup>nd</sup> – 24<sup>th</sup>

Saturday the 23<sup>rd</sup> September Irene Backyard Ultra

Voet van Afrika

**Exxaro** – 5, 10, 21.1km

#### Irene Long Run – 30 - 36km being planned. Details will be confirmed

Sunday the 24<sup>th</sup> September ABSA RYC Newtown - 10km Irene Backyard Ultra

Irene Sunday Social - @ 6:30. Details to be confirmed

Monday the 25<sup>th</sup> September (Heritage Day) BEARone Run (Wingate) – 5, 10, 21.1km Boroughs of Bedfordview – 5 & 15km Saturday the 30<sup>th</sup> September Ford 3-in-1 Spring Race – 5, 10 & 21.1km Sunday the 1<sup>st</sup> October Spar Womens Grand Prix JHB - 10km The Big Walk @ Fountains Valley – 5, 10 & 15km Irene Sunday Social – @ 6:30. Details to be confirmed

For members that are doing the Cape Town Marathon, we have managed to secure car hire and hotel accommodation preferential pricing. If you are interested, please WhatsApp Rose (083 2585336) for more information.

The weekly schedule and any changes will be shared on the WhatsApp and telegram groups.

## PERSONALIA

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

		1
Keri	Vorster	11-Sep
Pieter	Saayman	12-Sep
Sandra	Steenkamp	12-Sep
Manqoba	Msomi	12-Sep
Jason	Hubner	13-Sep
Marisia	Koch	14-Sep
Min,	van Zyl	15-Sep
Vik	Ramlugaan	16-Sep
Riaan	Prinsloo	16-Sep
Bronwyn	Kruger	17-Sep
Zandalee	van der Schyff	17-Sep



Midstream Tel 012 940 9229

## THOUGHT FOR THE WEEK

Lack of direction, not lack of time, is the problem. We all have twenty four hour days.

#### CHAIRMAN'S BALL



#### NOTICE BOARD





## THE 55th CONSECUTIVE RUNNING OF THE





## ROAD RACE

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. The Gauteng North running community decided to honour him by hosting an annual memorial race, the first one taking place in October

1969 Follow this link for Muller Potgieter history <u>https://vtmclub.co.za/muller-potgieter-gedenkwedloop/</u>

## **Official AGN Sanctioned Race**

Distances:	15km Race and a 5km Fun Run
Date:	Saturday 16 September 2023
Start:	15km – 07:30 / 5km – about 07:45
Venue:	Voortrekker Monument, use the Eeufees Rd entrance

Earn 600 Discovery Vitality Points (15km finishers)









"Geniet dit!" It's like "LEKKER"



ap distance: 6,7km Elevation: est. 90m

## 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:
   o There is only one winner, the last person to complete a lap.
   o All other competitors are a DNF.
   o In the instance that nobody goes any further than any other, there is not a tie,
- there is no winner.
  24 Hour race:
  o Only the competitors that run until the last lap, finish the race.
  o All other competitors are a DNF.
- 12 Hour race: o Only the competitors that run until the last lap, finish the race. o 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.

## Entries

- Last man standing @ R750.00
- 24 Hour race @ R650.00
- @ R550.00 12 Hour race
- 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.

Farm Back

trene

- · 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





#### SATURDAY, 21 OCTOBER 2023

CSIR MAIN CAMPUS, MEIRING NAUDE ROAD, BRUMMERIA, PRETORIA

Run and Walk 21.1 KM 10 KM 06:00

> Run and Walk 5 KM 06:30

CUT-OFF TIME IS 09:15 NB: Any participant taking part in the 21.1 km who has not reached the Main Gate at 08:30 will not be permitted to complete for safety reasons

RACE VENUE Start and finish at the CSIR Main Campus, Meiring Naude Road, Brummeria, Pretoria

ONLINE ENTRIES: www.entryninja.com RACE RESULTS: results.finishtime.co.za

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE		START TIME	CUT OFF	PRIZE GIVING
21.1 km	R200	R230	16 years	06:00	09:15	09:00
10 km	R150	R180	14 years	06:00	08:00	09:00
5 km	R50	R60		06:30		







## Athletics

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#### ENTRY FEES

Entry Fee	21.1km	10km	Skm
78+	Free	Free	Free
All other categories	R200	R120	R80

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#### PRIZEGIVING

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

#### RACE INFO

KM

The 10 and 21 km will start at 06:00

FREE SHIRT to the first 4000

entries

- 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

#### PRE-ENTRIES ONLY

- Pre-entries only Capped on 5000 entries
- (Pre-entries close on 22 October or when cap is reached).
- Online entries: www.entryninja.com
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421 I
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

**ARC Campus, Nellmapius Drive, Irene** 

Freedom Equality Justice & Vitality Points

HUMAN

RUN

Human

Rights

Oiscovery

UNITED NATIONS HUMAN RIGHTS





# BDS RACE WITH (/itality

21.1км

ABDS

10KM 6:00am

🛞 Discovery

5км 6:15am

## ENTRY FEES

ENTRY FEE	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
ALL OTHER CATEGORIES	R200	R100	R60

#### 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, 01 December: 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
Race day, Saturday 02 December: 04:30 till 06:00 – at the venue.

## 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

#### PRE-ENTRIES ONLY

- Pre-entries only Capped on 4000 entries
- Late entries will be accepted on the 1st of december and morning of the day of the race provided we have not reached the 4000 capped
- Online entries: www.entryninja.com
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

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





GATHLETICS



SATURDAY . 2023



## PHOTO CORNER



Time trial runners on Tuesday last week



Playtime at the time trials



Myburgh Bester and Retha Knoetze enjoying themselves



Rinaldi Botes and Joy Dekker. Rinaldi was the winner of the predict your time competition



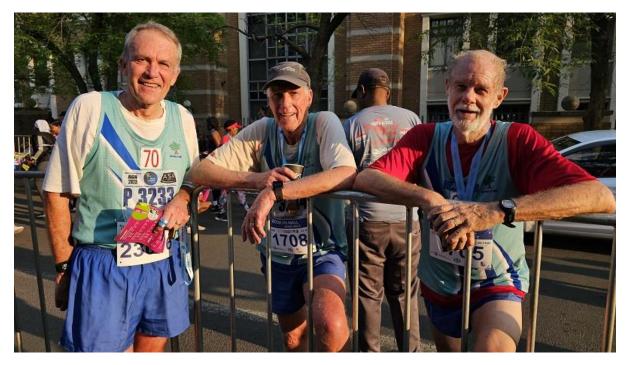
Renette Prinsloo was the winner of the R2500 cash lucky draw



Another successful social evening at the club



Fanie and Estien van Wyngaard at the Brooklyn race. Estien was the first lady walker on the  $10\ \mbox{km}$ 



Miles Saxby, John Ellmore and Alan Hyson



Letha Kotze after completing the 10 km



It was good to see Melodi and Adriaan Botha again



Chad and Rhodene Leydekkers



A proud Noel Banda



Mfundo Hadebe and Zoë Scholtz



Hlengiwe Ngwenya did the 21 km



Rykie and Sandra Kruger looking very happy after their race



Irene members at the Mont-Aux-Sources race