



# IRENE NEWS

**16 October 2023**

**No 41 – 2023**



## **ACHIEVEMENTS**

Congratulations to the following members who were on the podium at the TUT race:

Yolande Cowley	1 <sup>st</sup> Master lady & 3 <sup>rd</sup> lady – 10 km
Elsa Meyer	1 <sup>st</sup> GGM lady – 21 km
Marie van Dyk	2 <sup>nd</sup> GGM lady – 10 km

## **PERSONAL ACHIEVEMENTS**

Kobus Oberholzer	First Marathon
Rhodene Leydekkers	First Marathon
Chad Leydekkers	First Marathon
Aileen Campbell	First Marathon
Elze le Roux	First Marathon
Sarie Rossouw	First Marathon
Yolanda Oberholzer	PB Marathon
Theunis Schoeman	PB Marathon

## **ANNUAL GENERAL MEETING**

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 24 October at 18:30.

## **HELPERS REQUIRED**

We need our members to help at our race on 28 October. Without you we cannot present a successful race.

Members working at the race will get R100 discount on their 2024 membership fee.

All helpers will receive a free T-shirt.

We require helpers in the following areas:

- Route marshals
- Parking marshals
- Handing out medals

- Handing out race packs (on the day before)
- Registrations
- Tog bags
- Race venue

There will be 2 Irene manned water points (sorted out already by Carla Hartmann and Johan van Vuuren). The rest will be manned by other people. We will have a helpers run on the Sunday where you will be able to earn your medal and get you Vitality points where applicable.

Reply to this email to let us know where you will be on duty.

**Please take note that Irene members are not allowed to run the race on the day. It is our privilege to the hosts on the day.**

### ***CONTROL AT ARC ENTRANCES***

Please take note of the request from the ARC one again.

This correspondence serves to inform you that we are experiencing Avian influenza outbreak countrywide. It for this reason, all employees/tenants, visitors and service providers need to comply with the necessary attached procedures to prevent or minimize outbreak within the Campus. Therefore, failure to adhere with the attached procedures will result in ***access being denied at both main gates entrances.***

Please share this communique with your respective stakeholders and staff members.

Many thanks in anticipation of your patience and fullest cooperation as you always do.

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

Week 2 of the Irene Summer Challenge, is around the corner. Please join us and make use of the facilities, training groups and the training programmes (5km, 10km, 21.1km and 42.2km) that are available. Reach out to Rose via WhatsApp (083 2585336) for more information if required.

Massive well done to everyone that participated in the various Cape Town marathon events over the weekend, I do think Irene left their mark!

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
- Summer challenge, week 2 – An 8 week challenge for all Irene members, that will be measured on specific Irene event participation and performance improvement
- Saturday the 21<sup>st</sup> of October, the Jacaranda Social Charity Run through the streets of Pretoria. Details below
- German Shepherd Endurance Run on Sunday the 22<sup>nd</sup> October. If you are interested in getting involved, please WhatsApp Joy (083 284 4884)
- The “Irene Trolley” is being dusted off and is preparing for its 2023 debut. The Jacaranda Race on the 11<sup>th</sup> of November, will be the day and it will be taking to the streets on the 21.1km. Come and join the Irene Trolley bus, for an event to remember

Races and Training events over the next few weeks

Saturday the 21<sup>st</sup> October

**CSIR - 5, 10, 21.1 km**

**Jacaranda Social Charity Run – 15km & 30km**

**ASA Walking Grand Prix**

Sunday the 22<sup>nd</sup> October

**German Shepherd Endurance Support Run**

Wednesday the 25<sup>th</sup> October

**Benoni Northerns Night Race – 5 & 10km**

Saturday the 28<sup>th</sup> October

**Irene Farm Race Irene members are not allowed to run on the day.**

**Om Die Dam**

Sunday the 29<sup>th</sup> October

**Irene Farm Race – Helpers Run : Details TBC**

**Event Details**

Irene 8 week summary challenge

9 OCT - 3 DEC

4K Run, 6K and 8k

# IRENE 8 WEEK SUMMER CHALLENGE

## Requirements:



Time  
trial  
(X3)



Hills  
(X2)



Social  
runs  
(X3)



Formal  
Races  
(X1)

Let us challenge ourselves as a club.

**Prizes awarded!**





#### Dates:

- Start Date : Monday 9<sup>th</sup> October
- End Date: Sunday 3<sup>rd</sup> December
- Prize Giving / Award 5<sup>th</sup> December @ the TT

#### Time Trail

- Set your time : 10<sup>th</sup> / 17<sup>th</sup> October @ the TT
- TT Test : 28<sup>th</sup> November @ the TT

#### Categories

- Most improved Irene Athlete
- Irene Ambassador – Heart & Spirit of Irene

#### Prizes

- R2500 Voucher per winner

#### Events

A point will be given for each event, only if the minimum criteria are met

- Time Trials – 3 points or more (min is 3)
- Irene Hills Sessions – 2 points or more (min is 2)
- Irene Social Runs – Saturday / Sunday – 3 points or more (min is 3)
- Formal Race – In Irene kit – 1 point or more (min is 1)

Minimum points : 9

The challenge is open to anyone, but only Irene members will be eligible for the prizes



#### Participation

	Time Trail	Irene Hills	Irene Social Runs	Formal Race	Results Submission
Requirement	3 for the duration	2 for the duration	3 for the duration	1 during the period	Member : Submit a google form with participation details across the 4 data points.
Tracking / Data Source	Time Trial book	Host maintain a log of names & group pic for strava & the creation of an Irene gallery		Race results	2 Check-in's will done to track results and update the leaderboard.
Points	Point per session (Must have attended 3 to get points)	Point per session (Must have attended 2 to get points)	Point per session (Must have attended 3 to get points)	Point per event (Must have 1 to get a point)	• 1 <sup>st</sup> on Sunday the 29 <sup>th</sup> October • 2 <sup>nd</sup> Sunday the 3 <sup>rd</sup> December (@ the end of the challenge)

**Results** – calculation based. Data provided by the Irene Athlete and validation to external tracking sources

#### Most Improved Athlete

	Distance	Run / Walk	Tracking
Set your time - Base time: - 10 <sup>th</sup> / 17 <sup>th</sup> Oct at the Time Trial	4 / 6 / 8km - Either, but need to be consistent	Either – Need to be consistent	Noted in the Time Trial Book – Wynand will do official timing
Time Trial Test - 28 <sup>th</sup> Nov	4 / 6 / 8km - Either, but need to be consistent	Either – Need to be consistent	Noted in the Time Trial Book – Wynand will do official timing

**Results** – calculation based. But only eligible for a prize if you have completed the participation challenge leg

#### Irene Ambassador

Criteria	Tracking
Nomination based on the following criteria –	Members nomination & vote : via a google form
• Active participation	
• Irene brand ambassador (living the values) at all events	Club Captain Committee (Hosts) - Input

**Results** – Feedback based. But only eligible for a prize if you have completed the participation challenge leg



## Jacaranda Social Charity Run

# JACARANDA

## SOCIAL CHARITY RUN

**Saturday 21 October '23**

- **Start:** 6am @ Rietondale Primary School – 30km
- **Halfway Start:** Motherland Coffee Company (Groenkloof) – 15km
- **Finish:** Wolwespruit

**On the day entries**  
**Entries R100 – all proceeds go to charity**

Donations can be done before the time using the Irene bank account with the Ref "Jacaranda charity"

WAD MONKEY ADVENTURES

The run will start from 2 locations:

- The first is from Rietondale Primary School, which will be a long run of 30 km.
- The second location will be from the Motherland Coffee Company in Groenkloof and will cover a distance of 15 km.
- The finish line will be at Wolwespruit. Runners will need to find their own way back to their start location.

Entry is R100 or more. Donations can be made on the day by card or cash. Alternatively, one can EFT their donations to:

Irene Ac

Bank: Standard Bank

Branch: 012645

Account Number: 032183186

REF: Jacaranda Charity Run"

Its time to "blend" with your surroundings, please wear "Jacaranda colours" (Some tshirt suggestions: Lilac Comrades tshirts /Irene Comrades supporters T-shirts / Irene white club T-shirts)

Let us run for a purpose, let us run against Breast cancer!

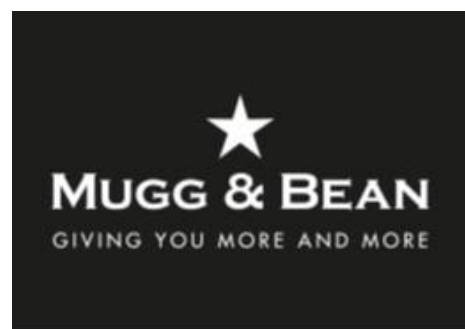
#CancerAwarenessMonth

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

### ***PERSONALIA***

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

Keneiloe	Sibisi	17-Oct
Sarel	Van der Walt	18-Oct
Etienne	Le Roux	19-Oct
Michael	Faber	19-Oct
Stanley	Macmillan	20-Oct
Jurie	Weidemann	20-Oct



Midstream Tel 012 940 9229

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

**Do not let the memories of your past limit the potential of your future. There are no limits to what you can achieve on your journey through life, except in your mind.**

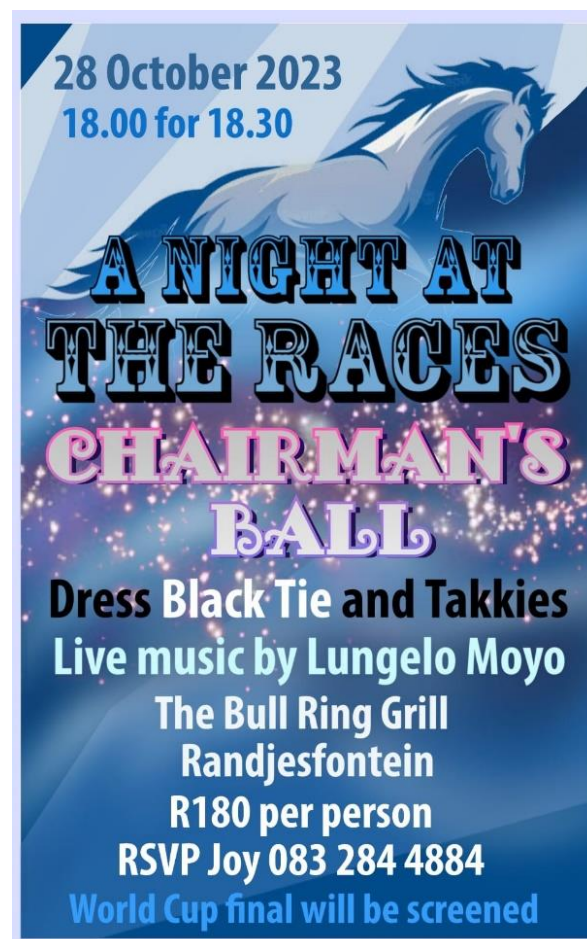
### **NEW SIGN BOARDS AT THE ENTRANCES**

The old sign boards at the two ARC entrances and the one at the club house have been replaced. We want to thank Charles Walters for sponsoring it. Nice to have Charles as a new member.



### **CHAIRMAN'S BALL**

Time is running out, book your place now.





## NOTICE BOARD

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

# ARC IRENE RUN/WALK

## 21 OCTOBER 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)








THE CSIR RUNNING CLUB  
IS PROUD TO HOST THE

# 30<sup>TH</sup> CSIR ROAD RACE

**SATURDAY,  
21 OCTOBER 2023**

**CSIR MAIN CAMPUS, MEIRING NAUDE  
ROAD, BRUMMERIA, PRETORIA**

**Run and Walk 21.1 KM**  
**10 KM**  
**06:00**

**Run and Walk 5 KM**  
**06:30**

**CUT-OFF TIME IS 09:15**

NB: Any participant taking part in the 21.1 km who has not reached the Main Gate at 08:30 will not be permitted to complete for safety reasons

**RACE VENUE**  
Start and finish at the CSIR Main Campus, Meiring Naude Road, Brummeria, Pretoria

**ONLINE ENTRIES:** [www.entryninja.com](http://www.entryninja.com)  
**RACE RESULTS:** [results.finitime.co.za](http://results.finitime.co.za)

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE	MINIMUM AGE	START TIME	CUT OFF	PRIZE GIVING
21.1 km	R200	R230	16 years	06:00	09:15	09:00
10 km	R150	R180	14 years	06:00	08:00	09:00
5 km	R50	R60		06:30		





28 OCT '23



# Irene Farm Race

#Run4HumanRights

with **Discovery Vitality**



21.1  
KM

10  
KM

5  
KM

FREE SHIRT  
to the  
first 4000  
entries



## ENTRY FEES

Entry Fee	21.1km	10km	5km
70+	Free	Free	Free
All other categories	R200	R120	R80

## 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

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

## RACE NUMBER COLLECTION

Friday 27 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733  
Race day (Saturday 28 October):  
04:00 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 5000 entries
- (Pre-entries close on 22 October or when cap is reached).

- Online entries: [www.entryninja.com](http://www.entryninja.com)
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

let's  
**RUN**  
for  
**Human Rights**

Freedom  
Equality  
Justice  
& Vitality Points



**ARC Campus, Nellmapius Drive, Irene**



aQuellé.

# JACARANDA CITY CHALLENGE

EARLY COMRADES & TWO OCEANS QUALIFIER

11 NOVEMBER 2023

1 2 3 4 5 6 7 8 9 10 **11** 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30

YOUR FAVOURITE  
CITY ROAD RACE

5km  
10km  
21.1km  
42.2km

INCORPORATING  
AGN MARATHON  
CHAMPIONSHIP



**Athletics**  
Gauteng North





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	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)





# 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



ATHLETICS  
GAUTENG NORTH





## PHOTO CORNER



Smiles all over in Cape Town



Maggie and Dean did the 10 km trail run



Anne Marie Oberholzer and her son Francois did the 22 km trail run





Happy Irene members after completing the Cape Town Marathon



Rykie and Sandra Kruger also did the Cape Town Marathon





Chad and Rhodene Leydekkers and Kobus Oberholzer all did their first Marathon