



IRENE NEWS

24 July 2023

No 29 – 2023



CHARITY

As part of the very successful charity run we had on Mandela day last Tuesday, Johan Fires van Vuuren will make 24 boerewors rolls on Tuesday evening. You can order yours from Johan at 081 851 3864. Only R40. First come first serve.

CAPTAIN'S CORNER

Irene will be hosting the second run in the RUN YOUR CITY Series on Tuesday the 25th of July at the Time Trail – Come and join the RUN YOUR CITY Series Team at the fun-filled PUMA NITRO DEMO RUN and come run with us as we prepare for the 2023 Absa RUN YOUR CITY TSHWANE 10K.

- Participation is FREE and is open to ALL IRENE FAMILY & FRIENDS
- Participants are to pre-register online via the Entry Ninja link or on arrival
- Should participants wish to trial the new PUMA NITROs, they will be required to bring along a pair of clean dry socks (or receive a pair of PUMA NITRO socks – dependent on stock). Once the run is completed, the shoes will need to be returned
- Post run, participants that have entered the Absa RUN YOUR CITY TSHWANE 10K are encouraged to take a lucky draw ticket which they need to complete and drop in the lucky draw box
- Participants can purchase demo shoes at 40% off the retail price

From a club training perspective,

- Morning training groups – Tuesday, Wednesday and Thursday @ 5.15 from Midstream Mugg & Bean
- Time Trail Tuesdays, starting @17.15 from the Irene Club House

Runs and races over the next few weeks

Tuesday the 25th July

RUN YOUR CITY Series Team at the fun-filled PUMA NITRO DEMO RUN

Saturday the 29th July

Washie – 100 Miler Ultra

AGN Cross Country League

Irene Saturday Long Run – 15-20km, @ 630am. Venue TBC

Sunday the 30th July

Prestige Trail Run

Randburg Harriers Challenge - 5, 10 & 21.1km

Irene Sunday Social – 10-15km @7am. Venue TBC

Saturday the 5th August

Spar GrandPrix – 10km

Sunday the 6th August

Waterfall City Half Marathon - 5, 10 & 21.1km

Wednesday the 9th August

Totalsports Womens Race – 5 & 10km

PnP Irene Village Mall Run – 5, 10 & 21.1km

Saturday the 12th August

Eyethu Fitness Test – 5, 10 & 21.1km

AGN Cross Country League

Sox Footwear Girls Run

Sunday the 13th August

Old Eds - 5, 10 & 21.1km

Just some reminders - Friday the 28th will be the last Friday that you can join a community class with **Hotpod Yoga**, at no cost. Please take a look at the website and follow the link for additional details and a booking - <https://hotpodyoga.com/studios/pretoria/schedule/>. And Nico Sterk is presenting a Sports Science Information Session on Monday the 24th July at Midstream Cycles at 18:00. If you are keen to attend, the RSVP to Marie (marie@midstreamcycles.co.za) or on the Facebook invite that was posted. There is no charge.

The weekly schedule will be shared on the Notification and Training Groups

IN THE MAILBOX – YOLANDE COWLEY

A DREAM COME TRUE

It all began with that dare in the pool. A dare in the pool that I cared to take on.

This was back in October 2019 when our daughter swam her first big open water competition. I dared her to try and get in the top 10 and she accepted with a counter dare that if she did I would do a triathlon.

Well, needless to say, she came in the top 10 and I had to accept the dare.

Having never done a triathlon in my life, I could run and I could cycle but my swimming was poor to say the least.

Time to find a coach and start the training.

My first triathlon was a Redhub Sprint in the pouring rain. Not a great finishing time but experience gained.

Next one to come was a rather ambitious and brave Sun City Ultra. What was I thinking (1.9km swim, 90km cycle and 21.2km run)! That was done and dusted but unfortunately so was my right Achilles.

Six weeks of no exercise nearly killed me but it was done followed on by gently getting back into the swing of things.

Entered Durban 70.3 Ironman but then Covid hit and all events came to an end. Entry was rolled over and then rolled over again but garden run, static swim and exercise bike carried on.

Finally events started up again. After a few minor running races and triathlons, Tshwane Championships arrived. Entered the Olympic distance not knowing what to expect. Surprise was I came first in my age category and was invited to SA Championships in Port Elizabeth. Went along for the experience. Came third in my age category against some really strong athletes.

Another year rolled past and it was time for Tshwane Championships 2022 in October. Oh no, what is this sore shin all about? Oh well, take the run easy and the rest will be okay. Came first in my age category after battling with the run (or maybe more walk / run than run). Found out a week later this was no sore shin, it was a rather bad stress fracture that I had just run on.

Another 6 weeks off and then swimming with a pool bouy, pool running and easy cycling only till no pain is felt. How frustrating!

Anyway, that came to an end and training could resume but I was not sure for what.

Well, the what arrived in my e-mail in March 2023. Good morning athlete. You have been selected to represent South Africa at the World Championships. I closed the e-mail thinking it was a general e-mail to all (what was I thing or was it shock!)

Took me a while to process this e-mail and decide to pay rather large amounts of cash out to go represent South Africa at the World Championships for Sprint Triathlon.

Excitement built as the kit arrived (trisuirt first, then the tracksuit with the shirts). Then the race briefing (all 58 pages long arrived in my e-mails). This was all getting very real.

Roll on Saturday 8 July and it was time to put on the tracksuit and head to the airport. The time had arrived!

We arrived in Hamburg, Germany on 9 July and thankfully so did our bags and my bicycle.

10 July - cycle around parts of Hamburg as we were not allowed on the race route. Saw many other athletes out including United Kingdom, Mexico, Canada and USA.

11 July - run around the Alster which again was not the race route.

12 July - simulated ride and run. This was also registration day.

13 July - swim in the dam / canal we were going to race in but not on the race route. Water was pleasantly warm with no need for a wetsuit. Decision made – I will go with no wetsuit for the race.

13 July was also the day reality dawned that I am really representing my country. A dream I have had since little. It was the Parade of Nations. I cannot lie when I say I had to fight back some tears and the goosebumps were there.

14 July – Race day has arrived and the nerves are loading. Temporary tatoos applied (for those that do not know, these are your race numbers on each upper arm and your age group on your left calf). Breakfast eaten and time to bike rack. The ride to bike racking was only 1.5km away. Arrived to see a 700m transition (longest transition I have ever seen)

Bike racked and walk back to the hotel as the race is only at 13h45 and bikes had to be racked by the very lates 12h00.

12h30 and nerves are now high. Walk back to race start and orientate myself as well as where I could probable see support from Mark.

13h30 – time to move into pens and do the warm up laid on by entertainment of the day.

13h40 – dive into water and swim 50m. Start to tread water. Oh my goodness. 5 minutes and water treading is long.

13h45 – Race is off and away we go (all 86 of us in my age group)

Swim went okay and was quite an experience. We had to swim through a dark tunnel and then into the open with the most beautiful setting of old buildings and a massive crowd. Heard the words “Go Yo”. Off I set on the 400m run to my bike. On with the helmet and shoes. Off comes the bike from the rack and run 300m in cleats with the bike.

Jump onto bike and away I go. 20km at an average of 33.3km an hour. 2 laps of 10km with 2 small hills in each lap. Fastest bike split I have ever had. A few German athletes even said “You go South Africa.”

Off the bike and into transition again. Time to run in cleats and with the bike again for 400m. I really need to learn who to unstrap my cleats rather than run in them. Very uncomfortable sore toes.

Heard the words at my bike “Go Yo and do not forget your helmet”. Witnessed why when I saw somebody having to come back with their helmet.

Bike racked, off comes then cleats and then the helmet. On with the shoes. Idiot here put in new kick laces and forgot to try them on before. They were too tight so spent a wasted minute getting g the running shoes off. The heard “Enjoy the run”.

5km and it is all over.

So fast, so much to experience and so much fun all in one race. Emotions were high from start to finish and seeing the finish line, having your name called out with your country name, getting the finishers medal, having it engraved, etc. is an experience I will never forget.

Swim time : - 15:53

Cycle time: - 37:38

Run time: - 26.56

Transition time in total: - 9:21 (evidence of a very long transition) – I did not fall asleep!

Till next time in Spain, God willing!

Best / favourite moment of the race

- Been there!

Worst / toughest part of the race

- At about 2.5km I chocked on water while trying to run and drink water out of a cup.
- Race nerves before. They settled quickly though

One thing I would change in training

- Arm cadence for the swim

One thing I would keep in training

- Consistency

How am I going to recover?

- Sleep
- Eat properly
- Exercise with less intensity this week and pick it up again next week

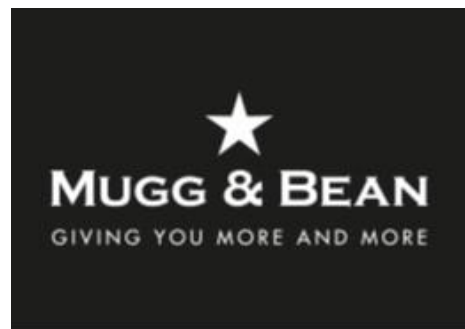


PERSONALIA

Greg Ferraira is very ill. They did a bone marrow biopsy. Results not back yet but they treating him for Multiple Myeloma. Only 10% function of the kidneys. Please think of him in your prayers

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

Melani	Swart	24-Jul
Buks	van Deventer	24-Jul
Cari	Snyman	26-Jul
Wilna	Meiring	27-Jul
Esther	Mojapelo	27-Jul



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Pursue what catches your heart, not what catches your eyes.

CHAIRMAN'S BALL

After a number of years, the Chairman's Ball will be back this year. Watch this space for more details.



NOTICE BOARD



ARC IRENE RUN/WALK
29 JULY 2023

ROAD RUN OR TRAIL RUN

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

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

Vitality

REVOLUTION TRAILS





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	R 200.00	R 200.00
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	R 200.00
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.

PHOBIANS FIFTEEN

Earn **600
Discovery
Vitality Points**
(15km finishers)

**15KM
RUN/WALK**
07:00
**5KM
FUN RUN/WALK**
07:15

**AGN
League
Race**

19 · 08 · 2023



PHOBIANS
Athletics Club



PHSOB Club

CALLING ALL ATHLETICS GAUTENG NORTH CLUBS

COME RUN WITH US!



EVENT DATE:

Sunday, 27 August 2023

EVENT TYPE:

Road Running

START TIME:

08H00

STARTING POINT:

Union Buildings

FINISH POINT:

Union Building Lawns

DISTANCE:

10km

CONTACT US TODAY TO ENTER

companyentries@stillwatersports.com
082 991 0045



ENTER NOW



ENTRY FEE: R240.00
TEMP LICENCE: R50.00

Challenge your club members to join forces and take part in one of South Africa's most diverse road running series, the Absa RUN YOUR CITY SERIES. The Jacaranda City will be buzzing with excitement when thousands of runners toe the line to paint the streets of Tshwane red at the Absa RUN YOUR CITY TSHWANE 10K. Runners can look forward to experiencing road running at its best! The route will incorporate iconic landmarks while featuring nonstop entertainment from start to finish compliments of Tshwane's leading performing arts groups and event sponsors.

Get ready to run Tshwane your way on Sunday, 27 August 2023!

GROUP INCENTIVE OFFER:

- Enter 10 or more club members and you will automatically receive a 10% discount on all entries
- Dedicated Group Entries collection point at Race Pack Collection
- Club members will be seeded together in the same batch (on request)

STANDARD ENTRY INCLUDES:

- Absa RUN YOUR CITY Series Event Performance T-shirt
- Absa Entrant Gifts (Peak Cap, Socks, Drawstring Bag & Shoelaces)
- DHL Water Bottle
- Race Number & Timing Chip
- Absa RUN YOUR CITY Series Finisher's Medal
- Amazing Route Entertainment from Start to Finish
- 2 x Refreshment Stations on Route
- Tog Bag Drop and Collect Service

runyourcityseries.com

f @Tshwane10k

#RunYourCity #AbsaRunYourCity





PvR Dorpsfees Night Race Wednesday 30 August 2023

Distance	Entry fee	Start time	Minimum age	Cut off time	Late entries
10km	R120	18:30	14 years	20:30	R150
5km	R60	18:30	9 years	20:30	R80
Kiddies run	Free	18:30	3-6 years		

Temporary license
required for
non-registered athletes
on the 10km – R 50
70+ athletes: FREE entry

Online entries at www.entryninja.com Entries close 27 August 2023
No prize money - medals for all finishers

Late entries (on race day: cash or card):

14 Baltimore Road, Pierre van Ryneveld

- 5 km Fun Run & 10 km Race Start:

cnr Mustang Ave & Blenheim Road,
Pierre van Ryneveld

- 5 km Fun Run & 10 km Race Finish:

14 Baltimore Road, Pierre van Ryneveld

- Kiddies Run at:

14 Baltimore Road, Pierre van Ryneveld

Race number collection:

Pierre van Ryneveld Geloofsfamilie

14 Baltimore Road, Pierre van Ryneveld

- 29 August 2023

strictly from 16:00 until 19:00

- 30 August 2023

strictly from 15:00 until 18:15

Secure parking for all athletes:

cnr Mustang Ave & Blenheim Road

Pierre van Ryneveld (Open field)



No athletes will be permitted to
drive in Baltimore Road
Athletes with club gazebos need
permission to drive to finish in
Baltimore Road and must be set
up before 17H30
Race enquiries: Johan van Vuuren
- 081 851 3864

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

"Geniet dit!"
It's like "LEKKER"

IRENE FARM BACKYARD ULTRA

What is a Backyard Ultra ?

- It is the brainchild of Laz Lake the Barkley Marathon creator, and it is equally as mad.
- It is simple; the event has no fixed length in time or distance, you must just run the same 6,706km (4,16 mile) lap every hour and you run until you can't run anymore.

Race details

- Last man standing race:
 - There is only one winner, the last person to complete a lap.
 - All other competitors are a DNF.
 - In the instance that nobody goes any further than any other, there is not a tie, there is no winner.
- 24 Hour race:
 - Only the competitors that run until the last lap, finish the race.
 - All other competitors are a DNF.
- 12 Hour race:
 - Only the competitors that run until the last lap, finish the race.
 - All other competitors are a DNF.

Loops

- Except for restrooms, competitors may not leave the course until each loop is completed.
- No non-competitors on the course.
- No personal aid during a loop (common aid station at the Race Village)
- Each loop must be completed within an hour to be counted, including the final loop.

Venue

- Race Village, Irene Athletic Club House
- ARC Grounds, Nelmapius Road
- Competitors and their supporters are allowed to "camp" with their gazebos or tents. One gazebo or tent, size 4m x 4m, per competitor.
- Set up at Race Village, Friday 22 Sept 2023 from 12:00.



Lap distance: 6,7km Elevation: est. 90m





Entries

- Last man standing @ R750.00
- 24 Hour race @ R650.00
- 12 Hour race @ R550.00
- T - Shirt @ R180.00
- Entries close on 1 September 2023
- No late entries
- Entries at www.entryninja.com only.

Entries includes:

- Race number
- Grab and go items
- Medal

Registration, Briefing and Start:

- Registration for all races will take place 22 September 2023 between 12:00 and 17:00.
- Briefing for each race will be 30 minutes before each race starts.
- Races start as follow:
 - o Last man standing, 22 September 2023 at 18:00
 - o 24- and 12-Hour races, 23 September 2023 at 06:00
- Each loop starts precisely 1 hour after the last, on the hour.
- Warning of 1 - 3 minutes prior to the start.
- All competitors must start at the gong (no late start).

Compulsory Gear:

These are compulsory for all three races:

- Long sleeved thermal top
- Waterproof jacket with hood
- Waterproof pants
- Cap / Hat
- Headlamp with spare set of batteries

Presented by Mad Monkey Adventures, in partnership with Irene Athletic Club



PHOTO CORNER



Christian Rhoeder who is residing in Mozambique, at a recent trail run in Mpumalanga



Leon Page and Pieter Jordaan before the 6.7 run on Mandela day last Tuesday



Getting ready to start the 6.7 km journey



Chris Cloete and Dave Roux



Ray Patterson, Gerard van den Raad and Theuns Willemse in serious conversation



Johan van Vuuren giving advice to Blanche van Vuuren



Nothing like a fire on a cold day



Johan Fires van Vuuren doing what he loves



Craig Potter with his two kids



The event was well attended



Ansie Breytenbach, Mark Forbes and Maryke Gradwell