



# IRENE NEWS

22 May 2023

No 20 – 2023



## ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Race of Hope on Saturday:

Mike Gibbons	1 <sup>st</sup> GGM male – 10 km
Annatjie Greyvenstein	1 <sup>st</sup> GGM lady – 10 km
Leon Page	1 <sup>st</sup> GM male – 10 km
Jaap Willemse	1 <sup>st</sup> GM walker – 10 km
Estien van Wyngaard	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GM – 10 km
Keith Reynolds	1 <sup>st</sup> Vet walker & 2 <sup>nd</sup> male – 21 km
Dirk Neethling	1 <sup>st</sup> GGM walker & 3 <sup>rd</sup> male – 21 km
Elsa Meyer	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GGM – 21 km
Ilze Merrick	1 <sup>st</sup> Vet lady walker & 3 <sup>rd</sup> lady – 21 km

Congratulations also to Holger Hedelt who ran the Olympian 180 km race in Greece in a time of 24:37:16. A fantastic achievement!

## PERSONAL ACHIEVEMENTS

Heimar Beukes	PB – 21 km
Melani Swart	PB – 21 km

Well done!

## ADMIN DESK

The **Admin desk** will be **closed** on Tuesday **23 May 2023**,  
Please ensure you collect your license in time for the next race.

Those who paid their t-shirt before Feb '23, please collect. From **6 June** t-shirts not collected will be handed to members who paid After Feb '23.

## COMRADES GOODIE BAGS

Time is running out, help us please!

## **CAPTAIN'S CORNER**

From a club training perspective, the schedule for the week ahead:

Standard weekly training sessions, with some updates based on the time of the year:

- o Morning training groups @ 5am from Midstream Mugg & Bean on a Tuesday, Wednesday & Thursday, and Virgin Active Eco Park @ 5 am on a Tuesday & Thursday
- o Hills with "Mr Hills" on a Thursday - **On hold for the next few weeks**
- o Time Trial Tuesdays starting @ **17:15** from the Irene Club House
- o Irene ARC is open daily to all club members, from 16:00

Races and training runs over the next few weeks:

Friday the 26<sup>th</sup>

**Cross Country League.**

Saturday the 27<sup>th</sup>

**Skosana, Race of Gratitude** – 5, 10 & 21.1km from Centurion Mall. **League race**

**Cosmo** – 5 & 10km.

**AGN Track & Field League** – Pilditch.

Sunday the 28<sup>th</sup>

**Irene Comrades Send Off Run / Walk** – 5km & 10km for all Irene members & supporters from Midstream Mugg & Bean @ 7am.

Saturday the 3<sup>rd</sup> of June

**Irene Saturday Social** – *Details to be confirmed.*

Sunday the 4<sup>th</sup> of June

**Irene Sunday Social** – 10km @ Irene Link @ 7 am.

There are some additional events that are planned over the Comrades period, please diarise these and respond where required as they are always loads of fun. All these events are open to Irene members, family and friends.

- Saturday the 3<sup>rd</sup> of June : Irene Comrades Pre-Function @ 14:00
- Sunday 4<sup>th</sup> of June : Comrades Church Service at Pierre van Ryneveld Church
- Sunday 11<sup>th</sup> of June : Comrades
- Monday 12<sup>th</sup> of June : Post Comrades get together
- Tuesday 20<sup>th</sup> of June : Aches and Pains Party

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

#### **IV Nutrition Therapy**

This is the perfect time of the year for an extra boost, with the cold weather that has set in and Comrades around the corner for a number of runners. Dr Mia Breedt, is offering all Irene members a 20% voucher on any of the IV treatments that she does. Brochure and vouchers will be sent out during the next few days.



#### **Are you ready to run for your country again?**

We are thrilled to announce the latest fixture in the Running World Cup Clashes - South Africa vs Ukraine! Last years Running World Cup first and second placed countries. This highly anticipated clash is set to take place on the weekend of 27<sup>th</sup> /28<sup>th</sup> May and promises to be an exciting event for all participants.

The best part? **It's free to enter!** All you need to do is download the latest version of the "Running World Cup app" via google play or the app store. **Irene Athletics Club, is also set up**, so join in.

So, lace up your running shoes and get ready to represent your country in this epic battle aimed at securing valuable world ranking points that will contribute to your country's qualification for this year's Running World Cup in September

Will South Africa or Ukraine come out on top? Only time will tell.

# WEEKLY SCHEDULE



**Date:** 22 May - 28 May

TUESDAY	WEDNESDAY	THURSDAY
 <p><b>T.T - ARC @ 17:15</b></p>	 <p><b>ARC Long Run - Venue Open from 16:30</b></p>	
 <p><b>Morning Training Group</b></p> <p>Midstream Mugg &amp; Bean &amp; Eco Park Virgin Active @ 5am</p>	 <p><b>Morning Training Group</b></p> <p>Midstream Mugg &amp; Bean @ 5am</p>	 <p><b>Morning Training Group</b></p> <p>Midstream Mugg &amp; Bean &amp; Eco Park Virgin Active @ 5am</p>
SATURDAY	SUNDAY	FOLLOW US
 <ul style="list-style-type: none"> <li>• Skosana : Race of Gratitude 5, 10 &amp; 21.1km @ Centurion Mall</li> <li>• AGN Track &amp; Field League @ Pilditch</li> <li>• Cosmo - 5 &amp; 10km</li> </ul>  <p><b>Long Run</b></p>	 <p><b>Social Runs</b></p> <p>Irene Comrades Send Off Run / Walk – 5km &amp; 10km from Midstream Mugg &amp; Bean @ 7am For all Irene members &amp; supporters</p>	 <p>Facebook</p>  <p>Instagram</p>  <p>Irene AC Notifications</p>

## IRENE ATHLETICS CLUB

## FRIDAY (26 MAY)

- Cross Country League



**IRENE**





The poster features a collage of images showing runners and spectators at a race. Overlaid on this are several colorful, tilted text boxes with white or black text. The main title is in large, stylized letters. Key information includes the date, distance options, start/finish location, and a lucky draw. Decorative elements include stars and a tree icon.

# Irene COMRADES SEND OFF RUN

**Time to get “funky”**  
Lace up, put on those funky pants and come  
join the Irene Comrades 2023 team.

**Starting & Ending:**  
**Midstream Mugg & Bean**  
**@ 7am.**

**Open to all Irene runners, walkers,  
family, and friends.**

We invite Midstream runners,  
walkers & Comrades supporters

**MAY 28**

**10km** **5km**

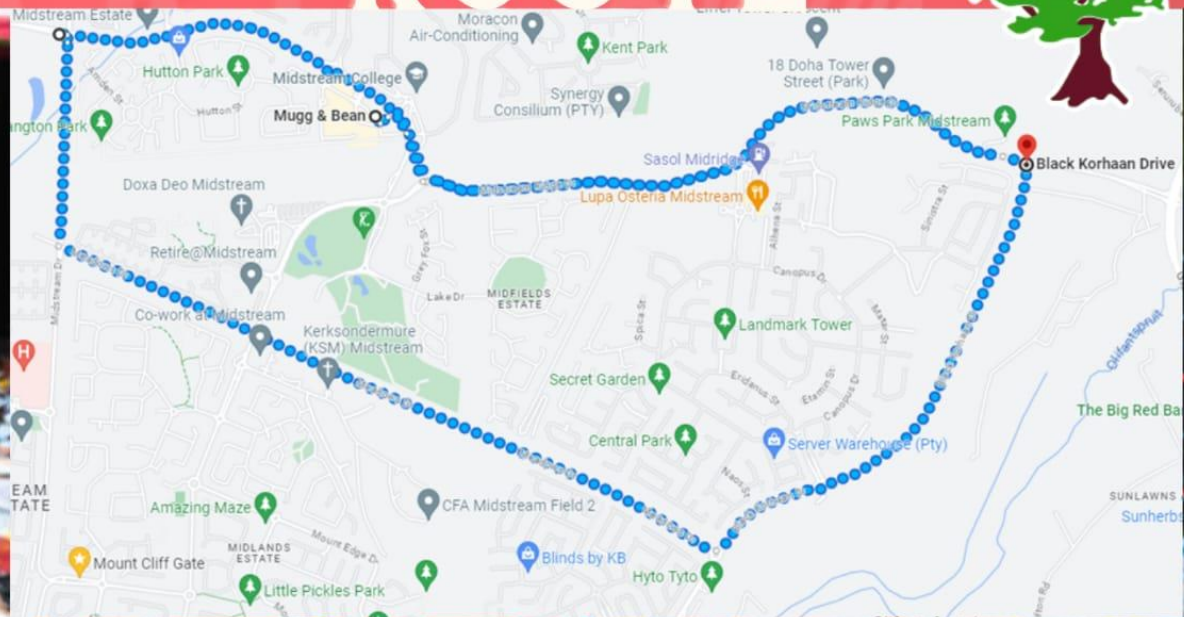
**Lucky draw**  
to raise funds to help some of the runners  
in need on their Comrades Journey

**Mugg & Bean**  
will be sponsoring a little  
treat for everyone at the end





# ROUTE



## **Irene Comrades “Send off Run”**

**Start @ Midstream Mugg & Bean.**

**From Brakfontein, left @ robot into Midstream Ridge Drive. Past Sasol, keep left and down the hill.**

**At the circle after the boom, right into Black Korhaan Drive.**

**At the 2nd circle (Action Sports), turn right into Meadows Drive. All the way up Meadows drive, to the last robot.**

**Right into Midstream drive and down the hill. Right into Brakfontein all the way to Mugg & Bean**

**Total : 10km**

**There is a 5km, that will be an out and back**

## PERSONALIA

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

Jessica	Simmonds	23 May
Sibusiso	Sibisi	24 May
Grazyna	Koornhof	25 May
Annelie	Grundling	28 May



Midstream Tel 012 940 9229

## THOUGHT FOR THE WEEK

Climb the mountains so that you can see the world, not so the world can see you.

## NOTICE BOARD

**ARC IRENE RUN/WALK**  
**27 MAY 2023**

**ROAD RUN OR TRAIL RUN**

2KM, 5KM, 10KM, 15KM OR 21KM  
GROUP START @ 07H00  
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

**Revolution TRAILS**

*Vitality*





**27 MAY 2023**

**5km | 10km | 21.1km**

**WALK  
& RUN**

**RACE STARTS AT 07:00**



**Centurion Mall**

**CENTURION MALL**  
**SKOSANA Legend**

**SACSC 2022 Award Winning Race**

**Race of  
Gratitude**

**THE  OF  
CENTURION**

f | [centurionmall.co.za](https://centurionmall.co.za)



# Running is a gift to be celebrated

"Let everything that breathes praise the Lord"  
Psalm 150:6

Ziyasha



## A church service for Comrades athletes and supporters

Pierre van Ryneveld Geloofsfamilie  
14 Baltimore Rd, Pierre van Ryneveld, Centurion  
4 June 2023  
11h00

Contact: Henk van Rensburg  
082 336 7555 | [henk@pvr.co.za](mailto:henk@pvr.co.za)



**Come in your Comrades / Club clothes. Coffee will be available after the service.**



# SOSHANGUVE GREAT RUN

**Celebrating Youth Day**

**MILE, 5KM & 10KM Race**

**17 June 2023**

## EVENT DETAILS



Soshanguve Crossing Mall  
Corner Ruth First Road & Aubrey Matlakala Str

**Soshanguve Great Run 2023**

## Partners







## **EYETHU ATHLETICS CLUB**

Hosts the annual

**FITNESS TEST : HALF MARATHON (21.1KM),  
10KM & 5KM FUN RUN.**



**Athletics**  
Gauteng North

Date	: 12 August 2023
Venue	: Centurion Lifestyle Centre, Centurion
Start Time	: 06h:30
Pre-Entry Fee	: 21.1km = R190.00, 10km = R150.00 & 5km = R50.00
Race day Entry Fee	: 21.1km = R220.00, 10km = R180.00 & 5km = R80.00
Temp Licence	: R50.00



Store entries open: **01 April 2023 to 09 August 2023**

Tshwane Running Shop, Sinoville: (087) 688 1336

Run-A-Way-Sport, Lynnwood: (012) 361 3733

Also Race Nr Sales @ 0782205763, 083 379 9830 & 082 305 2447

Online entries open: **01 April 2023 to 04 August 2023** @ [www.entryninja.com](http://www.entryninja.com)

Online Entries Collection:  
Centurion Lifestyle Centre, Centurion:  
Date: **11 Aug 2023 @ 11h:00-17h:00**

Race Day Entries Sale: 05h:00 - 06h:10

All Discovery Vitality members can earn Vitality points as follows:  
300 Vitality points for completing 5km  
600 Vitality points for completing 10km  
1,500 Vitality points for completing 21.1km

Prize giving: 10km ~ 09h:30 & 21.1km ~ 10h:00

### **Prize Money: Male & Female (21.1 km run)**

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 550.00	R 1100.00	R 350.00	R 350.00	R 350.00	R200.00	R200.00
2	R 400.00	R 700.00	-	-	-	-	-
3	R 350.00	R 600.00	-	-	-	-	-

### **Prize Money: Male & Female (10 km run)**

Pos	Jnr	Open	40-49	50-59	60-69	70-79	80+
1	R 250.00	R 650.00	R 250.00	R 250.00	R 250.00	R 200.00	R200.00
2	R 200.00	R 450.00	-	-	-	-	-
3	R 180.00	R 350.00	-	-	-	-	-

### **Medals**

	21.1 km	10 km
Gold	Prize winners	Prize winners
Silver (R)	Next 100 runners	Next 100 runners
Finishers medal	To all finishers within-cut-off times	

### **Run-A-Way Store Discounts:**

- 10% discount for any sport wear purchase at Run-Away-Sport shop. The participant will only need to bring the race number to the store before 30 November 2023.



## PHOTO CORNER



The 10 km podium winners at the Race of Hope



Anneri and Elze le Roux





Holger Hedelt in action during the Olympian 180 km race in Greece





Night time during the race



