



# IRENE NEWS

**21 August 2023**

**No 33 – 2023**



## **ACHIEVEMENTS**

Congratulations to the following members who were on the podium at the Phobians 15 km:

Annatjie Greyvenstein	1 <sup>st</sup> GGM lady
Keith Reynolds	1 <sup>st</sup> Walker
Jaap Willemse	1 <sup>st</sup> GM walker
Lucia Willemse	1 <sup>st</sup> GM lady walker
Dirk Neethling	1 <sup>st</sup> GGM walker
Elsa Meyer	1 <sup>st</sup> GGM lady walker

## **TIME TRIALS**

The numbers at the time trials are slowly picking up. In September we will start at 17:30 again. Get ready for the summer and join us at the time trials on Tuesdays.

## **CAPTAIN'S CORNER**

With the warmer weather, spring around the corner and some big events coming up in the next few weeks, Irene training is now in full swing. Please join us and make use of the facilities and the training groups.

From a club training perspective,

- Morning training groups – Tuesday, Wednesday and Thursday @ 5.00 am from Midstream Mugg & Bean and Eco Park Virgin Active
- Mr Hills Thursday sessions will commence from September
- Time Trial Tuesdays, starting @17.30 from the Irene Club House
- Irene ARC open daily for all members

Races and Training events over the next few weeks

Saturday the 26<sup>th</sup> August

**Dawn to Dusk** – 100 miles & 12 hrs circuit

**SMU Half Marathon** – 5, 10 & 21.1km

Sunday the 27<sup>th</sup> August

**Wanderers** - 5, 10 & 21.1km

**ABSA Run your City (Tshwane)** – 10km

*There will be no Irene Sunday Social on the 27<sup>th</sup>*

Wednesday the 30<sup>th</sup> August

**PvR Dorpsfees** – 5 & 10km @ 18.30

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

**Spirit of Flight** – 5 & 10 km

Sunday the 3<sup>rd</sup> September

**Irene Sunday Social** – @ 6:30 am – Venue TBC

**Rand Water Vall Marathon** – 5, 10, 21.1 & 42.2km

We have a number of Irene members participating in Dawn to Dusk on the 26<sup>th</sup> August. A separate WhatsApp group has been set up to provide information on the logistics and Irene support. If you are not yet on the distribution list, please message Johan (081 8513864) / Rose (083 2585336). And if you are not participating, come through and support the teams.

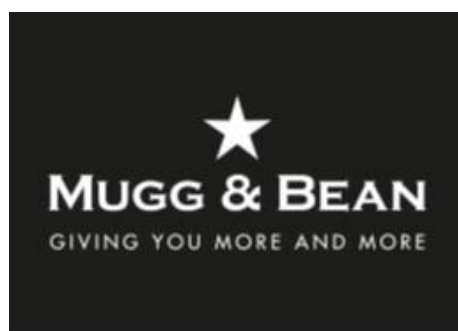
For members that are doing the Cape Town Marathon, we have managed to secure car hire and hotel accommodation preferential pricing. If you are interested, please WhatsApp Rose (083 2585336) for more information.

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

### ***PERSONALIA***

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

Ricardo	Swarts	22-Aug
Francisca	Rossouw	23-Aug
Charlene	van Niekerk	25-Aug
Jeanette	Duffy	26-Aug
Deon	Hoffmann	26-Aug
Jurie	Venter	26-Aug



Midstream Tel 012 940 9229

### ***THOUGHT FOR THE WEEK***

**Be brave to stand for what you believe in even if you stand alone.**

### **CHAIRMAN'S BALL**

After a number of years, the Chairman's Ball will be back this year. Watch this space for more details.



### **NOTICE BOARD**

A poster for the ARC Irene Run/Walk event. It features a background image of a person running on a dirt path through green grass. The text is overlaid on the image. In the top left corner, a black diagonal banner reads 'NO LICENSE REQUIRED OPEN TO NON-CLUB MEMBERS'. The main title 'ARC IRENE RUN/WALK' is in large black letters, followed by '26 AUGUST 2023' in the same font. Below this, 'ROAD RUN OR TRAIL RUN' is written in white. The distances '2KM, 5KM, 10KM, 15KM OR 21KM' are listed, followed by 'GROUP START @ 07H00'. The website 'WWW.REVOLUTIONTRAILS.CO.ZA' is provided for online entry. The venue 'IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION' is listed at the bottom, along with contact information '083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM'. The 'Vitality' logo is in the top right, and the 'Revolution Trails' logo is in the bottom left. A 'no dogs' symbol is in the bottom right.

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

**ARC IRENE RUN/WALK**  
**26 AUGUST 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**

**Vitality**

**Revolution Trails**

**No Dogs**



CALLING ALL ATHLETICS GAUTENG NORTH CLUBS

# COME RUN WITH US!



**EVENT DATE:**

Sunday, 27 August 2023

**EVENT TYPE:**

Road Running

**START TIME:**

08H00

**STARTING POINT:**

Union Buildings

**FINISH POINT:**

Union Building Lawns

**DISTANCE:**

10km

**CONTACT US TODAY TO ENTER**

companyentries@stillwatersports.com  
082 991 0045



**ENTER NOW**

**WIN A  
CAR!**

**ENTRY FEE: R240.00**  
**TEMP LICENCE: R50.00**

Challenge your club members to join forces and take part in one of South Africa's most diverse road running series, the Absa RUN YOUR CITY SERIES. The Jacaranda City will be buzzing with excitement when thousands of runners toe the line to paint the streets of Tshwane red at the Absa RUN YOUR CITY TSHWANE 10K. Runners can look forward to experiencing road running at its best! The route will incorporate iconic landmarks while featuring nonstop entertainment from start to finish compliments of Tshwane's leading performing arts groups and event sponsors.

Get ready to run Tshwane your way on Sunday, 27 August 2023!

**GROUP INCENTIVE OFFER:**

- Enter 10 or more club members and you will automatically receive a 10% discount on all entries
- Dedicated Group Entries collection point at Race Pack Collection
- Club members will be seeded together in the same batch (on request)

**STANDARD ENTRY INCLUDES:**

- Absa RUN YOUR CITY Series Event Performance T-shirt
- Absa Entrant Gifts (Peak Cap, Socks, Drawstring Bag & Shoelaces)
- DHL Water Bottle
- Race Number & Timing Chip
- Absa RUN YOUR CITY Series Finisher's Medal
- Amazing Route Entertainment from Start to Finish
- 2 x Refreshment Stations on Route
- Tog Bag Drop and Collect Service

runyourcityseries.com

f @ Tshwane10k

#RunYourCity #AbsaRunYourCity





## PvR Dorpsfees Night Race Wednesday 30 August 2023

Distance	Entry fee	Start time	Minimum age	Cut off time	Late entries
10km	R120	18:30	14 years	20:30	R150
5km	R60	18:30	9 years	20:30	R80
Kiddies run	Free	18:30	3-6 years		

Temporary license  
required for  
non-registered athletes  
on the 10km – R 50  
70+ athletes: FREE entry

Online entries at [www.entryninja.com](http://www.entryninja.com) Entries close 27 August 2023  
No prize money - medals for all finishers

Late entries (on race day: cash or card):

14 Baltimore Road, Pierre van Ryneveld

- 5 km Fun Run & 10 km Race Start:

cnr Mustang Ave & Blenheim Road,  
Pierre van Ryneveld

- 5 km Fun Run & 10 km Race Finish:

14 Baltimore Road, Pierre van Ryneveld

- Kiddies Run at:

14 Baltimore Road, Pierre van Ryneveld

Race number collection:

Pierre van Ryneveld Geloofsfamilie

14 Baltimore Road, Pierre van Ryneveld

- 29 August 2023

strictly from 16:00 until 19:00

- 30 August 2023

strictly from 15:00 until 18:15

Secure parking for all athletes:

cnr Mustang Ave & Blenheim Road

Pierre van Ryneveld (Open field)



No athletes will be permitted to  
drive in Baltimore Road  
Athletes with club gazebos need  
permission to drive to finish in  
Baltimore Road and must be set  
up before 17H30  
Race enquiries: Johan van Vuuren  
- 081 851 3864

*Athletes, join us for a "braai & kuier" afterwards  
Wood for the braai will be provided*





**Pretoria Military Marathon Club**

presents

**Spirit of Flight Race**

(10km Walk/Run & 5km Fun Run)



to be hosted at

**Airforce Base Zwartkop, Valhalla**

(Old Johannesburg Road, Northern Entrance)

**2 September 2023 @ 06:30**



This race will be ran in the memory of

**MAJ. NTOKOZO NTSHANGASE**



*Special Medals for the 1st 2000 finishers!*



**Athletics**  
Gauteng North



**ENQUIRIES:**

Vuyani Kilani 074 839 8994 Vusi Lerefolo 061 493 4543 Lebo Nku 072 331 8586



# BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

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**9 SEPTEMBER 2023**

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START & FINISH IN VEALE STREET, BROOKLYN MALL  
[www.entryninja.co.za](http://www.entryninja.co.za)



IN MEMORY OF ANDREW GREYLING

BROOKLYN MALL  BROOKLYN SQUARE

Tel: 012 346 1063 | [www.brooklynmall.co.za](http://www.brooklynmall.co.za)



**THE 55<sup>th</sup> CONSECUTIVE RUNNING OF THE**

# **MULLER POTGIETER**

## **ROAD RACE**



Muller Potgieter was a highly talented long-distance runner who won various marathons and achieved a fourth place in the 1968 Comrades at the age of 23. He tragically died in an accident a few months later. The Gauteng North running community decided to honour him by hosting an annual memorial race, the first one taking place in October

1969 Follow this link for Muller Potgieter history <https://vtmclub.co.za/muller-potgieter-gedenkwedloop/>

## **Official AGN Sanctioned Race**

**Distances:** 15km Race and a 5km Fun Run

**Date:** Saturday 16 September 2023

**Start:** 15km – 07:30 / 5km – about 07:45

**Venue:** **Voortrekker Monument**, use the Eeufees Rd entrance

*Earn 600 Discovery Vitality Points (15km finishers)*





# EXXARO ROAD RACE CHALLENGE

ECO BOULEVARD MALL  
CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

23 SEPTEMBER 2023

exxaro

POWERING POSSIBILITY

"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](http://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







THE CSIR RUNNING CLUB  
IS PROUD TO HOST THE

# 30<sup>TH</sup> CSIR ROAD RACE

**SATURDAY,  
21 OCTOBER 2023**

**CSIR MAIN CAMPUS, MEIRING NAUDE  
ROAD, BRUMMERIA, PRETORIA**

**Run and Walk 21.1 KM  
10 KM  
06:00**

**CUT-OFF TIME IS 09:15**

NB: Any participant taking part in the 21.1 km who has not reached the Main Gate at 08:30 will not be permitted to complete for safety reasons

**Run and Walk 5 KM  
06:30**

**RACE VENUE**

Start and finish at the CSIR Main Campus,  
Meiring Naude Road, Brummeria, Pretoria

**ONLINE ENTRIES:** [www.entryninja.com](http://www.entryninja.com)

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

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE	MINIMUM AGE	START TIME	CUT OFF	PRIZE GIVING
21.1 km	R200	R230	16 years	06:00	09:15	09:00
10 km	R150	R180	14 years	06:00	08:00	09:00
5 km	R50	R60		06:30		



**science & innovation**

Department:  
Science and Innovation  
REPUBLIC OF SOUTH AFRICA



**CSIR**  
Touching lives through innovation



28 OCT '23



# Irene Farm Race

#Run4HumanRights

with Discovery Vitality



21.1  
KM

10  
KM

5  
KM

FREE SHIRT  
to the  
first 4000  
entries



## ENTRY FEES

Entry Fee	21.1km	10km	5km
70+	Free	Free	Free
All other categories	R200	R120	R80

## 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

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

## RACE NUMBER COLLECTION

Friday 27 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733  
Race day (Saturday 28 October):  
04:00 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 5000 entries
- (Pre-entries close on 22 October or when cap is reached).

- Online entries: [www.entryninja.com](http://www.entryninja.com)
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

let's  
RUN  
for  
Human  
Rights

Freedom  
Equality  
Justice  
& Vitality Points

HUMAN RIGHTS 75



ARC Campus, Nellmapius Drive, Irene





aQuellé.

# JACARANDA CITY CHALLENGE

EARLY COMRADES & TWO OCEANS QUALIFIER

**11 NOVEMBER 2023**

1 2 3 4 5 6 7 8 9 10 **11** 12 13 14 15 16  
17 18 19 20 21 22 23 24 25 26 27 28 29 30

**YOUR FAVOURITE  
CITY ROAD RACE**

**5km  
10km  
21.1km  
42.2km**

INCORPORATING  
AGN MARATHON  
CHAMPIONSHIP



**Athletics  
Gauteng North**





## PHOTO CORNER



Ready for action at the Phobians 15 km



Happy to be able to run, Kobus Oberholzer and Gert Fourie





Theuns Nieuwoudt enjoying the quietness with everybody on the road



Noel Banda, first Irene finisher





Rosemary Brink, first Irene lady finisher



Rykie Kruger





Aloïse Boshoff



Ansie Breytenbach





Glenn Simmonds



Johan Snyman and Jessica Simmonds





Keith Reynolds, first walker



Pieter Jordaan





Theuns Willemse



Belinda Hudson and Daleen Labuschagne





Running through the Boys High terrain is very special

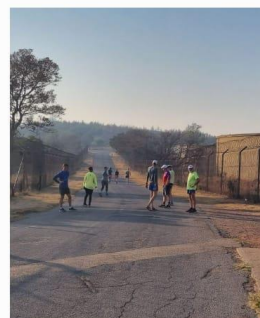


Henk Basson and Joy Dekker





Johan Snyman, Jessica Simmonds, Rosemary Brink and Glenn Simmonds







Christian Roeder ran the 21 km at the Standard Bank race in Maputo