



# IRENE NEWS

**1 May 2023**

**No 15 – 2023**



## **ACHIEVEMENTS**

Congratulations to the following members who were on the podium at the Wally Hayward race on Monday:

Victor Phetoe	2 <sup>nd</sup> GM – 42 km
Sandra Steenkamp	1 <sup>st</sup> Lady GM – 42 km
Elsa Meyer	2 <sup>nd</sup> Lady walker – 21 km
Mike Gibbons	1 <sup>st</sup> GGM – 10 km
Annatjie Greyvenstein	1 <sup>st</sup> Lady GGM – 10 km
Gerard van den Raad	3 <sup>rd</sup> Walker – 10 km
Letha Kotze	2 <sup>nd</sup> Lady walker – 10 km

Well done to Johan (Fires) van Vuuren who did the UTD 100 mile trail ultra over the weekend in the Drakensberg. Lourensa Eckard did the 60 km route.

## **PERSONAL ACHIEVEMENTS**

Karin-Marie van Niekerk                      First 21 km

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!!

## **OLD RACE MEDALS**

Here is a great opportunity to get rid of all you medals that you don't want any more. Please bring it to the club house. The medals will be given to children in State hospitals.

You can also deliver it at Lyttelton Hidden Treasure Charity shop behind the Post Office in Lyttelton – they support HospiVision.

## **COMRADES GOODIE BAGS**

Please remember about the items required for the Comrades goodie bags

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

### ***CAPTAIN'S CORNER***

A massive congratulations to “Mr Hills” for setting those hills on fire at the Ultra Trail Drakensberg over the weekend. If there were ever any question as to the importance of hill training and the Thursday sessions, I do believe these can now be put to rest!

From a club training perspective, the schedule for the week ahead:

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 a 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 and training runs

#### Saturday the 6<sup>th</sup>

- o **Cross Country League** @ Lavender Country Market, Montana
- o **Loskop Ultra**
- o **Jackie Mekler** – 5, 10 & 21,1km
- o **Saturday Social** : “Kings Run” @ 6am for a 10km from Irene Link. Come dressed as Kings & Queens

#### Sunday the 7<sup>th</sup>

- o **Midrand** - 30 & 60km Long Run
- o **Colgate** – 5, 15 & 32km
- o **Modderfontein to Harties** – 60km
- o **Run Zone Comrades Long Run**

Several items are in the process of being finalised for Comrades for all Irene members and supporters, with details to be shared over the next few days.

Please see the weekly schedules with details of the training runs as well as the races. If there are any changes or updates these will be distributed on the Notification and Training Groups

# WEEKLY SCHEDULE



Date: 2 May - 7 May

TUESDAY



T.T - ARC  
@ 17:30



Morning  
Training Group

Midstream Mugg & Bean  
&  
Eco Park Virgin Active  
@ 5am

WEDNESDAY



ARC Long Run - Venue  
Open from 16:30



Morning  
Training Group

Midstream Mugg & Bean  
@ 5am

THURSDAY



Irene ARC 'Mr. Hills'  
@ 17:30



Morning  
Training Group

Midstream Mugg & Bean  
&  
Eco Park Virgin Active  
@ 5am

SATURDAY



- Cross country League @ Lavender Country Market, Montana
- Loskop Ultra
- Jackie Mekler: 5km, 10km, & 21.1km



Long Run

"Kings Run" @6am (10km)  
from Irene Link.  
Come dressed as Kings and  
Queens

SUNDAY



- Midrand - 30km 60km Long Run
- Colgate - 5km, 15km & 32km
- Modderfontein to Harties - 60km
- Run Zone Comrades Long Run



Social Runs

FOLLOW US



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Irene AC Notifications

# IRENE ATHLETICS CLUB



## PERSONALIA

Condolences to Blanche van Vuuren and Pierre Koch. They both lost their mothers during the week.

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

Velon	Govender	02 May
Barbara	Cairns	02 May
Deane	van Rooyen	03 May
Jolien	De Klerk	04 May
Tania	Thompson	05 May
Suzanne	van Rooy	06 May
Diane	Kee-du Plessis	07 May



Midstream Tel 012 940 9229

## THOUGHT FOR THE WEEK

Never frown, even when you are sad, because you never know who is falling in love with your smile.

## NOTICE BOARD

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

# ARC IRENE RUN/WALK

## 6 MAY 2023

### ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM  
GROUP START @ 07H00  
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)

**REVOLUTION TRAILS**

*Vitality*



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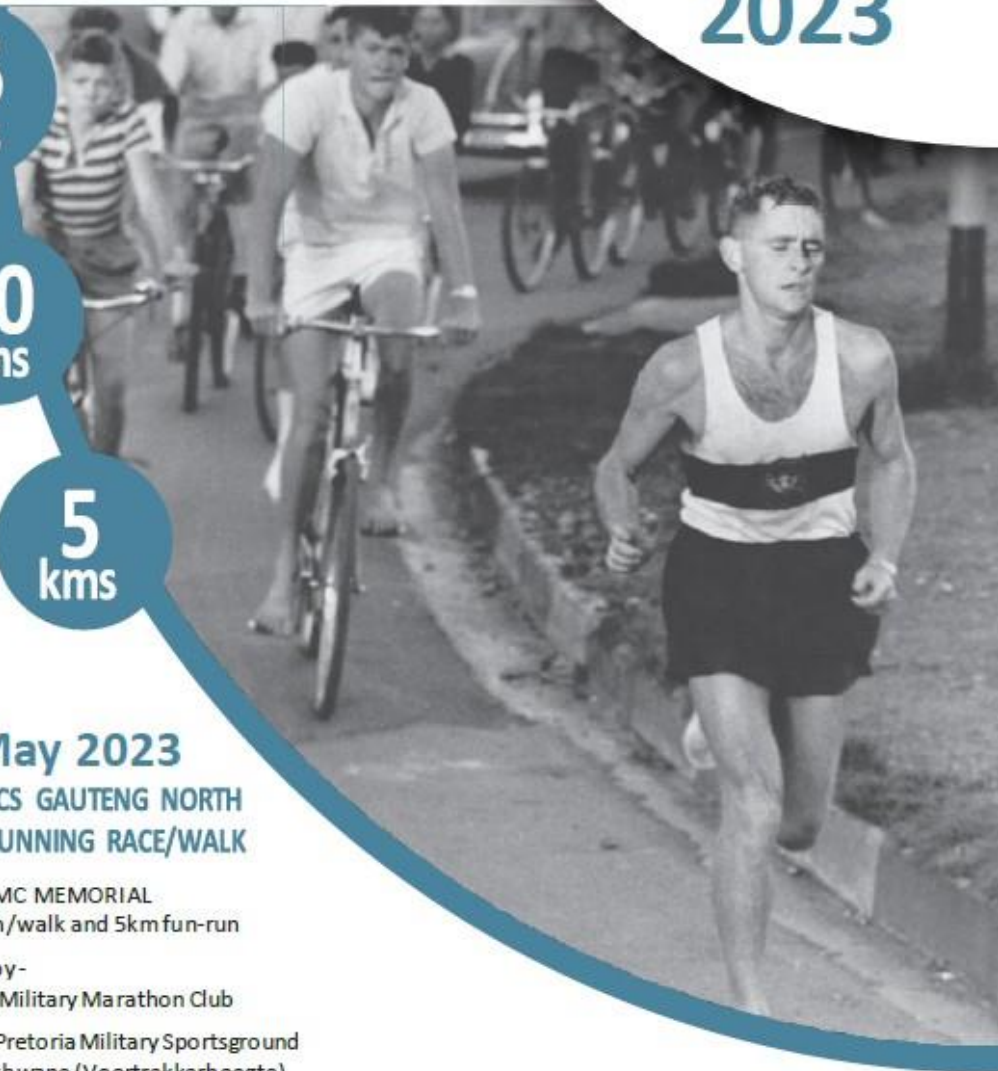
39th commemorative  
**Jackie Mekler  
Memorial Race**

**2023**

**25  
kms**

**10  
kms**

**5  
kms**



**06 May 2023**

**ATHLETICS GAUTENG NORTH  
ROAD RUNNING RACE/WALK**

27th PMMC MEMORIAL  
10km run/walk and 5km fun-run

Hosted by-  
Pretoria Military Marathon Club

Venue - Pretoria Military Sportsground  
Thaba Tshwane (Voortrekkerhoogte)



& sa-active are divisions of Enteronline (Pty) Ltd



## **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	R200.00	R200.00
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	R200.00
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



The Irene water point at the Magnolia long run was a huge success once again



A water point team to be proud of: Myburgh Bester, Retha Knoetze, Estien van Wyngaard, Ansie Breytenbach and Theuns Nieuwoudt





A few Irene members stopping at the water point: Yolanda Oberholzer, Aileen Geere, Ian Tait, Jolande Janse van Rensburg and Jenny Cairns



A few of the more senior Irene members at the Wally: Theuns Willemsse, Gerard van den Raad, Johan van Vuuren and Pieter Jordaan





It was good to see these three back on the road: Pierre and Marisia Koch with Loubser van Wyk



Geoff and Megan Brown





A popular spot as always



It was like the good old days at the Cara-Fun





Louis and Stephen Finn



Lenin Sithole, Victor Phetoe (2<sup>nd</sup> GM in the 42 km) and Bheki Ndhlovu





Karin-Marie van Niekerk did her first 21 km



Letha Kotze on the podium



Gerard van den Raad is slowly finding his form again



Our new star on the horizon, Mike Gibbons





Elsa Meyer