



IRENE NEWS

19 June 2023

No 24 – 2023



ACHIEVEMENTS

Congratulations to the following walkers who won medals in their respective age categories at the AGN road walking league race:

10 km

Elsa Meyer	Gold
Sandra Steenkamp	Gold
Miemie Nel	Gold
Dirk Neethling	Gold
Estien van Wyngaard	Silver
Janine Radel	Bronze

5 km

André Smuts	Gold
Stephen Finn	Gold.

CLUB HOUSE

Everything will be back to normal on Tuesday with the time trials starting at 17:15. The walkers will start at 16:45 as usual.

MUTI BAGS

The leftovers of the muti bags that were handed in for the support stations will be available at the club house on Tuesday, 20 June. Anything not collected then will be disposed or handed to charity.

SOCIAL EVENING

The next social evening will be held on Tuesday, 4 July. That will be the Aches and Pains party where the Comrades trophies will be handed out. It will be a function not to be missed. More details will be available later.

CAPTAIN'S CORNER

Well done once again to Irene Comrades 2023 Team! Can't believe that it has already been a week. Hope that everyone is enjoying the mini-mid year break and getting ready for planning the 2nd half of the year.

Some things to start thinking about – Dawn to Dusk 100 miles / 12 hour circuit in August, Irene Backyard Ultra in September and Cape Town Marathon in October.

From a club training perspective, the schedule for the next few days:

- Morning training groups – Will resume in the last week of June
- Time Trial Tuesdays starting @ **17:15** from the Irene Club House
- Irene ARC is open daily to all club members, from 16:00
- Saturday and Sunday socials will resume from July

Races over the next 2 weeks:

Saturday the 24th of June

AGN Track & Field League – @ Pilditch

Sunday the 25th of June

Prestige Trail Run - Tierpoort

Saturday the 1st July

Race of Friendship – Glenfair 5, 10 & 21.1km

Sunday the 2nd July

Vitality Rockies Gerard Fox – 5, 10 & 21.1km

The Irene Comrades Aches and Pains Party is scheduled for the 1st Tuesday of July. This is an event not to be missed for all runners and supporters. If there are any special stories that you would like to share, please send these through to Wynand.

COMRADES STORY

Two Novices Comrades Story

As novices, me and my wife finished near last, close to the sub 12 bus, with only a few minutes to spare, the crowd cheering us on, despite some serious doubts we had about whether to even start, due to illness and injury.

The Dr. cleared Sandra only the day before Comrades after another round of antibiotics. I had some plantar issues, so rolled a golf ball under my foot on the flight to Comrades. We both had doubts and sleepless nights. I lined up to the start of Comrades with my watch telling me my body battery is only at 15%.

The Novice run is remarkable because your mind goes into unknown territory. I did a 60km training run at Midrand striders, if someone told me that day, I must do another 30km I would seriously defend myself! Sandra stopped at 50km on that day. So, her furthest ever was 50km and mind was also doubting.

To finish the first race as novices, with all these doubts in the back of our minds were incredible!

Briefly, on a more serious note, a medal can't bring back a person's life, but I wish to dedicate my novice medal to the unnecessary victims of shooting to kill incidents during robberies. I have 2 beautiful people dear to me with whom this tragedy occurred. One survived a 6-shot incident. The other passed away from multiple shots, a few months later in hospital. These were in separate incidents years apart.

My lovely wife who proudly soldiered on during the novice Comrades race, despite all the doubts whether to even show up to the start, survived a hijacking attempt where she was wounded. She survived it and came out stronger, with the remarkable strong will in life also survived her 1st Comrades.

The second to which I wish to really dedicate my novice finisher medal in appreciation, is to the late mr Johan du Toit whose life was sadly taken a few years ago. His wife Retha left behind. My athletics coaches many years ago from high school, who instilled the love for running in me at a young age. Not only me but many other runners over the years, went through their hands. Some went on to run incredible Comrades in later life. Athletes ranging from sub-12 to elite constant sub-6.

His life was taken during a house robbery, but his legacy and memory lives on in those athletes, friends, and people's lives they touched. A true legend and beautiful person's life taken away unnecessarily, by someone pulling a trigger. May his wife Retha and 2 adult children find some comfort in knowing that his legacy is alive in all his athletes.

Leaving the sad note and dedication and back to our novice run. Following Comrades, we soon realized that we had a serious problem with the flight back. Another true novice mistake. We booked a flight back much too early. We should not have to run at the airport to catch flights and make cut offs! We had serious Comrades shuffle in our legs still. We therefore showed up much too early even before sunrise, to begin the journey to make that final cut off to the flight book in. We trained well for that cut off the whole day of 11 Jun 2023. The key is preparation and visualization. We made the flight cut off and truly finished all the Comrades.

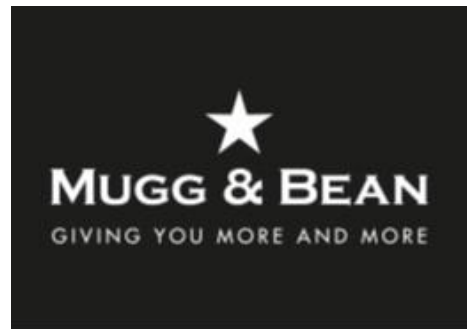
Rykie & Sandra

Rest Well for the Long Run in Heaven Coach Johan du Toit.

PERSONALIA

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

Christiaan	Swart	21-Jun
Nkosi	Shibase	22-Jun
SW	Engelbrecht	25-Jun
Naas	Steenkamp	25-Jun



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

It is always the simple that produces the marvelous.

NOTICE BOARD

ARC IRENE RUN/WALK
24 JUNE 2023

ROAD RUN OR TRAIL RUN

2KM, 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

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

REVOLUTION TRAILS

Vitality



GARSFONTEIN ICE BREAKER

21km / 10km / 5km

8 JULY 2023

AGN CHAMPIONSHIP



Macintosh
Cross & Farquharson
Attorneys, Conveyancers, Notaries, Administrators of Estates
Probateurs, Transport Attorneys, Notaries, Social Workers



GARSFONTEIN PRIMARY SCHOOL

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21,1km	R180	07:00	16 years	09:00	10:30	R200	1500
10 km	R120	07:00	14 years	08:30	10:30	R140	600
5 km	R60	07:15	9 years	None	10:30	R70	FUN RUN

Temporary licence required for non registered athletes on the 21,1km & 10km : **R50**
70+ athletes: FREE entry

ONLINE ENTRIES from 17 May 2023 - www.entryninja.com (until 30 June 2023)

RACE ENQUIRIES

Mike Minty - 083 414 5938
Claude Smit - 083 564 3630
Office - 012 361 3618
Wingate Road Runners - 072 864 2908

ONLINE ENTRIES & RACE NUMBER COLLECTION

Dutch Reformed Church (285 Emmie Hartmann str.)

6 July from 09:00 until 13:00

7 July from 09:00 until 17:30

At the venue (Garsfontein Primary School - Petronella Str. Entrance)

Race Day from 05:30

Proud Sponsor of the Garsfontein Ice Breaker

www.justimagineproperties.com



Leon Bezuidenhout SPRINGBOK VASBYT

Presented by Voortrekker Monument Running Club

Proudly Supported by



Distances:	21 km, 10 km, 5 km fun run:
Date:	Saturday 15 July 2023
Starting Times:	Commemoration Ceremony - 07:20 21 km & 10 km - 07:30 5 km - 07:40
Venue:	Voortrekker Monument, use the Eeufees Rd entrance

Leon Bezuidenhout 14 September 1966 - 2 August 2020

"As ek die grondpad onder my voete voel weet ek, ek is tuis"



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK
CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.**

ENTRY FEES

21 km: R140 | 10 km: R120 | 5 km: R60

70+ athletes (ID required): Free

Temporary License: R50

Entry fees are non-refundable

GENERAL INFORMATION

Guarded parking available

Ample toilet facilities

Water stations

Tog bag area

Club Gazebos Welcome

UNFORTUNATELY NO PRIZE MONEY. 10 km and 21 km: Running categories' 1st and 2nd places receives gold and silver medals, respectively.

The rest of the field finishing within the cut-off time receives bronze medals.

Gun to mat timing.

MORE INFORMATION

Online pre-entries at www.entryninja.com - Online entries close 11 July 2023.

Pre-entries at Run-A-Way Sports - opens 01 June 2023 & closes 13 July 2023 at 16:00.

Pre-entries at Voortrekker Monument - opens 01 June 2023 & closes 14 July 2023 at 16:00.

Entry collection at the Voortrekker Monument on Friday 14 July 2023 from 13:00 until 17:00 or on race day from 05:00 until 07:00.

Entries on race day – At the race venue as from 05H00 until 07H00 strictly.

Ensure that you have the **FinisTime Time Passport App** downloaded/installed to ease the registration process

– <https://play.google.com/store/apps/details?id=net.finishtimepassport>

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining, will be diverted to the finish.



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

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.

"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



PHOTO CORNER



Johan Engelbrecht and Holger Hedelt enjoying a beer before Comrades



Werner Zandberg and Dirk Cloete receiving their double green numbers



Mark Adams with Bruce Fordyce



Lullu and Joubert Krugel the day after Comrades



Nelius van Rooyen and his family



The Prinsloo family



Henry and Uida Enslin with their son



Ernst and Beatrix Gottschalk with their baby



Irene volunteers helping out at the Midstream parkrun on Saturday