



# IRENE NEWS

13 November 2023

No 46 – 2023



## ACHIEVEMENTS

Sandra Steenkamp	1 <sup>st</sup> GM lady – Jacaranda 42 km
Elsa Meyer	1 <sup>st</sup> GGM lady – Jacaranda 21 km
Mike Gibbons	1 <sup>st</sup> GGM – Jacaranda 10 km
Lynette Gough	3 <sup>rd</sup> GM lady – Sani Stagger 42 km

Congratulations!

## PERSONAL ACHIEVEMENTS

Magda Brits	First 21 km
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Well done!

## 2024 MEMBERSHIP

If you haven't registered for 2024 yet, do so now. Don't miss out on the free running vest/shirt. Ideal opportunity to recruit new members.

You can register at <https://forms.gle/vN6AxyCQpx75VTTeA>

## BACK OUR OWN BUDDY

Please click on the link below to help or own member, Andy Crawshay-Hall.



<https://www.backabuddy.co.za/champion/project/andrew-crawshay-hall-5745939322327375764?fbclid=IwAR1-HFfy1mwIHiyJ0HlaKyKgl8qNOwuykdGBUxJy9bYO-7vBTYqZi1G8Js>

## **MONTHLY SOCIAL**

Don't miss out on a very special evening.

There will be 60 boerewors rolls for free to members and family present on Tuesday evening. Any left-over will be available at R40 each.



## ***CAPTAIN'S CORNER***

Thank you to everyone that was involved with the **Irene Trolley Run** on Saturday (Organising and participating), I do believe that it was an event to be remembered. A video has been posted on the Irene Facebook and Instagram page, with a number of the photo's. There were just too many to share. And to everyone that joined for the **Irene Helpers Run** on Sunday, it was a perfect way to end the weekend.

As we enter the final weeks of the **Irene Summer Challenge**, you still have some time to get your name onto the leaderboard that was published at the end of October and stand in line to win prizes. The competition will be closing on the 30<sup>th</sup> November and the results will be announced on the 2<sup>nd</sup> of December at the Irene Year End celebration. The next link will be sent out on the 26<sup>th</sup> November.

As we reach the end of the year, there are a few fun events that are still coming up, please watch this space for details and updates – **Irene Year End celebration**, on Saturday the 2<sup>nd</sup> of December, **Irene Lights Run** on Thursday the 7<sup>th</sup> of December.

As a final challenge to end the year, **RAC Tough One** is on Sunday the 26<sup>th</sup> November. Something worth considering before the start of the holidays

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. Please reach out to Mark via WhatsApp (082 377 4622), to add you to the Eco Park Group, to keep you informed of any changes
- “Mr Hills” Thursday @ 17.30 from the Irene Club House
- Time Trial Tuesdays @17.30 from the Irene Club House

Races and Training events over the next few weeks

Thursday the 16<sup>th</sup> November

**African Master Championships - Pilditch**

Friday the 17<sup>th</sup> November

**African Master Championships - Pilditch**

Saturday the 18<sup>th</sup> November

**Tom Jenkins** – 5, 10, 21.1km (The Cara-Fun will not be at the race)

**African Master Championships – Pilditch**

**Saturday Social** – 15km @5:30 am from Midstream M&B

Sunday the 19<sup>th</sup> November

**Irene Sunday Social** – 10km @ 6am from Irene Link

Saturday the 25<sup>th</sup> November

**Saturday Social** – 10km @ 6am from Midstream M&B

**Voortrekker Monument** – 5, 10, 21.1km

Sunday the 26<sup>th</sup> November

**RAC Tough One**

**Irene Sunday Social** – Details TBC

Saturday the 2<sup>nd</sup> December

**BDS Race** – 5, 10, 21.1km

**Saturday Social** – 15km @5:30 am from Midstream M&B

Sunday the 3<sup>rd</sup> of December

**Irene Sunday Social** – 10km @ 6am from Irene Link

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

### ***CARA-FUN – TOM JENKINS***

Theuns will not be available this weekend to take the Caraa-Fun to the Tom Jenkins race. If anyone is prepared to take a gazebo to the race, please reply to this email.

### ***PERSONALIA***

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

Zonah	Prinsloo	13-Nov
Leo	Erlank	13-Nov
Nadia	Saayman	14-Nov
Letha	Kotze	15-Nov
Leon	Pronk	15-Nov
Myrna	van Wyk	16-Nov
Ian	Tait	17-Nov
Isabella	Potgieter	19-Nov



Midstream Tel 012 940 9229

### ***THOUGHT FOR THE WEEK***

**The only way of discovering the limits of the possible is to venture a little way past them into the impossible.**

**NOTICE BOARD**

A promotional poster for the ARC Irene Run/Walk event. The background is a photograph of a dirt path leading through green bushes and trees, with a person's legs and feet visible in the middle ground. The text is overlaid on the image. In the top left, a black diagonal banner contains white text. The top right features the Discovery Vitality logo. The main title is in large, bold, black letters. Below it, the date is in bold black letters. The event type is in large, bold, white letters with a black outline. The distances are in bold black letters. The start time is in bold black letters. The online entry website is in bold black letters. The venue and contact information are in bold black letters at the bottom. A 'No Dogs' sign is in the bottom right corner. The Revolution Trails logo is in the bottom left corner.

**NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS**

**ARC IRENE RUN/WALK**

**18 NOVEMBER 2023**

**ROAD RUN OR TRAIL RUN**

**2KM, 5KM, 10KM, 15KM OR 21KM**

**GROUP START @ 06H30**

**ENTER ONLINE AT  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)**

**Discovery Vitality**

**REVOLUTION TRAILS**

**No Dogs**



29<sup>TH</sup>

# TOM JENKINS

RUN/WALK CHALLENGE

18 November 2023

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	R100
			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>

Run-Away-Sport: 012 - 361 3733

Pilditch Stadium

## RACE NUMBER COLLECTION:

At the venue on 17 November (10:00 - 18:00) and

18 November (04:30 - 05:45)



## ENQUIRIES:

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

Photo: Elmer van Zyl

Official AGN Sanctioned Race

# 5TH RUNNING OF THE VOORTREKKER MONUMENT

HALF MARATHON, 10KM & 5KM FUN RUN / PRET DRAF

## "THE TOUGHER ONE"

VITALITY POINTS- 10km=600 & 21km=1500



VOORTREKKER MONUMENT  
DRAAF & STAP KLUB

### 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

**DATE:** Saturday, 25 November 2023

**START:** 21.1 km & 10 km – 06:00  
5 km – 06:15

**TIMING:** Only the 10 & 21 km

**VENUE:** Voortrekker Monument,  
Eeufees Rd, PTA



**Athletics**  
Gauteng North

GEBRINGAAN JOU DEUR:  
BROUGHT TO YOU BY:



**BECS Services (Pty) Ltd**

In association with BECS Environmental (Pty) Ltd



VOORTREKKERMONUMENT





## Lavender Kontreimark Myl Wedloop/Mile Run 25 November 2023



ENTER AT LKM  
ON THE DAY  
OR SCAN HERE



### RACE RULES

- The race must be run in accordance with the rules of ASA & AGN
- Club & Non Club members to run with ASA 2023 licence on the front & back if licenced
- All Club and Non Club members that are not licenced are still welcome to participate, but no temporary licences will be available.
- No dogs allowed on the race.
- No iPods or any listening devices allowed on the race.
- Proof of age to be provided where cash prizes are to be won/paid out.
- Athletes may participate in an older category to be eligible for prize money, but only one race per athlete.

### GENERAL INFORMATION

- Parking at own risk
- Participation is at own risk. The organisers, sponsors, LKM or any agents accept no responsibility for any loss, damage or injury.  
Wheelchair athletes are not allowed due to the route profile of the race.
- Medical assistance will be available.
- The entry fee is not refundable.
- Please do not litter.
- Refreshments will be available at the end of the race.  
Full Market on the day, with food and drink stalls.  
Kids entertainments for the day at the market.  
We request that any old running shoes be placed in the basket at the entry table.  
These will be donated to the development teams.

**AANGEBIED DEUR / PRESENTED BY: MONTANA ATLETIEK KLUB / ATHLETICS CLUB**

**Vir Navrae Kontak / For Enquiries Contact: Wessel du Toit: 079 544 1398 / Denise: 083 469 9244**





# BDS RACE WITH *Vitality*

**21.1 KM**  
6:00am

**10 KM**  
6:00am

**5 KM**  
6:15am

**02 DEC**  
SATURDAY . 2023

## 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](http://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



GAUTENG NORTH





48<sup>th</sup> 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](http://www.entryninja.com)

**Race results:** [results.finishtime.co.za](http://results.finishtime.co.za)



SAVE THE DATE!

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

● 21,1 km    ● 10 km    ● 5 km





## PHOTO CORNER



The Irene trolley is on its way



Everybody enjoying themselves





Entering the finish area



The finish is in sight after 3 hours





Well done to 25 members who were part of a great experience. That's the Irene spirit!



Graeme Forrest at the start of his Marathon with Lenin Sithole behind him





Lufuno Ravhuhali trying to gain a few places



Freda Hillocks close to the finish of her 10 km





Craig Potter also did the 10 km



Tamaryn Paterson and Zoë Scholtz enjoyed a very comfortable 10 km





Noel Banda starting his 2<sup>nd</sup> lap of the Marathon



A very disappointed Lenin Sithole after picking up an injury on the first lap of the Marathon





Lynette Gough and Tania Thompson at the Sani Stagger