



# IRENE NEWS

15 May 2023

No 19 – 2023



## TIME TRIALS

Please take note that the time trials will now start at 17:15 on Tuesdays until September.

## CAPTAIN'S CORNER

Thank you to everyone that participated and contributed to the Run for Deaf Awareness on the 13<sup>th</sup> May, the event and the cause were well supported and we really got to meet the "cliffs" and "valleys" in Pretoria.

From a club training perspective, the schedule for the week ahead:

Standard weekly training sessions, with some updates based on the time of the year:

- Morning training groups @ 5am from Midstream Mugg & Bean on a Tuesday, Wednesday & Thursday, and Virgin Active Eco Park @ 5 am on a Tuesday & Thursday
- Hills with "Mr Hills" on a Thursday - **On hold for the next few weeks**
- Time Trial Tuesdays starting @ **17:15** from the Irene Club House
- Irene ARC is open daily to all club members, from 16:00

Races and training runs over the next few weeks:

### Saturday the 20<sup>th</sup>

- **Race of Hope** – 5, 10 & 21.1km from The Grove
- **Cross Country League**
- **AGN Track & Field League** – Pilditch

### Sunday the 21<sup>st</sup>

- **Irene Sunday Social (Klapperkop Hills)** – 18-21.1 km from Castle Gate Shopping Centre @ 6am
- **Midrand Striders** – 5, 10 & 21.1km

### Friday the 26<sup>th</sup>

- **Cross Country League**

### Saturday the 27<sup>th</sup>

- **Skosana : Race of Gratitude** – 5, 10 & 21.1km from Centurion Mall (**League race**)
- **AGN Track & Field League** – Pilditch

### Sunday the 28<sup>th</sup>

- **Irene Comrades Send Off Run / Walk** – 5km & 10km for all Irene members & supporters from Midstream Mugg & Bean @ 7am

With Comrades 2023 less than a month away and the Comrades team having been finalized, there are a few “must have’s” for the schedule over the next few weeks. Additional information and invites will still be shared.

- Sunday the 28<sup>th</sup> May : Irene Comrades Send Off Run / Walk @ 7:00
- Saturday the 3<sup>rd</sup> June : Irene Comrades Pre-Function @ 14:00
- Sunday 4<sup>th</sup> June : Comrades Church Service at Pierre van Ryneveld Church
- Sunday 11<sup>th</sup> June : Comrades
- Monday 12<sup>th</sup> June : Post Comrades get together
- Tuesday 20<sup>th</sup> June : Aches and Pains Party

Please see the weekly schedules with details of the training runs as well as the races. If there are any changes or updates these will be distributed on the Notification and Training Groups

# WEEKLY SCHEDULE



Date: 15 May - 21 May

TUESDAY	WEDNESDAY	THURSDAY
 <p>6KM &amp; 8KM Time Trial</p> <p>T.T - ARC @ 17:15</p>	 <p>Long Runs</p> <p>ARC Long Run - Venue Open from 16:30</p>	 <p>Hill Repeats</p>
 <p>Morning Training Group</p> <p>Midstream Mugg &amp; Bean &amp; Eco Park Virgin Active @ 5am</p>	 <p>Morning Training Group</p> <p>Midstream Mugg &amp; Bean @ 5am</p>	 <p>Morning Training Group</p> <p>Midstream Mugg &amp; Bean &amp; Eco Park Virgin Active @ 5am</p>
SATURDAY	SUNDAY	FOLLOW US
 <p>Race Days</p> <ul style="list-style-type: none"> <li>• Race of Hope – 5, 10 &amp; 21.1km @ The Grove Mall</li> <li>• Cross Country League</li> <li>• AGN Track &amp; Field League @ Pilditch</li> </ul>  <p>Long Run</p>	 <p>Race Days</p> <ul style="list-style-type: none"> <li>• Midrand – ,10km &amp; 21.1km</li> </ul>  <p>Social Runs</p> <p>Klapperkop Hills 18-21.1 km @ 6am Castle Gate Shopping Centre</p>	 <p>Facebook</p>  <p>Instagram</p>  <p>Irene AC Notifications</p>

## IRENE ATHLETICS CLUB



## **RUN FOR DEAF AWARENESS**

The charity run on Saturday morning was a huge success! An amount of R2760 was collected from the runners and another R1000 was paid into our bank account.

Thank you to Johan and Blanche van Vuuren for organising it and to all the participants who were part of the event. We are very grateful for the donations as well. We can be proud of what has been achieved.

## **LETTER FROM CHOC**

On behalf of CHOC Childhood Cancer SA - Northern Region and our beneficiaries, we would like to express our heartfelt gratitude to the **Irene Athletics Club** for the generous donation of **R 31 799,93** (Thirty one thousand seven hundred and ninety nine rand and ninety three cents) received on **6th April 2023**. These funds will be utilised towards CHOC's core programmes that support children, teens and their families as well as the paediatric oncology treatment facilities.

*"Public services offers us an excellent base for treating children, unfortunately there are a lot of things we need and help with regards to child support and that is where CHOC comes in. They offer us support with regards to additional housing, so patients coming from far away from 600 – 700 kilometres able to stay at the CHOC house while getting their treatment once or twice a week. CHOC also offers also support in the form of a Child & Family Support Counsellor, a person that comes in and speaks to the family and understands childhood cancer and is able to offer not only emotional but also practical support such as food parcels and transport so that children are able to travel safely to and from the hospitals". Prof David Reynders, Head of Paediatric Oncology Department, Steve Biko Academic Hospital.*

Childhood cancer and life-threatening blood disorders are illnesses that affect not only the child but also the whole family. CHOC cares for these children, teenagers and their families by providing emotional support, transport funds, accommodation and practical support.

Without CHOC's support, many children and teenagers – particularly from low-income families living far away from treatment centres, would not be able to access, or adhere to, the necessary but arduous treatment cycle, which can last over three years. Please click [HERE](#) to take a glimpse into paediatric oncology where we make a difference together. CHOC programmes are also endorsed by the National Department of Health, see attached.

Your donation helps us to keep more than hope alive – the most powerful medicine and gift we can give to the families affected by cancer or a life-threatening blood disorders.

Yours in Hope,  
Ina Schomper

Regional Manager - Northern Region

## **ADMIN DESK**

The **Admin desk** will be **closed** on Tuesday **23 May 2023**,  
Please ensure you collect your license in time for the next race.

Those who paid their t-shirt before Feb '23, please collect. From **6 June** t-shirts not collected will be handed to members who paid After Feb '23.

## **COMRADES GOODIE BAGS**

We need many more items for our Comrades goodie bags please!

We need it not later than 1 June, the evening when the goodie bags will be packed.

## **FROM THE WALKERS CAPTAIN**

### **SOUTH AFRICAN MASTERS ATHLETICS ASSOCIATION CHAMPIONSHIPS 2023 CAPE TOWN**

Our athletes excelled again at the SAMA Championships in Cape Town.

The performance of the championships must be in the Ladies 20 000 m Race Walk where Elsa Meyer unofficially broke the World Masters Athletics record again. This record, as well as the SAMA and GNMA applications are under discussion due to technical reasons pertaining to the 20 000 m in-stadium event not being recognised as an official WMA event.

The following results were posted:

**\*Elsa Meyer\***. Unofficial WMA, SAMA and GNMA Records in the 20 000 m event and 2 gold medals, in the 5000 m and 20 000 m events. re-qualified for SAMA Colours in her new age group.

**\*Estien van Wyngaard\***. PB in 5000 m and 2 silver medals, in the 5 000 m and 10 000 m in her age group. Finished within SAMA Colours qualification standard in 5 000 m event.

**\*Lucia Willemse\***. 2 silver medals, in the 5 000 m and 10 000 m in her age group.

**\*Janine Radel\***. A participation silver medal in the 5 000 m event. Missed a SAMA silver medal by 1 minute 13 seconds. Good effort in her first SAMA Champs.

**\*Johann Coetzee\***. 2 gold medals, in the 5 000 m and 10 000 m events in his age group. Re-qualified for SAMA colours in his new age group in 5 000 m event.

**\*Jaap Willemse\***. Age group PBs in 5 000 m and 10 000 m events, silver medals in the 5 000 m and 10 000 m in his age group. Re-qualified for SAMA colours in his new age group. He also received a re-issue of his SAMA Colours at the SAMA prestige function.

## PERSONALIA

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

Lani	Botha	15 May
Barbara	Botha	15 May
Jordaan	Jacobs	18 May
Luzandre	Hawkins	19 May
Alo <sup>o</sup> se	Boshoff	19 May
Louwrens	Smit	20 May
Niel	Marais	20 May
Myburgh	Bester	20 May
Annemarie	Chinchen	21 May
Carolina	van der Westhuizen	21 May
Mpho	Monama	21 May



Midstream Tel 012 940 9229

## THOUGHT FOR THE WEEK

To be upset about what you don't have, is to waste that what you do have.

## NOTICE BOARD

# REVOLUTION REBEL RUN

ROAD RUN OR TRAIL RUN  
2km, 5km, 10km, 15km & 21km

## 20 MAY 2023

REGISTRATION: 06H15 - 06H55  
GROUP START @ 07H00  
INDIVIDUAL STARTS STILL OPEN TILL 08H00

**BUY TICKETS ONLINE**  
**WWW.REVOLUTIONTRAILS.CO.ZA**  
OR ON-THE-DAY AT THE VENUE

FOR MORE INFO  
REVOLUTIONTRAILS@GMAIL.COM  
083 264 3931

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

VENUE: ARC IRENE GROUNDS, IRENE ATHLETICS CLUBHOUSE  
NELMAPIUS DRIVE, CENTURION

Rebel up





# Race of Hope

20 MAY 2023 • 7AM

5km, 10km & 21.1km



**Athletics**  
Gauteng North

the grove  
mall

**Cnr. Lynnwood & Simon Vermooten, Equestria, Pretoria**

For more enquiries: Daan 082 572 4169 / Paul: 082 200 4219

# Running is a gift to be celebrated

Ziyasha

"Let everything that breathes praise the Lord"  
Psalm 150:6



## A church service for Comrades athletes and supporters

Pierre van Ryneveld Geloofsfamilie  
14 Baltimore Rd, Pierre van Ryneveld, Centurion  
4 June 2023  
11h00

Contact: Henk van Rensburg  
082 336 7555 | [henk@pvr.co.za](mailto:henk@pvr.co.za)



**Come in your Comrades / Club clothes. Coffee will be available after the service.**





## **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](http://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	R200.00	R200.00
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	R200.00
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-Away-Sport shop. The participant will only need to bring the race number to the store before 30 November 2023.



## PHOTO CORNER



The participants at the Charity run on Saturday



Suzanne van Vuuren



Jaap Willemse received a re-issue of his SAMA Colours at the SAMA prestige function.