



IRENE NEWS

20 March 2023

No 11 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Mooosé race:

Gert Fourie	1 st Vet – 10 km
Mike Gibbons	1 st GGM – 10 km
Retha Knoetze	1 st Lady walker – 10 km
Miemie Nel	3 rd Lady walker – 10 km
Jaap Willemse	2 nd Male walker – 10 km
Gerard van den Raad	3 rd Male walker – 10 km
Elsa Meyer	1 st Lady walker – 21 km
Danie Labuschagne	1 st Male walker – 21 m
Dirk Neethling	3 rd Male walker – 21 km

PERSONAL ACHIEVEMENTS

Jacques Pelser PB – Marathon and 50 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!!

TIME TRIALS 21 MARCH

Although it is a public holiday and although there is a race and a club long run in the morning, the club will be open and so will the bar. Time trials will start at 17:30 as always. There will be a lucky draw with 4 vouchers from Midstream Mugg & Bean and there will be fires for those who want to braai.

This is an opportunity for those members who find it difficult to attend the time trials due to work commitments, to use the opportunity on the public holiday to run the time trials and to enjoy the evening together with their fellow club members.

Unfortunately the admin desk will be closed.



HELPERS REQUIRED

We still require many more helpers to assist at the Irene Running festival.

We need you there on 1 & 2 April. Without you we cannot present a successful race. Thank you to those members who have already responded.

Please read the following and let us know what your choice is and also where and when you prefer to work:

- Members working on Saturday will be allowed to run on Sunday.
- Members running on Saturday **must** work on Sunday.
- Members not running/walking are obviously also required to work.

Members working at the Running Festival will get R100 discount on their 2024 membership fee.

We require helpers in the following areas:

- Route marshals
- Parking marshals
- Water point helpers
- Handing out medals
- Handing out race packs (on the day and before)
- Tog bag helpers
- Race venue helpers

This is the ideal opportunity for all our new members to become active members.

Reply to this email to let us know.

BRING IT HOME PROJECT

Thank you to those members who have already responded to the request below. Please read it if you haven't done it yet.

Hello Irene Runners, Walkers, Supporters, (and wanna-be-runners, could-be-walkers...)

Imagine running your most difficult race, without shoes, and a huge smile as you greet everyone. I'm not sure about you, but I wouldn't be smiling! In fact, I don't think I'll even start the race.

In March, we participated in the Marakele run. It is a run within the Marakele National Park, and yes, if you're lucky, you have a Big-5 encounter 😊. Amazing run, beautiful views, and wonderful runners! There are lot of stories about the race, and maybe it will be told another day. For us, this is today's heart-braking story...the runners not having proper shoes or gear, still smiling while they complete the 21km race. Guys running barefoot, in shoes falling apart and in gear that is not suitable for running. But their smiles. Oh boy their smiles says so much about their love for running (and finishing in good times tells you something about their talent)!

The Irene Club is our running/walking family and our 'home', so we thought to **"bring-it-home"**.

We have so many brilliant runners/walkers in our club, achieving what we can only dream of achieving, but without proper running shoes, gear or the support they need to really show-off their talent! The only way to help is to get everyone involved! So yes, we are asking for a small donation towards the "Irene, bring-it-home" fund. Every lit bit helps...

So, thank you in advance for your contribution to help a fellow Irene Club member!

Always with Gratitude,

Elze and Anneri

We will arrange with Wynand for all donations to be paid into the normal Irene Club bank account, with the reference: "bring-it-home". We trust the club management to apply these funds and support the Irene Club Members where they know assistance is needed for their running/walking.

Irene Athletics Club

Standard Bank

032183186

"Bring-it-home"

CAPTAIN'S CORNER

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

Standard weekly training sessions

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

Races, special events and training sessions for the next 2 weeks

- Tuesday the 21st – Right to Run/Walk
- **Tuesday the 21st – Club Run - “Irene Ultra Tester” @ 6am from Midstream Mugg & Bean.** (17,5km – 25km) Danie will be leading the walking group and we will have 3 running groups to accommodate everyone. There will be no water points along the route, so please ensure that you carry your own water / juice. Mugg & Bean will be open after for great coffees and breakfast.
- Tuesday the 21st - Time Trial Tuesdays starting @ 17:30
- Saturday the 25th – Kolonnade & SASOL Sasolburg Marathon
- Sunday the 26th – Irene Klapperkop Run, @ 6am from Castle Gate for an 18km – 21km
- Tuesday the 28th – Guest speaker – Physio’s for Runners and Walkers

Having some form of identity and emergency contact details is always important, whether you are a runner or walker. Please see details below of ID bracelets available from Lydia. The sizes are also small enough to cater for school children.



ID Bracelets

- Sizes and colors
 - Smaller sizes – 130cm, 145cm and 160cm in either red, black, grey or light blue
 - Larger sizes – 180 and 200cm in either grey, black or dark blue
- Information for inclusion
 - 4 rows of information
 - Maximum of 15 characters
 - Suggested information for inclusion - name and surname, emergency contact number, medical aid number and any allergies
- Contact Lydia : 083 271 6188
- Delivery : Tuesday at the Irene Time Trial / by special arrangement
- Cost : R65

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: 20 Mar - 26 Mar



T.T - ARC
@ 17:30

Right to Run/Walk - 21.1, 10 & 5km



Morning
Training Group

"Irene Ultra Route Tester"
Midstream M&B (17.5km)
@ 6am

Walkers group & 3 different
speed running groups

TUESDAY



ARC Long Run - Venue
Open from 16:30



Morning
Training Group

Midstream Mugg & Bean
@ 5am

WEDNESDAY



Irene ARC 'Mr. Hills'
@ 17:30



Morning
Training Group

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

THURSDAY



Kolannade - 32, 15 & 5km
-
SASOL Sasolburg Marathon



Long Run

SATURDAY



ARC Irene Hybrid
(Revolution Trails)
2, 5, 10, 15 & 21.1km



Social Runs

Klapperkop @ 6 am
from Castle Gate
(18km - 21.1km)

SUNDAY



Facebook



Instagram



Irene AC Notifications

FOLLOW US

IRENE ATHLETICS CLUB



NEW MEMBERS

Welcome to the following new members:

Haylee Mee
Eloise Pelser
Mandla Schosana
Karin-Mari van Niekerk
Dimitar Dimitrov

You are now part of the great Irene family. Enjoy every moment.

We would like to meet you personally. Please join us at the time trials on Tuesday.

PERSONALIA

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

Chantal	Heuvel	20 Mar
Egmond	van Niekerk	20 Mar
Johan	Janse van Vuuren	21 Mar
Gerdus	Marx	21 Mar
Nicholas	Southey	22 Mar
Izaak	van Niekerk	23 Mar
Alison	Pronk	25 Mar



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Don't cry because it's over, smile because it happened.

NOTICE BOARD

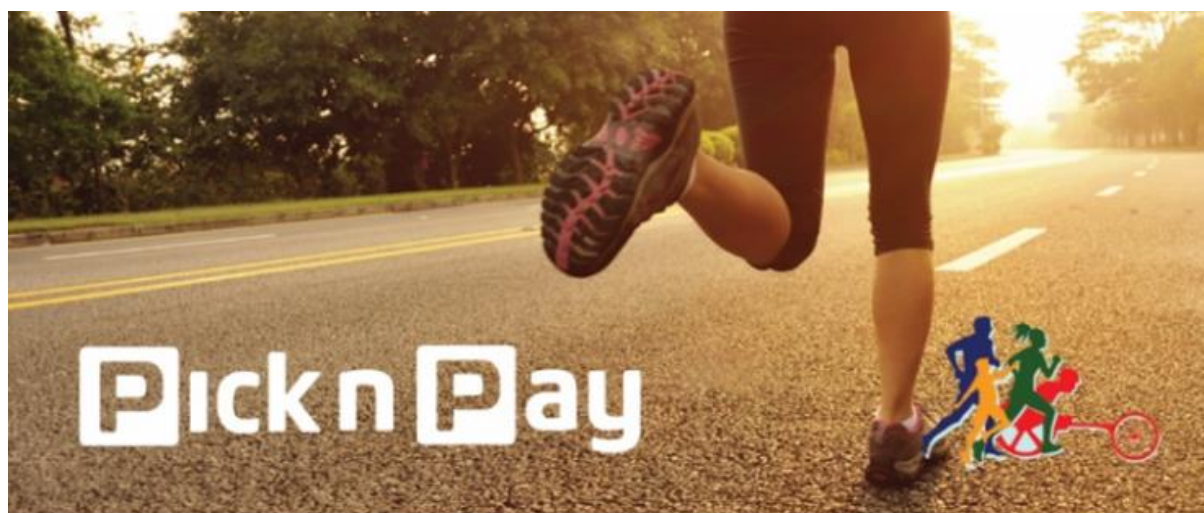
ARC IRENE RUN/WALK
25 MARCH 2023
ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 06H30
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 logo and Vitality logo are also present.



RIGHT RUN WALK



proudly brought to you by



New Venue:

the grove
mall

New Route:

Cnr. Lynnwood & Simon Vermooten, Equestria, Pretoria

21
March
2023

5km
10km
21.1km

Starting Time 7:00 | Pre-Entries from 15 FEB 2023



the doj & cd

Department:
Justice and Constitutional Development
REPUBLIC OF SOUTH AFRICA



Athletics
Gauteng North

supported by the grove
mall

Enquiries: 📞 Race office James 082 566 1595
Daan du Toit 082 572 4169 Paul Kirby 082 200 4219



KOLONNADE
SHOPPING CENTRE

CNR SEFAKO MAKGATHO DRIVE & DR VAN DER MERWE STR, MONTANA PARK, PRETORIA

5KM | 15KM | 32KM RACE **25 MARCH 2023**

RACE FEES:

**5KM R50 | 15KM R130 | 32KM
R150**

**TEMPORARY LICENSE FEE
R50**

**15KM & 32KM
06:00
5KM FUN RUN
06:15**

ENTER NOW!

- » Online entries:
www.entrytime.co.za till 19 March 2023
- » Run-A-Way Sport 012 361 3733
(302 Freesia str, Lynnwood)
- » Kolonnade Info Desk 012 548 1902
(Kolonnade Shopping Centre)
- » Tshwane Running Shop 076 929 7384
(192 Vinko Str, Sinoville)
- » Entrance 4: 24 March 2023 at
Kolonnade Shopping Centre (from 15:00 – 18:00)
and 25 March 2023 (from 04:30 – 06:00)

Online Entries can be collected on
Friday 24 March 2023 or on
race day at Entrance 4

Brought to you by



Athletics
Gauteng North



**Athletics
Gauteng North**



**Limited to 3000 entries per event
Electronic Timing, Staggered start**

Irene Athletics Club presents



CHOC

Childhood Cancer Foundation
South Africa

"Keeping more than hope alive"

**Entries close Sunday,
26 March 2023**

Ideal seeding opportunity.
Qualifying time is 5 hours 50
minutes (same as for 50km),
but with 2km less to run. Mat
to mat timing

IRENE RUNNING FESTIVAL



IRENE

1 & 2

April 2023

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za

Tel: 082 937 0733

GOLD MEDALS TO ALL FINISHERS

5km

10km

21km

T-shirt
available
to
purchase
@ R170

Irene Ultra
48km

#TheQualifier

**5km AGN
championships**

2 April @ 6:30

**Online entries only
www.entryninja.com**

PRE-ENTRIES ONLY

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



Chamberlain's



Timekeeping



THE GREEN MILE ROAD RACE — 2023 —

The Mile for Life

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTTELTON MANOR, CENTURION

SATURDAY
APRIL 8



GREEN MILE



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



Wally Hayward

www.finishtime.co.za

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 or scan
the QR code.



LIVE YOUR WAY



Last Comrades Qualifier
in Gauteng

PHOTO CORNER



Dirk Cloete and Gerard van den Raad at Saturday's race. Between them they have 48 years of Irene membership



Now that Mike Gibbons has become a podium winner, his wife comes to the races to see that he spends his prizemoney wisely



Johan de Klerk wearing his colourful club T-shirt of quite a few years ago



Aloïse Boshoff looking good after her race



Miemie Nel and Retha Knoetze on the podium



Gerard van den Raad and Jaap Willemse



Mike Gibbons is making it a habit now to be on the podium



Elsa Meyer showed the youngsters how to walk once again



Dirk Neethling and Danie Labuschagne. It was exactly a year on Saturday that Danie had a hip replacement and here he is on the 21 km podium



Sunday morning's training group



Elze le Roux, happy and satisfied after her 21 km on Saturday



Jacques Pelser in action at Om die Dam