



IRENE NEWS

14 August 2023

No 32 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Irene Village Mall Race on Wednesday:

Melanie Swart	1 st Vet lady & 3 rd lady – 10 km
Annatjie Greyvenstein	1 st GGM lady – 10 km
Tania Thompson	1 st lady walker & 1 st master – 10 km
Lynette Gough	3 rd Lady walker – 10 km
Sandra Steenkamp	1 st Lady walker & 1 st GM – 21 km
Elsa Meyer	1 st GGM lady walker & 2 nd lady – 21 km

PERSONAL ACHIEVEMENTS

Tamaryn Paterson – First 21 km

Well done!

TIME TRIALS

The numbers at the time trials are slowly picking up. In September we will start at 17:30 again. Get ready for the summer and join us at the time trials on Tuesdays.

CAPTAIN'S CORNER

There is nothing better, than starting a race and seeing a sea of Irene Runners and Walkers – The Phobian's 15km on Saturday the 19th is the perfect place, so please come in numbers!

From a club training perspective,

- Morning training groups – Tuesday, Wednesday and Thursday @ 5.00 am from Midstream Mugg & Bean and Eco Park Virgin Active
- Mr Hills Thursday sessions will commence within the next few weeks. Keep watching this space
- Time Trail Tuesdays, starting @17.15 from the Irene Club House

Races and Training events over the next few weeks:

Saturday the 19th August

Phobians – 5 & 15 km

AGN Cross Country Championships

Sunday the 20th August

Irene Sunday Social – @ 6:30 am from Castle Gate for an 18 – 21km

702 Walk the Talk

Saturday the 26th August

Dawn to Dusk – 100 miles & 12 hrs circuit

SMU Half Marathon – 5, 10 & 21.1km

Sunday the 27th August

Wanderers - 5, 10 & 21.1km

ABSA Run your City (Tshwane) – 10km

Wednesday the 30th August

PvR Dorpsfees – 5 & 10km @ 18.30

We have a number of Irene members participating in Dawn to Dusk on the 26th August. A separate WhatsApp group has been set up to provide information on the logistics and Irene support. If you are not yet on the distribution list, please message Johan (081 8513864) / Rose (083 2585336).

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

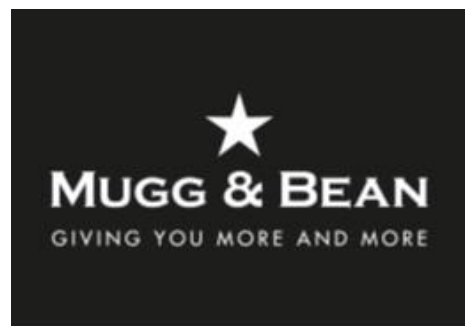
PERSONALIA

Our condolences once again to the family of Greg Ferreira who passed away on Monday.

Condolences also to Buks van Deventer whose mother has passed away.

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

Susan	van Staden	14-Aug
Cuthbert	Mamabolo	16-Aug
Merinda	Kamfer	18-Aug
Tlou	Boshomane	20-Aug



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Life is about accepting the challenges along the way, choosing to keep moving forward, and savouring the journey.

CHAIRMAN'S BALL

After a number of years, the Chairman's Ball will be back this year. Watch this space for more details.



NOTICE BOARD

ARC IRENE RUN/WALK
12 AUGUST 2023

ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 07H00
ENTER ONLINE AT
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

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

Revolution Trails

Validity

NO DOGS

PHOBIANS FIFTEEN

Earn **600
Discovery
Vitality Points**
(15km finishers)

**15KM
RUN/WALK**
07:00
**5KM
FUN RUN/WALK**
07:15

**AGN
League
Race**

19 · 08 · 2023



PHOBIANS
Athletics Club



CALLING ALL ATHLETICS GAUTENG NORTH CLUBS
COME RUN WITH US!



EVENT DATE:
Sunday, 27 August 2023

EVENT TYPE:
Road Running

START TIME:
08H00

STARTING POINT:
Union Buildings

FINISH POINT:
Union Building Lawns

DISTANCE:
10km

CONTACT US TODAY TO ENTER
companyentries@stillwatersports.com
082 991 0045



ENTER NOW



ENTRY FEE: R240.00
TEMP LICENCE: R50.00

Challenge your club members to join forces and take part in one of South Africa's most diverse road running series, the Absa RUN YOUR CITY SERIES. The Jacaranda City will be buzzing with excitement when thousands of runners toe the line to paint the streets of Tshwane red at the Absa RUN YOUR CITY TSHWANE 10K. Runners can look forward to experiencing road running at its best! The route will incorporate iconic landmarks while featuring nonstop entertainment from start to finish compliments of Tshwane's leading performing arts groups and event sponsors.

Get ready to run Tshwane your way on Sunday, 27 August 2023!

GROUP INCENTIVE OFFER:

- Enter 10 or more club members and you will automatically receive a 10% discount on all entries
- Dedicated Group Entries collection point at Race Pack Collection
- Club members will be seeded together in the same batch (on request)

STANDARD ENTRY INCLUDES:

- Absa RUN YOUR CITY Series Event Performance T-shirt
- Absa Entrant Gifts (Peak Cap, Socks, Drawstring Bag & Shoelaces)
- DHL Water Bottle
- Race Number & Timing Chip
- Absa RUN YOUR CITY Series Finisher's Medal
- Amazing Route Entertainment from Start to Finish
- 2 x Refreshment Stations on Route
- Tog Bag Drop and Collect Service

runyourcityseries.com

f @ Tshwane10k

#RunYourCity #AbsaRunYourCity





PvR Dorpsfees Night Race Wednesday 30 August 2023

Distance	Entry fee	Start time	Minimum age	Cut off time	Late entries
10km	R120	18:30	14 years	20:30	R150
5km	R60	18:30	9 years	20:30	R80
Kiddies run	Free	18:30	3-6 years		

Temporary license
required for
non-registered athletes
on the 10km – R 50
70+ athletes: FREE entry

Online entries at www.entryninja.com Entries close 27 August 2023
No prize money - medals for all finishers

Late entries (on race day: cash or card):

14 Baltimore Road, Pierre van Ryneveld

- 5 km Fun Run & 10 km Race Start:

cnr Mustang Ave & Blenheim Road,
Pierre van Ryneveld

- 5 km Fun Run & 10 km Race Finish:

14 Baltimore Road, Pierre van Ryneveld

- Kiddies Run at:

14 Baltimore Road, Pierre van Ryneveld

Race number collection:

Pierre van Ryneveld Geloofsfamilie

14 Baltimore Road, Pierre van Ryneveld

- 29 August 2023

strictly from 16:00 until 19:00

- 30 August 2023

strictly from 15:00 until 18:15

Secure parking for all athletes:

cnr Mustang Ave & Blenheim Road

Pierre van Ryneveld (Open field)



No athletes will be permitted to
drive in Baltimore Road
Athletes with club gazebos need
permission to drive to finish in
Baltimore Road and must be set
up before 17H30
Race enquiries: Johan van Vuuren
- 081 851 3864

*Athletes, join us for a "braai & kuier" afterwards
Wood for the braai will be provided*



**RUN &
WALK**

STARTING TIMES

32km 5:30am

21km 6.00am

10km 6.00am

5km 6.10am

BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

9 SEPTEMBER 2023

START & FINISH IN VEALE STREET, BROOKLYN MALL

www.entryninja.co.za



IN MEMORY OF ANDREW GREYLING

BROOKLYN MALL  BROOKLYN SQUARE

Tel: 012 346 1063 | www.brooklynmall.co.za

The poster features a dark brown header with large, stylized green 'X' graphics on either side. Below the header, the event title 'EXXARO ROAD RACE CHALLENGE' is displayed in white and green text, with a small green silhouette of a runner integrated into the word 'ROAD'. The location 'ECO BOULEVARD MALL CENTURION' is listed below. The main body of the poster has a green background with a pattern of white and green 'X' shapes. It features silhouettes of four runners in various poses. The race distances '5km', '10km', and '21.1km' are prominently displayed in large white font. A small white box with the text 'XX RACE FOR HEALTH' is positioned between the 5km and 10km distances. The date '23 SEPTEMBER 2023' is shown in a white box at the bottom left, and the 'exxaro' logo with the tagline 'POWERING POSSIBILITY' is at the bottom right.

EXXARO ROAD RACE CHALLENGE

ECO BOULEVARD MALL
CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

23 SEPTEMBER 2023

exxaro
POWERING POSSIBILITY

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

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



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





Entries

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



PHOTO CORNER



The numbers at the time trials are picking up



A beautiful evening at the club house last week



Greg Ferreira's place at the bar is empty



Melanie Swart on the podium on Wednesday



Tania Thompson and Lynette Gough



Annatjie Greyvenstein



Zoë Scholtz at the Old Eds race on Sunday



Tamaryn Paterson did her first 21 km on Sunday