



IRENE NEWS

25 September 2023

No 38 – 2023



ACHIEVEMENTS

Congratulations to the following members who finished on the podium over the weekend:

Sandra Steenkamp	1 st GM lady – Exxaro 21 km
Elsa Meyer	1 st GGM lady – Exxaro 21 km
Elsa Meyer	1 st GGM lady & 3 rd lady – Heritage Awareness 21 km

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.

You are invited once again to submit the names of candidates whom you would like to nominate for any specific position on the management committee.

THE CLOSING DATE FOR NOMINATIONS IS 29 SEPTEMBER.

BACKYARD ULTRA

The first Backyard Ultra in AGN took place from our club house on Saturday. Well done to Johan Fires van Vuuren who took the initiative to organize it. He did a tremendous job and got excellent feedback from all the participants.

This is a new concept and we can look forward to this race going from strength to strength in the future.

CAPTAIN'S CORNER

With some big races and events on the calendar until the end of the year, please join us and make use of the facilities and training groups. We also have training programmes (5km, 10km, 21.1km and 42.2km) that are available and that could be used to help you achieve your goals. 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
- “Mr Hills” Thursday @ 17.30 from the Irene Club House
- Time Trial Tuesdays @17.30 from the Irene Club House

- Summer challenge launching in October – Watch this space for more detail.
- Saturday the 21st of October, the Jacaranda Social Run through the streets of Pretoria, is back! Details are being finalised and will be shared over the next few weeks.
- German Shepherd Endurance Run on Sunday the 22nd October. If you are interested in getting involved, please WhatsApp Joy (083 284 4884).
- 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

Monday the 25th September (Heritage Day)

Boroughs of Bedfordview – 5 & 15km

Saturday the 30th September

Ford 3-in-1 Spring Race – 5, 10 & 21.1km

Irene Saturday Social Run - @ 6am. Venue and distance being finalised

Sunday the 1st October

Spar Womens Grand Prix JHB - 10km

The Big Walk @ Fountains Valley – 5, 10 & 15km

Irene Sunday Social – @ 6:30 from Irene Link (10-12km)

Saturday the 7th October

Chamberlain Capital Classic - 5, 10 & 21.1km

National Business Challenge Relay

Sunday the 8th October

Fat Cats - 5 & 10km

Irene Sunday Social – @ 6:30 from Midstream Mugg & Bean (10-12km)

Wednesday the 11th October

Mid week afternoon run @ 17.30 for a 10km

Saturday the 14th October

Harrismith Mountain Race (Trail)

Cape Town Marathon - 10km road & Trail

Agape Marathon - 5, 10, 21.1 & 42.2km

Meirings Poort - 12.5 & 21.1km

Sunday the 15th October

Cape Town Marathon

Fred Morrison - 10, 21.1 & 42.2km

Irene Sunday Social – @ 6:30, venue TBC (10-12km)

Saturday the 21st October

CSIR - 5, 10, 21.1 km

Jacaranda Social Run – Charity Run through the streets of Pretoria. Watch the newsletter for updates

Sunday the 22nd October

German Shepherd Endurance Support Run

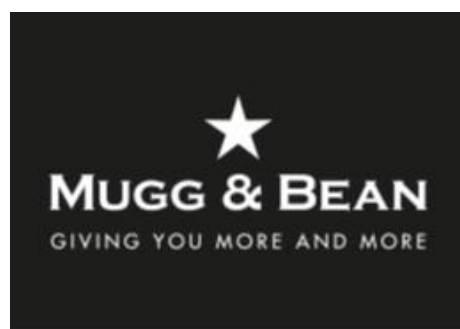
The weekly schedule and any changes will be shared on the WhatsApp and telegram groups

PERSONALIA

Former member Louis Botha passed away last week. Our condolences to his wife and family.

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

Marinda	Van der Walt	25-Sep
Estien	van Wyngaard	26-Sep
Ntopane	Mashabela	26-Sep
Lisinda	van Zyl	27-Sep
Ashley	Williams	28-Sep
Paul	Chinchen	29-Sep
Mariet	Louw	29-Sep
Roger	Brown	01-Oct



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.

HERRITAGE DAY CELEBRATIONS

Be part of the fun!!!



SOCIAL EVENING

The social evening will take place on 10 October. As always it will be a very special evening.



CHAIRMAN'S BALL

Time is running out, book your place now.



28 October 2023
18.00 for 18.30

**A NIGHT AT
THE RACES
CHAIRMAN'S
BALL**

Dress Black Tie and Takkies
Live music by Lungelo Moyo
The Bull Ring Grill
Randjesfontein
R180 per person
RSVP Joy 083 284 4884
World Cup final will be screened

NOTICE BOARD



ARC IRENE RUN/WALK
26 AUGUST 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**

Revolution Trails

Validity





CHAMBERLAIN CAPITAL CLASSIC

SATURDAY, 7 OCTOBER 2023
Phobians Club: 378 Queens Crescent, Lynnwood

Earn Discovery
Vitality Points!

- > **21.1KM RUN**
starts 06h00
- > **10KM RUN**
starts 06h00
- > **5KM FUN RUN**
starts 06h15

GET A FREE T-SHIRT
The first 2000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

START YOUR DAY WITH BAGPIPES
Set off to the unique sounds of the MacChamberlain Highlanders pipe band.

RUN IN A TRADITIONAL SCOTTISH KILT AND WIN
Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card.



PHOBIANS
Athletics Club





THE CSIR RUNNING CLUB
IS PROUD TO HOST THE

30TH CSIR ROAD RACE

**SATURDAY,
21 OCTOBER 2023**

**CSIR MAIN CAMPUS, MEIRING NAUDE
ROAD, BRUMMERIA, PRETORIA**

**Run and Walk 21.1 KM
10 KM
06:00**

CUT-OFF TIME IS 09:15

NB: Any participant taking part in the 21.1 km who has not reached the Main Gate at 08:30 will not be permitted to complete for safety reasons

**Run and Walk 5 KM
06:30**

RACE VENUE

Start and finish at the CSIR Main Campus, Meiring Naude Road, Brummeria, Pretoria

ONLINE ENTRIES: www.entryninja.com

RACE RESULTS: results.finishtime.co.za

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	R50	R60		06:30		



science & innovation

Department:
Science and Innovation
REPUBLIC OF SOUTH AFRICA



CSIR
Touching lives through Innovation



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



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	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)



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**



GAUTENG NORTH



PHOTO CORNER



Bheki Ndlovu in action at the Exxaro race



Noel Banda



Deena Naidoo and Pieter Jordaan



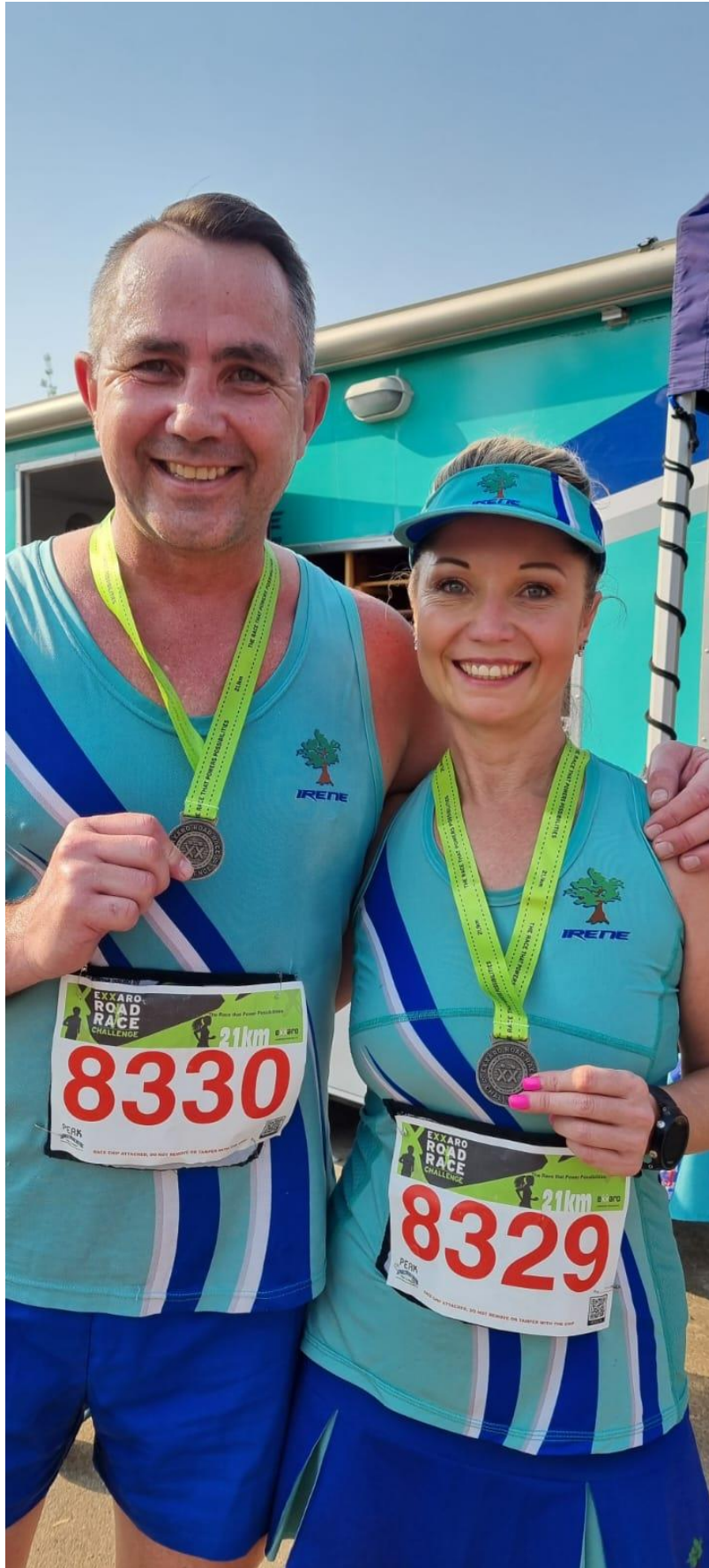
Werner smit



Sean Kruger



Happy faces at the Irene Cara-Fun



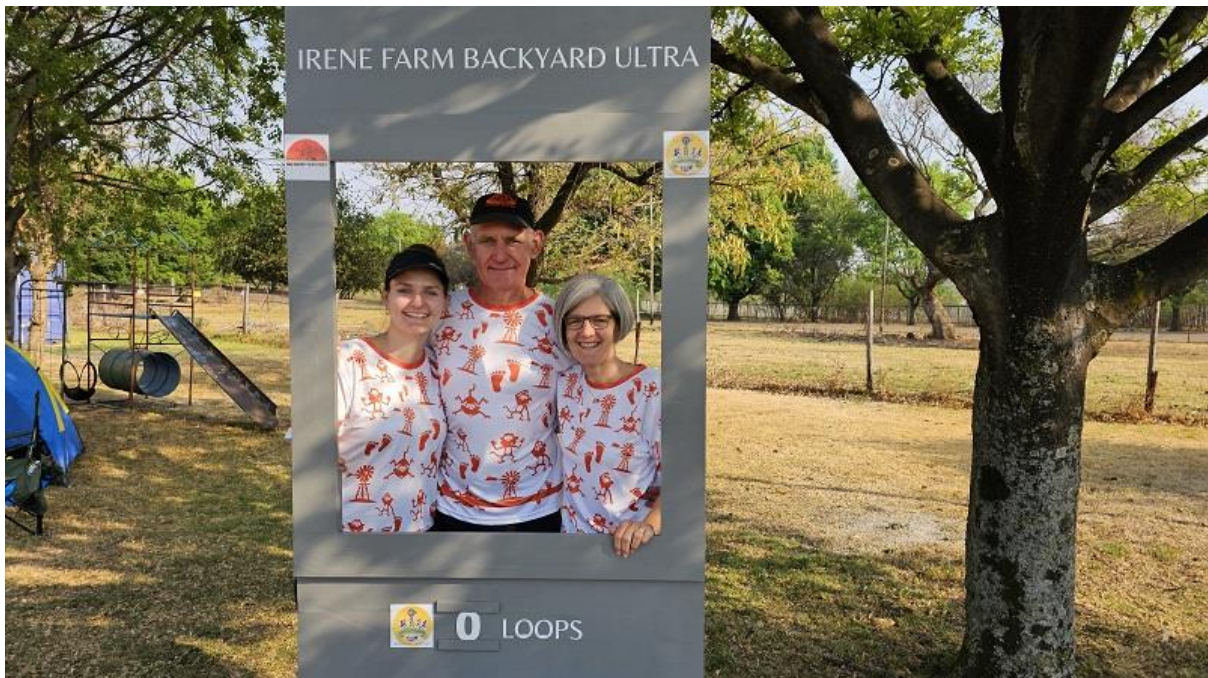
Paul Nel and Bernita Bornmann



Hlengiwe Ngwenya



An hourly start at the Irene Farm Backyard Ultra



Johan Fires van Vuuren with daughter Suzanne and wife Blanche



Midstream morning training run with a special visitor, Claude Truter (front right) who is now a missionary in Georgia

