



# IRENE NEWS

24 October 2022

No 41 – 2022



## ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Zwartkop Lapa Race on Saturday:

Rob Hudson	1 <sup>st</sup> Master – 10 km
Dirk Neethling	1 <sup>st</sup> GGM walker – 10 km
Keith Reynolds	1 <sup>st</sup> Walker & 1 <sup>st</sup> Master – 21 km
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GM – 21 km
Elsa Meyer	1 <sup>st</sup> GGM lady walker
Jessica Simmonds	PB – 21 km
Venita Brown	1 <sup>st</sup> Marathon

Well done!

## 21 KM CHAMPIONSHIPS

Congratulations to our champions:

Runners:	Sibusiso Sabela and Rosemary Brink
Walkers:	Keith Reynolds and Sandra Steenkamp

## ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 8 November at 18:30.

No nominations will be accepted anymore.

## HELPERS REQUIRED

**We still require a lot of helpers for our race on Saturday.**

**It is sad that so few members are willing to give something back to the club and the sport.**

**We all want to participate in races, now is the time to give other runners/walkers the opportunity to participate in a quality race proudly presented by Irene Athletics Club.**

**We need you!!! It will only take a few hours of your time.**

SOCIAL EVENING 1 NOVEMBER

*Irene Social, 1 November 22*

# HALLOWEEN

...because somewhere  
it is still 31 October

Dress extra spooky and  
win prizes. Join us for  
a haunting pub run.

Run from table to  
table and enjoy  
some scary shooters.

Dinner will be on sale.



IRENE

BE THERE... IF YOU DARE



### ***COACH'S CORNER***

Hard long run

15min easy warm up

20min Lower Tempo pace

5min easy recovery run

15min Upper Tempo pace

5min easy recovery run

10min Lower Threshold run

5min easy recovery run

15min cooldown run

1h30 in total



### ***10/20 YEAR BADGES***

Please collect your 10/20 year badges on Tuesday evenings if you haven't done so yet.

### ***THIS WEEK'S DIARY***

#### **Tuesday:**

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

2 x R250 vouchers with the compliments of Mugg & Bean Midstream

#### **Saturday:**

Irene Farm Race @ 06:00. Irene members are not allowed to participate. They are required to help to present a quality race to the rest of the running fraternity.

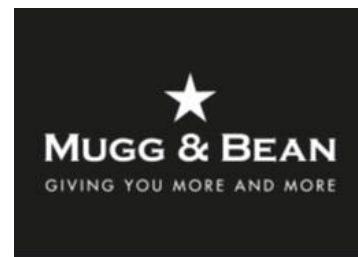
#### **Sunday:**

Helpers Run @ 06:00 – Race venue

## PERSONALIA

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

Nelda	Smith	24 Oct
Johan	Dekker	25 Oct
Albert	Pretorius	28 Oct
Michael	Dekker	29 Oct
Arne	Vorster	29 Oct
Rudi	Spangenberg	29 Oct
Ernst	Gottschalk	30 Oct



Midstream Tel 012 940 9229

## NOTICE BOARD

Please note that Irene Members are not allowed to run the race on race day. There will be a helpers race the next day



**29 OCT '22**

# Irene Farm Race

*with Vitality*



21.1  
KM

10  
KM

5  
KM



**ENTRY FEES**

Entry Fee	21.1km	10km	5km
70+	Free	Free	Free
All other categories	R200	R120	R80

**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

**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 28 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733

Race day (Saturday 29 October): 04:00 till 06:00 – at the venue

**PRE-ENTRIES ONLY**

- Pre-entries only - Capped on 4000 entries
- (Pre-entries close on 21 October or when cap is reached).

- Online entries: [www.entryninja.co.za](http://www.entryninja.co.za)

- Sweat Shop Dunkeld: 011 325 2567

- Running High Bedfordview: 011 450 2421

- Run Store Fourways Crossing: 011 465 0021

- Decathlon Centurion: 010 880 1845

- Sportsmans Warehouse Centurion: 012 665 0768

- Run-Away-Sport: 012 361 3733

- Tshwane Running Shop Sinoville: 076 929 7384



ARC Campus, Nellmapius Drive, Irene





THE GREEN MILE ROAD RACE PRESENTS

THE GREEN  CARNIVAL

**SATURDAY 5**  
NOVEMBER 2022

SPORTS RD, LYTTELTON MANOR, CENTURION

GREEN MILE



RUNNERS!  WITH THE GREEN MILE ROAD RACE!

**WIN ONE OF TWO**  
**R 3000 RUN-A-WAY SPORT**  
**VOUCHERS!!!**

**HOW TO WIN:**

1. ENTER BETWEEN WEDNESDAY 19 OCTOBER 12:00 AND FRIDAY 4 NOVEMBER 12:00.
2. AS EASY AS THAT!
3. ENTRIES AVAILABLE AT [HTTPS://WWW.ENTRYMILES.A.COM](https://www.entrymilesa.com)
4. T'S AND C'S APPLY

**RUN-A-WAY**  
**SPORT**

GREEN MILE



CLUBS!  WITH THE GREEN MILE ROAD RACE!

**WIN ONE OF THREE**  
**R 3000 RUN-A-WAY SPORT**  
**VOUCHERS!!!**

**HOW TO WIN:**

1. SHARE THIS POST WITH YOUR CLUB.
2. ENTER BETWEEN WEDNESDAY 19 OCTOBER 12:00 AND FRIDAY 4 NOVEMBER 12:00.
3. TOP 3 CLUBS WITH THE MOST ENTRIES EACH WIN A VOUCHER.
4. ENTRIES AVAILABLE AT [HTTPS://WWW.ENTRYMILES.A.COM](https://www.entrymilesa.com)
5. T'S AND C'S APPLY

**RUN-A-WAY**  
**SPORT**

GREEN MILE

# JACARANDA CITY CHALLENGE

EARLY COMRADES &  
TWO OCEANS QUALIFIER

12 NOVEMBER 2022

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

**WE ARE  
BACK**

**YOUR FAVOURITE  
CITY ROAD RACE**

**5km  
10km  
21.1km  
42.2km**



**Athletics  
Gauteng North**





28<sup>TH</sup>

# TOM JENKINS

RUN/WALK CHALLENGE

19 November 2022

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	R120	R80

## PRE-ENTRIES ONLY

Capped at 4 000 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 18 November (10:00 - 18:00) and

19 November (04:30 - 05:45)



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

Supported by



# TSHWANE



## OPPIE BOL ROAD RACE *Pilditch Stadium*

*Pretoria West, Cnr of WF Nkomo (old Church) & Maltzan Str*

**19 November 2022**

**10km starts 07:30**

**2.5/5km starts 07:45**

Entries Available at: Pilditch AGN, Spar Les Marais, Sportmans Warehouse (Centurion, Montana) and on race day

### Distance:

10km Run/Walk; 5km Run/Walk &  
2.5km Run/Walk

All wheelchair athletes starts 10 mins  
before the starting time

### PLEASE CONTACT

**CAZLE HENDRICKS**

**082 818 2956**

OR

**HEROLD MAKOLA**

**073 907 8763**



**LEAVE NO ONE  
BEHIND**

### Entry Fee:

10km Race = R120

5km Race = R80

2.5km Race = R40

Temporary Licence = R40

LESIMARAISPAR&TOPS

**SPAR**



**topsi**



**Athletics  
Gauteng North**

***In Support of Disability Awareness Month***



The 54th annual Muller Potgieter Memorial Race is being hosted at the Voortrekker Monument on 26 November 2022. Muller Potgieter was a highly talented long-distance runner who won various marathons and achieved a fourth place in the 1968 Comrades at the age of 23. He tragically died in an accident a few months later. Follow this link for Muller Potgieter history <https://vtmclub.co.za/muller-potgieter-gedenkwedloop/>



Photo: Elmer van Zyl



Official AGN Sanctioned Race

THE 54TH CONSECUTIVE RUNNING OF THE  
**MULLER POTGIETER /**  
4TH RUNNING OF THE  
**VOORTREKKER MONUMENT**  
HALF MARATHON, 10KM & 5KM FUN RUN / PRETDRAF  
**"THE TOUGHER ONE"**



VOORTREKKER MONUMENT  
DRAAF & STAP KLUB



**Athletics**  
Gauteng North

**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 Saturday, 26

**DATE:** November 2022

**START:** 21.1km & 10km – 06:00

5km – 06:15

Gun to mat timing on 10

& 21.1km only

Voortrekker Monument,

Enufoes Rd, PTA

**VENUE:**



GEBRINGAAN JOU DEUR:  
BROUGHT TO YOU BY:



**BECS Services (Pty) Ltd**

In association with BECS Environmental (Pty) Ltd

## Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

PO Box 8086  
Centurion  
0058

Tel: (012) 863 5533  
Fax: (012) 863 4388  
Email: [stb@stb.co.za](mailto:stb@stb.co.za)



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### THOUGHT FOR THE WEEK

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



## PHOTO CORNER



Irene members at the Cara-Fun on Saturday at the Zwartkop Lapa race



A few Irene members at the start





Former member Dee Donaldson (left) is on a visit to South Africa and paid us a visit at the Cara-Fun on Saturday. With her is Candice van der Spuy who also showed her face after a long absence



Reneiloe and Sibusiso Sibisi





Jacques Pelser and Sibusiso Sabela



Happiness after completing the 21 km





Sibusiso Sabela is our 2022 21 km club champion



Our lady champion is Rosemary Brink





The walking champions are Sandra Steenkamp and Keith Reynolds



Rob Hudson on the podium



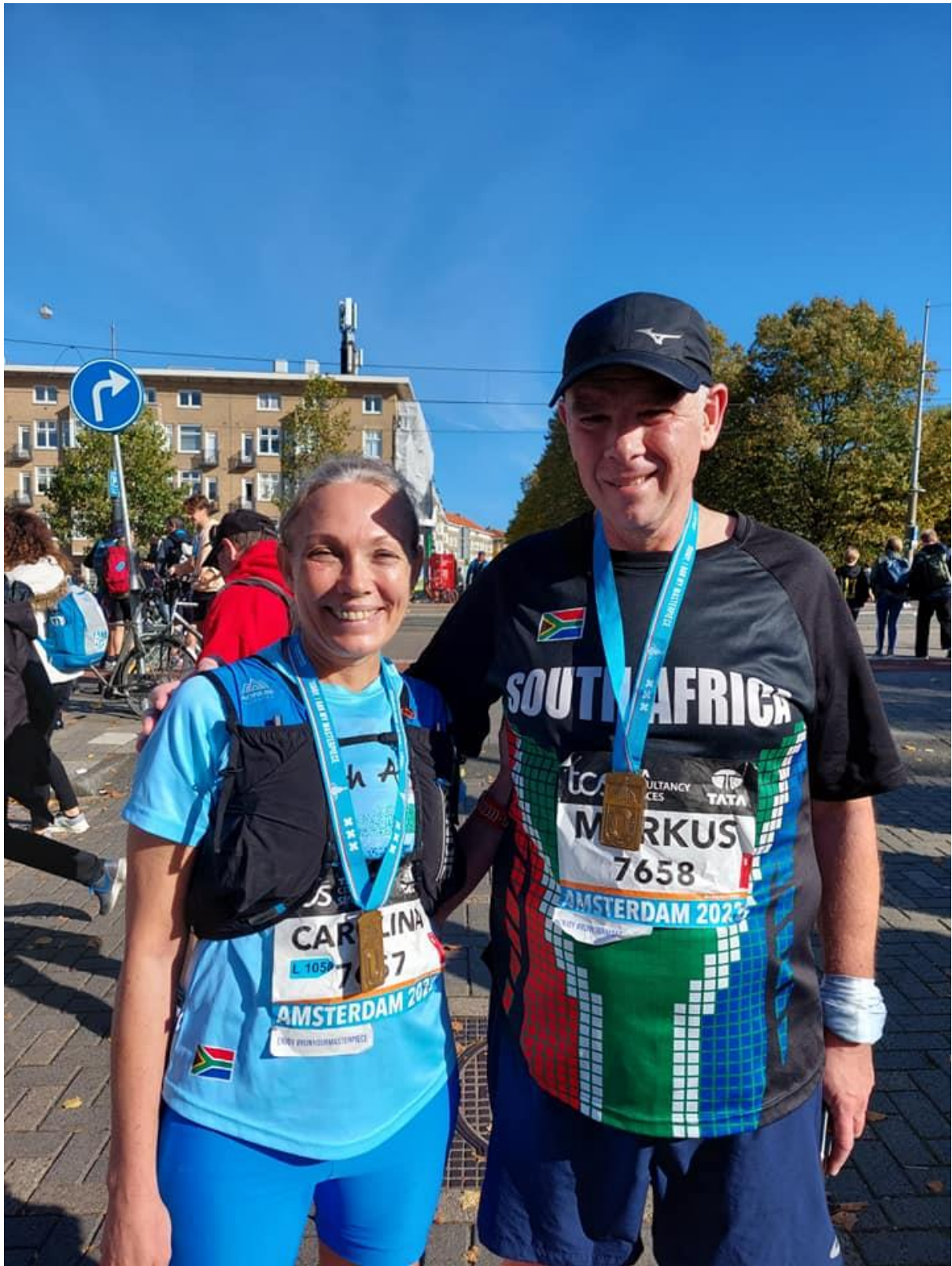


Venita Brown did her first Marathon last week



Aletha van den Berg also did the Cape Town Marathon after she recovered from a knee operation





Carolina and Markus van der Westhuizen did the Amsterdam Marathon last Sunday





Mariet Louw and Letha Kotze did the Affilande 2 day trail at Fouriesburg