



# **IRENE NEWS**

**28 August 2023**

**No 34 – 2023**



## **ACHIEVEMENTS**

Congratulations to the following members who were on the podium at the Dawn to Dusk:

Rosemary Brink & Thea van Helden                      1<sup>st</sup> Ladies team with 120 km  
Sarie Rossouw & Aileen Campbell were part of the winning mixed team of 4 – 130 km

Elsa Meyer    1<sup>st</sup> GGM lady – ABSA 10 km

## **PERSONAL ACHIEVEMENTS**

Letha Kotze and Annatjie Greyvenstein received their Dawn to Dusk white jackets and Riaan and Renette Prinsloo received their blue jackets.

Well done!

## **TIME TRIALS**

Please note the time trials will start at 17:30 from Tuesday, 5 September. That will be the starting time until the end of April.

## **CLUB 10 KM CHAMPIONSHIPS**

The Spirit of Flight 10km on Saturday will serve as the club 10 km championships. Be there to show us how fast you are.

## **PIERRE VAN RYNEVELD DORPSFEES NIGHT RACE**

Please support this race on Wednesday evening. The race is organised by our own Johan Fires van Vuuren.

It is an official AGN race.

Entries will be taken at the venue.



## 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](http://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*

## ***CAPTAIN'S CORNER***

Thank you to everyone that participated in the 2023 Dawn 2 Dusk on Saturday. Team Irene definitely left their mark on the fields and I am sure most of us spent Sunday relaxing and getting all the dust off everything that we had there.

With some big races on the cards across the club and in getting ready for summer, please join us and make use of the facilities and training groups.

From a club training perspective:

- Morning training groups – Tuesday, Wednesday and Thursday @ 5.00 am from Midstream Mugg & Bean and Eco Park Virgin Active
- Mr Hills Thursday sessions, commencing on the 7<sup>th</sup> September @ 17.30 from the Irene Club House
- Time Trial Tuesdays, starting @17.15 from the Irene Club House

Races and Training events over the next few weeks

Wednesday the 30<sup>th</sup> August

**PvR Dorpsfees** – 5 & 10km @ 18.30 – Entries can still be taken on the day

Saturday the 2<sup>nd</sup> September

**Spirit of Flight** – 5 & 10km ( 10 km club championships)

Sunday the 3<sup>rd</sup> September

**Irene Sunday Social** – @ 6:30 am from Castle Gate Shopping Centre for an 18 - 21km with Johan & Blanche

**Rand Water Vaal Marathon** – 5, 10, 21.1 & 42.2km

Saturday the 9<sup>th</sup> September

**Brooklyn** – 5, 10, 21.1 & 32km

**Mont-Aux-Sources** – 21.1 & 50km Trail

Sunday the 10<sup>th</sup> September

**Nedbank Modderfontein** - 10km

**Irene Sunday Social** – @ 6:30 am from Irene Link for a 10-12 km with Johan & Blanche

For members that are doing the Cape Town Marathon, we have managed to secure care hire and hotel accommodation preferential pricing. If you are interested, please WhatsApp Rose (083 2585336) for more information

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

## ***PERSONALIA***

The condition of Jacquie van der Waals has improved. She has a long road to recovery. No work, training and driving for 6 months. Keep her in your prayers please.

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

Elsa	Taylor	28-Aug
Boitumelo	Moloi	28-Aug
Lientjie	Oelofse	29-Aug
Theuns	Nieuwoudt	20-Aug
Edwin	Pule	31-Aug
Barry	Lombaard	31-Aug
Joan	Matthew	02-Sep
Tjaan	Kruger	02-Sep



Midstream Tel 012 940 9229

### **THOUGHT FOR THE WEEK**

Do not fear failure but rather fear not trying.

### **CHAIRMAN'S BALL**

**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**

A promotional poster for the ARC Irene Run/Walk event. The background is a photograph of a person running on a dirt path through tall grass, with a bright sunburst effect on the left. The text is overlaid on the image. In the top left, a black diagonal banner contains white text. The top right features a red logo. The main title is in large, bold, black letters. Below it, the date is in bold black letters. The event type is in large, bold, white letters. The distances are in bold black letters. The start time is in bold black letters. The online entry information is in bold black letters. The venue and contact information are in bold black letters. A small red logo is in the bottom right corner.

**NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS**

**ARC IRENE RUN/WALK**

**2 SEPTEMBER 2023**

**ROAD RUN OR TRAIL RUN**

**2KM, 5KM, 10KM, 15KM OR 21KM**

**GROUP START @ 06H30**

**ENTER ONLINE AT**  
**[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM)**

**Revolution Trails**

**Validity**

**No Dogs**



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**Pretoria Military Marathon Club**

presents

**Spirit of Flight Race**

(10km Walk/Run & 5km Fun Run)



to be hosted at

**Airforce Base Zwartkop, Valhalla**

(Old Johannesburg Road, Northern Entrance)

**2 September 2023 @ 06:30**



This race will be ran in the memory of

**MAJ. NTOKOZO NTSHANGASE**



*Special Medals for the 1st 2000 finishers!*



**Athletics**  
Gauteng North



**ENQUIRIES:**

Vuyani Kilani 074 839 8994 Vusi Lerefolo 061 493 4543 Lebo Nku 072 331 8586

*This race will serve as our club 10 km championships*



**RUN &  
WALK**

**STARTING TIMES**

32km 5:30am  
21km 6:00am  
10km 6:00am  
5km 6:10am

# BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

**9 SEPTEMBER 2023**

START & FINISH IN VEALE STREET, BROOKLYN MALL  
[www.entryninja.co.za](http://www.entryninja.co.za)



IN MEMORY OF ANDREW GREYLING

BROOKLYN MALL  BROOKLYN SQUARE

Tel: 012 346 1063 | [www.brooklynmall.co.za](http://www.brooklynmall.co.za)



**THE 55<sup>th</sup> CONSECUTIVE RUNNING OF THE**

# **MULLER POTGIETER**

## **ROAD RACE**



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. The Gauteng North running community decided to honour him by hosting an annual memorial race, the first one taking place in October

1969 Follow this link for Muller Potgieter history <https://vtmclub.co.za/muller-potgieter-gedenkwedloop/>

## **Official AGN Sanctioned Race**

**Distances:** 15km Race and a 5km Fun Run

**Date:** Saturday 16 September 2023

**Start:** 15km – 07:30 / 5km – about 07:45

**Venue:** Voortrekker Monument, use the Eeufees Rd entrance

*Earn 600 Discovery Vitality Points (15km finishers)*



The poster features a dark brown top section with large, stylized green 'X' graphics on the left and right. The title 'EXXARO ROAD RACE CHALLENGE' is centered in white and green. Below the title, the location 'ECO BOULEVARD MALL CENTURION' is listed. The middle section has a green background with white text for race distances: '5km', '10km', and '21.1km'. A small white box with 'XX RACE FOR HEALTH' is between '5km' and '10km'. Silhouettes of four runners are scattered around the text. The bottom section is dark brown with a white box for the date '23 SEPTEMBER 2023' and the 'exxaro' logo with the tagline 'POWERING POSSIBILITY' on the right.

# EXXARO ROAD RACE CHALLENGE

ECO BOULEVARD MALL  
CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

23 SEPTEMBER 2023

**exxaro**

POWERING POSSIBILITY

"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](http://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





THE CSIR RUNNING CLUB  
IS PROUD TO HOST THE

# 30<sup>TH</sup> 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](http://www.entryninja.com)

**RACE RESULTS:** [results.finishtime.co.za](http://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](http://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

HUMAN RIGHTS 75



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**



***PHOTO CORNER (Dawn to Dusk)***



Irene legends: Gerard van den Raad and Johan van Vuuren





Thea van Helden and Rosemery Brink, ladies team winners





Letha Kotze and Annatjie Greyvenstein





Riaan and Renette Prinsloo





Suzanne van Vuuren and Zonah Prinsloo





Jolande & Charmaine Jansen van Rensburg with Anneri & Elze le Roux



Carolina, Markus and Michael van der Westhuizen





Blanche and Johan van Vuuren





Tamarin Paterson and Zoë Scholtz at the Wanderers race