



IRENE NEWS

24 April 2023

No 15 – 2023



ACHIEVEMENTS

Congratulations to the following walkers who won medals in their respective age categories at the AGN Masters championships held at Pilditch over the weekend:

Elsa Meyer	Gold-3000m, Gold-10 km
Sandra Steenkamp	Gold-3000m, Gold-10 km
Retha Knoetze	Gold-3000m, Gold-10 km
Lucia Willemse	Silver-3000m, Silver-10 km
Isi van der Schyff	Gold-3000m, Gold-10 km
Miemie Nel	Gold-3000m, Gold-10 km
Janine Radel	Gold-3000m
Keith Reynolds	Silver-3000m, Gold-10 km
Jaap Willemse	Silver-3000m, Silver-10 km
Danie Labuschagne	Bronze – 3000m, Bronze-10 km
Johann Coetzee	Gold-3000m, Gold-10 km
Gerard van den Raad	Gold-3000m
Dirk Neethling	Gold-3000m, Gold-10 km
André Smuts	Bronze-3000m
Gareth Nicholson	Bronze – Cross country

Well done!

PERSONAL ACHIEVEMENTS

Mark Forbes	PB – Marathon
Norton Mole	PB – Marathon
Machiel Engelbrecht	PB – Marathon

Well done!

Please let us know about your personal achievements i.e. personal best time on a distance, first time running a distance etc. Don't be shy!!

OLD RACE MEDALS

Here is a great opportunity to get rid of all you medals that you don't want any more. Please bring it to the club house. The medals will be given to children in State hospitals.

You can also deliver it at Lyttelton Hidden Treasure Charity shop behind the Post Office in Lyttelton – they support HospiVision.

COMRADES GOODIE BAGS

Please remember about the items required for the Comrades goodie bags

We need it not later than 1 June, the evening when the goodie bags will be packed.

MAGNOLIA LONG RUN – 27 APRIL

As in previous years, Irene will man a water point once again this year at the Magnolia long run on Thursday. It will be at the usual spot, on the corner of Brooks and Rupert, Brooklyn. Non running members and supporters/family members are invited to join us there to help handing out water etc. The Irene water point has been known as one of the most popular points on the route.

Irene members are encouraged to use this run as part of their Comrades preparation.



MAGNOLIA ROAD RUNNERS PRESENTS

THE LONG RUN

FREEDOM DAY | THURSDAY 27 APRIL | 6:00

1 LAP - 15 KM R80	2 LAPS - 30 KM R100	3 LAPS - 45 KM R150
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ONLINE ENTRIES AT [MAGNOLIAROADRUNNERS.CO.ZA](https://magnoliaroadrunners.co.za) OR AVAILABLE ON DAY OF EVENT

MAGNOLIA CLUB HOUSE: 229 MIDDEL ST, NIEUW MUCKLENEUK, PRETORIA

CAPTAIN'S CORNER

Another big week with several events and achievements across the club!

From a club training perspective, the schedule for the next few days:

Training sessions this week with the holidays

- o Morning training groups @ 5am from Midstream Mugg & Bean on Tuesday, & Wednesday, and Virgin Active Eco Park @ 5 am on Tuesday.
- o Thursday 27th – No training sessions
- o Time Trial Tuesdays starting @ 17:30 from the Irene Club House
- o Irene ARC is open daily to all club members, from 16:00

Races, runs and special events

- o **Time Trial Tuesday's** the 25th
- o **ASA Athletics Grand Prix**, #3 in the series on Wednesday the 26th
- o Thursday the 27th
 - Sedibeng Marathon (Vaal),
 - Krugersdorp Cradle Road Race,
 - Jimmy Perkins 64km (Boksburg),
 - Magnolia Long Run - 15km, 30km & 45km
 - Fara Cats 60km from Fountains
- o **Irene Saturday Long Run** (20km – 25km) @ 530am – Venue & route TBC
- o **Irene Sunday Social** – Irene Link @ 6 am (10km – 12 km) from Irene Link
- o **Sunday the 30th**
 - Township Marathon
 - Jeppe Long Run (4 x 15km laps)
- o **Monday the 1st – Wally Hayward**

Runs coming up

- o Saturday 6th May – Loskop Ultra and Cross Country League # 2 @ Lavender Country Market
- o Sunday 7th May – Midrand Club Run (30km & 60km), Colgate (5km,15km & 32km), Modderfontein to Harties 60km and Run Zone Comrades 60km

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.

WEEKLY SCHEDULE



Date: 24 Apr - 1 May

TUESDAY	 <p>T.T - ARC @17:30</p>  <p>Morning Training Group</p> <p>Midstream Mugg & Bean & Eco Park Virgin Active @5am</p>	WEDNESDAY	 <p>ARC Long Run - Venue Open from 16:30</p>  <p>Morning Training Group</p> <p>Midstream Mugg & Bean @ 5am</p> <p>ASA Athletics Grand Prix #3</p>	THURSDAY	 <p>Irene ARC "Hills" @ 17:30</p>  <p>Morning Training Group</p> <ul style="list-style-type: none"> • Sedibeng Marathon (Vaal) • Krugersdorp Cradle Road Race • Jimmy Perkins 64km (Boksburg) • Magnolia Long Run 15km, 30km, 45km • Fara Cats 60km from Fountains
SATURDAY	 <p>Race Days</p>  <p>Long Run</p> <p>20km @ 5:30am Venue + Route TBC</p>	SUNDAY	 <p>Race Days</p> <ul style="list-style-type: none"> • Township Marathon • Jeppe Long Run (4x15km)  <p>Social Runs</p> <p>Irene Link @ 6am (10 - 12km)</p>	FOLLOW US	<p>Facebook</p>  <p>Instagram</p>  <p>Irene AC Notifications</p> 

IRENE ATHLETICS CLUB

MONDAY
(1 MAY)

Wally Hayward Marathon



IRENE

GOODBYE AFTER 23 YEARS FROM ASHLEY WILLIAMS

After 23 years as a member of the Irene Athletics Club I have to say goodbye as my wife, and I have relocated to Jeffrey's Bay as from 15 March 2023. My first introduction to Irene was when we bought our house in Rooihuiskraal in April 2000. The estate agent was the wife of the legendary late Dawid Mentz, one of the founder members of the (in)famous "Doringboombende", and she urged me to join the club that had grown from 60 members in 1999 to 120 members. At that stage I was still the vice-chairman of the Kroonstad Collegians Marathon Club (mainly due to me being the Officer Commanding of the School of Engineers and able to supply a venue and troops for the 2 races the club presented each year!!) and I decided to stay with Collegians for the year. However, I did participate in the Irene Valentine's night race as well as the race close to the end of the year (forgotten the name) where I became aware of the great Irene spirit. I should also mention that during the 2000 Wally Hayward 42km race I met up with Dawid Mentz at about 14 kms and he was setting such a good pace that I thought if I stayed with him, I would have a very good marathon time. True to form, at about 20km Dawid greeted me and turned off to the 21km finish (most probably in need of a beer)! At the end of the day, I ended up with my marathon PB of 3:24, so thanks Dawid!

In January 2001 I joined the Irene Athletics Club and became part of the Irene family. Initially it was quite a culture shock for me coming from the "platteland" where Collegians had about 40 members of whom only 25 were active and a good turnout at our races was 150 entrants. In those days Irene was a very young club, meaning that masters (50+) and grand masters (60+) were far and few between. Wynand can correct me, but at that stage I can only recall "Oom" Pieter Hambridge as being the sole active runner over 60 years of age. While we did not have very many masters, I remember one such master, Tienie Strydom, a former SAPS General and Commander of the Police Task Force, who ran most of the youngsters in the club into the ground. He was the definition of an "yster". Even the veterans (40+) were not many and to prove my point, a snail like me won a few certificates in the veteran's category club championships between 2002 and 2003!

Over the years many things have changed at the club. On the negative side the Irene ARC infrastructure has really deteriorated, very much like most of the state-run institutions. I remember the ARC grounds and especially the houses and administration buildings being in pristine condition with not a blade of grass out of place or paint peeling from the walls. Fortunately, the Irene Athletics Club facilities have over the years improved and are still today something to be proud of. The club has also grown tremendously in numbers as well as having become the home of possibly some of the best walkers in North Gauteng, if not South Africa. While many things have changed, there has been one constant and that is Wynand Breytenbach our Club Manager. Wynand was there when I joined and until today, I look forward to the weekly newsletters he brings out. Sometimes I wonder if the club would have reached the great heights without Wynand's dedication. In my book he is "Mister Irene".

If you ask whether I would again join Irene, my answer will be a definite “yes”. If you ask whether I have any regrets, it would only be that I was not sufficiently involved in club activities. My military career and later my involvement in global landmine clearance made that I was often away from home for extended periods and could not really dedicate enough time to the club. Besides this I have no regrets and will always remember Irene for the motivation I was given to complete my 10th Comrades in 2004. Without the support of my Irene “comrades” I would never have been able to accomplish this. I was also fortunate to have made many good friends over the years, many who have stopped running or left Pretoria. To the new members I can only say that your running friends are friends for life, and if you really want to know someone, run a marathon together.

At 66 going on 67 and after receiving a heart pacemaker and knees that are giving in, I am no longer really able to run, but I consider myself lucky that I can still do some walking with occasional downhill jogging. I believe it is better to be a “has been” than a “never been”. However, I remain a member of Irene for 2023 although I will be joining the Jeffrey’s Marathon Club, even if just for the camaraderie. Hopefully this is goodbye and not farewell as I leave my wealth (my children and grandchildren) in Centurion and will definitely be visiting regularly.

To all the Irene members I just want to say a big thank you for a wonderful 23 years and enjoy your running and walking at the best athletics and social club in South Africa. Remember to run or walk is a God given privilege and not a right.

God bless,
Ashley Williams

T-SHIRTS

Members who have ordered Irene Festival of Running T-Shirts, will be able to collect them on Tuesday at the Time Trails.

The club T-shirts will also be available to those who have ordered and not collected yet

GAUTENG NORTH MASTERS ATHLETICS

I am proud to report back to you on a very successful Gauteng North Masters Athletics Championships held on 21 and 22 April 2023 at Pilditch Athletics Stadium and at the LC de Villiers Athletics Race Walking Track.

Irene AC members, better known as the Irene Steam Express, has built up a good head of steam over the past months in preparation for this championships. Our dedicated race walkers trained many an hour an kilometer in sometimes difficult conditions.

Race Walking is considered one of the most difficult disciplines of the entire athletics track and field domain. It requires continuous and intense concentration for the duration of the whole event. Training many kilometres focus to embed muscle memory of the correct technique.

The many hours of hard work paid off very well. The Irene Steam Express has made us proud.

This year, as an experiment, we participated in a 3000 m track race walk event. The 3000 m event can roughly be compared to a 400 m or 800 m running event and requires perfect technique at top speed. A very challenging event indeed. We had 50% of all the ladies' entries and 45% of all the men's entries from Irene AC. Sandra Steenkamp unofficially broke the SA record in her age group. Well done Sandra.

At the 10 km road Race Walk event, the flagship event, the Irene Steam Express really blew off steam! The line-up was blue... IRENE BLUE, and so was the podium!

I want to commend our club members for their spirit and guts at these events. We compete as hard as nails, but we are the dearest of friend of the course.

We are proud of the special contributions and sacrifices made by our dedicated members. This event was planned and presented by Jaap Willemse, a long time club member and serving on the AGN Race Walking Commission. He was supported by many of our club members. The lap counters, water table crew and various other essential functions were ably dealt with by Irene AC members. Great work and thank you.

We also commend Tjaan and Bronwyn Kruger who took responsibility of the Technical Official side of the event. They acted as Chief Judge and Race Walk Specialist Judge at the event and conducted themselves with distinction.

The championships ended on a high note and the club can be proud of a big bag filled to the brim with medals.

Ladies (in no specific order)

Miemie Nel 2 x gold medals.

Isabella van der Schyff 2 x gold medals.

Sandra Steenkamp 2 x gold Medals and an unofficial SA record.

Margaretha Knoetze 2 x gold medals.

Lucia Willemse 2 x silver medals.

Elsa Meyer 2 x gold medals.

Janine Radel 1 x gold medal.

Men (in no specific order)

Keith Reynolds 1 x gold and 1 x silver medals.

Dirk Neetling 2 x gold medals.

Gerard van den Raad 1 x gold medal.

André Smuts 1 x bronze medal.

Johann Coetzee 2 x gold medals

Jaap Willemse 2 x silver medal

Danie Labuschagne 2 x bronze medals.

Congratulations and best wishes for the upcoming SA Masters Championships in Cape Town in two weeks. Show them the colour of your heels!

Danie Labuschagne

LEAGUE RESULTS

As you know the AGN league is alive again! The first league race was the Overkruin race. Here are the results:

Walkers

Club name	Points
IRENE	52
RWFL(AGN)	15
PHOBIANS	13
RWFL	13
RWFL(CGA)	9
TEAM VITALITY	9
PMWC	7
SOLIDARITY	6
VTM	6
AFFIES	5

Runners

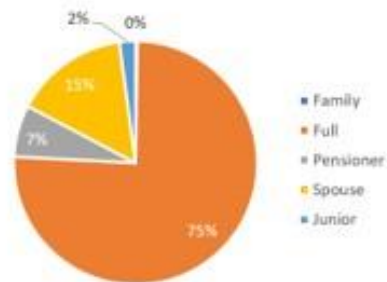
	Club name	Points
1	Overkruin	124
2	PHOBIANS	115
3	GREENMILE AC	108
4	PMMC	101
5	SAPS	101
6	BORN 2 RUN	100
7	IRENE	92
8	PPMK	91
9	ACE	67
10	ZWAKALA AC	63

Well done to our walkers. We will put in a big effort for the next race on 27 May.

REGISTRATION STATISTICS

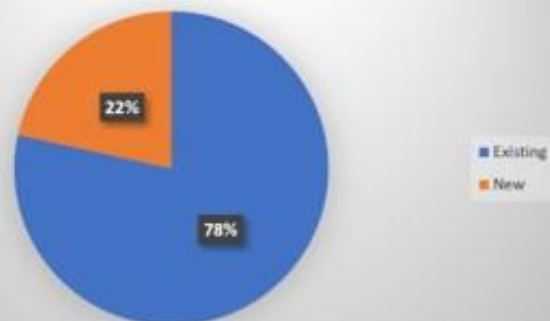
Type of member	2023 #
Family	1
Full	319
Pensioner	29
Spouse	64
Junior	9
Total	422

Type of Member (422 members)



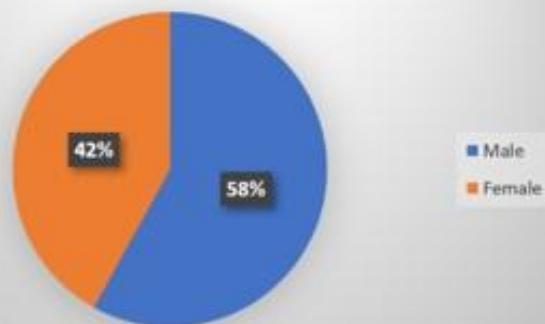
Member Status	2023 #
Existing	331
Family	1
Full	247
Pensioner	24
Spouse	52
Junior	7
New	91
Full	72
Pensioner	5
Spouse	12
Junior	2
Grand Total	422

Existing vs New (422 members)



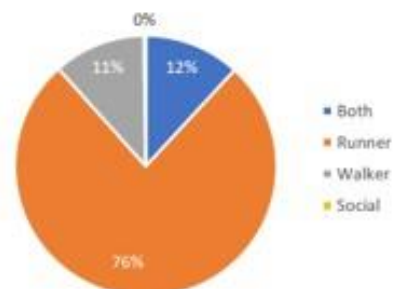
Gender	2023 #
F	177
M	245
Grand Total	422

Gender (422 members)



Runner, Walker	2023 #
Both	50
Runner	323
Walker	48
Social	1
Grand Total	422

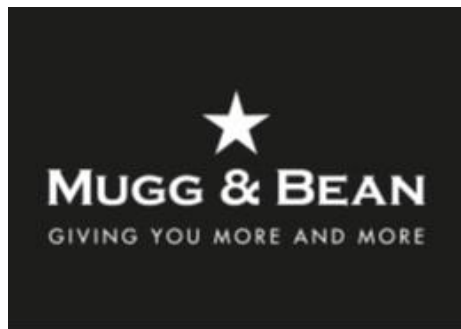
Runner, Walker (422 members)



PERSONALIA

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

Alan	Hyson	24 Apr
Matome	Ramachela	25 Apr
Nicole	Mitchell	25 Apr
Renette	Prinsloo	26 Apr
Retha	Knoetze	27 Apr
Leon	Els	28 Apr
Marike	Jacobs	29 Apr
Elré	van Bosch	29 Apr
Richard	Goodchild	29 Apr
Andre	Smuts	30 Apr



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Only those who dare to fail greatly can ever achieve greatly.

NOTICE BOARD

**NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS**

ARC IRENE RUN/WALK

29 APRIL 2023

ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 06H30
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

Vitality



Monday, 1 May 2023

VENUE

Centurion Rugby Club
270 West Ave, Die Hoewes,
Centurion,
Next to SuperSport Park



Kiddies Dash, 5 km, 10 km, 21.1 km & 42.2 km

ONLINE ENTRIES ONLY

No entries on race day

www.wally.co.za



Wally Hayward

www.finishtime.co.za

www.active.com

Capped entries

5 km	– 1 000	21 km	– 3 000
10 km	– 2 000	42 km	– 4 000

Online registrations at
www.active.com or scan
the QR code.



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Last Comrades Qualifier
in Gauteng

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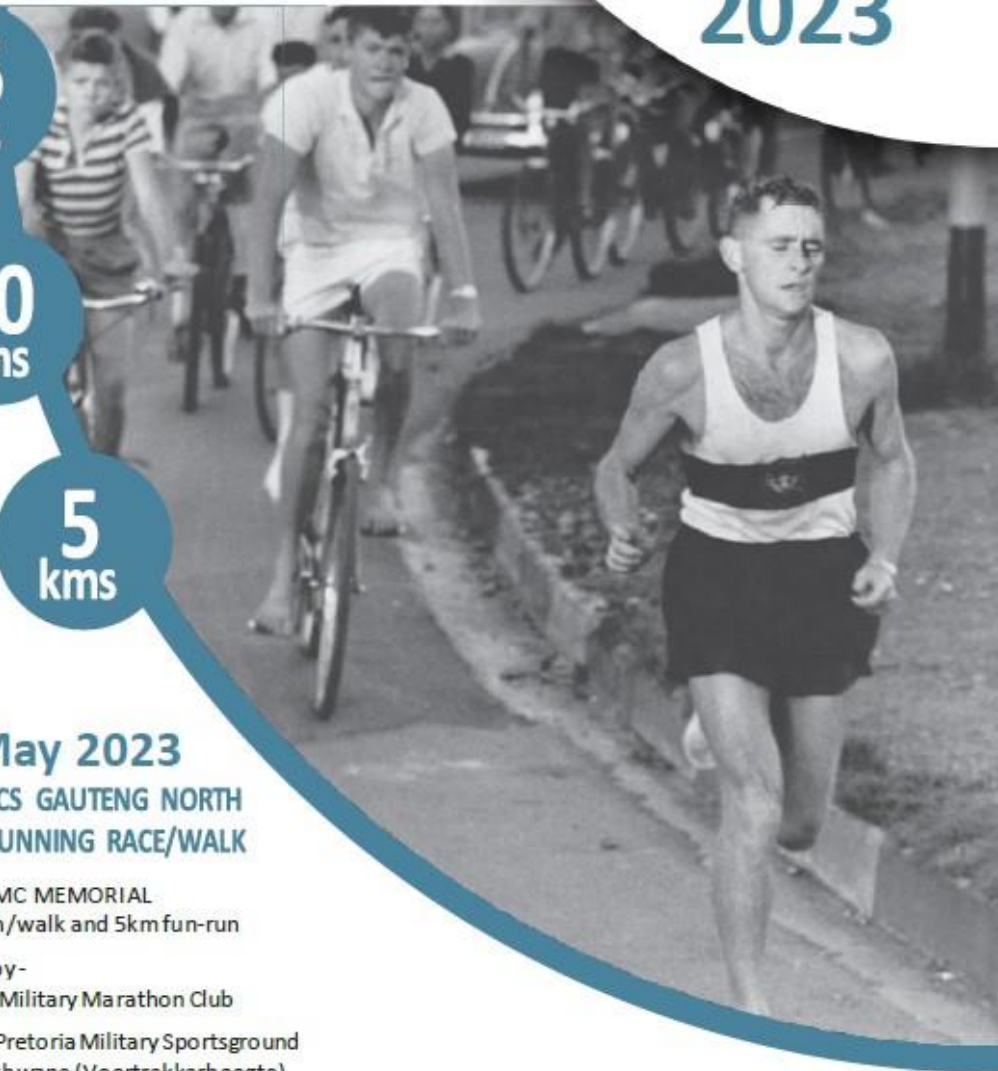
39th commemorative
**Jackie Mekler
Memorial Race**

2023

**25
kms**

**10
kms**

**5
kms**



06 May 2023

**ATHLETICS GAUTENG NORTH
ROAD RUNNING RACE/WALK**

27th PMMC MEMORIAL
10km run/walk and 5km fun-run

Hosted by-
Pretoria Military Marathon Club

Venue - Pretoria Military Sportsground
Thaba Tshwane (Voortrekkerhoogte)



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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

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-A-Way-Sport shop. The participant will only need to bring the race number to the store before 30 November 2023.

PHOTO CORNER



Our lady walkers who participated the AGN Masters Championships



Our men also did us proud



Pieter van der Westhuizen, Mark Forbes and Norton Mole all finished under 4 hours at the Elandsvlei Marathon



A very happy Mark Forbes after finishing his Marathon in a personal best time



Machiel Engelbrecht also did a PB



A proud Norton Mole was the third to do a PB



Jurie Venter finishing his Elandsvallei Marathon



Glen Simmonds doing a park run with his daughter

