



IRENE NEWS

17 October 2022

No 40 – 2022



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Race for Peace on Saturday:

Joy Dekker	1 st Vet lady – 10 km
André Wentzel	2 nd GM – 10 km
Sandra Steenkamp	1 st Lady walker & 1 st GM – 10 km
Elsa Meyer	1 st GGM lady walker & 3 rd lady
Dirk Neethling	1 st GGM walker – 10 km

Well done to Vic Ramlugaan who did his first Marathon!

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 8 November at 18:30.

You are invited once again to submit the names of candidates whom you would like to nominate for any specific position on the management committee.

THE CLOSING DATE FOR NOMINATIONS IS 20 OCTOBER

HELPERS REQUIRED

We need our members to help at our race on 29 October. Without you we cannot present a successful race.

Members working at the race will get R100 discount on their 2023 membership fee.

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

We are fortunate to have estate agencies that will man all the water points this year. We do require our members to be captains at these stations to show them what to do.

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.

COACH'S CORNER

Threshold run 6 x 3min

10min easy warm up

3min Tempo run

2min easy recovery

6 x 3min Threshold run (with 1min easy recovery in between)

15min easy cooldown



10/20 YEAR BADGES

Please collect your 10/20 year badges on Tuesday evenings if you haven't done so yet.

THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

2 x R250 vouchers with the compliments of Mugg & Bean Midstream

Saturday:

Zwartkop Lapa 5/10/21 @ 06:00 – Zwartkop Lapa. The Cara-Fun will be there.

The race will serve as our 21 km championships- runners and walkers

Sunday:

Training run @ 06:00 - TBC

PERSONALIA

Congratulations to Isi van der Schyff who became a grandmother.

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

Keneiloe	Sibisi	17 Oct
Henry	Enslin	18 Oct
Stanley	Macmillan	20 Oct
Vicky	Sidler	22 Oct
Antoinette	Reynolds	23 Oct
Elmon	Mhlanga	23 Oct



Midstream Tel 012 940 9229

NOTICE BOARD

In Loving Memory Of Kierie van der Schyff



RACES:
21.1 & 10km run @ 6:00 AM
21.1 & 10km walk @ 6:00 AM
5km Fun Run @ 6:15 AM

FOR RACE INFO CONTACT:
082 576 9834
kerk@gwkp.co.za

ZWARTKOP ROADRACE
22 OCTOBER '22

VENUE
Zwartkop Lapa, Wierda Road (M10)
Centurion
25°15'14.25" S
28°07'28.46" E

MEDALS TO THE FIRST 2000 FINISHERS

In accordance with the rules of
ASA & AGN
Presented by 'Gereformeerde
Kerk Wierdapark' in conjunction
with Alpha Centurion Athletics
Club

Participation at own risk.
The organisers accept no
responsibility for any loss,
damage or injuries



GEREFORMEERDE KERK
WIERDAPARK



ALPHA
CENTURION
ATHLETICS CLUB



Athletics
Gauteng North

This race will serve as our 21 km club championships

MORETELE ATHLETICS CLUB



MAMELODI ASSOCIATION FOR
PEOPLE WITH DISABILITY

22 Oct 2022

HERITAGE AWARENESS RUN

POWERED BY GYM COMPANY

**RACE STARTS AT SOLOMON
MAHLANGU SQUARE
AND FINISH AT TSHWANE
REGIONAL MALL**

5KM R65 (6:45)

21KM - R165

10KM - R115

Aerobics R20

Time: 06h30

Temporary

Licence R40

PRIZES

21 KM (Open)

Male & Female

R1000

R700

R400

10 KM

R600

R400

JUNIOR 40+— 80+

JUNIOR— R100

40—49

R300

R200

50— 59

R200

60+70+80+

R100

**Enough
PARKING
@ TRM**



Entrytime Enteronline

MTN MOMO APP

RUNNING IN (LYNWOOD)

RUN -AWAY-SPORT(GROENKLOEF)

GYM COMPANY TRM BLOED MALL

**FREE GYM VOUCHER TOP TEN FINISHER
20 T-SHIRT**



Race Rules

The race is run in accordance with the rules ASA and AGN.

Registered athletes for the 10km and 21.1 km must wear the ASA 2022 licence number on the front and the back of the running vest. The official sponsor's race number must be on the front of the vest must not cover the logos on the licence number.

Temporary licenced athletes for the 10km and 21.1km must wear the required temporary licence at the back of the vest.

All licenced athletes competing for category prizes must wear numeric category tags clearly visible on the front and the back Of the vest. Proof of age for prize winners will be required.

Walkers competing for prizes money must wear a W tag on the front and back of their vests and it must be clearly visible.

- 1.No seconding is allowed
2. No iPods or listening devices.
3. No blades, cycles or mechanically operated devices allowed on the race.
4. No pets.
5. Minimum age: 21.1km—16 years old; 10km—14 years old
6. Participants are required to obey the instructions of all traffic, race marshals and race referees.



Contact 076 822 2551 Seloane / 065 913 7177 Mshengu / 082 816 9826 Dibakwane

Please note that Irene Members are not allowed to run the race on race day. There will be a helpers race the next day



29 OCT '22



Irene Farm Race

with Vitality



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 28 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733
Race day (Saturday 29 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 4000 entries
- (Pre-entries close on 21 October or when cap is reached).

- Online entries: www.entryninja.co.za
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Sportsmans Warehouse Centurion: 012 665 0768
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384



ARC Campus, Nellmapius Drive, Irene





28TH

TOM JENKINS

RUN/WALK CHALLENGE

19 November 2022

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	R120	R80

PRE-ENTRIES ONLY

Capped at 4 000 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 18 November (10:00 - 18:00) and

19 November (04:30 - 05:45)



ENQUIRIES 📞 Race office: 082 566 1595 (James), 082 572 4169 (Daan)

Supported by



TSHWANE



OPPIE BOL ROAD RACE *Pilditch Stadium*

Pretoria West, Cnr of WF Nkomo (old Church) & Maltzan Str

19 November 2022

10km starts 07:30

2.5/5km starts 07:45

Entries Available at: Pilditch AGN, Spar Les Marais, Sportmans Warehouse (Centurion, Montana) and on race day

Distance:

10km Run/Walk; 5km Run/Walk &
2.5km Run/Walk

All wheelchair athletes starts 10 mins
before the starting time

PLEASE CONTACT

CAZLE HENDRICKS

082 818 2956

or

HEROLD MAKOLA

073 907 8763



**LEAVE NO ONE
BEHIND**

Entry Fee:

10km Race = R120

5km Race = R80

2.5km Race = R40

Temporary Licence = R40

LESIMARAISPAR&TOPS



**Athletics
Gauteng North**

In Support of Disability Awareness Month

The 54th annual Muller Potgieter Memorial Race is being hosted at the Voortrekker Monument on 26 November 2022. Muller Potgieter was a highly talented long-distance runner who won various marathons and achieved a fourth place in the 1968 Comrades at the age of 23. He tragically died in an accident a few months later. Follow this link for Muller Potgieter history <https://vtmclub.co.za/muller-potgieter-gedenkwedloop/>



Photo: Elmer van Zyl



Official AGN Sanctioned Race

THE 54TH CONSECUTIVE RUNNING OF THE
MULLER POTGIETER/
4TH RUNNING OF THE
VOORTREKKER MONUMENT
HALF MARATHON, 10KM & 5KM FUN RUN / PRETDRAF
"THE TOUGHERER ONE"



VOORTREKKER MONUMENT
DRAAF & STAP KLUB



Athletics
Gauteng North

GREEN RACE

Water available at water station, bring
your own container or bottle.

DISTANCES: 21.1 km, 10 km race and a 5 km fun run Saturday, 26

DATE: November 2022

START: 21.1km & 10km – 06:00

5km – 06:15

Gun to mat timing on 10

& 21.1km only

Voortrekker Monument,

Feufoes Rd, PTA

VENUE:



GEBRINGAAN JOU DEUR:
BROUGHT TO YOU BY:



BECS Services (Pty) Ltd

In association with BECS Environmental (Pty) Ltd

Our Race Sponsors



SHORT TERM BROKERS

PTY LTD
Cape Town
0600
Tel: 0721 843 5533
Fax: 0721 843 4388
Email: info@stb.co.za



If you want your logo on this page, let us know at info@irenerunner.co.za

THOUGHT FOR THE WEEK

Worry is wasting today's time to clutter up tomorrow's opportunities with yesterday's troubles.

PHOTO CORNER



We are so fortunate to be based on the ARC premises



The couch to 5km project started off with a bang on Tuesday



Suzanne, Johan and Blanche van Vuuren with Lourensa and Ann Eckard



Jurie Weideman and Cuthbert Mamabolo shared the predict your time, time trial competition



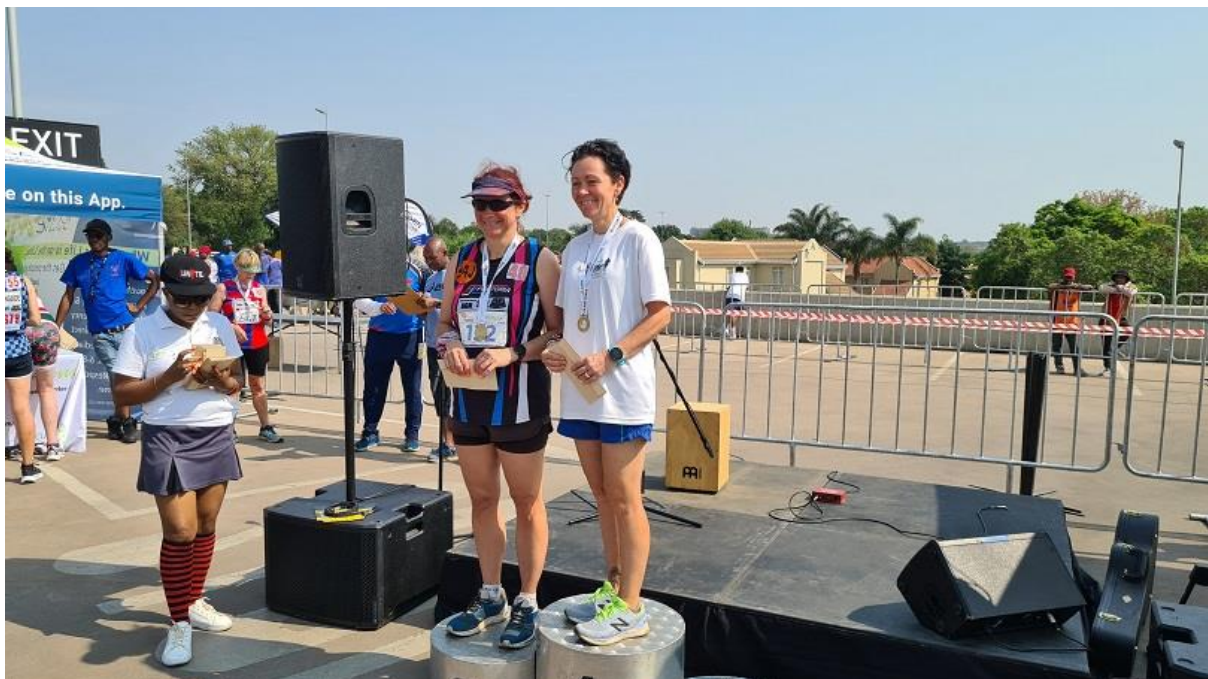
Henk Basson was the winner of the R2500 lucky draw



As always, the social evening was a huge success



Proud Irene members, Miles Saxby, Mike Gibbons, Alan Hyson and Derek Oldnall at the Race for Peace



Joy Dekker on the podium as the first vet lady



André Wentzel, one of our new members



Dirk Neethling also did us proud



Louis Visser and his daughter Catie did the 10 km in Cape Town



Well done to Vic Ramlugaan who did his first Marathon



Some of our members are not just runners. Karin Sack started running to get fitter for her horse riding. Last weekend she and her big guy came 4th in the A 1.20 m Championship class at Derby