



2 December 2024 48/24

EDITORIAL

A big thank you to all our members who attended the year-end function on Saturday and Christmas charity run on Sunday morning. It was two great occasions indeed.

Thanks for all the contributions on Sunday morning. A total of R11 140 was received. If you haven't contributed yet, you can do so by doing an EFT into the club's banking account or by card on Tuesday at the time trials. It all goes towards the elderly.

The club has also made a contribution of R20 000 towards this worthy cause. Let's see if we can get a total of R40 000.

ACHIEVEMENTS

Congratulations to the following members who were on the podium at the BDS race on Saturday:

Paulus Masilela	1 st GGM – 21 km
Mike Gibbons	1 st GGM – 10 km
Sandra Steenkamp	1 st Female walker & 1 st GM – 21 km
Keith Reynolds	2 nd Male walker & 1 st master – 21 km
Elsa Meyer	2 nd Female walker & 1 st GGM – 21 km
Jaap Willemse	2 nd Male walker & 1 st GGM – 10 km
Lucia Willemse	1 st Female walker & 1 st GGM – 10 km

YEAR-END FUNCTION (PRIZEGIVING)

Congratulations to all our trophy and certificate winners. You are all champions!

Members who were not present at the function can collect their certificates at the club house on Tuesdays 17:00 – 19:00.

Members with 10 and 20 years membership can also collect their individually numbered badges.

	Trophy & Gold certificate	Silver certificate	Bronze certificate
Best Supporter	Myburgh Bester		
Most Injured Athlete of the year	Aletha van den Bergh		
Bloeier van die Jaar (Blood Buddie)	Henk Basson		
Socialiser of the Year (Drinkbroer)	Marinda van der Walt		
Friendliest Member	Keegan Baker		
Belinda's Bell (Best attitude & Loyalty)	Yolande Pietersen		
	Chris van Wyk		
Best Time Trials Attendance	Keith Reynolds	Joy Dekker	Johan J van Vuuren
10 Km Championships			
Ladies	Melani Swart	Elizna Lourens	Nadene Visser
Men	Nelius van Rooyen	Neill Andrews	Jacques Bannister
Ladies Walkers	Rhoda van Staden	Ilse Merrick	
Men Walkers	Dirk Neethling		
21 km Championships			
Ladies	Melani Swart	Magda Brits	Ansie Breytenbach
Men	David Holliday	Nelius van Rooyen	Tony Makris
Ladies Walkers	Sandra Steenkamp	Elsa Meyer	Lucia Willemse
Men Walkers	Keith Reynolds	Jaap Willemse	Mark Richardson
42 km Championships			
Ladies	Amy Bridger	Sharon Booyse	Sandra Steenkamp
Men	Gareth Nicholson	Davis Holliday	Keith Reynolds
Beyond Comrades Athletes			
Ladies	Tania Thompson		
	Lynette Gough		
Men	Holger Hedelt		
Most League Points			
Ladies	Lucia Willemse (72)	Ansie Breytenbach (67)	Elsa Meyer (60)
Most League Points	Jaap Willemse (80)	Keith Reynolds (80)	Mike gibbons (63)

Most Improved Athlete			
Ladies	Aloïse Boshoff		
Men	Gareth Nicholson		
Rookie of the Year	Mark Richardson		
Golden Shoe - Ladies	Janine Radel		
Golden Shoe - Men	Keith Reynolds		
Female walker of the year	Elsa Meyer	Lucia Willemse	Rhoda van Staden
Male walker of the year	Jaap Willemse	Keith Reynolds	Wynand Breytenbach
Ultra Walker of the year	Tania Thompson		
	Lynette Gough		
GGGM of the year	Gerard vd Raad		
	Johan J van Vuuren		
GGM of the year			
Ladies	Elsa Meyer	Lucia Willemse	Annatjie Greyvenstein
Men	Mike Gibbons	Wynand Breytenbach	Dirk Neethling
GM of the year			
Ladies	Sandra Steenkamp	Ansie Breytenbach	Retha Knoetze
Men	Jaap Willemse	Johann Coetzee	Victoe Phetoe
Master of the year			
Ladies	Melani Swart	Liesel van Olst	Ilse Merrick
Men	Keith Reynolds	Mohamed Elhaimer	Noel Banda
Veteran of the year			
Ladies	Rhoda van Staden	Janine Radel	Jacque van der Waals
Men	Gareth Nicholson	Bheki Ndlovu	Cuthbert Mamabolo
Senior of the year			
Ladies	Elizna Lourens	Amy Bridger	Charnette van Rooyen
Men	Nelius van Rooyen	David Holliday	Neill Andrews
Athlete of the year			
Ladies	Ansie Breytenbach	Melani Swart	Sandra Steenkamp
Men	Nelius van Rooyen	Mike Gibbons	Keith Reynolds
Achiever of the year	Keith Reynolds		
Chairman's Trophy	Martin & Alta Struwig		

Thank you to everyone who joined us on Saturday for our Year end function. Congratulations to everyone who received prizes, we can be proud of our running club and our members achievements. Also thank you to everyone involved for your hard work in making it a special function.

Please diaries the following important events for the rest of the year.

- Klappies Xmas Lights run – 4 December 2024 (Revolution Trails)
- X-mas Lights Run – 5 December 2024 (Irene Club Run, Lawley Street)
- Club closes – 10 December 2024
- Club opens – 7 January 2025

Weekly Time Trials

Time Trials will continue this Tuesday at the clubhouse. The starting time is 17:30 and we encourage everyone to start together. Please scan and record your results as you finish. Results will be published weekly.

This Tuesday will be our second to last Club Time Trial for the year.

Wednesday LSD Session

Wednesday's LSD session will be replaced with the Klappies Xmas Lights Run organised by Revolution Trails. There will be a 2km, 5km or 10 km Road run or walk. Start time 18:30, Klapperkop Nature Reserve.

Thursday Session

Please join us for our Irene Club Christmas Lights Run through Lawley Street, Waterkloof. We will meet at Jan Cilliers Park, Groenkloof at 18:00. Please dress in the Christmas spirit and remember to bring a donation off the Christmas Wish List.

Sunday Social Run

This Sunday's Social run will be starting at Irene Link Shopping Centre at 6:00.

Please note: This week will be our last week for training sessions. For anyone who would like to receive an exercise program for over the Festive Season please contact Nelius.

Happy Running Team

Nelius 072 248 7698

Jacqueline 073 887 0757

THIS WEEK'S DIARY

Irene

Athletics Club



WEEKLY RUNNING / WALKING SCHEDULE

"To me, sweat is workout bliss."
- Brooke Burke-Charvet

Mornings

Afternoons

<p>Tue 3 Dec</p>		<p>Time Trial @ Irene Clubhouse 17:30</p> <p>4 6 8 km</p>
<p>Wed 4 Dec</p>		<p>Klappies XMAS Lights Run @ Klapperkop Nature Reserve 18:30</p> <p>2 5 10 km</p>
<p>Thu 5 Dec</p>	<p>Christmas Lights Run (Lawley) @ Jan Cilliers Park, Groenkloof 18:00</p>	
<p>Sat 7 Dec</p>	<p>ARC Irene Run/Walk @ Irene Club House 6:30</p> <p>3 - 21 km</p>	
<p>Sun 8 Dec</p>	<p>Sunday Social Run @ Irene Link Shopping Centre 6:00</p> <p>8 - 12 km</p>	

For More Information

Nelius 072 248 7698
Jacqueline 073 887 0757



CHRISTMAS LIGHTS RUN

IRENE ATHLETICS CLUB HOSTS:

CHRISTMAS
LIGHTS
RUN

5 DEC. 2024 | 18:00 PM

JAN CILLIERS PARK, C/O WENNING AND

BRODERICK STREET, GROENKLOOF, PRETORIA

Wear something festive

Irene members, friends and family!

Everyone welcome!

Bring along a torch.

BRING DONATIONS TOWARDS THE SPCA

WISHLIST OR PROOF OF PAYMENT

CONTRIBUTION!



Irene Athletics Club





Christmas Wishlist

DBV SPCA

- CAT FOOD
- KITTEN FOOD
- CAT LITTER
- DOG FOOD
- TOILET PAPER(OFFICE)
- MOP
- LIQUID SOAP
- PLASTIC SPRAY BOTTLES
- BUCKETS
- BROOMS FOR SCRUBBING
- PERMANENT MARKERS
- TOYS & SCRATCH SPORTS FOR CATS.
- TOOLS FOR BASIC REPAIR
- BLEACH

Irene Athletics Club



Christmas Wishlist

DBV SPCA

BANKING DETAILS:
 NAME: IRENE AC
 BANK: STANDARD BANK
 BRANCH NUMBER: 012645
 ACCOUNT NUMBER: 032183186
 REFERENCE: SPCA_YOUR NAME

Irene Athletics Club

PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week. Wishing you a very happy birthday and a splendid year ahead.

John	May	Dec 05
Miles	Saxby	Dec 06
Sanet	Swanepoel	Dec 06
David	Holliday	Dec 07
Michelle	van Dyk	Dec 08



BAR NEWS

There will be fires for those who want to braai.



THOUGHT FOR THE WEEK

Success is not how high you have climbed, but how you make a positive difference to the world.

NOTICE BOARD

WWW.REVOLUTIONTRAILS.CO.ZA **BUY YOUR TICKET ONLINE OR ON-THE-DAY**



KLAPPERKOP XMAS LIGHTS RUN / WALK

2KM, 5KM, 10KM



**DRESS-UP & STAND
A CHANCE TO WIN A PRIZE**

4 DEC'24

REGISTRATION OPENS @ 17H30
RACE START ONLY @ 18H30
CUT-OFF TIME @ 20H30

FOR MORE INFO
REVOLUTIONTRAILS@GMAIL.COM
083 264 3931

FLASH LIGHT OR
HEADLAMP COMPULSORY

Discovery Vitality Klapperkop Nature Reserve
ENTRANCE AT
Johann Rissik Dr, Groenkloof, Pretoria



'Om die Dorp' Run

11 Jan 2025

with Mad Monkey Adventures,
Pierre van Ryneveld Geloofs familie en
Irene Athletic Club



MAD MONKEY ADVENTURES



Entries are open from 11 Nov '24 to 7 Jan '25 on www.entryninja.com.



Distance	Entry fee	70 +	Start time	Minimum age	Cut off time	Late entries
5 km	R 60	Free	05:45	9 yrs	06:45	R 80
10 km	R 130	Free	05:30	14 yrs	07:30	R 150
21.1 km	R 230	Free	05:30	16 yrs	08:30	R 250

Temporary license required for non-registered athletes on the
10km & 21.1km - R 70

RACE RULES

- The race will take place under the rules of WA, ASA and AGN and all participants must wear club colours, except when participating with a temporary license.
- Athletes who do not adhere to the rules will be disqualified.
- All athletes in the 21.1km & 10km race must wear a valid 2024 license number, front and back.
- If issued with a race number, this must be worn on the front of the vest and may not cover the sponsor's logos on the license number. Temporary license must be worn on the back of the running top.
- Only the 21.1km & 10km races will be chipped
- No license required for the 5km race.
- Age category tags and 'W'-tags for walkers, must be worn.
- Athletes participating without buying a race entry will be disqualified.
- No seconding is allowed.
- All traffic officers and officials instructions must be obeyed.
- Timing for Discovery Vitality Points.
- Time limit is one (1) hours for the 5km, two (2) hours for the 10km race and three (3) hours for the 21.1km race.
- No blades, cycles or mechanically operated devices are allowed in the race.
- No iPods or listening devices are allowed in the race.
- All athletes participate solely at their own risk and the organisers and sponsors will not be held responsible for any injury, illness, accidents or theft occurring during, or as a result of the race
- Medical support will be available.
- Tog bag area available.



Athletics
Gauteng North



IRENE

RACE NUMBER COLLECTION & LATE ENTRIES

Pierre van Ryneveld Geloofs familie
14 Baltimore Road, Pierre van Ryneveld on
Friday 10 Jan '25 strictly from 16:00 until 19:00
& Saturday 11 Jan '25 strictly from 04:30 until 05:15
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 the finish in Baltimore Road and must be set up
before 05:00
Start & Finish at Pierre van Ryneveld
Geloofs familie 14 Baltimore Road,
Pierre van Ryneveld
Race enquiries:
Johan van Vuuren -
081 851 3864





2025

George Claassen Memorial Road Race
Hosted by Pretoria Marathon Club



49th running of the PwC George Claassen Memorial Road Race

Saturday 18 January 2025

George Claassen Memorial Road Race



Scan to register online

Start times:

21.1km/10km run/walk	6am
5km fun run	6.15am

Cut-off times:

Cut-off time for the 21.1km at the entrance to Pick n Pay Hyper (9.7km) at 7h30
Cut-off for all distances is 9h30

Race venue:

Faerie Glen Shopping Centre cnr Atterbury Road and Sellikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com

Race results: results.finishtime.co.za



Run with your heart for your health



- 21,1 km
- 10 km
- 5 km

 Castle Gate Shopping Centre, Pretoria East

 Saturday, 1 February 2025

 06h00

- Athletics Gauteng North registered races.
- R10 per 5km fun run entry donated to CHOC.
- Additional parking available on-site.
- Medals to all finishers within cut-off times.
- Pre-entries close on 27 January 2025

Scan or visit
intercare.co.za



aQuellé.

League Race

Discovery
Vitality



2025 WONDERPARK AKASIA road race

Online
entries close
on Tuesday
21 January
2025

JOHANN VAN EEDEN

42.2 KM

Start: 05:30

Cut-off

@20km 08:15

21.1 KM

Start:

05:30

10 KM

Start:

06:00

5 KM

Fun run

Start:

06:10

PRE-ENTRIES ONLY: www.entryninja.com

RACE INFORMATION

076 234 5329

WONDERPARK SHOPPING CENTRE

GPS: S25° 40,264 E28° 6,703 www.wonderparkcentre.co.za



enter online

25 JANUARY 2025



fourways
aquastill

wonderpark
SHOPPING CENTRE

#SappiTuksRace

sappi

TuksRace

PRETORIA'S MOST LOVED RACE

15 FEB 2025

Walk/Run 1km, 5km, 10km or 21.1km
Hillcrest Sports Campus



QR code to online entries

TuksSport

sappi



Athletics
Gauteng North



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



GIC GAP INFRASTRUCTURE CORPORATION

CHOC Childhood Cancer Foundation South Africa "Keeping more than hope alive"

COMRADES MARATHON QUALIFIER

IRENE

Athletics Gauteng North

Discovery *Vitality*

IRENE RUNNING FESTIVAL

22 & 23 March 2025

Irene Athletics Club presents
 Limited to 3000 entries per event
 48 km - Mat to mat timing
 10/21 km - Gun to mat timing

MEDALS TO ALL FINISHERS

ARC Grounds, Nelmapius Road

Enquiries: info@irenerunner.co.za
 Tel: 082 331 2236

Entries close Sunday, 16 March 2025

Ideal seeding opportunity. Qualifying time is **5 hours 50 minutes** (same as for 50km), but with 2km less to run. Mat to mat timing

5km **10km** **21km**

Irene Ultra 48km
 #TheQualifier

SMACPIX Online entries only www.entryninja.com T-shirt available to purchase @R180

Mat to Mat Timing for the 48km ONLY!

PRE-ENTRIES ONLY - Sweat Shop
 Dunkeld: 011 325 2567
 - Running High Bedfordview: 011 450 2421
 - Sportmans Warehouse Centurion: 0126650768
 - Run-Away-Sport: 012 361 3733
 - Tshwane Running Shop Sinoville: 076 929 7384

Chamberlain's
 FINISH TIME
 Timekeeping



50km 21km 10km 5km

DATE: 19 APRIL 2025

VENUE: AKASIA COMMUNITY HALL

DISTANCE	ENTRY FEE	TEMP LICENSE	START TIME
50KM	R450	N/A	06:00am
21KM	R290	R70	06:00am
10KM	R180	R70	06:45am
5KM	R100	N/A	06:45am
DISTANCE	GRAND MASTER		
50KM	R380	N/A	06:00am
21KM	R240	R70	06:00am
10KM	R120	R70	06:45am
5KM	R70	N/A	06:45am

LONG SLEEVES TSHIRT R250

1st 500 ONLINE ON 50KM QUALIFY FOR FREE RACE T-SHIRT



**For general race enquiries contact:
079 965 4524 / 082 909 5868 / 073 497 3141**

www.tshwanenorthultra.co.za

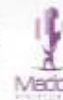


PHOTO CORNER



A perfect Saturday afternoon for the year-end function



Athletes of the year, Ansie Breytenbach and Nelijs van Rooyen



Keith Reynolds, achiever of the year



Chis van Wyk and Yolande Pietersen received the Belinda's Bell trophy for the best attitude and loyalty



It was a farm theme and these two (Wynand Breytenbach and Mariet Louw) looked very much alike



Everybody enjoyed a wonderful braai afterwards



What a huge success!



Santa was there as well as rider of the lead bike



Waiting for the back runners to catch up



Runners everywhere in the quiet streets of Irene



Everybody had something to drink afterwards



Cynthia Farnham put in a big effort with her makeup