



**23 June 2025 25/25**

### *EDITORIAL*

At the Comrades Aches and Pains function last Tuesday, the following members received their trophies:

First man	Gareth Nicholson
First lady	Krysten Smithers
First Novice man	Leon Kotze
First Novice lady	Tamryn Pieterse
Last Irene Finisher	Clifford Woodroffe
Comrades Vasbyt	Prince Nmutanzhela
Spirit of Comrades	Lynette Gough

Gareth, Krysten, Leon, Tamryn and Clifford also received a cash amount of R2000 each donated by Louis and Nadene Visser, owners of Short Term Brokers. We want to thank them for this generous donation.

### *ACHIEVEMENTS*

Congratulations to the following members who finished in the top 3 in their respective age categories at the cross-country meeting held at Cullinan on Saturday:

Emma Cox	1 <sup>st</sup>
Ansie Breytenbach	2 <sup>nd</sup>
Nelius van Rooyen	2 <sup>nd</sup>
Yolande Cowley	3 <sup>rd</sup>

## *CAPTAIN'S CORNER*

Please diarize the following important dates:

- Club Time Trials – 24 June 2025 at 17:15
- Saturday Event – 28 June 2025. Run with Zola at Harlequins Club at 9am. 5 km.

### **Weekly Time Trials**

Please join us at the Club House on Tuesday for our Time Trials. Start will be at 17:15. There is a 4km, 6km and 8km distance available.

### **Wednesday LSD Run**

Please note the Wednesday Long runs have been paused for the Winter months. Please continue with your own training at home.

### **Thursday Morning Runs and Afternoon Sessions**

Please note that the Thursday morning runs and the afternoon training sessions will all be paused now for the winter months. Please continue with your own training programs.

### **Saturday Run**

This Saturday there will be the Run with Zola starting at Harlequins Club at 9:00. There is a 5km route available.

### **Sunday Social Run**

This Sundays Social Run will start at 7:00. The venue will be confirmed on the Training Group.

### **Training questions and comments**

Please feel free to contact us with any training questions or comments.

Happy Running Team

Nelius 072 248 7698

Jacqueline 073 887 0757

THIS WEEK'S DIARY



Week  
23 Jun - 29 Jun

# Irene

Athletics Club



## WEEKLY TRAINING SESSIONS

**Monday**

[Empty box for Monday training session details]

**Tuesday**

Time Trial  
@ Club House  
17:15

4  
6  
8 km

**Wednesday**

[Empty box for Wednesday training session details]

**Thursday**

[Empty box for Thursday training session details]

**Friday**

[Empty box for Friday training session details]



**For More Information**

Nelius  
072 248 7698

Jacqueline  
073 887 0757



**Saturday**

Run With Zola  
@ Harlequins Rugby  
Club  
9:00

5 km

**Sunday**

Social Run  
@ TBC  
7:00



## CROSS COUNTRY

# Irene



## Athletics Club CROSS-COUNTRY 2025 (PRE-SEASON)



Sat 10 May	League 1 - Fleur Primary School
Fri 16 May	League 2 - TUT Pretoria West
Sat 24 May	League 3 - Irene Athletics Club
Fri 30 May	League 4 - Eldoraigne High School
Sat 14 Jun	League 5 - Inter Provincials (Brits High School)
Sat 16 Aug	AGN Championships (Lavender Country Market )
Sat 6 Sep	SA Championships (Middelburg)

### Qualification criteria

- Must compete in **2 league races** to qualify for the Inter-Provincial team.
- Must compete in **4 league races plus** the AGN champs, to qualify for SA Champs.
- Age tags are compulsory from 35 years and older.
- Must compete in correct age category.
- Must wear AGN license and age category tag during events.



Congratulations to the following members who celebrate their birthdays during the week. Wishing you a very happy birthday and a splendid year ahead.

Duncan	James	25-Jun
Robyn	Conradie	26-Jun
Dylan	Casey	27-Jun
Rhenier	De Beer	27-Jun
Marie	Van Dyk	27-Jun
Amanda	Lotheringen	27-Jun
Derek	Oldnall	28-Jun
Belinda	Hudson	28-Jun
Suzanne	Casey	28-Jun
Mogalanyane	Makola	28-Jun
Maggie	Holliday	29-Jun
Haley	Degenaar	29-Jun



**THOUGHT FOR THE WEEK**

Forget yesterday - it has already forgotten you. Don't sweat tomorrow - you haven't even met. Instead, open your eyes and your heart to a truly precious gift - today.

**NOTICE BOARD**

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

# ARC IRENE RUN/WALK

## 28 JUNE 2025

# ROAD RUN OR TRAIL RUN

YOU CHOOSE WHICH ONE YOU WANT TO DO

**3KM, 5KM, 10KM, 15KM OR 21KM**

RACE STARTS @ 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)

**T H Y M E**  
FITCHEF

# GARSFONTEIN ICE BREAKER

AGN League Race



21.1KM  
10KM  
5KM  
NEW 1KM

Comrades Comeback race - 1st race after Comrades

5 JULY 2025

GARSFONTEIN  
PRIMARY SCHOOL

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21.1KM	R230	07:00	16 YEARS	09:00	10:30	R250	1500
10KM	R150	07:00	14 YEARS	08:30	10:30	R170	600
5KM	R70	07:15	9 YEARS	NONE	10:30	R80	FUN RUN
1KM	R50	07:20	-	NONE	08:00	R50	NONE

THESE ENTRY FEES EXCLUDE SERVICE CHARGES

TEMPORARY LICENSE REQUIRED FOR NON REGISTERED ATHLETES ON THE 21.1KM & 10KM: R70  
70+ ATHLETES: FREE (PLEASE NOTE - NO PRIZE MONEY WILL BE GIVEN FOR 70+ AGE CATEGORIES)

ONLINE ENTRIES FROM 30 APRIL 2025 - WWW.ENTRYNINJA.COM (UNTIL 1 JULY 2025 MIDNIGHT)

**MANUAL ENTRIES**  
 • RUN-A-WAY SPORT (302 FRESIA ST, LYNNWOOD RIDGE)  
 FROM 31 MAY TO 1 JULY (PLEASE CHECK WITH SHOP FOR OPERATING HOURS)  
**LATE ENTRIES AND RACE NUMBER COLLECTION**  
 • AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETROMELLA STR. ENTRANCE)  
 4 JULY FROM 14:00 UNTIL 17:30  
 • AT THE VENUE (GARSFONTEIN PRIMARY SCHOOL - PETROMELLA STR. ENTRANCE)  
 RACE DAY FROM 05:30

SCAN HERE  
FOR EASY  
ENTRY



Garsfontein  
GEMEENTE



Discovery  
Vitality



RUN-A-WAY  
KRODT



WINGATE  
WINGATE ROAD RUNNERS  
WINGATE ROAD RUNNERS





# Leon Bezuidenhout SPRINGBOK VASBYT

Presented by Voortrekker Monument Running Club

Proudly Supported by



**Distances:** 21 km, 10 km, 5 km fun run:  
**Date:** Saturday **12 July-2025**  
**Starting Times:** Commemoration Ceremony - 07:20  
21 km & 10 km - 07:30  
5 km - 07:40

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

**VITALITY POINTS: 10km=600 & 21km=1500**



**Viscounts Down September 1978 & February 1979**

**Official AGN Sanctioned Race**



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK  
CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.**

## ENTRY FEES

21 km: R180 | 10 km: R150 | 5 km: R70

70+ athletes (ID required): Free

Temporary License: R70

Advertised entry fees exclude service charges.

Entry fees are non-refundable.

Bronze Medal to all finishing within the cut-off time.

## MORE INFORMATION

Online pre-entries at [www.entryninja.com](http://www.entryninja.com) - Online entries close 09 July 2025.

Pre-entries at Run-A-Way Sports - opens 06 June 2025 & closes 10 July 2025 at 16:00.

Pre-entries at Voortrekker Monument - opens 06 June 2025 & closes 11 July 2025 at 16:00.

Pre-entry collection at the Voortrekker Monument Reception on Friday 11 July 2025 from 13:00 until 16:00 and on race day from 05:00 until 07:00 only at the Voortrekker Monument.

Entries on race day – At the race venue as from 05H00 until 07H00 strictly.

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining, will be diverted to the finish.

## GENERAL INFORMATION

Guarded parking available.

Ample toilet facilities.

Water stations – approximately between 2.5km to 4km.

Tog bag area.

Club Gazebos Welcome.

**UNFORTUNATELY NO PRIZE MONEY**

Gun to mat timing -10 & 21 km only



# **CORPORATE RACE**

**21 KM, 10 KM  
& 5KM**

**2025**

Entries Collection @ The Cricket Club House

**@ PRETORIA WEST CAMPUS**

**21KM, 10KM & 5KM**

Online Entries @  
[www.entryninja.com](http://www.entryninja.com)

**REGISTER  
NOW**

**26 JULY 2025**

START TIME:  
• 21.1 KM: 06H50  
• 10 KM: 07H05  
• 5 KM: 07H05



# Quagga Road Race

## Eyethu Fitness Test

### START TIMES

- 32KM**  
Start 6:45
- 21.1KM**  
Start 7:00
- 10KM**  
Start 7:10
- 5KM**  
Start 7:20

**VENUE:** QUAGGA SHOPPING CENTRE CNR. WF NKOMO & QUAGGA STREET, PTA WEST

**INFORMATION/ENQUIRIES:** 078 220 5763 | 083 379 9830 | [AGN LEAGUE RACE](#)

### ENTRY FEES

#### Pre-Entry

32km	R300
21.1km	R210
10km	R170
5km	R70

#### Late Entry

32km	R330
21.1km	R240
10km	R200
5km	R100

**Great Grand Masters**  
50% discount on entry fee (+70 years)

Temp License R70

### ENTRIES

Store entries open 1 May - 4 August 2025

- Tshwane Running Shop, Sinoville: 087 688 1336
- Run-A-Way-Sport, Lynnwood: 012 361 3733
- Race Nr Sales: 078 220 5763, 083 379 9830, 082 305 2447

Online entries open 1 May - 1 August 2025

- Enter online at [www.entryninja.com](http://www.entryninja.com)

Online entries collection: 8 August 2025

- Quagga Shopping Centre 12:00-17:00

Late entries sales at the venue: 8 August 2025 12:00 - 17:00

**Race Day Entry Sales: 05:30 - 06:30**

RUN-A-WAY STORE DISCOUNTS: 10% discount for any purchase in the store, the runner will only need to produce the race number at the store before 30 November 2025.



Medals to all finishers within the cut-off times





# PVR DORPSFEES NIGHT RACE



PRESENTED BY MAD MONKEY ADVENTURES & IRENE AC



## 27<sup>TH</sup> AUGUST 2025



### STARTING POINT

PIERRE VAN RYNEVELD GELOOFSFAMILIE  
14 BALTIMORE ROAD, PIERRE VAN RYNEVELD

**5 KM**      START TIME 18:30      R70 ENTRY FEE

**10 KM**      START TIME 18:30      R150 ENTRY FEE

**DOGS & PRAMS WELCOME ON THE 5KM**

 Register Now!  
[www.entryninja.com](http://www.entryninja.com)

**ONLINE ENTRIES  
CLOSE 25 AUG '25**

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

**A FESTIVAL NOT TO BE MISSED !**

DANVILLE DEVELOPMENT AC

KOLONNADE  
RETAIL PARK  
"quick and convenient"

# ULTIMATE EAST CHALLENGE RACE

INCORPORATING AGN 10KM CHAMPIONSHIPS



Athletics  
Gauteng North

@ KOLONNADE RETAIL PARK

5KM & 10KM

Online Entries @  
[www.entryninja.com](http://www.entryninja.com)

30 AUGUST 2025

ENTRY FEE:  
Temporary License: R70  
5KM: R80  
10KM: R150



07:00 AM (START)  
09:00 AM (PRIZE GIVING)



Enquiries: Lesetja (076 120 2388) / Wandile (071 942 8067)

**WATCH  
THIS  
SPACE**



**BROOKLYN  
ROAD RACE  
6 SEPTEMBER 2025**



Brooklyn Design Square  
Cnr. Veale & Bronkhorst Streets

**32 km, 21.1 km, 10 km  
& 5 km Fun Run**

# EXXARO ROAD RACE CHALLENGE

SUPERSPORT PARK, CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

20 SEPTEMBER 2025



exxaro  
POWERING POSSIBILITY

# CSIR ROAD RACE

SATURDAY

18 OCTOBER 2025

POWERED BY BestMed

## RUN AND WALK

21.1 KM / 10 KM  
06:00

5 KM | 06:15

**FREE T-SHIRTS** for the first 200 ONLINE Entries received in either the 10 km or 21.1 km races.

**LUCKY DRAW FOR ONLINE ENTRIES:**  
5 pairs of Nimbus or Kayano as prizes from Run a Way Sport. (Value is R4000 a pair)



[www.entryninja.com](http://www.entryninja.com)

CSIR MAIN CAMPUS,  
MEIRING NAUDE ROAD,  
BRUMMERIA, PRETORIA

**ENTRIES:** Online at [www.entryninja.com](http://www.entryninja.com)  
Close: Tuesday, 14 October 2025 at midnight

Entries also available at Run-A-Way Sport - 302 Freesia Street, Lynwood Ridge, 012 361 3733

**LATE ENTRIES** available at the CSIR on the following collection dates:  
Friday, 17 October 2025 from 14:00 – 18:00  
DEBIT/CREDIT CARD PAYMENTS ONLY (no cash accepted)

### ENTRY COLLECTIONS

Friday, 17 October 2025, CSIR South Gate, Meiring Naude Road, Brummeria from 14:00 - 18:00

Saturday, 18 October 2025, at CSIR North Gate, Meiring Naude Road, from 04:30 - 05:50

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

### MEDALS

**GOLD** - All category winners and first man and first woman in the 5 km Fun Run

**SILVER** - Second place male and female in the 10 km and 21 km open categories

**BRONZE** - First 4 000 finishers within the cut-off time

**FREE ENTRY** for athletes aged 70 years and older on race day.

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	R60	R70		06:15		



## PHOTO CORNER



The Aches and Pains function was very well attended



Krysten Smithers, our first lady finisher, receiving her trophy and cash prize from Nadene Visser  
(Gareth Nicolson, first male, could not attend)



Leon Kotze, first male novice  
(Tamryn Pieterse, first female novice, could not attend)



Clifford Woodroffe, last Irene member finisher (11:59:57)



Prince Nemutanzhela receiving the 'Vasbyt' trophy. Those who haven't read about what happened to Prince before the Comrades, click on this link to read the full story:

<https://www.timeslive.co.za/news/south-africa/2025-06-15-not-even-gunshot-wound-could-stop-runner-from-comrades-finish/>



Lynette Gough receiving the Spirit of Comrades trophy



Emma Cox on the podium at the cross-country meeting at Cullinan on Saturday



Nelius van Rooyen



Yolande Cowley



Ansie Breytenbach



Chris van Wyk and Yolande Pietersen did very well at the trail run at the club house on Saturday



Lynette Gough did the Great Wall of China Marathon recently