



# 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:

5000m      10 km      20 km

|          |                |        |        |      |
|----------|----------------|--------|--------|------|
| 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   |        |      |
| Isi      | van der Schyff | Silver | Silver |      |
| Jaap     | Willemse       | Silver |        | Gold |
| Lucia    | Willemse       | Silver | Silver |      |

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<sup>nd</sup> 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 30<sup>th</sup> 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 30<sup>th</sup> November and the results will be announced on the 2<sup>nd</sup> of December at the Irene Year End celebration. The next link will be sent out on the 26<sup>th</sup> 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 2<sup>nd</sup> of December, **Irene Lights Run** on Thursday the 7<sup>th</sup> of December.

As a final challenge to end the year, **RAC Tough One** is on Sunday the 26<sup>th</sup> 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:

Saturday the 25<sup>th</sup> November

**Saturday Social** – 10km @ 6am from Midstream M&B

**Voortrekker Monument** – 5, 10, 21.1km

Sunday the 26<sup>th</sup> November

**RAC Tough One**

**Irene Sunday Social** – Details TBC

Saturday the 2<sup>nd</sup> December

**BDS Race** – 5, 10, 21.1km

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

Sunday the 3<sup>rd</sup> of December

**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



**ARC IRENE RUN/WALK**  
**25 NOVEMBER 2023**

**ROAD RUN OR TRAIL RUN**

2KM, 5KM, 10KM, 15KM OR 21KM  
GROUP START @ 06H30  
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)

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

Discovery  
Vitality

REVOLUTION  
TRAILS





Photo: Elmer van Zyl

Official AGN Sanctioned Race

# 5TH RUNNING OF THE VOORTREKKER MONUMENT

HALF MARATHON, 10KM & 5KM FUN RUN / PRET DRAF

## "THE TOUGHERER ONE"

VITALITY POINTS- 10km=600 & 21km=1500



VOORTREKKER MONUMENT  
DRAAF & STAP KLUB

### GREEN RACE

Water available at water station, bring  
your own container or bottle

**DISTANCES:** 21.1 km, 10 km race and a 5 km fun run

**DATE:** Saturday, 25 November 2023

**START:** 21.1 km & 10 km – 06:00  
5 km – 06:15

**TIMING:** Only the 10 & 21 km

**VENUE:** Voortrekker Monument,  
Eeufees Rd, PTA



**Athletics**  
Gauteng North

GEBRINGAAN JOU DEUR:  
BROUGHT TO YOU BY:



**BECS Services (Pty) Ltd**

In association with BECS Environmental (Pty) Ltd



VOORTREKKERMONUMENT



## Lavender Kontreimark Myl Wedloop/Mile Run 25 November 2023



ENTER AT LKM  
ON THE DAY  
OR SCAN HERE



### 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 eligible 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.  
Wheelchair 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 *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](http://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





48<sup>th</sup> running of the PwC George Claassen Memorial Road Race  
Saturday 20 January 2024



Scan to register online

**Start times:**

|                      |        |
|----------------------|--------|
| 21.1km/10km run/walk | 6am    |
| 5km fun run          | 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](http://www.entryninja.com)

**Race results:** [results.finishtime.co.za](http://results.finishtime.co.za)





SAVE THE DATE!

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

● 21,1 km    ● 10 km    ● 5 km



## ***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