



# IRENE NEWS

**30 October 2023**

**No 44 – 2023**



## **IRENE FARM RACE**

What a fantastic Race! With 4296 entries (1221 up on last year), our race was a huge success!

We want to thank the race committee for organising a fantastic event. We are grateful to all our members who volunteered to assist as helpers. Without them it would have been impossible. Our members made us proud once again.

Many thanks to our sponsor, Vitality. Working with them remains a special experience.

It was also a great experience to have the United Nations on board. They donated 400 T-shirts and sponsored 180 development kids.

## **ANNUAL GENERAL MEETING**

A very successful AGM was held on Tuesday evening last week. Thank you to all the members who attended.

## **NEW CLUB RACE APPAREL**

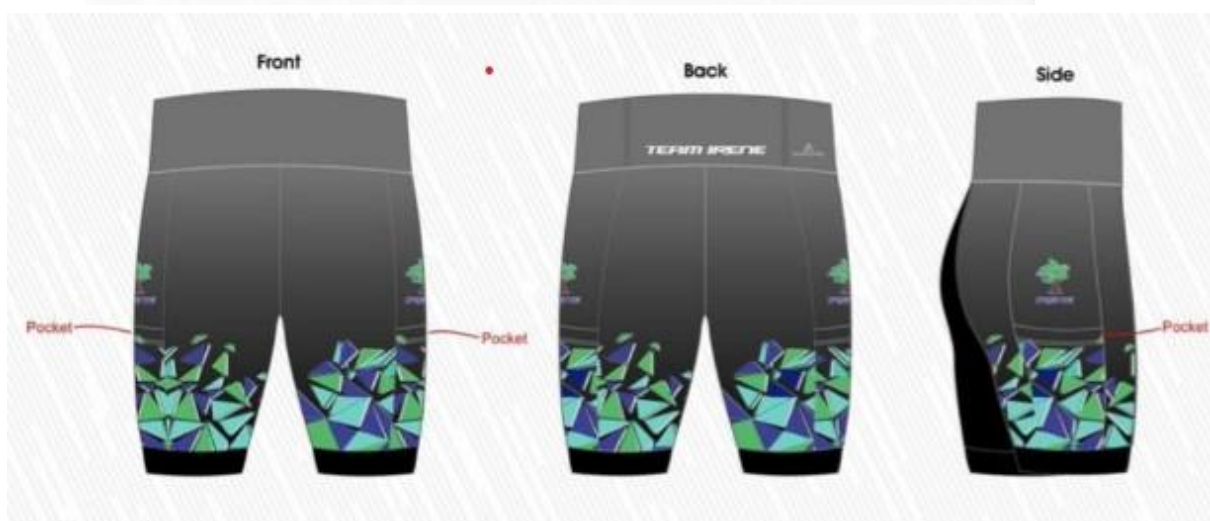
To celebrate the club's 30<sup>th</sup> birthday, it was decided at the AGM to opt for a new race apparel design including a designed black short or a plain black short.

- Club will sponsor the 1<sup>st</sup> 400 members with the new race vest/shirt.
- There will be men and lady design vests/shirts.
- A member may pre-order the black design pants.
- A member may purchase his/her own black pants, e.g. Cape Storm type black pants or black Funky pants – any length.
- No longer different colour pants, no matter which race.

### **Decision taken:**

Rule to be added/updated to the constitution:

- Members must be aware of the race apparel and adhere to the club rules. No other different colour clothing at any race.
  - A member could face disciplinary if not wearing the correct clothing.
  - A member could also be disqualified from a race if not participating in the correct club colours (ASA rule)



## **2024 MEMBERSHIP**

There will be NO INCREASE in the membership fees for 2024. Register today to ensure that you qualify for the free running vest/shirt.

You can register at <https://forms.gle/vN6AxyCQpx75VTTeA>

## **MANAGEMENT COMMITTEE**

The following members will serve on the 2023 management committee:



Johan Engelbrecht  
Chairman



Johan van Vuuren  
Finances



Gerard van den Raad  
Logistics



Joy Dekker  
Social



Marinda van der Walt  
Admin



Vanessa Mole  
Marketing



Theuns Nieuwoudt  
Walkers Captain



Blanche van Vuuren  
Apparel & Charity



Alta Struwig  
Events



Wynand Breytenbach  
General Manager



To be co opted  
Club Captain

## **ACHIEVEMENTS**

Two of our juniors performed well at a recent schools meeting:

CJ Brits:	First 600m event. Bronze in 60m and 80m.
Lené du Preez:	Gold in 600m (meeting record). Gold in 60m & 80m

## **CAPTAIN'S CORNER**

Time to see how are all doing on the **Irene Summer Challenge**, as we reach the October mid-milestone. Please complete your October results for the period 3<sup>rd</sup> – 31<sup>st</sup> October on the attached link. <https://forms.gle/JG4PDrypxcNBmUcw8>. A provisional leader board will be published in the next newsletter. 1 Month to go in the challenge, so make the most of it to stand in line for the prizes.

There is a big week ahead for a number of Irene members with **Kaapsehoop and Soweto Marathon** next weekend – wishing all members participating and supporters the best of luck. We will have an Irene tent at the finish of Kaapsehoop, so please come and join us.

On the 11<sup>th</sup> of November, our “rebranded” Irene Trolley will be taking to the streets in the 21.1km on the Jacaranda Race. Please make sure that you get those entries in and join the team for an event to be remembered. There are also prizes from the race organisers for the club with the most entries, so perfect opportunity for another prize.

From a club training perspective,

- Morning training groups – Tuesday, Wednesday and Thursday @ 5.00 am from Midstream Mugg & Bean and Eco Park Virgin Active. Please reach out to Mark via WhatsApp (082 377 4622), to add you to the Eco Park Group, to keep you informed of any changes
- “Mr Hills” Thursday @ 17.30 from the Irene Club House – ***Will resume on the 9<sup>th</sup> November***
- Time Trial Tuesdays @17.30 from the Irene Club House

Races and Training events over the next few weeks

Saturday the 4<sup>th</sup> November

**Kaapsehoop**

**ASA 10km Championship** – Mbombela Stadium

Sunday the 5<sup>th</sup> November

**Soweto Marathon**

***No Irene Sunday Social***

Saturday the 11<sup>th</sup> November

**Jacaranda City Challenge** – 5, 10, 21.1 & 42.2 km and Irene Trolley Run on the 21.1km

**Sani Stagger**



Sunday the 12<sup>th</sup> November

***Irene Farm Race – Helpers Run***

Thursday the 16<sup>th</sup> November

**African Master Championships - Pilditch**

Friday the 17<sup>th</sup> November

**African Master Championships - Pilditch**

Saturday the 18<sup>th</sup> November

**Tom Jenkins – 5, 10, 21.1km**

**African Master Championships - Pilditch**

Sunday the 19<sup>th</sup> November

**Irene Sunday Social – Details TBC**



**9 OCT - 3 DEC**  
*4K Run, 6K and 8k*

**IRENE  
8 WEEK SUMMER  
CHALLENGE**

Requirements:

			
<b>Time trial (X3)</b>	<b>Hills (X2)</b>	<b>Social runs (X3)</b>	<b>Formal Races (X1)</b>

**Let us challenge ourselves as a club.  
Prizes awarded!**



#### Dates:

- Start Date : Monday 9<sup>th</sup> October
- End Date: Sunday 3<sup>rd</sup> December
- Prize Giving / Award 5<sup>th</sup> December @ the TT

#### Time Trail

- Set your time : 10<sup>th</sup> / 17<sup>th</sup> October @ the TT
- TT Test : 28<sup>th</sup> November @ the TT

#### Categories

- Most improved Irene Athlete
- Irene Ambassador – Heart & Spirit of Irene

#### Prizes

- R2500 Voucher per winner

#### Events

A point will be given for each event, only if the minimum criteria are met

- Time Trials – 3 points or more (min is 3)
- Irene Hills Sessions – 2 points or more (min is 2)
- Irene Social Runs – Saturday / Sunday – 3 points or more (min is 3)
- Formal Race – In Irene kit – 1 point or more (min is 1)

Minimum points : 9

The challenge is open to anyone, but only Irene members will be eligible for the prizes



#### Participation

	Time Trail	Irene Hills	Irene Social Runs	Formal Race	Results Submission
Requirement	3 for the duration	2 for the duration	3 for the duration	1 during the period	Member : Submit a google form with participation details across the 4 data points.
Tracking / Data Source	Time Trial book	Host maintain a log of names & group pic for strava & the creation of an Irene gallery		Race results	2 Check-in's will be done to track results and update the leaderboard.
Points	Point per session (Must have attended 3 to get points)	Point per session (Must have attended 2 to get points)	Point per session (Must have attended 3 to get points)	Point per event (Must have 1 to get a point)	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> on Sunday the 29<sup>th</sup> October</li> <li>• 2<sup>nd</sup> Sunday the 3<sup>rd</sup> December (@ the end of the challenge)</li> </ul>

**Results** – calculation based. Data provided by the Irene Athlete and validation to external tracking sources

#### Most Improved Athlete

	Distance	Run / Walk	Tracking
Set your time - Base time: - 10 <sup>th</sup> / 17 <sup>th</sup> Oct at the Time Trial	4 / 6 / 8km - Either, but need to be consistent	Either – Need to be consistent	Noted in the Time Trial Book – Wynand will do official timing
Time Trial Test - 28 <sup>th</sup> Nov	4 / 6 / 8km - Either, but need to be consistent	Either – Need to be consistent	Noted in the Time Trial Book – Wynand will do official timing

**Results** – calculation based. But only eligible for a prize if you have completed the participation challenge leg

#### Irene Ambassador

Criteria	Tracking
Nomination based on the following criteria – <ul style="list-style-type: none"> <li>• Active participation</li> <li>• Irene brand ambassador (living the values) at all events</li> </ul>	Members nomination & vote : via a google form
	Club Captain Committee (Hosts) - Input

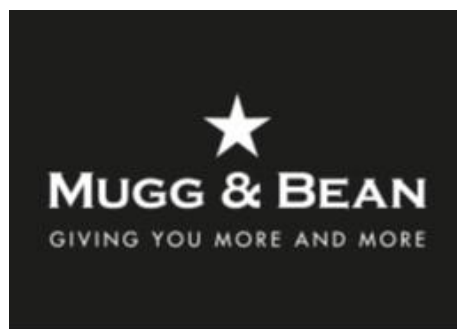
**Results** – Feedback based. But only eligible for a prize if you have completed the participation challenge leg



## PERSONALIA

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

Ernst	Gottschalk	30-Oct
Bernita	Bornmann	02-Nov
Ilze	Botes	03-Nov
Johan	Engelbrecht	05-Nov
Francois	Bester	05-Nov



Midstream Tel 012 940 9229

## THOUGHT FOR THE WEEK

Believe in your infinite potential. Your only limitations are those you set upon yourself.

## PERSONALIA

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

Antoinette	Reynolds	23-Oct
Morne	van Wyk	24-Oct
Nelda	Smith	24-Oct
Fia	Coetzee	24-Oct
Johan	Dekker	25-Oct
Hanno	Jooste	25-Oct
Albert	Pretorius	28-Oct
Michael	Dekker	29-Oct
Arne	Vorster	29-Oct



Midstream Tel 012 940 9229

## THOUGHT FOR THE WEEK

Let the improvement of yourself keep you so busy that you have no time to criticize others.

## NOTICE BOARD

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

# ARC IRENE RUN/WALK

## 4 NOVEMBER 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





**TSHWANE OPPIE BOL**



**10KM** 07 AM

**05KM** 07 AM

**1.6KM** 30 AM

**RUN & WALK**

**DATE / VENUE**

**NOVEMBER 04**

**PILDITCH STADIUM, TSHWANE**

**PREPARE YOURSELF**

ENTRIES AVAILABLE AT: PILDITCH AGN, SPAR LES MARAIS, SPORTMANS  
WAREHOUSE (CENTURION, MONTANA) AND ON RACE DAY



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	R100
			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)

Photo: Elmer van Zyl

Official AGN Sanctioned Race

# 5TH RUNNING OF THE VOORTREKKER MONUMENT

HALF MARATHON, 10KM & 5KM FUN RUN / PRET DRAF

## "THE TOUGHER ONE"

VITALITY POINTS- 10km=600 & 21km=1500



VOORTREKKER MONUMENT  
DRAAF & STAP KLUB

### GREEN RACE

Water available at water station, bring  
your own container or bottle

**DISTANCES:** 21.1 km, 10 km race and a 5 km fun run

**DATE:** Saturday, 25 November 2023

**START:** 21.1 km & 10 km – 06:00  
5 km – 06:15

**TIMING:** Only the 10 & 21 km

**VENUE:** Voortrekker Monument,  
Eeufees Rd, PTA



**Athletics**  
Gauteng North

GEBRINGAAN JOU DEUR:  
BROUGHT TO YOU BY:



**BECS Services (Pty) Ltd**

In association with BECS Environmental (Pty) Ltd



VOORTREKKERMONUMENT





# 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***



Everything set up for the big race



Runners walking through the “sanitation station” at the gate. The co-operation from the runners was excellent.





Runners on their way to the start.



Ready for action





Was this the best water point?



A lovely scene along the route





Some of the back markers on the 10/21



The water point at the finish. Waiting for the masses





T-shirt collection



Getting busier





Vitality exercises



What a privilege it was to host thousands of runners





Our chairman arriving at the Chairmans Ball



The Chairman's speech





Hard to recognise these lovely ladies not wearing running clothes



Beautiful



It was a perfect evening



Happiness