



IRENE NEWS

27 November 2023

No 48 – 2023



ACHIEVEMENTS

Although there were no prizes at the Voortrekker Monument race on Saturday, the following Irene members were shown as winners on the Finish Time results:

Melani Swart	1 st Vet lady – 10 km
Ansie Breytenbach	1 st Master lady – 10 km
Leon Page	2 nd GM man – 10 km
John Ellmore	1 st GGM man – 10 km
Rosemary Brink	1 st Vet lady – 21 km
Elsa Meyer	1 st GGM lady – 21 km

Well done!

Congratulations to our junior member Lené du Preez who was selected for the AGN Provincial Sub Youth track and field team. She will represent the province at a meeting in Secunda on 2 December.

PERSONAL ACHIEVEMENTS

Congratulations to Keith Reynolds who completed his 10th Tough One to receive his permanent number.

OLD CLUB CLOTHING

To start our 30th anniversary celebrations, all the old club kit (shorts, ski pants, vests etc.) will be sold for R30 per unit. It will be on sale on Tuesdays from Tuesday at 18:00 – 19:00.

Don't miss out on this amazing offer. Card facilities will be available.

YEAR END FUNCTION

Please let Joy know by Wednesday if you are going to attend the year end function.

IAC Year End Function and Prize Giving



"GIVING BACK"

COME JOIN US FOR
A DELICIOUS

CHINESE BRAAI

2 DECEMBER 14.00

**ENTRANCE FEE: R50 DONATION
TO A FABULOUS CAUSE**

COME AS YOUR FESTIVE BEST!

**RSVP TO JOY
083 284 4884**



CAPTAIN'S CORNER

As we enter the last few days of the **Irene Summer Challenge**, you still have some time to get your name in line to win prizes. The competition will be closing on the 30th November and the results will be announced on the 2nd of December at the Irene Year End celebration. There are 3 categories, Participation, Most Improved Athlete (you will need to use the time trial on the 28th as your final time) and Irene Ambassador. You can enter all 3 or just 1 of the categories. The next link will be sent out on Monday the 27th of November.

As we reach the end of the year, there are a few fun events that are still coming up – **Irene Year End celebration**, on Saturday the 2nd of December (please send Joy your responses if you have not done so yet – 083 284 4884), **Christmas Charity Run** on Sunday the 3rd from Irene Link at 7am for a 5 and 10km, and the **Irene Lights Run** on Thursday the 7th of December.

A very special thank you goes to Jessica, Mark and Johan (Fires) for all the support and assistance during 2023. Without them we would never have been able to host all the training sessions, social runs and events.

From a club training and events perspective,

- Time Trial Tuesdays @ 17:30 from the Irene Club House
- Hills sessions will resume in January
- Morning training groups – Tuesday, Wednesday and Thursday @ 5.00 am from Midstream Mugg & Bean and Eco Park Virgin Active. Please reach out to Mark via WhatsApp (082 377 4622), to add you to the Eco Park Group, to keep you informed of any changes. *These groups will continue as social runs during the holidays, but may start a little later in the mornings.*

Races and training events over the next few days:

Saturday the 2nd December

BDS Race – 5, 10, 21.1km

Sunday the 3rd of December

Christmas Charity Run – 5 & 10km @ 7am from Irene Link

Thursday the 7th of December

Irene Christmas Lights Run – @ 6pm

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

PERSONALIA

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

Gerard	van den Raad	27-Dec
Melodi	Botha	28-Dec
Vanessa	Roux	29-Dec
Isabel	Erlank	02-Dec

GERARD VAN DEN RAAD

Congratulations to Gerard van den Raad who is celebrating his 80th birthday. He has been a club member for 20 years and has been one of the most active members in all aspects during this time. Despite his age, he is still setting the example by doing things himself and not waiting for somebody else to do the job. He is still serving on the management committee as well as the race committee. We wish him all the best for the years ahead.



THOUGHT FOR THE WEEK

Maturity is when you stop complaining and making excuses, and start making changes.

NOTICE BOARD



ARC IRENE RUN/WALK
2 DECEMBER 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

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

Discovery Vitality

REVOLUTION TRAILS



CHRISTMAS
CHARITY RUN

RUN FOR A CAUSE

3 Dec '23
Irene Link
7am | 5,10km

BANKING DETAILS:
IRENE AC
STD BANK
032183186

Please feel free to
make a donation on
the day or via EFT into
the clubs account



BDS RACE WITH *Vitality*

21.1KM
6:00am

10KM
6:00am

5KM
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





Christmas LIGHTS RUN

DECEMBER

THURSDAY | 7 | At 06:00pm

JAN CILLIERS PARK, C/O WENNING AND
BRODERICK STREET, GROENKLOOF,
PRETORIA



Wear something Christmassy
and bring a long a night torch



48th running of the PwC George Claassen Memorial Road Race
Saturday 20 January 2024



Scan to register online

Start times:

21.1km/10km run/walk	6am
5km fun run	6.30am

Cut-off times:

Cut-off time for the 21.1km at the entrance to
Pick n Pay Hyper (9.7km) at 7.30am

Cut-off time at 10am

Race venue:

Pick n Pay Hyper, Faerie Glen Atterbury Rd.

Start/finish:

Pick n Pay Hyper, Faerie Glen cnr Atterbury Rd.
and Selikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com

Race results: results.finishtime.co.za



SAVE THE DATE!

Saturday, 3 February, 2024 at 06h00
Castle Gate Shopping Centre

● 21,1 km ● 10 km ● 5 km



PHOTO CORNER



Time trials last week



Athletes gathering at the start of the Voortrekker race



Ansie Breytenbach, Leon Page and Melanie Swart after completing the 10 km race



Henk Basson and Joy Dekker in action at the Voortrekker Monument



Rosemary Brink starting the 2nd lap of her 21 km race



Keith Reynolds receiving his permanent number after completing his 10th Tough One.



*Irene Sunday
Social*