



# IRENE NEWS

27 September 2021

No 40 – 2021



## POP UP RUN

Get yourself ready for a Pop Up Run with a difference!

The October Pop Up Run is going to take place this Friday evening at 18:00. It will be a festive occasion with lots of fun. The flyer with all the details will be sent out soon. Watch out for it!

## SPAR GRAND PRIX

The spar Grand Prix that took place on Friday at our race venue was a huge success! It was a special occasion to be part of a normal race again and to host such a prestigious race. See the Photo Corner for some photos.

You can watch a video of the race at your leisure at:

<https://www.facebook.com/watch/live/?v=1051131035641304&ref=search>

## TRAIL RUN

Please support the trail run on Saturday. The numbers are picking up now that it is getting warmer. It is the place to be on a Saturday morning.

**ARC IRENE HYBRID RUN/WALK**

CHOOSE BETWEEN  
A **ROAD RUN/WALK**  
OR A **TRAIL RUN/WALK**

REGISTER AND START ANYTIME  
FROM 06H00 TILL 08H00

**ONLINE PRICE FOR ROAD AND TRAIL RUNS:**  
5km~R75 / 10km~R95 / 15km~R115 / 21km~R135  
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)  
ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE

2km, 5km & 10km: Start between 06h00 till 08h00  
15km & 21km: Start between 06h00 till 07h00

ALL FINISHERS RECEIVES A MEDAL  
ALSO QUALITY FOR VITALITY POINTS

ENTER @  
**WWW.REVOLUTIONTRAILS.CO.ZA**

VENUE:  
**ARC IRENE CAMPUS**  
IRENE ATHLETICS CLUBHOUSE, NELMAPIUS DRIVE, IRENE, CENTURION

For more information contact us at:  
083 264 3931 | revolutiontrails@gmail.com

**20/20 VISION CARE**  
**YCEBE**  
PURE ADRENALINE

**REVOLUTION TRAILS**

## AGN 10 KM CHAMPIONSHIPS



**Athletics**  
Gauteng North

After a very successful half marathon at Sefako Makgatho University the **AGN Road Running Commission** will stage a second road race that will also be the **AGN 10km Championships for 2021**. The race will again be presented under the current Covid-19 protocols.

This race will be a **10km** race with the following information:

<b>Date:</b>	Saturday, 2 October 2021
<b>Venue:</b>	PVR Community Church, Baltimore Road, Pierre van Ryneveld
<b>Parking:</b>	Ample parking is available ±200 metres from the venue. Please follow the direction signs
<b>Start Time:</b>	06:30 to 06:40
<b>Entries:</b>	Only 200 athletes will be allowed to enter. ONLY PRE-ENTRIES WILL BE ALLOWED Entry link: <a href="https://forms.gle/JW95WSa2hbwxfw5A">https://forms.gle/JW95WSa2hbwxfw5A</a>
<b>Closing date:</b>	29 September 2021 or when the limit of 200 entries is reached.
<b>Entry Fee:</b>	R70 per athlete and the money must be paid into the following AGN account. No cash will be taken at the venue. <b>Account Name:</b> Athletics Gauteng North <b>Bank:</b> ABSA <b>Account Number:</b> 4056373566 <b>Branch Code:</b> 335-642 <b>Reference:</b> Name, Surname, 10km Entry fee must be received within 24 hours from submitting the entry form or the entry will be rejected.
<b>Race Enquiries:</b>	Pieter de Jager – 083 442 4295

Prize Money (Men & Women)					
Pos	Open	Juniors	40-49	50-59	60+
1	R1500	R500	R1000	R500	R500
2	R1000	R300	R800	R300	R300
3	R800	R250	R500	R200	R200

**Medals to all finishers**



<b>Number Collection:</b>	Race numbers must be collected on the morning of the race at the venue. Please bring proof of payment and confirmation SMS.
<b>Start Procedure:</b>	Athletes will be allowed to start the race in batches from 06:30 to 06:40. No athlete will be allowed to start after 06:40. There will be one controlled entrance to the start area where your race number will be noted. 20 to 25 athletes will be allowed to start in each batch. Please keep social distancing at all times and wear your mask (preferably a disposable mask) up to the command to remove it just before the start.
<b>License Numbers:</b>	All athletes must participate with 2021 ASA license numbers. Athletes not belonging to a club must buy a temporary license number from the AGN office at Pilditch during the week before the race. No temporary licenses will be available at the venue on race day. <b>Cost of temporary licenses is R40.</b>
<b>The Route:</b>	The route will be a 5km loop to be done twice
<b>Finish Procedure:</b>	Your race number will be noted at the finish and your finish time will be taken. Your official run time will then be calculated, taken your start time in consideration. Results will be published on the Race Results website ( <a href="http://www.raceresults.co.za">www.raceresults.co.za</a> ).  On finishing the race please collect a bottle of coke, a bottle of water and your medal from the table and leave the area immediately. Please wear a mask once finished. Disposable masks will be available after the finish line.  No club tents or gazebos will be allowed.

#### Directions

Continue onto N1 from Johannesburg  
 Take exit 124 to merge onto Danie Joubert Freeway/N1 towards Pretoria/Polokwane  
 Take exit 134 to merge onto R21 towards Pretoria  
 Take exit 7 for M10/Hans Strijdom Drive towards Pretoria/Hans Strijdom-Ryalaan/Lyttelton  
 Turn right into Solomon Mahlangu Dr/M10 (Signs for Hans Strijdom Drive/Garsfontein)  
 Turn right into Van Ryneveld Avenue/M28  
 Turn left into Mustang Avenue  
 Turn right into Baltimore Road

**Race Enquiries: Pieter de Jager – 083 442 4295**





# IRENE OPEN 10 KM RACE WALKING GRAND PRIX

**09 OCT 21: IRENE OVAL**

(Incorporating AGN Team Trials for the ASA RW  
Championships  
And Irene Club Championships)



## PROGRAM & STARTING TIMES

N o	Age Group	Distance	Start Time	Entry Fee
1	Open Men & Women	10 km	07h30	R50
2	Junior Men & Women (18, 19; b2002, 2003)	10 km	07h30	R50
3	SAMA Men & Women Including Novice Walkers	10 km	07h30	R50
4	Youth Boys (16, 17; b2004, 2005)	10 km	07h30	R50
5	Youth Girls (16, 17; b2004, 2005)	5 km	08h45	R50
6	Sub-youth Boys & Girls (14, 15; b 2006, 2007)	5 km	08h45	R50
7	SAMA Men & Women Including Novice Walkers	5 km	08h45	R50
8	Sub-youth Boys & Girls (<=13; b2008 & later)	3 km	09h30	R50
9	Sub-youth Boys & Girls (<13; b2009 & later)	1 km	09h30	R50
10	Results e-mailed to Participants			
11	No Medals			

### Registration - No Entries on Race Day

- Pre-Entries ONLY before 06 Oct 21 - Entry Form Link in Irene Cover Letter:
- To enter on Google Forms, press ctrl and enter simultaneously and thereby access the athlete's entry form
- [https://docs.google.com/forms/d/e/1FAIpQLScp\\_ZcJ43tiGWKXcpTbBNV3rxQ-WjUqTOAvXerrHXrLuzzdQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScp_ZcJ43tiGWKXcpTbBNV3rxQ-WjUqTOAvXerrHXrLuzzdQ/viewform?usp=sf_link)

Payments to be made into the following account:

- Bank: Standard Bank
  - Account Name: Irene AC
  - Branch Code: 012645
  - Account Number: 032183186.
  - Reference: Irene GP, Name and Surname
- Send Proof of Payment to [djllappies@gmail.com](mailto:djllappies@gmail.com)**





# GENERAL

## RACE INFO

**Refer to the Covering Letter:** Irene Open 10 Km Race Walking Grand Prix dated 25 September 20, as amended, for detailed instructions how to enter.

Licensed athletes to wear club colours and their 2021 ASA licence number back and front as well as age tags. No "W" tags required, as this is a racewalking event only

**If not in possession of a valid 2021 ASA license, a temporary license must be purchased @ R40 together with your pre-payment & collected at the race on race day.**

Participants must be able to produce their identity document (or drivers licence) if required to verify age.

The event will be held according to WA and ASA rules. All participants participate at own risk. Participants indemnify the national and provincial bodies; and organisers of the race against all and any action of whatever nature that may arise out of their participation in the events.

The course is fast and flat right-hand-cone track with two turning points, generally circling around the Irene Oval. It is a 1 km measured and certified route.

Lap counters, officials and judges will be present.

The penalty zone (pit lane) rule will be applied.

Appeals must be lodged, in writing, within 30 minutes after the race. They must be lodged with the chief judge accompanied by R300 which is refundable if the appeal is upheld.

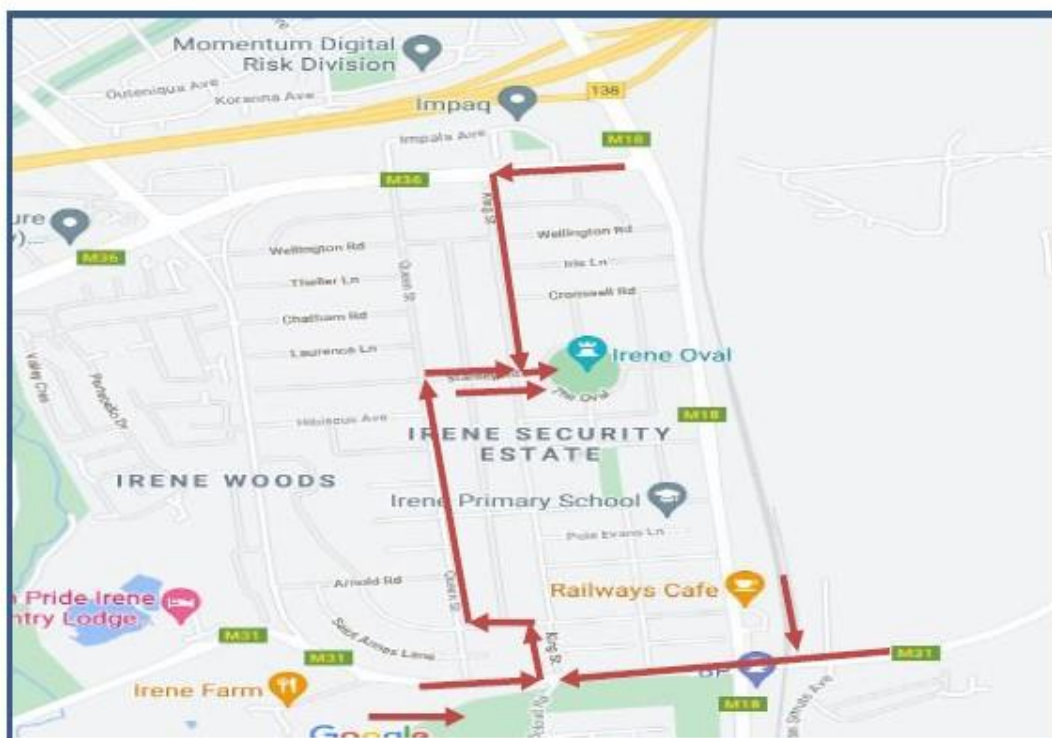
A water table with water sachets ONLY will be provided.

No seconding will be allowed.

Kindly note the WA and ASA rule that walkers may not cover their knees, no long pants allowed and knees must be visible to the judges.

No earphones, iPods and the like allowed and contravention of WA rule 6.3 will lead to disqualification.

# ACCESS MAP AND ROUTES



## IRENE OVAL

The race start is at the corner of Stanley and The Oval Roads, Irene.

The Oval is in the Irene Village Centurion. Enter from Alexandra Road into King Road or Nelmapius Drive into Queen as the Main Street gate only opens at 07:00.

Report to Registration Table upon arrival.

Ample parking around the Oval. Please do not park on the resident's paving. Use the inner circle of the Oval, as directed by traffic marshals, park on The Oval side only.

Please respect the Irene Village and community. We depend on their goodwill when presenting events at this venue!

**No Spectators**

**Face Mask Compulsory**

**Maintain Social Distancing**

**Do not arrive more than 60 min prior to participating**

**Report in Call Room 30min before racing**

**Race Organiser –** Irene Athletics Club, Supported by AGN Racewalking Committee.  
Danie Labuschagne 072 972 0871  
Jaap Willemse 083 266 1133

## **BAR NEWS**



Salad and Steak or bring your own. Order early to avoid disappointment.

## **PERSONALIA**

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

Ashley	Williams	28 Sep
Eben	Conradie	28 Sep
Mariet	Louw	29 Sep
Paul	Chinchen	29 Sep
Chris	Delport	30 Sep
Roger	Brown	01 Oct
Aletha	van den Bergh	01 Oct
David	Seaton	03 Oct



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

## **THOUGHT FOR THE WEEK**

Never put a wishbone where your backbone ought to be.



Knowledge Integration Dynamics



**PHOTO CORNER**



Congratulations to Johan Snyman who completed the Karkloof 100 miler



The Irene Catch Up Heritage run





Well done to our German member Holger Hedelt who did the Spartathlon of 250 km in Germany. Always proud to wear his Irene colours.

On Friday our race venue was transformed into a proper race for the first time since Covid hit us. Hopefully we will see more of it in 2022.



Amazing what grass painting can do







The start of the Spar Women Grand Prix





The top 3! Glenrose Xaba 2<sup>nd</sup> (33:41), Tadu Nare from Ethiopia 1<sup>st</sup> (32:55) and the Comrades champion Gerda Steyn 3<sup>rd</sup> (34:16)



Gerda Steyn talking to her coach, Nick Bester