



16 September 2024 37/24

EDITORIAL

Please note that Theuns will be unavailable to take the gazebos to the Spirit of Flight race on Tuesday, 24 September. We need a volunteer to stand in for him please. Please reply to this email to make yourself available.

ACHIEVEMENTS

Congratulations to the following members who finished in podium positions at the Muller Potgieter Race:

Ansie Breytenbach	1 st Female and 1 st GM female – 10 km
Louwrens Smit	1 st GGM male – 10 km
Dirk Neethling	3 rd GM male – 10 km
Gerard van den Raad	2 nd GGGM Male – 10 km
Johan van Vuuren	3 rd GGGM Male – 10 km
Elsa Meyer	1 st GGM Female – 15 km

IRENE BIRTHDAY BASH

Please save this date! You just have to be there. Start inviting your friends from other clubs.



Irene



Athletics Club

INVITES YOU

AS WE CELEBRATE
thirty YEARS OF RUNNING



Please join us for a Birthday Party Honoring

IRENE ATHLETICS CLUB



On October 05th, celebrating from 8am - 6pm

 **At the ARC Grounds
Doringkloof, Centurion, 0062**

**Coffee, craft beer and food on sale or bring
your picnic basket.**



CAPTAIN'S CORNER

Keep your eyes on the socials with all the information regarding the bash. Each and every Irene member is invited to come and enjoy the day with us. Please bring as many friends and family along for the 2 day event.

Please diaries the following important events for the rest of the year.

- **Irene 30th Birthday Bash – 4/5 October 2024**
- Cape Town Marathon – 20 October 2024
- Irene Farm Road Race – 26 October 2024
- Kaapsehoop Marathon – 2 November 2024
- Soweto Marathon – 3 November 2024
- Jacaranda Marathon - 9 November 2024 (**42.2km Club Champs**)

Weekly Time Trials

Spring has arrived, therefore our weekly time trials and training sessions will move back to the normal timeslot, starting at 17:30. Please remember to scan and complete your time trial results after your run. Results will be posted weekly.

Wednesday ECHT Coffee Run

Wednesday we will run again from ECHT Coffee from 17:30. Please join for the run and support ECHT afterwards by purchasing a drink or two.

Exxaro Road Race

Next league race is this coming Saturday at the Exxaro Road Race. There will be something to eat after the race. (Yes, it's free).

Sunday Klapperkop Long Run

Join us for the Sunday Long Run at Castle Gate Shopping Centre from 6:00am.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

THIS WEEK'S DIARY

Irene



Athletics Club

WEEKLY RUNNING / WALKING SCHEDULE

“Run often. Run long. But never outrun your joy of running.”

—Julie Isphording

Mornings

Afternoons

Tue 17 Sep		Time Trial @ Irene Clubhouse 17:30	4 6 8 km
Wed 18 Sep	ECHT	Social Run @ ECHT Coffee PvR 17:30	10 - 12 km
Thu 19 Sep		Speed Session @ Irene Clubhouse 17:30	
Sat 21 Sep	Exxaro Road Race (LEAGUE RACE) @ SuperSport Park 6:00		5 10 21 km
Sun 22 Sep	Klapperkop Long Run @ Castle Gate Shopping Centre 6:00		10 - 15 km

For More Information

Johan
Nelius

081 851 3864
072 248 7698



PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week. Wishing you a very happy birthday and a splendid year ahead.

Vikash	Ramlugaan	Sep 16
Riaan	Prinsloo	Sep 16
Leon	Kotze	Sep 16
Bronwyn	Kruger	Sep 17
Derick	van der Merwe	Sep 17
Erika	Theron	Sep 17
Zandalee	van der Schyff	Sep 17
Willem	Maritz	Sep 18
Johan	Groenewald	Sep 19
Louisa	Spangenberg	Sep 19
Charlotte	Mangalana	Sep 19
Zoe	Scholtz	Sep 20
John	Cannon	Sep 21
Michelle	Roux	Sep 21
Prabanand	Rathnam	Sep 21
Andri	Geel	Sep 22
Alyssa	Pretorius	Sep 22



BAR NEWS

There will be fires for those who want to braai



THOUGHT FOR THE WEEK

Happiness is not the absence of problems, it's the ability to deal with them.

TRAINING PROGRAMME

IRENE Athletics Club Training Program

Duration: Monday 9 September to 6 October 2024

Short Term Goal: Build-up some speed during the next 8 weeks.

Long Term Goal: Build up endurance to run a marathon at the end of October and/or beginning of November.

DAY	DATE	Activity	Distance/Time	COMMENT
Mon	09-Sep	Core and Strength Training		Hour long session
Tue	10-Sep	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	11-Sep	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	12-Sep	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	13-Sep	REST		REST
Sat	14-Sep	MULLER POTGIETER RACE	5/10/15km	Race Day
Sun	15-Sep	Long Run	15km	Long Run
Mon	16-Sep	Core and Strength Training		Hour long session
Tue	17-Sep	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	18-Sep	Easy Run	B = 8km I = 10km A = 12km	Easy Run
Thu	19-Sep	Speed sessions - 600m	WU, (600m run, 400m Rec) x 4x/6x/8x	Warm up before the session
Fri	20-Sep	REST		REST
Sat	21-Sep	EXXARO ROAD RACE	5/10/21.1km	LEAGUE RACE
Sun	22-Sep	Long Run	20km	Long Run
Mon	23-Sep	Core and Strength Training		Hour long session
Tue	24-Sep	SPIRIT OF FLIGHT	5/10km	Race Day
Wed	25-Sep	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	26-Sep	Hill Repeats - 400m	B = 4x, I=6x, A=8x	Warm up before the session
Fri	27-Sep	REST		REST
Sat	28-Sep	FORD 3-IN1 SPRING RACE	5/10/21km	Race Day
Sun	29-Sep	Long Run	20km	Long Run
Mon	30-Sep	Core and Strength Training		Hour long session
Tue	01-Oct	Time Trial	B = 4km. I & A = 8 km	TIME TRIAL - Refer to Legend
Wed	02-Oct	Easy Run	B = 8km I&A = 10km	Easy Run
Thu	03-Oct	Speed sessions - 600m	WU, (800m run, 200m Rec) x 4x/6x/8x	Warm up before the session
Fri	04-Oct	IRENE BIRTHDAY BASH	30hour track	Race Day
Sat	05-Oct	IRENE BIRTHDAY BASH	30hour track	Race Day
Sun	06-Oct	Long Run (For those not doing D2D)	25km	Long Run

NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK 21 SEPTEMBER 2024



ROAD RUN OR TRAIL RUN

YOU CHOOSE WHICH ONE YOU WANT TO DO

3KM, 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



LEAGUE RACE

EXXARO
ROAD
RACE
CHALLENGE

NEW VENUE
SUPERSPORT PARK, CENTURION

5km
XX RACE FOR HEALTH

10km

21.1km

21 SEPTEMBER 2024
LEAGUE AND CHAMPIONSHIP RACE

exxaro
POWERING POSSIBILITY

St Martin's Centenary Dash

100 years running
come and celebrate our vibrant heritage

5 km FUN RUN

2 km COLOUR RUN

100 ft DASH

Theme:
Heritage

Spot prizes for
best-dressed

Saturday 21 September
9am

Check-in opens at
8am on the day

Registration Fees:

5km - R 100

2km - R 50

100 ft dash - **free**
(kids under 3 years)

**CLICK HERE TO
REGISTER**



St Martin's Church - 16 King Street - Irene



Reg & Payments at Parish Office:

Mon- Fri: 8am - 3pm

Sunday: 8am - 9am

Tel: 012 667 2180

Email: office@stmartinsirene.org

PRETORIA MILITARY

Marathon Club

Presents

Spirit of Flight Race

10 KM RUN/5 KM Fun Run

600 VITALITY POINTS ONLY FOR 10KM

NO POINTS FOR 5KM

1500 SPECIAL MEDALS



24 SEPT 2024 @ 06:30
AIR FORCE BASE SWARTKOP, VALHALLA



Athletics
Gauteng North

ONLINE ENTRIES FROM 10 JULY - www.entryninja.com (Until 17 SEPTEMBER 2024)



LEBO NKU - 072 331 8586/JACKIE MOTIMELE - 076 348 9440

KATLEGO PHENYA - 083 701 1046/MODISE MADIKAZI - 083 472 4453

IRENE FARM BACKYARD ULTRA

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

28 SEPTEMBER 2024

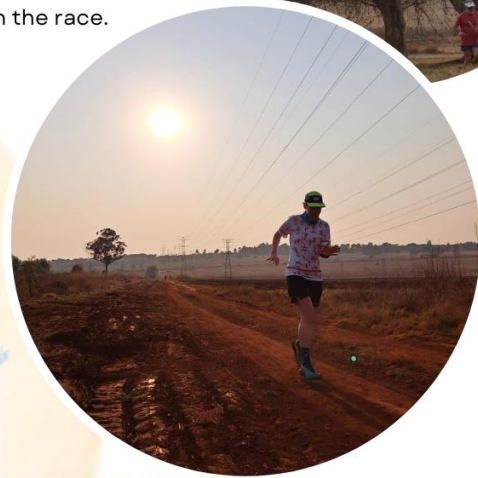
Race details

- Last man / woman 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.
- 3 / 6 / and 12+ Loop races:
 - 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.
- Loop distance: 6,7km (4,16miles)



Venue

- Race Village, Irene Athletic Club House ARC Grounds, Nellmapius Road.
- Competitors and their supporters are allowed to "camp" with their gazebos or tents.
- Set up at Race Village, Friday 27 Sept 2024 from 16:00.

Entries includes:

- 12+ Loop entrants receive T-shirt & buff (entries must be in by 23 Aug 2024)
- 3 / 6 Loop entrant receive buff
- Race number
- Grab and go items
- Medal

Entries

- 12+ Loop race till last runner @ R 750.00
- 6 Loop race @ R 350.00
- 3 Loop race @ R 150.00
- T - Shirt (order before 23 Aug 2024) @ R 180.00
- Entries at www.entryninja.com, close on 25 Sept 2024.
- Late entries at venue, 27 Sept 2024 from 16:00.

Registration, Briefing and Start:

- Registration for all races will take place 27 Sept 2024 from 16:00.
- Briefing for each race will be 30 minutes before each race starts.
- Races start as follow:
 - Last man / woman standing, 28 September 2024 at 06:00.
 - 3 / 6 / 12+ Loop races, 28 September 2024 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 (contact Johan: +27 81 851 3864)



FORD

3-IN-1 SPRING RACE

FORD MOTOR COMPANY SPORTS
AND RECREATION CENTRE

ENTRY FEES ARE AS FOLLOWS

- 5KM - R70
- 10KM - R160
- 21KM - R220

Start time:

21km & 10km | 06:00

5km | 06:30

There will be a draw after the race.
Prizes galore and give aways

These entry fees exclude service fees.

28
SEPTEMBER
2024





CHAMBERLAIN CAPITAL CLASSIC

SATURDAY, 5 OCTOBER 2024
PHSOB Club: 378 Queens Crescent, Lynnwood

Earn Discovery Vitality Points!

- > **21.1KM RUN**
starts 06h00
- > **10KM RUN**
starts 06h00
- > **5KM FUN RUN**
starts 06h15

RUN THE 21 IN A TRADITIONAL SCOTTISH KILT AND WIN!

Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card.

GET A FREE T-SHIRT

The first 2000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

START YOUR DAY WITH BAGPIPES

Set off to the unique sounds of the MacChamberlain Highlanders pipe band.





Irene Primary School

Moonlight Fun Run/Walk



Date: Friday, 11 October 2024

Venue: Irene Primary School Sports Ground

Race Info: 5km - Race starts @18:00

Entry Fee: R100 adults & R50 children under 12

Tickets available at ticketpro from 30/08/2024:

www.ticketpro.co.za

Tickets will also be available at the school from 12:00 to 16:30 on race day (card payments only)

Doggies and wheelchairs welcome ! @ no cost

Contact Percy: communications@ireneprimary.co.za

or send us a message on our Facebook Messenger @

Irene Primary School





FINISH
TIME



HALF MARATHON 2024

12TH
OCTOBER

POWERED BY

SHOSHOLZA AC

21.1K-10K-5K

REGISTRATION

WWW.MASELELOBOMA.CO.ZA

VENUE: MASELELO BOMA,
BOSPLAAS WEST,
HAMMASKRAAL

083 474 1129 / 082 903 9722



CSIR

LEAGUE RACE

19 OCTOBER 2024

ROAD RACE

POWERED BY
BestMed

RACE

CSIR MAIN CAMPUS,
MEIRING NAUDE ROAD,
BRUMMERIA, PRETORIA

RUN AND WALK | 21.1 KM/10 KM | 06:00

CUT-OFF TIME IS 09:15

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 it for safety reasons.

RUN AND WALK | 5 KM | 06:10

RACE VENUE

START AND FINISH is at the CSIR Main Campus, Meiring Naude Road, Brummeria, Pretoria



www.entryninja.com

21.1 KM | 10 KM | 5 KM

ONLINE ENTRIES: www.entryninja.com | RACE RESULTS: results.finishtime.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		





Athletics
Gauteng North

26 OCT '24



Discovery
Vitality



IRENE

Irene Farm Race

with Discovery Vitality

21.1
KM

10
KM

5
KM

QR Code



ENTRY FEES

Entry Fee	21.1km	10km	5km
70+	Free	Free	Free
40 - 69	R200	R100	R50
Late entries (18 - 49)	R250	R150	R80
All other categories	R230	R130	R60

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
- Waterpoints 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 20 October or when cap is reached).
- Online entries: www.entryninja.com
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 24211
- Decathlon Bryanston Tel: 076 874 7789
- Decathlon Centurion: 010 880 1845
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

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 25 October: 09:00 till 18:00 - at the Decathlon Centurion Tel: 010 361 3733

Race day (Saturday 26 October):
04:00 till 06:00 - at the venue



ARC Campus, Nellmapius Drive, Irene

JACARANDA CITY CHALLENGE

EARLY COMRADES & TWO OCEANS QUALIFIER

5KM

10KM

21.1KM

42.2km

09
NOVEMBER
2024

INCORPORATING
AGN MARATHON
CHAMPIONSHIP



Athletics
Gauteng North



sportsVendo
READY TO RACE



Trene



Athletics Club

MARATHON CLUB CHAMPIONSHIPS



9 November

@

5:30am



JACARANDA CITY CHALLENGE

42.2KM



PHOTO CORNER



Our quiz ladies in action at the social last week. Ann Eckard, Onja Prinsloo and Suzanne Casey



Ann Eckard having great fun



Zonah Jansen van Rensburg having even more fun



Keith Reynolds was the winner of the Spring Handicap predict your time. Well done!



Ricus Nothnagel doing some stretching exercises at the Muller Potgieter Race



Charlene and Izaak van Niekerk with Johan van Vuuren



Elze
15 Sept 2024

Sunday morning running



Elze
15 Sept 2024

Looking great with their pink T-shirts



Part of the Sunday morning group