



IRENE NEWS

18 September 2023

No 37 – 2023



ACHIEVEMENTS

There were no podium prizes at the Muller Potgieter race on Saturday. Congratulations however to the following members who finished in podium positions:

Annatjie Greyvenstein	1 st GGM lady
Elsa Meyer	2 nd GGM lady
Melani Swart	2 nd Vet lady

TIME TRIALS

The days are getting longer and warmer! Perfect time to do the time trials again. Get going again and be there on Tuesday at 17:30.

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.

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 29 SEPTEMBER.

CAPTAIN'S CORNER

With summer knocking on our door, it is the perfect time to get out there and start training. With some big races and events on the calendar until the end of the year, please join us and make use of the facilities and training groups. We also have training programmes (5km, 10km, 21.1km and 42.2km) that are available and that could be used to help you achieve your goals. Reach out to Rose via WhatsApp (083 2585336) for more information if required.

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
- “Mr Hills” Thursday @ 17.30 from the Irene Club House
- Time Trial Tuesdays @17.30 from the Irene Club House

- Saturday the 23rd September, a long run for those training for some of the big races (Cape Town, Kaapsehoop and Soweto)
- Summer challenge launching in October – Watch this space for more detail
- Saturday the 21st of October, the Jacaranda Social Run through the streets of Pretoria, is back! Details are being finalised and will be shared over the next few weeks
- German Shepherd Endurance Run on Sunday the 22nd October. If you are interested in getting involved, please WhatsApp Joy (083 284 4884)
- If you have not yet set a final challenge for 2023, take a look at the Jacaranda Race on the 11th November. The “Irene Trolley”, is being dusted off and will be taking to the streets on the 21.1km route

Races and Training events over the next few weeks

Friday the 22nd September

Irene Backyard Ultra – 22nd – 24th

Saturday the 23rd September

Irene Backyard Ultra

Voet van Afrika

Exxaro – 5, 10, 21.1km

Irene Long Run – 28km to 36km. Leaving from Midstream M&B @ 5am, running to the Exxaro Race at Eco Boulevard, doing the race and running back. The additional distance before and after, will be a group run to accommodate all runners. If you only want to do one of the additional legs (7,5km), please arrange your logistics accordingly.

Sunday the 24th September

ABSA RYC Newtown - 10km

Irene Backyard Ultra

Irene Sunday Social – @ 7 am from the Irene Club House, doing either 1 / 2 / 3 of the Irene Backyard Ultra loops

Monday the 25th September (Heritage Day)

BEARone Run (Wingate) – 5, 10, 21.1km

Boroughs of Bedfordview – 5 & 15km

Saturday the 30th September

Ford 3-in-1 Spring Race – 5, 10 & 21.1km

Irene Saturday Klapperkop Long Run - @ 6am from Castle Gate Shopping Centre (18-20km)

Sunday the 1st October

Spar Women's Grand Prix JHB - 10km

The Big Walk @ Fountains Valley – 5, 10 & 15km

Irene Sunday Social – @ 6:30 from Irene Link (10-12km)

Saturday the 7th October

Chamberlain Capital Classic - 5, 10 & 21.1km

ASA Interprovincial Race Walking Championships - Date & Venue TBC

National Business Challenge Relay

Sunday the 8th October

Fat Cats - 5 & 10km

Irene Sunday Social – @ 6:30 from Midstream Mugg & Bean (10-12km)

Wednesday the 11th October

Mid week afternoon run @ 17.30 for a 10km

Saturday the 14th October

Harrismith Mountain Race

Cape Town Marathon - 10km Road & Trail Race

Agape Marathon - 5, 10, 21.1 & 42.2km

Meirings Poort - 12.5 & 21.1km

Sunday the 15th October

Cape Town Marathon

Fred Morrison - 10, 21.1 & 42.2km

Irene Sunday Social – @ 6:30, venue TBC (10-12km)

Saturday the 21st October

CSIR - 5, 10, 21.1km

Jacaranda Social Run – Charity Run through the streets of Pretoria. Watch the newsletter for updates.

Sunday the 22nd October

German Shepherd Endurance Support Run

For members that are doing the Cape Town Marathon, we have managed to secure car hire and hotel accommodation preferential pricing. If you are interested, please WhatsApp Rose (083 2585336) for more information.

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:

Willem	Maritz	19-Sep
Darius	Oberholzer	18-Sep
Johan	Groenewald	19-Sep
Zoe	Scholtz	20-Sep
Steffen	Le Grange	21-Sep



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness.

HERRITAGE DAY CELEBRATIONS

Be part of the fun on 26 September!

LET'S COME TOGETHER AND CELEBRATE

Heritage Day Club Braai

Tuesday 26 September

AFTER TIME TRIAL

Bring own meat and snacks

Don't bring your own, let's support the bar!

IRENE

CHAIRMAN'S BALL

Time is running out, book your place now.



28 October 2023
18.00 for 18.30

**A NIGHT AT
THE RACES
CHAIRMAN'S
BALL**

Dress Black Tie and Takkies
Live music by Lungelo Moyo
The Bull Ring Grill
Randjesfontein
R180 per person
RSVP Joy 083 284 4884
World Cup final will be screened

NOTICE BOARD

A promotional poster for the Exxaro Road Race Challenge. The background is a vibrant green with large, stylized white 'X' shapes. At the top, a dark brown banner contains the event title in white and green text. Below the banner, silhouettes of four runners in various poses are scattered across the green field. The race distances are listed in large white font, and the date is in a white box. The Exxaro logo and tagline are in the bottom right corner.

EXXARO
ROAD
RACE
CHALLENGE

ECO BOULEVARD MALL
CENTURION

5km
XX RACE FOR HEALTH
10km
21.1km

23 SEPTEMBER 2023

exxaro
POWERING POSSIBILITY

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

IRENE FARM BACKYARD ULTRA

What is a Backyard Ultra ?

- It is the brainchild of Laz Lake the Barkley Marathon creator, and it is equally as mad.
- It is simple; the event has no fixed length in time or distance, you must just run the same 6,706km (4,16 mile) lap every hour and you run until you can't run anymore.

Race details

- Last man 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.
- 24 Hour race:
 - Only the competitors that run until the last lap, finish the race.
 - All other competitors are a DNF.
- 12 Hour race:
 - 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.

Venue

- Race Village, Irene Athletic Club House
- ARC Grounds, Nelmapius Road
- Competitors and their supporters are allowed to "camp" with their gazebos or tents. One gazebo or tent, size 4m x 4m, per competitor.
- Set up at Race Village, Friday 22 Sept 2023 from 12:00.



Lap distance: 6,7km Elevation: est. 90m





Entries

- Last man standing @ R750.00
- 24 Hour race @ R650.00
- 12 Hour race @ R550.00
- T - Shirt @ R180.00
- Entries close on 1 September 2023
- No late entries
- Entries at www.entryninja.com only.

Entries includes:

- Race number
- Grab and go items
- Medal

Registration, Briefing and Start:

- Registration for all races will take place 22 September 2023 between 12:00 and 17:00.
- Briefing for each race will be 30 minutes before each race starts.
- Races start as follow:
 - o Last man standing, 22 September 2023 at 18:00
 - o 24- and 12-Hour races, 23 September 2023 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, in partnership with Irene Athletic Club





MTN HERITAGE AWARENESS RUN 2023

 **Date:** 25 September 2023
Time: 06:00 (10KM & 21.1KM), 06:30 (5KM)
Start: Tshwane Regional Mall
Finish: Solomon Mahlangu Freedom Square Place

10KM, 21.1KM & 5KM (colour fun run)

Online Registration: www.enteronline.co.za

Free MTN goodie bag for online entries.

For any enquiries call:
Lesetja - 076 120 2388

ENTRY FEE:

Temporary license - R50
5 KM - R60
10 KM - R120
21.1 KM - R150

Sponsors:



Hatfield VW Pretoria
Rated #1 in Service
MasterCars
Certified Pre-Owned





CHAMBERLAIN CAPITAL CLASSIC

SATURDAY, 7 OCTOBER 2023
Phobians Club: 378 Queens Crescent, Lynnwood

Earn Discovery
Vitality Points!

> **21.1KM RUN**
starts 06h00

> **10KM RUN**
starts 06h00

> **5KM FUN RUN**
starts 06h15

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.

RUN 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.



PHOBIANS
Athletics Club





THE CSIR RUNNING CLUB
IS PROUD TO HOST THE

30TH 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**

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

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

RACE VENUE

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

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		



science & innovation

Department:
Science and Innovation
REPUBLIC OF SOUTH AFRICA



CSIR
Touching lives through innovation



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
- 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

HUMAN RIGHTS 75



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



29TH

TOM JENKINS

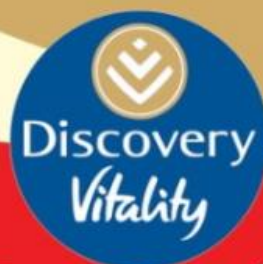
RUN/WALK CHALLENGE

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
- 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



GAUTENG NORTH



PHOTO CORNER



Nelius van Rooyen, first at the Cradle Ultra Trail 25 km a week ago



Ann Eckard decided to get into the bus after her Wolvespruit run on Saturday



The “Queenangers”, Tania Thompson, Annatjie Greyvenstein, Letha Kotze and Lynette Gough at the Muller Potgieter race on Saturday



The "Queenagers" again on Sunday at the Pirates 10 km

