



IRENE NEWS

26 June 2023

No 25 – 2023



SOCIAL EVENING

**ACHES AND
PAINS PARTY
4 JULY**

**Come and share
in each other's**



triumphs and tribulations

**Including Comrades Prize giving
Soup and Sherry with a bun on sale
for R80. Please order from Dave
before 12pm Monday 3rd.
082 892 7544**

MUTI BAGS

The leftovers of the muti bags that were handed in for the support stations and not collected last week, will now be available at the Cara-Fun at the races.

CAPTAIN'S CORNER

So what's your mid-year motivation, and what are your goals and plans for the rest of 2023?

As an Irene member, you have access to a number of training programmes to either get you going or take you to the next level. These include, 12 week programmes for 5km's, 10km's and 21,1km's for beginners, intermediate and advanced. There are also a marathon training programmes for a 4 hour and 5 hour finish. And to get you going, there is nothing better than training with a group of friends.

#MidYearMotivation

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

- Morning training groups – The Midstream sessions will resume from Tuesday the 27th June, starting @ **5.15** am from Midstream Mugg & Bean. These will be on Tuesday's, Wednesday's, and Thursday's. The Eco-Park sessions will resume from July
- Time Trial Tuesdays starting @ **17:15** from the Irene Club House
- Irene ARC is open daily to all club members, from 16:00

We also have an Irene Family and Friends, mid-year celebration get together on Sunday the 2nd July at The Godfather in Midstream, starting at 16:00. Keep on eye on the groups for details!

Races over the next 2 weeks:

Saturday the 1st July

Race of Friendship – Glenfair 5, 10 & 21.1km (Cancelled)

AGN Cross Country League

Ezemvelo Backyard Ultra

Sunday the 2nd July

Vitality Rockies Gerard Fox – 5, 10 & 21.1km

Irene Sunday Social – 10-15km. Midstream Mugg & Bean @ 7am

Saturday the 8th July

Garsfontein Ice Breaker - 5, 10, 21,1km

Knysna Forest Marathon - 21.1 & 42.2km

Rhodes Trail Run - 52km

Sunday the 9th July

Edenvale 15km BLITZ - 5 & 15km

Irene Sunday Social – 10-15km. Venue TBC

Saturday the 15th July

Springbok Vasbyt - 5, 10, 21.1km

Irene 10km Racewalking Open Grand Prix (Irene Oval)

AGN Cross Country League

Sunday the 16th July

Pirates2Pirates Social Run

The Irene Comrades Aches and Pains Party is scheduled for the 4th July. By this time, we should all be back on the road and able to run. This is an event not to be missed for all runners and supporters.

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

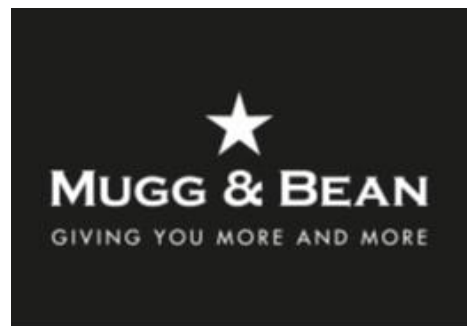
COMRADES STORIES

You are invited once again to share your Comrades stories with us. Whether you had a good or bad experience, please send it to us by replying to this email.

PERSONALIA

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

| | | |
|---------|----------|--------|
| Marie | van Dyk | 27-Jun |
| Belinda | Hudson | 28-Jun |
| Derek | Oldnall | 28-Jun |
| Maggie | Holliday | 29-Jun |
| Norton | Mole | 01-Jul |



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make, makes you. Choose wisely.

WEEK PROGRAMME

WEEKLY SCHEDULE



Date: 26 June - 02 July

TUESDAY



T.T - ARC
@ 17:15



Morning
Training Group

Midstream Mugg & Bean
@ 5:15 am

WEDNESDAY



ARC Long Run - Venue
Open from 16:00



Morning
Training Group

Midstream Mugg & Bean
@ 5:15 am

THURSDAY



On hold for winter



Morning
Training Group

Midstream Mugg & Bean
@ 5:15 am

SATURDAY



- Race of Friendship
Glenfair 5, 10 & 21.1km
- AGN Cross Country League
- Ezemvelo Backyard Ultra



Long Run

SUNDAY



Vitality Rockies Gerard Fox –
5, 10 & 21.1km



Social Runs

Midstream Mugg & Bean
10KM - 15km
@ 7am

FOLLOW US



Facebook



Instagram



Irene AC Notifications

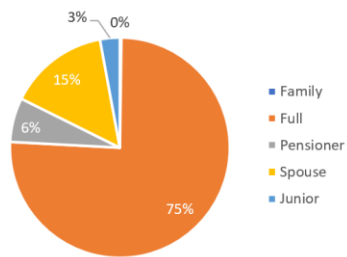
IRENE ATHLETICS CLUB



REGISTRATION STATS

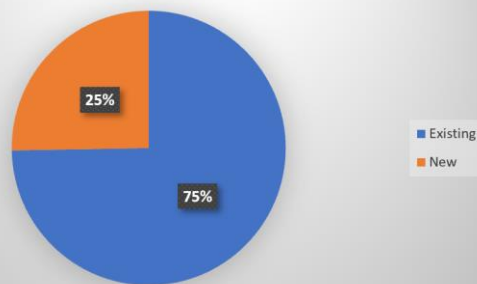
| Type of member | 2023 # |
|----------------|------------|
| Family | 1 |
| Full | 338 |
| Pensioner | 29 |
| Spouse | 66 |
| Junior | 13 |
| Total | 447 |

Type of Member (447 members)



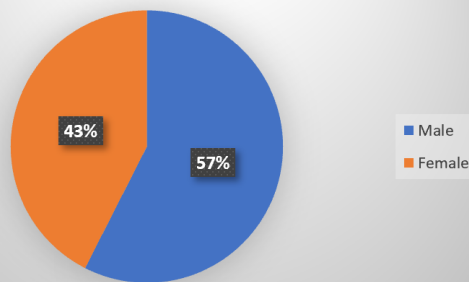
| Member Status | 2023 # |
|--------------------|------------|
| Existing | 334 |
| Family | 1 |
| Full | 250 |
| Pensioner | 24 |
| Spouse | 52 |
| Junior | 7 |
| New | 113 |
| Full | 88 |
| Pensioner | 5 |
| Spouse | 14 |
| Junior | 6 |
| Grand Total | 447 |

Existing vs New (447 members)



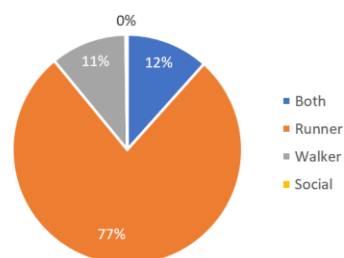
| Gender | 2023 # |
|--------------------|------------|
| F | 190 |
| M | 257 |
| Grand Total | 447 |

Gender (447 members)



| Runner, Walker | 2023 # |
|--------------------|------------|
| Both | 52 |
| Runner | 346 |
| Walker | 48 |
| Social | 1 |
| Grand Total | 447 |

Runner, Walker (447 members)



NOTICE BOARD

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

1 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








GARSFONTEIN ICE BREAKER

21km / 10km / 5km **8 JULY 2023**

AGN CHAMPIONSHIP



| GARSFONTEIN PRIMARY SCHOOL | | | | | | | |
|----------------------------|-----------|------------|-------------|--------------|---------|--------------|-----------------|
| DISTANCE | ENTRY FEE | START TIME | MINIMUM AGE | PRIZE GIVING | CUT OFF | LATE ENTRIES | VITALITY POINTS |
| 21,1km | R180 | 07:00 | 16 years | 09:00 | 10:30 | R200 | 1500 |
| 10 km | R120 | 07:00 | 14 years | 08:30 | 10:30 | R140 | 600 |
| 5 km | R60 | 07:15 | 9 years | None | 10:30 | R70 | FUN RUN |

Temporary licence required for non registered athletes on the 21,1km & 10km : **R50**
70+ athletes: FREE entry

ONLINE ENTRIES from 17 May 2023 - www.entryninja.com (until 30 June 2023)

RACE ENQUIRIES

Mike Minty - 083 414 5938
Claude Smit - 083 564 3630
Office - 012 361 3618
Wingate Road Runners - 072 864 2908

ONLINE ENTRIES & RACE NUMBER COLLECTION

Dutch Reformed Church (285 Emmie Hartmann str.)
6 July from 09:00 until 13:00
7 July from 09:00 until 17:30
At the venue (Garsfontein Primary School - Patronella Str. Entrance)
Race Day from 05:30

Proud Sponsor of the Garsfontein Ice Breaker

www.justimagineproperties.com

Just Imagine
PROPERTIES

Leon Bezuidenhout SPRINGBOK VASBYT

Presented by Voortrekker Monument Running Club

Proudly Supported by



| | |
|------------------------|---|
| Distances: | 21 km, 10 km, 5 km fun run: |
| Date: | Saturday 15 July 2023 |
| Starting Times: | Commemoration Ceremony - 07:20 21 km & 10 km - 07:30 5 km - 07:40 |
| Venue: | Voortrekker Monument, use the Eeufees Rd entrance |

Leon Bezuidenhout 14 September 1966 - 2 August 2020

"As ek die grondpad onder my voete voel weet ek, ek is tuis"



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK
CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.**

ENTRY FEES

21 km: R140 | 10 km: R120 | 5 km: R60

70+ athletes (ID required): Free

Temporary License: R50

Entry fees are non-refundable

GENERAL INFORMATION

Guarded parking available

Ample toilet facilities

Water stations

Tog bag area

Club Gazebos Welcome

UNFORTUNATELY NO PRIZE MONEY. 10 km and 21 km: Running categories' 1st and 2nd places receives gold and silver medals, respectively.

The rest of the field finishing within the cut-off time receives bronze medals.

Gun to mat timing.

MORE INFORMATION

Online pre-entries at www.entryninja.com - Online entries close 11 July 2023.

Pre-entries at Run-A-Way Sports - opens 01 June 2023 & closes 13 July 2023 at 16:00.

Pre-entries at Voortrekker Monument - opens 01 June 2023 & closes 14 July 2023 at 16:00.

Entry collection at the Voortrekker Monument on Friday 14 July 2023 from 13:00 until 17:00 or on race day from 05:00 until 07:00.

Entries on race day – At the race venue as from 05H00 until 07H00 strictly.

Ensure that you have the **FinisTime Time Passport App** downloaded/installed to ease the registration process

– <https://play.google.com/store/apps/details?id=net.finishtimepassport>

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining, will be diverted to the finish.



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.



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



Midstream Park runners on Saturday



Tamaryn Paterson and Zoë Scholtz