



IRENE NEWS

21 November 2022

No 45 – 2022



ACHIEVEMENTS

Sandra Steenkamp 2^{1st} GM lady – Tom Jenkins 21 km

Congratulations!

BREAKING NEWS – LETTER FROM THE CHAIRMAN

Dear Irene Member

With this year quickly drawing to close, I am proud to say that Irene AC has had a successful 2022.

After our recent management planning session, we are looking forward to a full calendar for 2023.

After our successful and well supported Irene Ultra and Farm Race we can substantially reduce our membership fees for 2023. As in the past we'll also compensate our loyal members who braced the cold and rain in April and the heat in October with a R100 discount for each event you worked at.

2023 Membership Fees:

AGN licences are optional.

Licence Fee R200 (AGN Cost Price)

Plus:

Full Membership	R450
Additional Family Members	R350
Pensioners (65+)	R300
Juniors	R200

Club T-shirts will be available at R50 each for the first 400 members. There after R100 each.

We'll send out a list with all the names of those members who worked at the races. Please verify that your name is on the list before subtracting the discount from your membership fee. We hope that this will encourage more members to assist at our next races.

Entries will open on 1 December.

Club Champs:

The following races were chosen as our club champs for 2023:

21 km	4 February	Inter Care Classic at Rietondale Park
10 km	2 September	Spirit of Flight at Zwartkop Airforce Base

42km 11 November Jacaranda City Challenge @ Rietondale Park

Please bookmark:

3 December for the Year End Function and Price Giving

4 December for the Ons Tuis Charity Run

6 December for the final club social – Quiz Night

8 December for the Christmas Lights Run in Waterkloof

1&2 April 2023 for the Irene Running Festival

28 October 2023 for the Irene Farm Race (Helper's Race 29 Oct)

More information will follow in the next newsletters.

CLUB CAPTAIN'S CORNER



Irene Running – Construction in progress, so keep watching this space!

Over the next few weeks, we will be sending out a survey to ensure that what is being planned for 2023 is in line with what Team Irene is looking for. Your feedback and input is really key.

With the year winding down and the holiday season approaching, there are a few events that are planned for the start of December. Please keep this in mind, in your training and social plans:

- Couch to 5km qualification run over the weekend of the 3rd and 4th December
- Charity Sunday Social from Irene Link on the 4th December starting at 6:30am
- Christmas lights run planned for Thursday the 8th December
- Christmas Sunday Social on the 11th December

Flyers will be sent out with details for each event.

COACH'S CORNER

Weekend long run

15min easy run warm up

20min Tempo pace

5min easy recovery run

15min upper Tempo pace

5min easy recovery run

10min lower Threshold run

5min easy recovery run

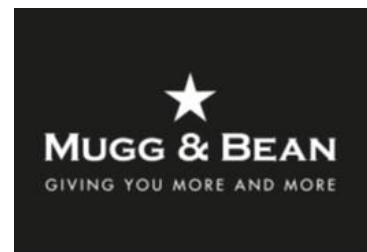
15 min cooldown run



PERSONALIA

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

Charmaine	Janse van Rensburg	21 Nov
Jolande	Janse van Rensburg	21 Nov
Conrad	Langerman	22 Nov
Lynette	Gough	26 Nov
Gerard	van den Raad	27 Nov
Glenn	Thompson	27 Nov



Midstream Tel 012 940 9229

YEAR END FUNCTION

It is still early but we need you to book your place for the year end function to give Joy the opportunity to plan properly.

It will be a memorable evening, don't miss out.

The club is subsidising the spitbraai substantially, hence the price of only R80 for a plate of food.

IRENE ATHLETICS CLUB
* * YEAR END * *
* * CHRISTMAS PARTY * *
AND PRIZE GIVING

**3 DEC '22 FROM 14.00
AT THE CLUB HOUSE**



**SPIT BRAAI AND SALADS
SERVED AT 17.00
R80 A HEAD
CHILDREN UNDER 12
R40 A HEAD**



HO HO HO...

**PLEASE RSVP
JOY 083 284 4884
BEFORE 26 NOVEMBER**



THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

2 x R250 vouchers with the compliments of Mugg & Bean Midstream

Saturday:

Muller Potgieter 5/10/21 @ 06:00. (The Gazebo will be there)

Trail un – Club House

Sunday:

Social Run @ 06:30. Venue to be confirmed

NOTICE BOARD



ARC IRENE RUN/WALK
26 NOVEMBER'22

ROAD RUN OR TRAIL RUN
2KM, 5KM, 10KM, 15KM OR 21KM

GROUP START REGISTRATION: 05H45 - 06H25
GROUP START 06H30
INDIVIDUAL REGISTRATION & STARTS AS OF 06H30 - 08H00

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

REVOLUTION TRAILS
COLLAGEN FOR ATHLETES
Vitality



The 54th annual Muller Potgieter Memorial Race is being hosted at the Voortrekker Monument on 26 November 2022. 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. Follow this link for Muller Potgieter history <https://vtmclub.co.za/muller-potgieter-gedenkwedloop/>



Photo: Elmer van Zyl



Official AGN Sanctioned Race

THE 54TH CONSECUTIVE RUNNING OF THE
MULLER POTGIETER/
4TH RUNNING OF THE
VOORTREKKER MONUMENT
HALF MARATHON, 10KM & 5KM FUN RUN / PRETDRAF
"THE TOUGHERER ONE"



VOORTREKKER MONUMENT
DRAAF & STAP KLUB



Athletics
Gauteng North

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 Saturday, 26

DATE: November 2022

START: 21.1km & 10km – 06:00

5km – 06:15

Gun to mat timing on 10

& 21.1km only

Voortrekker Monument,

Enufoes Rd, PTA

VENUE:



GEBRINGAAN JOU DEUR:
BROUGHT TO YOU BY:



BECS Services (Pty) Ltd

In association with BECS Environmental (Pty) Ltd



**Tshwane University
of Technology**
We empower people



TUT NIGHT RACE

10km & 5km

VENUE: TUT Pretoria Campus Stadium

DATE: 30 November 2022

START TIME: 18h00 – 10 km
18h05 – 5km

ENTRY FEE: R100 for 10 km
R60.00 for 5km
Temporary License for R40-00

ENTRIES: TUT Pretoria Stadium
Athletics Office – Bld 51, Room 118
&
Pilditch Stadium offices

ENQUIRIES: Whitney Matseba | Beatrice Themane
063 347 7714 | 072 587 1163



**16 DAYS OF
ACTIVISM**
FOR NO VIOLENCE AGAINST WOMEN AND CHILDREN

Banking details: Account holder
(Tshwane University of Tec)
Account number (04 000 000 3)
Type of account (Cheque or current acc)
Branch Code (632005)
Reference (F683/0490)



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BDS RACE WITH *Vitality*

21.1 KM
6:00am

10 KM
6:00am

5 KM
6:15am

03 DEC
SATURDAY.2022

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

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- Friday, 02 December: 09:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 03 December: 05:00 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 2500 entries
- 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
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384



Our Race Sponsors



SHORT TERM BROKERS

PTY LTD
Cape Town
0600
Tel: (021) 861 5555
Fax: (021) 861 4566
Email: info@stb.co.za



If you want your logo on this page, let us know at info@irenerunner.co.za

THOUGHT FOR THE WEEK

If we worry too much about ourselves, we won't have time for others.

PHOTO CORNER



Ready for the time trials



It was good to see Zoe Scholtz again



Annemarie Chinchin



Johan Engelbrecht and potential new member Dave Mellet



Karin Sack, Jenny Cairns and Ian Tait



Deena Naidoo and Cuthbert Mamabolo relaxing afterwards



Action at a wet Tom Jenkins race on Saturday



Action of a different kind, Theuns Nieuwoudt replacing a flat tyre on his vehicle