



IRENE NEWS

29 May 2023

No 21 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Race of Gratitude on Saturday:

Mike Gibbons	1 st GGM male – 10 km
Lynette Gough	1 st GM lady – 10 km
Jaap Willemse	1 st GM walker – 10 km
Gerard van den Raad	1 st GGM walker – 10 km
Lucia Willemse	1 st GM lady walker – 10 km
Sandra Steenkamp	1 st Lady walker & 1 st GM – 10 km
Elsa Meyer	1 st GGM lady walker & 2 nd lady – 10 km
Karin-Marie van Niekerk	3 rd Lady walker – 21 km
Dirk Neethling	1 st GGM walker – 21 km

COMRADES GOODIE BAGS

Time is running out. Please let us know if you plan to donate something. Just reply on this email. We require the items by Thursday please.

The goodie bags will be packed on Thursday, 1 June at 18:00 at the club house. We need volunteers to help please. Let us know if you will be there. It is going to be a fun evening.

CAPTAIN'S CORNER

Thank you to everyone that was involved in the Irene Comrades send-off run, whether you ran, walked, marshalled, organised, drove and took pictures or joined for a coffee – it was a morning to be remembered! With a special thanks to Anneri and Elze for driving the “Bring it Home” initiative and to Midstream Mugg & Bean for sponsoring all the coffees and croissants. And to The Conclusion Group (Thea), Funky Pants Centurion (Liesel) and Midstream Mugg & Bean, for the lucky draw donations.

So, what is on the horizon after Comrades (besides a few days off) Cape Town Marathon, on the 14th and 15th of October. We would like to enter an Irene Team, so it is something to start thinking about. Details will be shared over the next few weeks.

From a club training perspective, the schedule for the week:

- Morning training groups @ 5am from Midstream Mugg & Bean on a Tuesday, Wednesday & Thursday, and Virgin Active Eco Park @ 5 am on a Tuesday & Thursday

- Hills with “Mr Hills” on a Thursday - **On hold for the next few weeks**
- Time Trial Tuesdays starting @ **17:15** from the Irene Club House
- Irene ARC is open daily to all club members, from 16:00

Races and training runs over the next few days:

Saturday the 3rd of June

Irene Saturday Social – 10km @ Midstream Mugg & Bean @ 6.30 am.

Sunday the 4th of June

Ironman 70.3 Durban.

Irene Sunday Social – 10km @ Irene Link @ 6.30 am.

With Comrades, less than 2 weeks away there are a few events that are not to be missed. Please diarise these, as they are always loads of fun and are open to all Irene members, family, and friends. A Comrades briefing pack will also be shared during the week with logistics and information for runners and supporters.

- Thursday the 1st of June : Irene Comrades **goodie bag packing** @ 18:00 @ the club house. For those that would like to assist with the packing in preparation for the handout of Saturday.
- Saturday the 3rd of June : **Irene Comrades Pre-Function** @ 14:00, with goodie bag handout from 13:00. Just a reminder, please ensure that all payments for items ordered are through no later than the 31st May.
- Sunday 4th of June : **Comrades Church Service** at Pierre van Ryneveld Church
- Sunday 11th of June : Comrades
- Monday 12th of June : **Post Comrades get together** at Bellezar Beach Café in Umhlanga, which has been booked from 10.30 am. Details will be shared.
- Tuesday 20th of June : **Aches and Pains Party.**

The weekly schedule will be distributed on the Notification and Training Groups.

IV Nutrition Therapy

This is the perfect time of the year for an extra boost, with the cold weather that has set in and Comrades around the corner. Dr Mia Breedts is offering all Irene members a 20% voucher on any of the IV treatments.

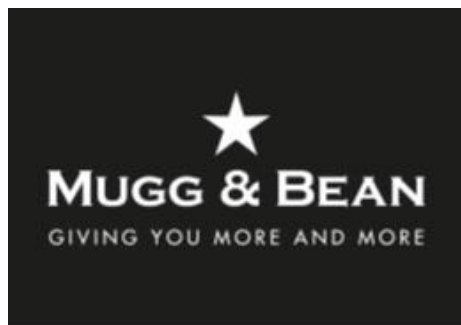


PERSONALIA

Condolences to Johann Coetzee and Ansie Breytenbach. Johann's son died during the week and so did Ansie's father.

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

Joseph	Kgodumo	29 May
Werner	Grundling	30 May
Keith	Reynolds	02 Jun
March,	Goodchild	02 Jun
Carol-Ann	Martins	04 Jun



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.

NOTICE BOARD

ARC IRENE RUN/WALK
3 JUNE 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



**Running is a gift
to be celebrated**


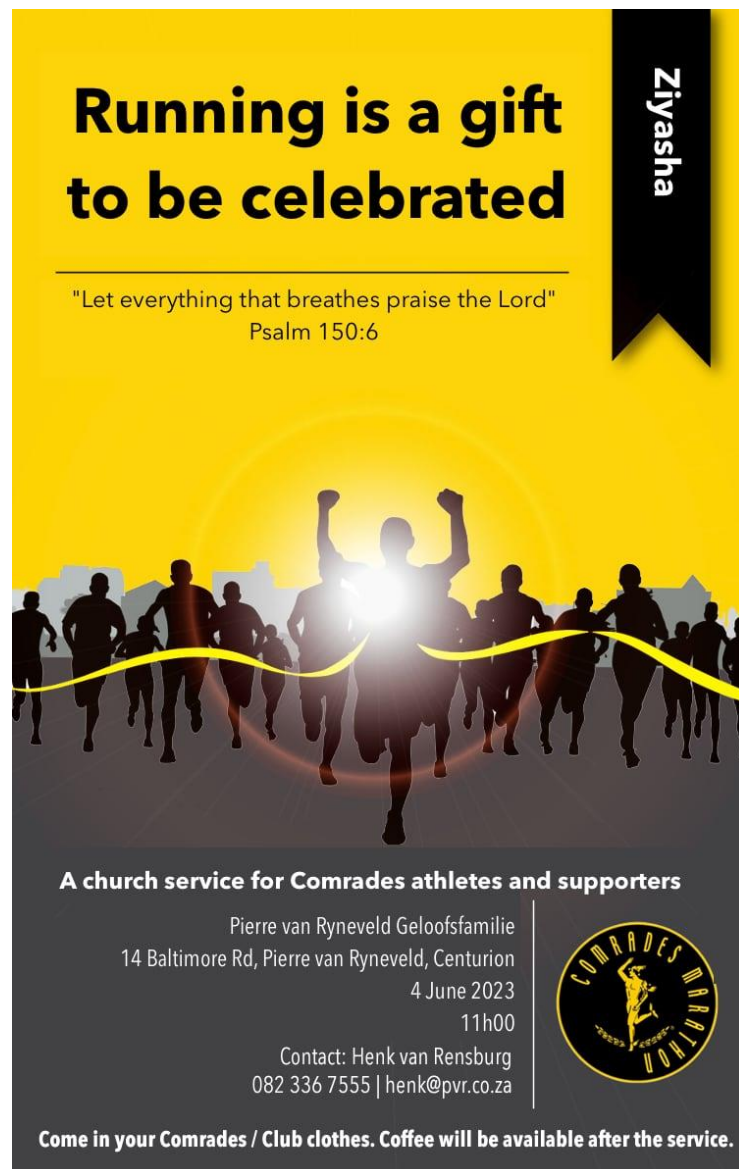
"Let everything that breathes praise the Lord"
Psalm 150:6

Ziyasha

A church service for Comrades athletes and supporters

Pierre van Ryneveld Geloofs familie
14 Baltimore Rd, Pierre van Ryneveld, Centurion
4 June 2023
11h00
Contact: Henk van Rensburg
082 336 7555 | henk@pvr.co.za

Come in your Comrades / Club clothes. Coffee will be available after the service.





SOSHANGUVE GREAT RUN

Celebrating Youth Day

MILE, 5KM & 10KM Race

17 June 2023

EVENT DETAILS



Soshanguve Crossing Mall
Corner Ruth First Road & Aubrey Matlakala Str

Soshanguve Great Run 2023

Partners





GARSFONTEIN ICE BREAKER

21km / 10km / 5km

8 JULY 2023

AGN CHAMPIONSHIP



Macintosh
Cross & Farquharson

Attorneys, Conveyancers, Notaries, Administrators of Estates
Probateurs, Transporters, Notaries, Roadblockers



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 - Petronella Str. Entrance)

Race Day from 05:30

Proud Sponsor of the Garsfontein Ice Breaker

www.justimagineproperties.com





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	R200.00	R200.00
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	R200.00
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-Away-Sport shop. The participant will only need to bring the race number to the store before 30 November 2023.

PHOTO CORNER



The race on Saturday was a league race and there was something to eat for all members.
Thank you to Theuns Nieuwoudt and his wife for the outstanding soup



Jackie and Mike Schlebusch



Fanna Njomo making sure that he gets his part of the soup



Brett Muir, Vik Ramlugaan, Deven Nadarajah and Deena Naidoo



Rykie Kruger



Riaan Lombard and Hendrik Steynberg



Sarie Rossouw and Maureen Mossop



Mo Kudumela and Lynette Gough (podium winner)



Karin-Marie van Niekerk, podium winner for the first time



There was a fantastic turnout for the Comrades send-off run on Sunday



Rosemary Brink and Johan van Vuuren having fun before the start



Enjoying the nice cool weather on Sunday



Long slow poison up Black Korhaan Drive



Thanks to Mugg & Bean Midstream, all the runners were spoilt with a coffee and a croissant



Theuns Willemse got married some time ago to Dina. We wish them a happy future together