

IRENE NEWS

13 November 2023 No 46 – 2023



ACHIEVEMENTS

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

Congratulations!

PERSONAL ACHIEVEMENTS

Magda Brits First 21 km

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=lwAR1- HFfy1mwlHiyJ0HlaKyKgl8qNOwuykdGBUxJy9bYO-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 is 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 30th November and the results will be announced on the 2nd of December at the Irene Year End celebration. The next link will be sent out on the 26th 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 2nd of December, **Irene Lights Run** on Thursday the 7th of December.

As a final challenge to end the year, **RAC Tough One** is on Sunday the 26th 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 16th November

African Master Championships - Pilditch

Friday the 17th November

African Master Championships - Pilditch

Saturday the 18th 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 19th November

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

Saturday the 25th November

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

Voortrekker Monument – 5, 10, 21.1km

Sunday the 26th November

RAC Tough One

Irene Sunday Social - Details TBC

Saturday the 2nd December

BDS Race – 5, 10, 21.1km

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

Sunday the 3rd 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	
lan	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.





RUN/WALK CHALLENGE

RUIT SERIES



Discovery Vitality

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)



"THE TOUGHERER ONE"

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





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

TIMIMG: Only the 10 & 21 km

VENUE: Voortrekker Monument,

Eeufees Rd, PTA











Lavender Kontreimark Myl Wedloop/Mile Run 25 November 2023











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.
 Weelchair 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 (/itality

21.1_{KM} 6:00am

10км 6:00am

5_{KM}

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 ofthe 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













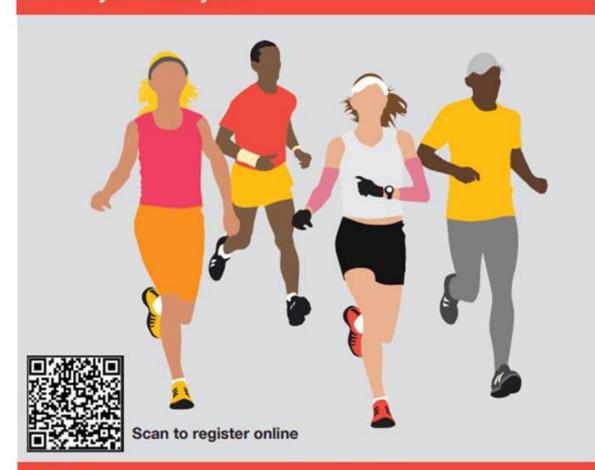








48th running of the PwC George Claassen Memorial Road Race Saturday 20 January 2024



Start times:

21.1km/10km run/walk 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



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





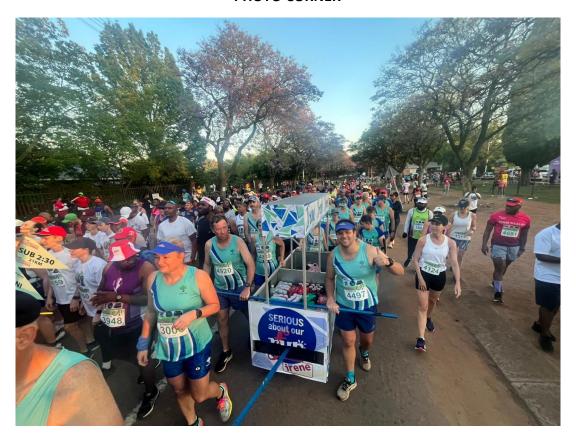








PHOTO CORNER



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^{nd} 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