



# IRENE NEWS

**2 October 2023**

**No 39 – 2023**



## **ACHIEVEMENTS**

The following achievements were left out last week:

Keith Reynolds	1 <sup>st</sup> Master – Heritage Awareness 21 km
Mike Gibbons	1 <sup>st</sup> GGM – Exxaro 10 km

Congratulations!

## **ANNUAL GENERAL MEETING**

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 24 October at 18:30.

## **HELPERS REQUIRED**

We need our members to help at our race on 28 October. Without you we cannot present a successful race.

Members working at the race will get R100 discount on their 2024 membership fee.

All helpers will receive a free T-shirt.

We require helpers in the following areas:

- Route marshals
- Parking marshals
- Handing out medals
- Handing out race packs (on the day before)
- Registrations
- Tog bags
- Race venue

There will be 2 Irene manned water points (sorted out already by Carla Hartmann and Johan van Vuuren). The rest will be manned by other people. We will have a helpers run on the

Sunday where you will be able to earn your medal and get you Vitality points where applicable.

Reply to this email to let us know where you will be on duty.

We rely on you.

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

From a club training and events perspective:

- Morning training groups – Tuesday, Wednesday and Thursday @ 5.00 am from Midstream Mugg & Bean and Eco Park Virgin Active
- “Mr Hills” Thursday @ 17.30 from the Irene Club House
- Time Trial Tuesdays @17.30 from the Irene Club House
- Summer challenge launching in October – Watch this space for more detail
- Saturday the 21<sup>st</sup> of October, the Jacaranda Social Run through the streets of Pretoria, is back! This is a charity run and it will be open to all Irene members and friends. Details are being finalised and will be shared over the next few days
- German Shepherd Endurance Run on Sunday the 22<sup>nd</sup> October. This is an ideal event to be done in teams, and is great fun for all involved. You can run a lap or a few during the event. If you are interested, please whatsapp Joy (083 284 4884)
- The “Irene Trolley” is being dusted off and is preparing for its 2023 debut. The Jacaranda Race on the 11<sup>th</sup> of November, will be the day and it will be taking to the streets on the 21.1km. Come and join the Irene Trolley bus, for an event to remember

Races and Training events over the next few weeks:

#### Saturday the 7<sup>th</sup> October

**Chamberlain Capital Classic** - 5, 10 & 21.1km (Cara-Fan will be there)

#### **National Business Challenge Relay**

#### Sunday the 8<sup>th</sup> October

**Fat Cats** - 5 & 10km

**The Big Walk @ Fountains Valley** – 5, 10 & 15km

**Irene Sunday Social** – @ 6:30 from Midstream Mugg & Bean (10-12km)

#### Wednesday the 11<sup>th</sup> October

Mid week afternoon run @ 17.30 for a 10km

#### Saturday the 14<sup>th</sup> October

**Harrismith Mountain Race (Trail)**

**Cape Town Marathon** - 10km road & Trail

**Agape Marathon** - 5, 10, 21.1 & 42.2km (Cara-Fan will be there)

**Meirings Poort** - 12.5 & 21.1km

Sunday the 15<sup>th</sup> October

**Cape Town Marathon**

**Fred Morrison** - 10, 21.1 & 42.2km

**Irene Sunday Social** – @ 6:30, venue TBC (10-12km)

Saturday the 21<sup>st</sup> October

**CSIR** - 5, 10, 21.1 km

**Jacaranda Social Run** – Charity Run through the streets of Pretoria. Watch the newsletter for updates

Sunday the 22<sup>nd</sup> October

**German Shepherd Endurance Support Run**

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

### ***PERSONALIA***

Condolences to Johann Coetzee whose mother died recently.

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

Makue	Pule	03-Oct
Glizelle	Langerman	06-Oct
Gerna	Horak	07-Oct
Emgee	Van Der Merwe	08-Oct



Midstream Tel 012 940 9229

### ***THOUGHT FOR THE WEEK***

**Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't.**

### ***SOCIAL EVENING***

The social evening will take place on 10 October this month. As always it will be a very special evening.

# HEY AMIGOS

JOIN US FOR THE  
**MEXICAN SOCIAL**  
TEQUILA, CHILLIES AND  
MUCH, MUCH MORE!



**FUN!**

**FUN!**

NACHOS ON SALE FOR R35

ORDER FROM DAVE  
BEFORE 12 ON  
MONDAY THE  
9TH



**OCTOBER 10**  
**EET'S GONNA BE BEEG!**

## CHAIRMAN'S BALL

Time is running out, book your place now.



**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



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

**ARC IRENE RUN/WALK**  
**7 OCTOBER 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)**

**Discovery Vitality**

**REVOLUTION TRAILS**







# CHAMBERLAIN CAPITAL CLASSIC

**SATURDAY, 7 OCTOBER 2023**  
Phobians Club: 378 Queens Crescent, Lynnwood

Earn Discovery  
Vitality Points!

- > **21.1KM RUN**  
starts 06h00
- > **10KM RUN**  
starts 06h00
- > **5KM FUN RUN**  
starts 06h15

**GET A FREE T-SHIRT**  
The first 2000 pre-entries get a free Chamberlain Capital Classic T-shirt excl. 5km, and all finishers will receive a medal.

**START YOUR DAY WITH BAGPIPES**  
Set off to the unique sounds of the MacChamberlain Highlanders pipe band.

**RUN IN A TRADITIONAL SCOTTISH KILT AND WIN**  
Run the 21.1km in a kilt within 3h30min cut-off and receive a R200 Chamberlain gift card.





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



**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



29<sup>TH</sup>

# TOM JENKINS

RUN/WALK CHALLENGE

18 November 2023

RUN  
SERIES



**ARCADIA**  
RUNNING CLUB



WITH

5KM | 06:15  
10KM | 06:00  
21.1KM | 06:00

**VENUE:** Union Buildings, Government Avenue, Pretoria

GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!



ENTRY FEES   21.1km		10km	5km
70+	Free	Free	Free
All other categories		R200	R60

## PRE-ENTRIES ONLY:

Capped at 6 000 entries

Late entries: On collection date or race day if cap not reached

Online entries: <https://www.entryninja.com/events/78082-tom-jenkins-challeng>

Run-Away-Sport: 012 - 361 3733

Pilditch Stadium

## RACE NUMBER COLLECTION:

At the venue on 17 November (10:00 - 18:00) and  
18 November (04:30 - 05:45)



## ENQUIRIES:

📞 Race office: 082 566 1595 (James)    082 572 4169 (Daan)





# BDS RACE WITH Vitality

**21.1 KM**  
6:00am

**10 KM**  
6:00am

**5 KM**  
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](http://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



GAUTENG NORTH





## ***PHOTO CORNER***



Holger Hedelt getting ready for his next challenge, the Spartathlon 180 km



Our famous German member, Holger Hedelt in action during the Spartathlon 180 km. A proud Irene ambassador wearing his Irene colours with pride in foreign countries



Wilna Meiring, Joan Matthew and Anneri le Roux at the Affi Lande Trail run



Familiar Irene faces





We are so privileged to run on the ARC grounds