



IRENE NEWS

23 October 2023

No 42 – 2023



ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 24 October at 18:30.

It is important that our members be present at the AGM, we want to hear you voices.

HELPERS REQUIRED

Thank you for the excellent response we had last week. We still require a few more route marshals.

Members working at the race will get R100 discount on their 2024 membership fee.

All helpers will receive a free T-shirt.

We require helpers in the following areas:

Please take note that Irene members are not allowed to run the race on the day. It is our privilege to the hosts on the day.

CAPTAIN'S CORNER

Week 3 of the Irene Summer Challenge, and how are you doing?

Please join and make use of the facilities, training groups and the training programmes (5km, 10km, 21.1km and 42.2km) that are available. Reach out to Rose via whatsapp (083 2585336) for more information if required.

From a club training and events perspective,

- Morning training groups – Tuesday, Wednesday and Thursday @ 5.00 am from Midstream Mugg & Bean and Eco Park Virgin Active. Please reach out to Mark via whatsapp (082 377 4622), to add you to the Eco Park Group, to keep you informed of any changes
- “Mr Hills” Thursday @ 17.30 from the Irene Club House – **Cancelled for the 26th October and 2nd November, and will resume on the 9th November**
- Time Trial Tuesdays @17.30 from the Irene Club House

- Summer challenge, week 3 – An 8 week challenge for all Irene members, that will be measured on specific Irene event participation and performance improvement
- The “Irene Trolley” is being dusted off and is preparing for its 2023 debut. The Jacaranda Race on the 11th of November, will be the day and it will be taking to the streets on the 21.1km. Come and join the Irene Trolley bus, for an event to remember

Races and Training events over the next few weeks

Wednesday the 25th October

Benoni Northerns Night Race – 5 & 10km

Saturday the 28th October

Irene Farm Race

Sunday the 29th October

Irene Farm Race – Helpers Run : Will be held on the 12th November

Saturday the 4th November

Kaapsehoop

ASA 10km Championship – Mbombela Stadium

Irene Saturday Social - TBC

Sunday the 5th November

Soweto Marathon

Saturday the 11th November

Jacaranda City Challenge – 5, 10, 21.1 & 42.2 km and Irene Trolley Run on the 21.1km

Sani Stagger

Sunday the 12th November

Irene Farm Race – Helpers Run

Thursday the 16th November

African Master Championships - Pilditch

Friday the 17th November

African Master Championships - Pilditch

Saturday the 18th November

Tom Jenkins – 5, 10, 21.1km

African Master Championships - Pilditch

Sunday the 19th November

Irene Sunday Social – Details TBC

Event Details

Irene 8 week summary challenge



9 OCT - 3 DEC
4K Run, 6K and 8k

IRENE **8 WEEK SUMMER** **CHALLENGE**

Requirements:

			
Time trial (X3)	Hills (X2)	Social runs (X3)	Formal Races (X1)

Let us challenge ourselves as a club.
Prizes awarded!



Dates:

- Start Date : Monday 9th October
- End Date: Sunday 3rd December
- Prize Giving / Award 5th December @ the TT

Time Trail

- Set your time : 10th / 17th October @ the TT
- TT Test : 28th November @ the TT

Categories

- Most improved Irene Athlete
- Irene Ambassador – Heart & Spirit of Irene

Prizes

- R2500 Voucher per winner

Events

A point will be given for each event, only if the minimum criteria are met

- Time Trials – 3 points or more (min is 3)
- Irene Hills Sessions – 2 points or more (min is 2)
- Irene Social Runs – Saturday / Sunday – 3 points or more (min is 3)
- Formal Race – In Irene kit – 1 point or more (min is 1)

Minimum points : 9

The challenge is open to anyone, but only Irene members will be eligible for the prizes



Participation

	Time Trail	Irene Hills	Irene Social Runs	Formal Race	Results Submission
Requirement	3 for the duration	2 for the duration	3 for the duration	1 during the period	Member : Submit a google form with participation details across the 4 data points.
Tracking / Data Source	Time Trial book	Host maintain a log of names & group pic for strava & the creation of an Irene gallery		Race results	2 Check-in's will done to track results and update the leaderboard.
Points	Point per session (Must have attended 3 to get points)	Point per session (Must have attended 2 to get points)	Point per session (Must have attended 3 to get points)	Point per event (Must have 1 to get a point)	• 1 st on Sunday the 29 th October • 2 nd Sunday the 3 rd December (@ the end of the challenge)

Results – calculation based. Data provided by the Irene Athlete and validation to external tracking sources

Most Improved Athlete

	Distance	Run / Walk	Tracking
Set your time - Base time: - 10 th / 17 th Oct at the Time Trial	4 / 6 / 8km - Either, but need to be consistent	Either – Need to be consistent	Noted in the Time Trial Book – Wynand will do official timing
Time Trial Test - 28 th Nov	4 / 6 / 8km - Either, but need to be consistent	Either – Need to be consistent	Noted in the Time Trial Book – Wynand will do official timing

Results – calculation based. But only eligible for a prize if you have completed the participation challenge leg

Irene Ambassador

Criteria	Tracking
Nomination based on the following criteria – • Active participation • Irene brand ambassador (living the values) at all events	Members nomination & vote : via a google form Club Captain Committee (Hosts) - Input

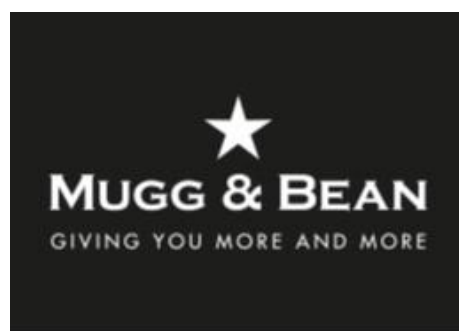
Results – Feedback based. But only eligible for a prize if you have completed the participation challenge leg



PERSONALIA

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

Antoinette	Reynolds	23-Oct
Morne	van Wyk	24-Oct
Nelda	Smith	24-Oct
Fia	Coetzee	24-Oct
Johan	Dekker	25-Oct
Hanno	Jooste	25-Oct
Albert	Pretorius	28-Oct
Michael	Dekker	29-Oct
Arne	Vorster	29-Oct



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Let the improvement of yourself keep you so busy that you have no time to criticize others.

INTERPROVINCIAL TEAM RELAY RACE WALKING CHAMPIONSHIPS

Dear fellow Irene AC Member

We are proud to report back on the AGN 40KM INTERPROVINCIAL TEAM RELAY RACE WALKING CHAMPIONSHIPS held on 21 October 2023 at the LC de Villiers Sports Complex.

The Irene AC walkers formed the backbone of the selected AGN Team with 18 members selected out of the 44 member AGN team (this team included a number of Junior athletes as well). Additionally, two members, not being selected entered as individual teams and participated in our club colours. That took guts to do. Complements to these members. We, as Irene AC members, ensured that AGN won the meeting in their stride!

Our members put in a truly gutsy, gritty and committed performance achieving exceptional results, manifesting in medals by the hundreds!

These championships was the first in South Africa to be held in this format. The Olympic Games 2024 will include a new event, being a 42,185 km mixed relay event. Congratulations to the AGN Racewalking Commission who took the proverbial baton and presented a most enjoyable meeting, albeit a very tough, long and very hot event. One such challenge is to walk a 10km or 5km leg at race+, hand over the baton, wait a half an hour, an hour or more, and then start at race pace+ again to do the next leg. This may sound simple, but trust me, it is not.

The format was slightly simplified and teams from most provinces entered enthusiastically. The various Provincial Teams participated in age groups, either a 20km (4 x 5km legs) or 40km (4 x 10km legs) relay races with the male doing the first stint. Each team consisted of two members, a male and female. A variety of supporting events were presented for the younger and up-and coming walkers as part of the AGN development initiatives.

A special word of appreciation to each Irene AC member who took the baton and made the best of the day. Being the first such event in the country, and most probably in the world, brought its own challenges. These were professionally and competently addressed by Jaap Willemse (AGN RW Commission Race Organiser) and his team. What is more important, is how our members enthusiastically jumped in, committed themselves to longer distances and made the event such a roaring success. This was a new experience for us all! Congratulations to all on their success!

This is what Irene AC stands for. My personal mantra is We Will, We Can and We Did!

Regards

Danie Labuschagne

Here is an extract from the official results.

IRENE AC MEMBERS RESULTS				
20 KM AGN TEAM RELAY				
Category	Results per category	Male Team Member	Female Team Member	Time
Teams 50+	1	Keith Reynolds	Breytenbach Ansie	02:07:28
Teams 40+	1	Joseph Appel	Rädel Janine	02:13:18
Teams 60+	2	Johann Coetzee	Knoetze Retha	02:15:08
Teams 60+	3	Frans Oosthuizen	Van Wyngaard Estien	02:19:37
Teams 40+	2	Charlie Tholo	Van Staden Rhoda	02:24:56
Teams 70+	2	Gerhard van den Raad	Greyvenstein Annatjie	02:27:00
Teams 60+	4	Wessel Redelinghuis	Smith Nelda	02:36:19
Teams 50+	6	Theuns Nieuwoudt	Maloney Annaline	02:36:28

Irene AC Team Member

IRENE AC MEMBERS RESULTS				
40 KM AGN TEAM RELAY				
Category	Results per Category	Male Team Member	Female Team Member	Time
Teams Senior	4	Mnisi Mthunzi	Steenkamp Sandra	04:05:19
Teams 50+	2	Gustav Brink	Tompson Tania	04:36:27
Teams Senior	8	Ashley Gabriel	Gradwell Maryke	04:38:31
Teams 70+	1	Dirk Neethling	Meyer Elsa	04:53:27
Teams 60+	1	Jaap Willemse	Willemse Lucia	04:53:56
Teams 60+	2	Danie Labuschagne	Gough Lynette	05:00:09

Irene AC Team Member

Kindly accept my sincere apology if I have omitted any athlete.

PERSONALIA

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

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Albert	Pretorius	28-Oct
Michael	Dekker	29-Oct
Arne	Vorster	29-Oct



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THOUGHT FOR THE WEEK

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NOTICE BOARD



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
- 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



ARC Campus, Nellmapius Drive, Irene

Irene members are not allowed to participate



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



29TH

TOM JENKINS

RUN/WALK CHALLENGE

18 November 2023

RUN
SERIES



ARCADIA
RUNNING CLUB



WITH

5KM | 06:15
10KM | 06:00
21.1KM | 06:00

VENUE: Union Buildings, Government Avenue, Pretoria

GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!



ENTRY FEES 21.1km		10km	5km
70+	Free	Free	Free
All other categories		R200	R100
			R60

PRE-ENTRIES ONLY:

Capped at 6 000 entries

Late entries: On collection date or race day if cap not reached

Online entries: <https://www.entryninja.com/events/78082-tom-jenkins-challeng>

Run-Away-Sport: 012 - 361 3733

Pilditch Stadium

RACE NUMBER COLLECTION:

At the venue on 17 November (10:00 - 18:00) and

18 November (04:30 - 05:45)



ENQUIRIES:

📞 Race office: 082 566 1595 (James) 082 572 4169 (Daan)

Photo: Elmer van Zyl

Official AGN Sanctioned Race

5TH RUNNING OF THE VOORTREKKER MONUMENT

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

"THE TOUGHER ONE"

VITALITY POINTS- 10km=600 & 21km=1500



VOORTREKKER MONUMENT
DRAAF & STAP KLUB

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

DATE: Saturday, 25 November 2023

START: 21.1 km & 10 km – 06:00
5 km – 06:15

TIMING: Only the 10 & 21 km

VENUE: Voortrekker Monument,
Eeufees Rd, PTA



Athletics
Gauteng North

GEBRINGAAN JOU DEUR:
BROUGHT TO YOU BY:



BECS Services (Pty) Ltd

In association with BECS Environmental (Pty) Ltd



VOORTREKKERMONUMENT



BDS RACE WITH *Vitality*

21.1 KM
6:00am

10 KM
6:00am

5 KM
6:15am

02 DEC
SATURDAY . 2023

ENTRY FEES

ENTRY FEE	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
ALL OTHER CATEGORIES	R200	R100	R60

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, 01 December: 10:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 02 December: 04:30 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 4000 entries
- Late entries will be accepted on the 1st of december and morning of the day of the race provided we have not reached the 4000 capped
- Online entries: www.entryninja.com
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

FOR ENQUIRIES STEPHEN BALOYI @082 262 2568

| PETER KHOZA @084 650 3358



PHOTO CORNER



Johan Engelbrecht and Henk Basson wearing the T-shirts of two recent big City Marathons



At the CSIR race on Saturday: Fanna Njomo, Shaun Kruger and Craig Potter



Deena Naidoo



Kobie Joubert and Cuthbert Mamabolo



Alan Hyson and Miles Saxby



A few Irene ladies before the start of the relay championships



The start of the 40 km relay championships



Tania Thompson and Lynette wearing their AGN colours for the first time



Irene members formed the biggest part of the AGN team



Irene members at the German Shepherd Club for the IAD October event





Mariet Louw and Letha Kotze did the Kudu Canter Trail at the Spioenkop dam in KZN