

IRENE NEWS

13 November 2023

No 46 – 2023



ACHIEVEMENTS

Congratulations to all our walkers who participated in the African Masters Championships for making us proud with all the medals they won. Below is a summary of the medals they won in their respective age categories:

20 km

10 km

			C 1	
Johann	Coetzee	Bronze	Silver	
Annatjie	Greyvenstein	Silver	Gold	
Retha	Knoetze	Gold	Gold	
Danie	Labuschagne		Silver	
Elsa	Meyer	Gold		Gold
Dirk	Neethling	Gold		Gold
Miemie	Nel	Bronze	Silver	
Theuns	Nieuwoudt		Bronze	
Janine	Radel	Silver		
Keith	Reynolds	Bronze		Gold
Sandra	Steenkamp	Gold		Gold
Gerard	van den Raad	Gold		
lsi	van der Schyff	Silver	Silver	
Јаар	Willemse	Silver		Gold
Lucia	Willemse	Silver	Silver	

5000m

Well done to Elsa Meyer who broke the world record once again in the 20 km in her age category. Hopefully it will be recognised this time.

Congratulations also to Nelda Smith who was the 2^{nd} GM Lady walker at the Tom Jenkins 10 km.

2024 MEMBERSHIP

If you haven't registered for 2024 yet, do so now. Don't miss out on the free running vest/shirt. Ideal opportunity to recruit new members.

You can register at https://forms.gle/vN6AxyCQpx75VTTeA

CLUB CAPTAIN

Rosemary Brink resigned as club captain. We want to thank her for her hard and dedicated work during the year. She will continue to send her weekly report for the newsletter until the end of November and will see to a smooth handover with regards to all the activities.

Due to her late resignation, we couldn't select a new club captain at the AGM. The management committee has now co-opted Johan (Fires) van Vuuren as club captain with Nelius van Rooyen as vice club captain. We want to congratulate both of them and trust that this arrangement will be to the benefit of the club and all our members.





Johan (Fires) van Vuuren and Nelius van Rooyen

OLD CLUB CLOTHING

To start our 30th anniversary celebrations, all the old club kit (shorts, ski pants, vests etc.) will be sold for R30 per unit. It will be on sale on Tuesdays from Tuesday at 18:00 – 19:00 starting this Tuesday.

Don't miss out on this amazing offer. Card facilities will be available.

CAPTAIN'S CORNER

As we enter the final weeks of the **Irene Summer Challenge**, you still have some time to get your name onto the leaderboard that was published at the end of October and stand in line to win prizes. The competition will be closing on the 30th November and the results will be announced on the 2nd of December at the Irene Year End celebration. The next link will be sent out on the 26th November.

As we reach the end of the year, there are a few fun events that are still coming up, please watch this space for details and updates – **Irene Year End celebration**, on Saturday the 2nd of December, **Irene Lights Run** on Thursday the 7th of December.

As a final challenge to end the year, **RAC Tough One** is on Sunday the 26th November. Something worth considering before the start of the holidays

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. Please reach out to Mark via WhatsApp (082 377 4622), to add you to the Eco Park Group, to keep you informed of any changes.
- Time Trial Tuesdays @17.30 from the Irene Club House
- "Mr Hills" Thursday @ 17:30 from the Irene Club House

Races and Training events over the next few weeks:

<u>Saturday the 25th November</u> Saturday Social – 10km @ 6am from Midstream M&B

Voortrekker Monument – 5, 10, 21.1km

Sunday the 26th November RAC Tough One

Irene Sunday Social – Details TBC

Saturday the 2nd December BDS Race – 5, 10, 21.1km

Saturday Social – 15km @5:30 am from Midstream M&B

<u>Sunday the 3rd of December</u> Irene Sunday Social – 10km @ 6am from Irene Link

The weekly schedule and any changes will be shared on the WhatsApp and telegram groups.

PERSONALIA

Tania Thompson collapsed this morning during the training run. She was admitted to hospital with blood clots. Please pray for her.

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

Stephen	Finn	20-Nov
Charmaine	Janse van Rensburg	21-Nov
Jolande	Janse van Rensburg	21-Nov
Pierre	Barnard	22-Nov
Conrad	Langerman	22-Nov
Lynette	Gough	26-Nov
Dirk	Neethling	26-Nov



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Always remember people who have helped you along the way, and don't forget to lift someone up.

NOTICE BOARD







Lavender Kontreimark Myl Wedloop/Mile Run 25 November 2023







RACE RULES

- The race must be run in accordance with the rules of ASA & AGN
- Club & Non Club members to run with ASA 2023 licence on the front & back if licenced
- All Club and Non Club members that are not licenced are still welcome to participate, but no temporary licences will be available.
- No dogs allowed on the race.
- No iPods or any listening devices allowed on the race.
- Proof of age to be provided where cash prizes are to be won/paid out.
- Athletes may participate in an older category to be eligble for prize money, but only one race per athlete.

GENERAL INFORMATION

- Parking at own risk
- Participation is at own risk. The organisers, sponsors, LKM or
- any agents accept no responsibility for any loss, damage or injury.
 Weelchair athletes are not allowed due to the route profile of the race.
- Medical assistance will be available.
- The entry fee is not refundable.
- Please do not litter.
- Refreshments will be available at the end of the race. Full Market on the day, with food and drink stalls.
 - Kids entertainments for the day at the market.
 - We request that any old running shoes be placed in the basket at the entry table. These will be donated to the development teams.

AANGEBIED DEUR / PRESENTED BY: MONTANA ATLETIEK KLUB / ATHLETICS CLUB Vir Navrae Kontak / For Enquiries Contact: Wessel du Toit: 079 544 1398 / Denise: 083 469 9244

BDS RACE WITH (/itality

21.1км

ABDS: UNEIMHEED

> 10км 6:00am

🛞 Discovery

5км 6:15am

ENTRY FEES

1000			
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





ATHLETICS GAUTENG NORTH



SATURDAY . 2023





48th running of the PwC George Claassen Memorial Road Race Saturday 20 January 2024



Start times:

21.1km/10km run/walk 5km fun run 6am 6.30am

Cut-off times:

Cut-off time for the 21.1km at the entrance to Pick n Pay Hyper (9.7km) at 7.30am

Cut-off time at 10am

Race venue:

Pick n Pay Hyper, Faerie Glen Atterbury Rd. Start/finish:

Pick n Pay Hyper, Faerie Glen cnr Atterbury Rd. and Selikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com Race results: results.finishtime.co.za



Saturday, 3 February, 2024 at 06h00 Castle Gate Shopping Centre



PHOTO CORNER



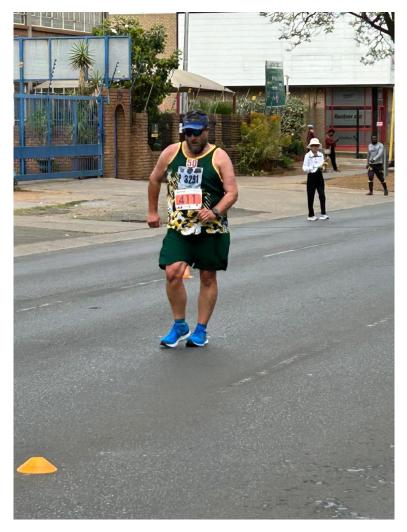
The social evening last week was a huge success



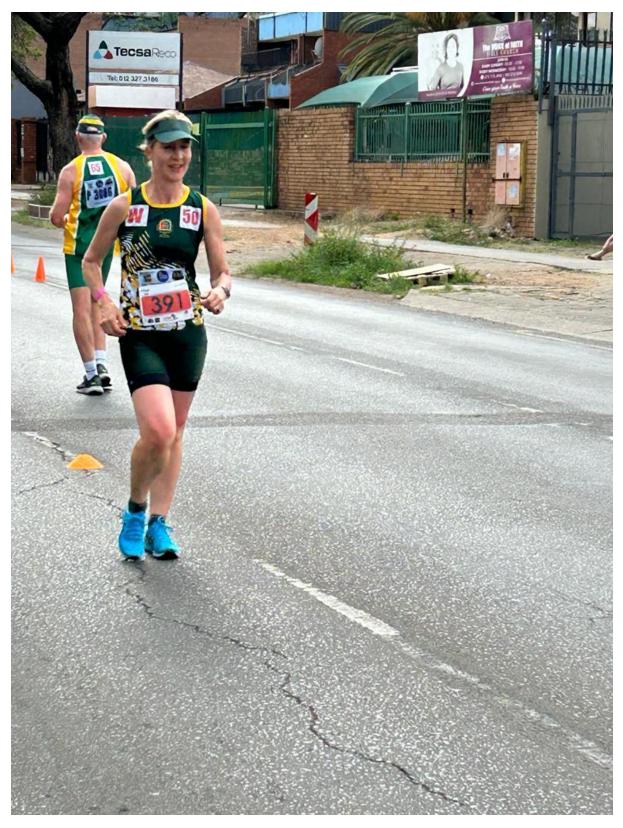
Part of the members who participated in the quiz



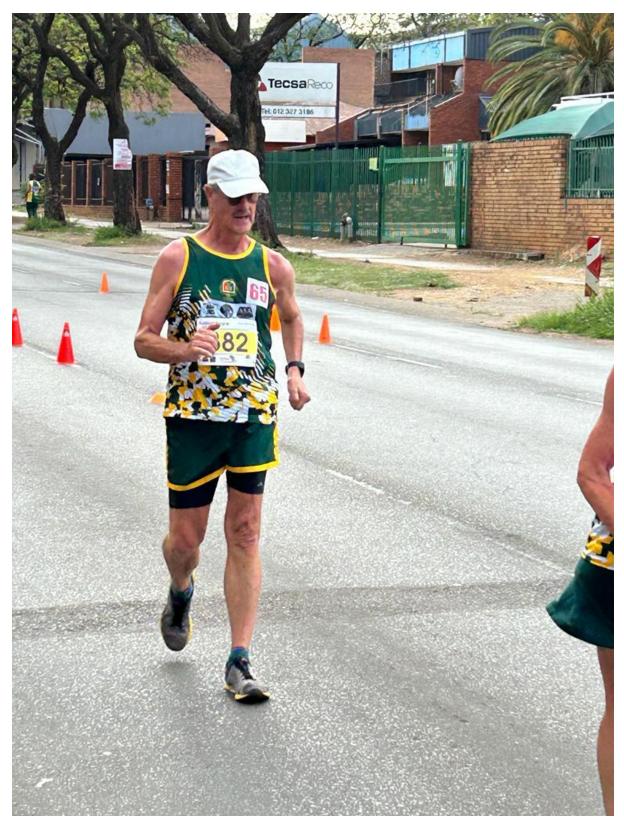
Irene members wearing their kit for the African Master Championships



Theuns Nieuwoudt in action on Saturday



Miemie Nel



Danie Labuschagne



Gold and silver for Irene



Elsa Meyer broke the world record in the 20 km walk in her age category



Irene members at the Tom Jenkins race



Nelda Smith on the podium