



IRENE NEWS

31 July 2023

No 30 – 2023



SOCIAL EVENING

**PUB
QUIZ**

Tuesday 1 August

Bobote, rice and salad on sale
R40 (club will subsidise R40)

Please order from Dave
before 12pm Monday
0828927544

 teams of 6
Get READY!

IRENE SOCIAL

CAPTAIN'S CORNER

With another cold few days ahead of us, the best way to keep warm Would be to do a little training!

From a club training perspective,

- Morning training groups – Tuesday, Wednesday and Thursday @ 5 am from Midstream Mugg & Bean and Eco Park commences with Tuesday and Thursday runs @ 5 am from Eco Park Virgin Active
- Mr Hills Thursday sessions will commence within the next few weeks. Keep watching this space
- Time Trail Tuesdays, starting @17.15 from the Irene Club House

Races and Training events over the next few weeks

Saturday the 5th August

Spar GrandPrix – 10km

Skukuza Half Marathon

Irene Saturday Social – Distance and venue TBC

Sunday the 6th August

Waterfall City Half Marathon - 5, 10 & 21.1km

Wednesday the 9th August

Totalsports Womens Race – 5 & 10km

PnP Irene Village Mall Run – 5, 10 & 21.1km

Saturday the 12th August

Eyethu Fitness Test – 5, 10 & 21.1km

AGN Cross Country League

Sox Footwear Girls Run

Sunday the 13th August

Old Eds - 5, 10 & 21.1km

Saturday the 19th August

Phobians – 15 km – LEAGUE RACE

AGN Cross Country Championships

Sunday the 20th August

Irene Sunday Social – 10-15km. Venue TBC

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

PERSONALIA

Greg Ferreira is still critical and in intensive care. Please think of him in your prayers.

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

Jacqui	Burn	01-Aug
Douw	van Zyl	02-Aug
Mmakgoshi	Sebata	02-Aug
Elsa	Meyer	04-Aug
Celeste	Engelbrecht	04-Aug
Dolly	Hlophe	06-Aug



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Start each day with a positive thought and a grateful heart.

CHAIRMAN'S BALL

After a number of years, the Chairman's Ball will be back this year. Watch this space for more details.



NOTICE BOARD



ARC IRENE
SUNSET RUN/WALK
2KM, 5KM & 10KM
ROAD RUN OR TRAIL RUN
2 AUGUST 2023

REGISTER AND START ANYTIME BETWEEN
16H30 TILL 18H30

BUY TICKETS ONLINE
WWW.REVOLUTIONTRAILS.CO.ZA
or ON-THE-DAY

VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION

FOR MORE INFORMATION CONTACT US AT:
REVOLUTIONTRAILS@GMAIL.COM | 083 264 3931

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

REVOLUTION TRAILS
Vitality



ARC IRENE RUN/WALK
12 AUGUST 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
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Vitality

REVOLUTION TRAILS





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.

PHOBIANS FIFTEEN

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

15KM
RUN/WALK
07:00
5KM
FUN RUN/WALK
07:15

AGN
League
Race

19 · 08 · 2023



CALLING ALL ATHLETICS GAUTENG NORTH CLUBS
COME RUN WITH US!



EVENT DATE:
Sunday, 27 August 2023

EVENT TYPE:
Road Running

START TIME:
08H00

STARTING POINT:
Union Buildings

FINISH POINT:
Union Building Lawns

DISTANCE:
10km

CONTACT US TODAY TO ENTER
companyentries@stillwatersports.com
082 991 0045



ENTER NOW

**WIN A
CAR!**

ENTRY FEE: R240.00
TEMP LICENCE: R50.00

Challenge your club members to join forces and take part in one of South Africa's most diverse road running series, the Absa RUN YOUR CITY SERIES. The Jacaranda City will be buzzing with excitement when thousands of runners toe the line to paint the streets of Tshwane red at the Absa RUN YOUR CITY TSHWANE 10K. Runners can look forward to experiencing road running at its best! The route will incorporate iconic landmarks while featuring nonstop entertainment from start to finish compliments of Tshwane's leading performing arts groups and event sponsors.

Get ready to run Tshwane your way on Sunday, 27 August 2023!

GROUP INCENTIVE OFFER:

- Enter 10 or more club members and you will automatically receive a 10% discount on all entries
- Dedicated Group Entries collection point at Race Pack Collection
- Club members will be seeded together in the same batch (on request)

STANDARD ENTRY INCLUDES:

- Absa RUN YOUR CITY Series Event Performance T-shirt
- Absa Entrant Gifts (Peak Cap, Socks, Drawstring Bag & Shoelaces)
- DHL Water Bottle
- Race Number & Timing Chip
- Absa RUN YOUR CITY Series Finisher's Medal
- Amazing Route Entertainment from Start to Finish
- 2 x Refreshment Stations on Route
- Tog Bag Drop and Collect Service

runyourcityseries.com

f @Tshwane10k

#RunYourCity #AbsaRunYourCity





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 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*

"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 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



PHOTO CORNER



There were lots of activities at the club house last week with the Puma demo run



Cynthia Farham looking ready for the time trial



Fires with his crew to run the upcoming back yard ultra route



Runners showing off with their "borrowed" Puma shoes



Another way to show off



Fires and his crew after the run



Nicole Mitchell and Danie Taljaard enjoying each other's company with a glass of wine



Handing back the shoes after the run



Francois Bester was one of the lucky draw winners



Gareth Prinsloo was another lucky draw winner



Zoë Scholtz with Tamaryn and Craig Paterson at the Randburg Harriers race

