



# IRENE NEWS

**17 April 2023**

**No 14 – 2023**



## **PERSONAL ACHIEVEMENTS**

Congratulations to the following members:

Vik Ramlugaan	PB 21 km
Elze le Roux	PB 21 km
Anneri le roux	PB 21 km
Aileen Geere	PB 21 km
Yolanda Oberholzer	First Ultra Marathon
Louis Visser	Permanent Two Oceans number
Riaan Prinsloo	Permanent Two Oceans number

Please let us know about your personal achievements i.e. personal best time on a distance, first time running a distance etc. Don't be shy!!

## **COMRADES GOODIE BAGS**

Thank you to those of you who have already responded on the first request.

This is an ideal opportunity to advertise your business or service that you render. A small chocolate, packet of chips etc. with your business card attached to it will make the ideal item for the goodie bag.

If you work for a company who can supply us with anything, no matter how small, please try your best to get them to donate something.

We work on 100 goody bags.

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

## **CAPTAIN'S CORNER**

What a weekend! Well done to everyone that participated and supported in the Two Oceans and enjoyed the Irene Social runs hosted by Mark and Johan.

From a club training perspective, the schedule for the week and some items coming up over the next few weeks:

#### Standard weekly training sessions

- o Morning training groups @ 5am from Midstream Mugg & Bean on a Tuesday, Wednesday & Thursday, and Virgin Active Eco Park @ 5 am on a Tuesday & Thursday
- o Hills with “Mr Hills” on Thursday @ 17:30 from the Irene Club House
- o Time Trial Tuesdays starting @ 17:30 from the Irene Club House
- o Irene ARC is open daily to all club members, from 16:00

#### Races, special events and training sessions

- o **Time Trial Tuesday** and social on the 18<sup>th</sup>
- o **ASA Athletics Grand Prix**, #2 in the series on Wednesday the 19<sup>th</sup> April
- o **Walking Championships** at Pilditch on Friday the 21<sup>st</sup> and Saturday the 22<sup>nd</sup>
- o **AGN Race Walking Grand Prix** on Saturday the 22<sup>nd</sup>
- o **Cross Country League 1** @ Lyttelton Manor on Saturday the 22<sup>nd</sup>
- o **Tshwane Ultra and Elands Marathon** on Saturday the 22<sup>nd</sup>
- o **Irene Long Run (25km – 30km)** on Saturday the 22<sup>nd</sup> – Venue TBC
- o **Irene Sunday Social – Klapperkop Hills** @ 6 am (18km – 21.1km) from Castle Gate Shopping Centre
- o With several runners planning their long runs in preparation for Comrades, there are a few races and club runs for consideration over the next few weeks
  - Thursday 27<sup>th</sup> April – Sedibeng Marathon in the Vaal, Krugersdorp Cradle Road race, Jimmy Perkins 64km in Boksburg, Magnolia Long Run and Fara Cats 60km from Fountains
  - Sunday 30<sup>th</sup> – Township Marathon and Jeppe Long Run (4 x 15km)
  - Monday 1<sup>st</sup> May – Wally Hayward

The weekly schedules with details of the training runs as well as the races will be sent out on the WhatsApp groups tomorrow.

**SOCIAL EVENING**

Don't miss out on a great evening. Lucky draw – R2500 cash

# IRENE SOCIAL EASTER

## TUESDAY 18 APRIL

Traditional Easter hunt for  
kids and "less traditional"  
Easter hunt for adults.

Chicken pie with roasted veg  
and baby potatoes on sale for  
R80. Please order with Dave  
before 12 on Monday

082 892 7544



### ***T-SHIRTS***

Members who have ordered Irene Festival of Running T-Shirts, will be able to collect them on Tuesday at the Time Trails.

The club T-shirts will also be available to those who have ordered and not collected yet.

### ***PERSONALIA***

Please think of Andy Crawshay-Hall in your prayers. He was diagnosed with cancer last year and has also suffered a stroke last week.

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

Sandra	Faber	20 Apr
Mark	Forbes	20 Apr
Gareth	Prinsloo	21 Apr
Henk	Seevinck	21 Apr
Tertius	Dekker	22 Apr
Lengosane	Modiba	23 Apr
Thamsanqa	Tom	23 Apr
Sebongile	Chidi	23 Apr



Midstream Tel 012 940 9229

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

**Life is not about the people who act true to your face, it's about the people who remain true behind your back.**

**NOTICE BOARD**



**ARC IRENE RUN/WALK**  
**22 APRIL 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)

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

**Vitality**

**REVOLUTION TRAILS**







EST. 2022

# TNU

## TSHWANE NORTH ULTRA

*Ultra Marathon*



# 50km 21km

DISTANCE	ENTRY FEE	TEM LICEN	START TIME
50KM	R450	R50	6:00am
21KM	R290	R50	6:00am
DISTANCE	GRAND MASTER		
50KM	R380	R50	6:00am
21KM	R240	R50	6:00am

**DATE: 22 APRIL 2023**

**DISTANCE: 21KM / 50KM**

**START/ FINISH: AKASIA  
COMMUNITY  
HALL**

**ENTRIES NOW OPEN**

FOR ONLINE REGISTRATION VISIT : <http://www.tshwanenorthultra.co.za>





Monday, 1 May 2023

#### VENUE

Centurion Rugby Club  
270 West Ave, Die Hoewes,  
Centurion,  
Next to SuperSport Park



Kiddies Dash, 5 km, 10 km, 21.1 km & 42.2 km

ONLINE ENTRIES ONLY

No entries on race day

[www.wally.co.za](http://www.wally.co.za)



Wally Hayward

[www.finishtime.co.za](http://www.finishtime.co.za)

[www.active.com](http://www.active.com)

#### Capped entries

5 km	1 000	21 km	3 000
10 km	2 000	42 km	4 000

Online registrations at  
[www.active.com](http://www.active.com) or scan  
the QR code.



LIVE YOUR WAY



Last Centredes Qualifier  
in Gauteng





## 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	R 200.00	R 200.00
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	R 200.00
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-A-Way-Sport shop. The participant will only need to bring the race number to the store before 30 November 2023.



**PHOTO CORNER**



Louis Visser did his 10<sup>th</sup> Two Oceans Ultra





Riaan Prinsloo also received his permanent number





Yolanda Oberholzer and Jessica Simmonds. Yolanda did her first Ultra





Lynette September bragging with her medal





Our club captain, Rosemary Brink in action





Johann van de Venter





Alta Struwig



A few of the 21 km runners: Jolande and Charmaine Janse van Rensburg, Aloise Boshoff, Anneri le Roux, Elze le Roux and Aileen Geere





Pierre Marais and Diane Kee in action in the 21 km





Vik Ramlugaan did a 21 km PB



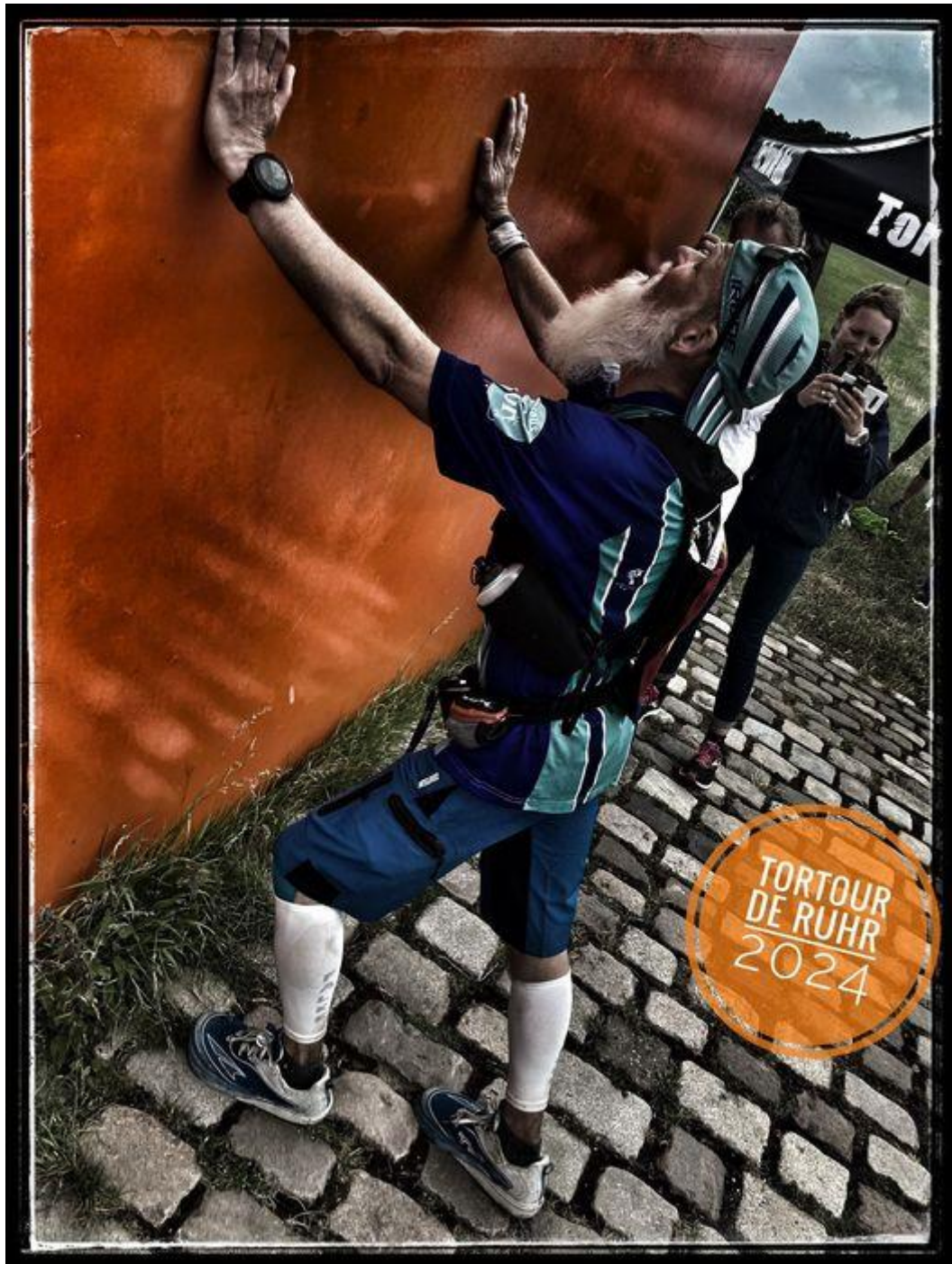


Sunday lunch in Cape Town to celebrate the Two Oceans



The Sunday morning training group that finished at Bus Stop 7





Our German member, Holger Hedelt, doing something different in his Irene colours