



# IRENE NEWS

22 November 2021

No 48 – 2021



## ACHIEVEMENTS

Congratulations to Johan van Vuuren, Lourensa Eckard and Ignus van Rooy who completed the Sky Run over the weekend. A great achievement indeed.



Johan van Vuuren and Lourensa Eckard after completing the Sky Run

YEAR END FUNCTION

**You are invited to**



**The Enchanted GARDEN**  
YEAR END AND PRIZE GIVING  
**PARTY**  
@  
IRENE ATHLETICS CLUBHOUSE

**5 DECEMBER 12PM**

**Things are 'returning to normal'  
so LETS START LIVING AGAIN!**

Bring and braai  
Braai packs and salads available  
Bar will be open  
RSVP Joy 0832844884 for numbers

**WEAR A TOUCH OF PURPLE TO STAND  
A CHANCE TO WIN A SPOT PRIZE**

PS. Bring your cozzie for the water slide

## AGN RACES

Although no club tents are allowed at this stage, official AGN races are beginning to return. Please support these races. The next on will be the race at the Voortrekker Monument.

Please note that it is a pre-entry only race. We will have to get used to the idea that there will be no entries on race days anymore.



Official AGN Sanctioned Race

3RD RUNNING OF THE / 3DE AANBIEDING VAN DIE

# VOORTREKKER MONUMENT

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

**"THE TOUGHERER ONE"**

Photo: Emmer van Zijl



VOORTREKKER MONUMENT  
DRAF & STAP KLUB

## GREEN RACE

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

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

**DATE:** Saturday, 27 November 2021

**START:**

- 21.1km - from 06:00 to 06:10
- 10km - from 06:10 to 06:20
- 5km - 06:25

Mat to mat timing on 10 & 21.1km only

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



**Athletics**  
Gauteng North



VOORTREKKERMONUMENT

CEBRING AAN  
JOU DEUR:  
BROUGHT  
TO YOU BY:



## BECS Services (Pty) Ltd

In association with BECS Environmental (Pty) Ltd

## GENERAL INFORMATION / ALGEMENE INLIGTING

### ENTRY FEES

21.1km: R120 | 10km: R100 | 5km: R50

Temporary License: R40

Only 1000 entries - 10 & 21.1km

Only 500 entries - 5km

NO PRIZE MONEY

- Guarded parking available
- Ample toilet facilities
- COVID-19 screening before race
- Water station
- Medal at finish
- NO TOG BAG AREA AND NO CLUB TENTS DUE TO COVID-19 REGULATIONS

- **ONLINE PRE-ENTRIES ONLY, at [www.entryninja.com](http://www.entryninja.com). THERE WILL BE NO RACE-DAY ENTRIES.**
- Online entries close 21 November 2021 at 20:00.
- Entry collection at the Voortrekker Monument on Friday 26 November from 13:00 to 18:00 or on race day as from 04:30 until 05:55.
- 2021 ASA license numbers or a temporary license number is compulsory on the 10 & 21.1km.
- Temporary license can be purchased online with pre-entry.
- Late entries, entries and/or temporary licenses on race day will not be available.
- Time limit – 3 hours. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining (08:50), will be diverted to the finish.
- No animals allowed.
- The Safety at Sports and Recreational Events Act 2 of 2010 will be strictly adhered to.
- The organizing club is obliged to pay 10% (VAT excl.) of the entry fee to AGN as a levy.

### VERY IMPORTANT INFORMATION

- Runners must adhere to all COVID protocols, including wearing of face masks or buffs, and social distancing.
- All entrants MUST complete the questionnaire, or you will not be granted access to the venue on race day.
- We ask for your cooperation in this regard, as non-adherence will cause delays and crowding at the entrance.
- Please arrive early.



**An AGN Green Race. No plastic sachets or paper cups at water station. Water will be available at the water station, bring your own container or bottle.**

## RACE RULES / WEDLOOP REËLS

- The race is run in accordance with AGN and ASA rules.
- All athletes indemnify the national, provincial and regional bodies, sponsors, and organizers of the race against any claims of whatsoever nature, which may arise due to participation in the race. The organizers are indemnified from any claims should the race not take place. If the race is cancelled due to bad weather, political unrest or any other reason whatsoever, all paid entry fees will be forfeited.
- Age restriction: 10 km – 14 years. Half Marathon - 16 years.
- No iPod's or listening devices.
- Pirate/non-registered participants will be removed by the referees and organizers assisted by security. This rule will be strictly enforced at the start, during the race and at the finish.
- No late starters will be allowed. That is later than 5 minutes from the group start time

**CONTACT DETAILS: [vtmraces@gmail.com](mailto:vtmraces@gmail.com) / 064 582 6664**

## BAR NEWS

It will be a bring and braai only on Tuesday evening.  
Let's make it an enjoyable evening!



## TRAIL RUN

Support the trail run on Saturday if you don't do any other race.

A promotional poster for the ARC IRENE HYBRID RUN/WALK event. The poster features two photos of runners: a woman on the left and a man on the right. The text on the poster includes:  
**ARC IRENE HYBRID RUN/WALK**  
**27<sup>th</sup> NOVEMBER '21**  
STAGGERED STARTS BETWEEN 06H00 TILL 08H00  
**ROAD OR TRAIL RUN**  
2KM, 5KM, 10KM, 15KM OR 21KM  
**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  
Logos for Revolution Trails, Collagen for Athletes, CEBE, and 2020 Vision Care are also present.

## PERSONALIA

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

Conrad	Langerman	22 Nov
Nicol	Steenkamp	23 Nov
Lize	Smith	25 Nov
Lynette	Gough	26 Nov
Gerard	van den Raad	27 Nov



## THOUGHT FOR THE WEEK

Don't ask me why I run, ask yourself why you don't.

***PHOTO CORNER***



What a privilege to run our time trials at this venue



Everything is so green on the farm



Getting ready for the uphill



Our members are invited to join the time trials on Tuesdays



Hill training for the walkers



Spectators next to the club house



Sunset at the club house



Mathabo Mathebula and Ernest Kenoshi getting ready for their time trial



Irene representation at the Sani Stagger



Irene members at the Tom Jenkins



Good to see runners in the streets of Pretoria again (Tom Jenkins race)



Letha Kotze and Mariet Louw did the Elandskloof Trail and Dullstroom