



IRENE NEWS

31 October 2022

No 42 – 2022



IRENE FARM RACE

With 3075 entries 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.

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 8 November at 18:30.

No nominations will be accepted anymore.

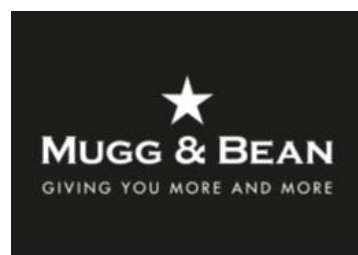
10/20 YEAR BADGES

Please collect your 10/20 year badges on Tuesday evenings if you haven't done so yet.

PERSONALIA

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

Lynette	September	31 Oct
Ilze	Botes	03 Nov
Johan	Engelbrecht	05 Nov



Midstream Tel 012 940 9229

SOCIAL EVENING 1 NOVEMBER

Irene Social, 1 November 22

HALLOWEEN

...because somewhere
it is still 31 October

Dress extra spooky and
win prizes. Join us for
a haunting pub run.
Run from table to
table and enjoy
some scary shooters.
Dinner will be on sale.



IRENE BE THERE... IF YOU DARE

Macaroni and Cheese with salad for R70.

Please order from Dave 082 892 7544 before 12 on Monday

YEAR END FUNCTION



SAVE
THE DATE

 *Saturday*
3 December

**YEAR END FUNCTION
AND PRIZE GIVING**

 *From 2pm*
Details to follow...

 **HO HO HO...**  

IRENE

COACH'S CORNER

Hill repeats

10min easy warm up

3 x 20 sec Sprint (40sec recovery jog)

2min easy run

Hill reps

200m 3k pace (45sec recovery walk down)

200m 5k pace (55sec recovery walk down)

400m 3k pace (2min recovery walk down)

200m 3k pace (45sec recovery walk down)

200m 5k pace (55sec recovery walk down)

400m 3k pace (2min recovery walk down)

200m 3k pace (45sec recovery walk down)

200m 5k pace (55sec recovery walk down)

400m 3k pace (2min recovery walk down)

10min easy cooldown run



THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

Monthly social after the time trials.

1 x R1500 cash voucher with the compliments of Mugg & Bean Midstream

Saturday:

The Green Mile Road Race @ 06:00.

Sunday:

Social Run @ 06:00. Venue to be confirmed

NOTICE BOARD



16 MILE RUN (25.76KM)	START TIME 6:00	PRE-ENTRY R160 LATE ENTRY R200
8 MILE RUN (12.88KM)	START TIME 6:00	PRE-ENTRY R110 LATE ENTRY R150
4 MILE RUN (6.44KM)	START TIME 6:15	PRE-ENTRY R50 LATE ENTRY R80

CUT-OFFS: 9:30 **PRIZE GIVING: 16 MILE - 9:00, 8 MILE - 8:30**

ONLINE ENTRIES: WWW.ENTRYNINJA.COM
LATE ENTRY CUT-OFF DATE TO BE CONFIRMED
T'S & C'S APPLY

GREEN MILE



RUNNERS! JOIN WITH THE GREEN MILE ROAD RACE!

WIN ONE OF TWO R 3000 RUN-A-WAY SPORT VOUCHERS!!!

HOW TO WIN:

1. ENTER BETWEEN WEDNESDAY 19 OCTOBER 13:00 AND FRIDAY 4 NOVEMBER 12:00.
2. AS EASY AS THAT!
3. ENTRIES AVAILABLE AT [HTTPS://WWW.ENTRYNINJA.COM](https://www.entryninja.com)
4. T'S AND C'S APPLY

RUN-A-WAY SPORT **GREEN MILE**



CLUBS! JOIN WITH THE GREEN MILE ROAD RACE!

WIN ONE OF THREE R 3000 RUN-A-WAY SPORT VOUCHERS!!!

HOW TO WIN:

1. SHARE THIS POST WITH YOUR CLUB.
2. ENTER BETWEEN WEDNESDAY 19 OCTOBER 13:00 AND FRIDAY 4 NOVEMBER 12:00.
3. TOP 3 CLUBS WITH THE MOST ENTRIES EACH WIN A VOUCHER.
4. ENTRIES AVAILABLE AT [HTTPS://WWW.ENTRYNINJA.COM](https://www.entryninja.com)
5. T'S AND C'S APPLY

RUN-A-WAY SPORT **GREEN MILE**

JACARANDA CITY CHALLENGE

EARLY COMRADES &
TWO OCEANS QUALIFIER

12 NOVEMBER 2022

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

**WE ARE
BACK**

YOUR FAVOURITE
CITY ROAD RACE

**5km
10km
21.1km
42.2km**



**Athletics
Gauteng North**



 **sportsvendo**
BY THE WAY OF KNOWLEDGE



28TH

TOM JENKINS

RUN/WALK CHALLENGE

19 November 2022

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	R120	R80

PRE-ENTRIES ONLY

Capped at 4 000 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 18 November (10:00 - 18:00) and

19 November (04:30 - 05:45)



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

Supported by



TSHWANE



OPPIE BOL ROAD RACE *Pilditch Stadium*

Pretoria West, Cnr of WF Nkomo (old Church) & Maltzan Str

19 November 2022

10km starts 07:30

2.5/5km starts 07:45

Entries Available at: Pilditch AGN, Spar Les Marais, Sportmans Warehouse (Centurion, Montana) and on race day

Distance:

10km Run/Walk; 5km Run/Walk &
2.5km Run/Walk

All wheelchair athletes starts 10 mins
before the starting time

PLEASE CONTACT

CAZLE HENDRICKS

082 818 2956

OR

HEROLD MAKOLA

073 907 8763



**LEAVE NO ONE
BEHIND**

Entry Fee:

10km Race = R120

5km Race = R80

2.5km Race = R40

Temporary Licence = R40

LESIMARAISPAR&TOPS

SPAR



topsi



**Athletics
Gauteng North**

In Support of Disability Awareness Month

The 54th annual Muller Potgieter Memorial Race is being hosted at the Voortrekker Monument on 26 November 2022. Muller Potgieter was a highly talented long-distance runner who won various marathons and achieved a fourth place in the 1968 Comrades at the age of 23. He tragically died in an accident a few months later. Follow this link for Muller Potgieter history <https://vtmclub.co.za/muller-potgieter-gedenkwedloop/>



Photo: Elmer van Zyl



Official AGN Sanctioned Race

THE 54TH CONSECUTIVE RUNNING OF THE
MULLER POTGIETER/
4TH RUNNING OF THE
VOORTREKKER MONUMENT
HALF MARATHON, 10KM & 5KM FUN RUN / PRETDRAF
"THE TOUGHERER ONE"



VOORTREKKER MONUMENT
DRAAF & STAP KLUB



Athletics
Gauteng North

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 Saturday, 26

DATE: November 2022

START: 21.1km & 10km – 06:00

5km – 06:15

Gun to mat timing on 10

& 21.1km only

Voortrekker Monument,

Enufoes Rd, PTA

VENUE:



GEBRINGAAN JOU DEUR:
BROUGHT TO YOU BY:



BECS Services (Pty) Ltd

In association with BECS Environmental (Pty) Ltd



BDS RACE WITH *Vitality*

21.1 KM

6:00am

10 KM

6:00am

5 KM

6:15am

03 DEC
SATURDAY.2022

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

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- Friday, 02 December: 09:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 03 December: 05:00 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 2500 entries
- Online entries: www.entryninja.co.za
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Run Store Fourways Crossing: 011 465 0021
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384



Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

PTY LTD
Cape Town
0600

Tel: (021) 861 5555
Fax: (021) 861 5566
Email: stb@stb.co.za



RJC Accounting
Software Solutions

If you want your logo on this page, let us know at info@irenerunner.co.za

The first to apologise is the bravest. The first to forgive is the strongest. The first to forget is the happiest.

PHOTO CORNER

Photos taken at our race on Saturday, it tells the story



Irene Farm Race
with Vitality 2022

Proudly Photographed By
MACPIX



Irene Farm Race
with Vitality 2022

Proudly Photographed By
MACPIX



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Irene Farm Race

with Vitality 2022

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Taken at the helpers run on Sunday

