



IRENE NEWS

12 June 2023

No 23 – 2023



CLUB HOUSE

Please note that the club house will be closed this week. Everything will be back to normal next week.

COMRADES 2023

Congratulations to all the Comrades finishers. You made us all proud. Well done to Samuel Molefe, and David Holliday with their silver medals.

Samuel was the first Irene member to finish with Rosemarie Brink the first Irene lady!

Hats off to Keith Reynolds who finished his 34th Comrades. Well done to Mark Adams and Lengosane Modiba who did their 10th race to receive their permanent numbers.

Congratulations to Dirk Cloete and Werner Zandberg who completed their 20th race to receive their double green numbers, outstanding!

We had 93 starters of which 84 finished in time, a finish rate of 90.3%.
The medal count is as follows:

| | |
|----------------|----|
| Silver: | 2 |
| Bill Rowan: | 8 |
| Robert Mtshali | 23 |
| Bronze: | 14 |
| Vic Clapham: | 38 |

The average finish time was 10:26:32.

Thank you to Theuns Nieuwoudt, Johan van Vuuren, Pieter Jordaan, Piet van Loggerenberg, Ansie Breytenbach, Maryke Gradwell and Ty Gradwell for an excellent job done at the different support stations and the finish. Well done also to all the supporters on the road.

All Comrades runners are invited to share their Comrades stories with us. Please send in your Comrades experience for publication in the newsletter. It can be good or bad, we can all learn from it.

MUTI BAGS

The leftovers of the muti bags that were handed in for the support stations will be available at the club house on Tuesday, 20 June. Anything not collected then will be disposed or handed to charity.

CLUB COLOURS

The only negative aspect on Comrades day was that a number of our runners didn't wear the proper club colours. Running with different colour shorts than the prescribed blue as per our constitution, is not the right thing to do. We are a proud club with tradition and should set an example to other clubs.

SOCIAL EVENING

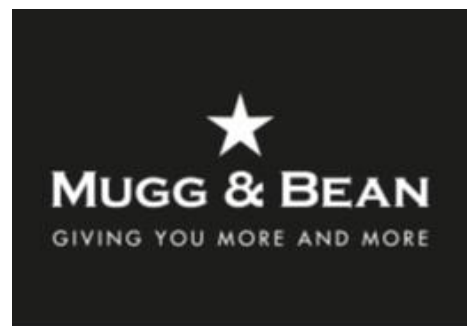
The next social evening will be held on Tuesday, 4 July. That will be the Aches and Pains party where the Comrades trophies will be handed out.

PERSONALIA

Aletha van den Bergh had an operation to her knee, we wish her a speedy recovery.

THOUGHT FOR THE WEEK

It is not how much we have, but how much we enjoy, that makes happiness.



Midstream Tel 012 940 9229

NOTICE BOARD

The poster is for the 'ARC IRENE RUN/WALK' event on 17 June 2023. It features a background image of a runner on a dirt path through tall grass. The text is overlaid on the image. In the top left corner, a black diagonal banner reads 'NO LICENSE REQUIRED OPEN TO NON-CLUB MEMBERS'. The main title 'ARC IRENE RUN/WALK' is in large, bold, black letters. Below it, the date '17 JUNE 2023' is in large, bold, black letters. To the right of the date is the 'Vitality' logo in red script. Below the date, the text 'ROAD RUN OR TRAIL RUN' is in large, bold, white letters. Underneath that, the distances '2KM, 5KM, 10KM, 15KM OR 21KM' are listed in white. Below the distances, it says 'GROUP START @ 07H00' in white. Further down, it says 'ENTER ONLINE AT' followed by the website 'WWW.REVOLUTIONTRAILS.CO.ZA' in white. At the bottom, the venue is listed: 'VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION'. Below the venue, it says 'FOR MORE INFORMATION CONTACT US AT: 083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM'. In the bottom left corner is the 'REVOLUTION TRAILS' logo, and in the bottom right corner is a red circle with a black dog and a slash through it, indicating no dogs allowed.



SOSHANGUVE GREAT RUN

Celebrating Youth Day

MILE, 5KM & 10KM Race

17 June 2023

EVENT DETAILS



Soshanguve Crossing Mall
Corner Ruth First Road & Aubrey Matlakala Str

Soshanguve Great Run 2023

Partners





GARSFONTEIN ICE BREAKER

21km / 10km / 5km

8 JULY 2023

AGN CHAMPIONSHIP



Macintosh
Cross & Farquharson
Attorneys, Conveyancers, Notaries, Administrators of Estates
Probateurs, Transport Attorneys, Notaries, Social Workers



GARSFONTEIN PRIMARY SCHOOL

| DISTANCE | ENTRY FEE | START TIME | MINIMUM AGE | PRIZE GIVING | CUT OFF | LATE ENTRIES | VITALITY POINTS |
|----------|-----------|------------|-------------|--------------|---------|--------------|-----------------|
| 21,1km | R180 | 07:00 | 16 years | 09:00 | 10:30 | R200 | 1500 |
| 10 km | R120 | 07:00 | 14 years | 08:30 | 10:30 | R140 | 600 |
| 5 km | R60 | 07:15 | 9 years | None | 10:30 | R70 | FUN RUN |

Temporary licence required for non registered athletes on the 21,1km & 10km : **R50**
70+ athletes: FREE entry

ONLINE ENTRIES from 17 May 2023 - www.entryninja.com (until 30 June 2023)

RACE ENQUIRIES

Mike Minty - 083 414 5938
Claude Smit - 083 564 3630
Office - 012 361 3618
Wingate Road Runners - 072 864 2908

ONLINE ENTRIES & RACE NUMBER COLLECTION

Dutch Reformed Church (285 Emmie Hartmann str.)

6 July from 09:00 until 13:00

7 July from 09:00 until 17:30

At the venue (Garsfontein Primary School - Petronella Str. Entrance)

Race Day from 05:30

Proud Sponsor of the Garsfontein Ice Breaker

www.justimagineproperties.com



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.**



Athletics
Gauteng North

| | |
|--------------------|---|
| 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 | R 200.00 | R 200.00 |
| 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 | R 200.00 |
| 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-A-Way-Sport shop. The participant will only need to bring the race number to the store before 30 November 2023.

PHOTO CORNER



Getting the support station ready in Camperdown



Bheki Ndlovu coming through



Naas Steenkamp getting support from his wife



Thombs up from Kovilan Rajaruthnam



Samuel Molefe, top Irene Comrades runner, going up Cowies Hill



Piet van Loggerenberg and Pieter Jordaan, great supporters at the station



Lenin Sithole at Cowies Hill



Making sure that no Irene runner is missed at the support station at Cowies Hill



Holger Hedelt enjoying his traditional beer at Cowies Hill



Werner Zandberg who did his 20th Comrades



Mthokoziz Mambi receiving attention



Norton Mole taking a break



Theuns Nieuwoudt, Pieter Jordaan, Ansie Breytenbach and Johan van Vuuren



The Molver brothers, Peter and Andy



Devan Nadarajah at Cowies



Willem du Toit looking strong



Andries Bruwer and Richard Goodchild looking ready form the last 17 km



Richard Goodchild receiving some encouragement from his wife



Mark Adams did his 10th Comrades



Masses of runners approaching the Irene support station



Rykie and Sandra Kruger



Irene members at the function on Monday



Former member Brendes Gresse with his son CJ who came all the way from England