



# IRENE NEWS

**3 April 2023**

**No 12 – 2023**



## **ACHIEVEMENTS**

Congratulations to the following members who were on the podium at the Irene Running Festival:

Sandra Steenkamp	1 <sup>st</sup> GM lady – 48 km
Kgomotso Lukhele	3 <sup>rd</sup> Vet lady – 10 km
Danie Labuschagne	1 <sup>st</sup> Male & 1 <sup>st</sup> GM – 20 km walk
Dirk Neethling	2 <sup>nd</sup> Male & 1 <sup>st</sup> GGM – 20 km walk
Estien van Wyngaard	1 <sup>st</sup> Lady & 1 <sup>st</sup> GM – 10 km walk
Retha Knoetze	2 <sup>nd</sup> Lady & 2 <sup>nd</sup> GM – 10 km walk
Isi van der Schyff	1 <sup>st</sup> Master lady – 10 km walk
Keith Reynolds	1 <sup>st</sup> Male & 1 <sup>st</sup> Master – 10 km walk
Jaap Willemse	1 <sup>st</sup> Male GM – 10 km walk
Johann Coetzee	2 <sup>nd</sup> Male GM – 10 km walk
André Smuts	1 <sup>st</sup> Male GGM – 10 km walk

## **PERSONAL ACHIEVEMENTS**

Estien van Wyngaard	PB – 10 km walk
Francisca Rossouw	PB – 21 km
Keith Reynolds	PB – 5 km

Please let us know about your personal achievements i.e. personal best time on a distance, first time running a distance etc. Don't be shy!!

## **IRENE RUNNING FESTIVAL**

What a fantastic success! We wanted a festival, and it was one indeed. We had 5619 entries for all the events over the weekend with 2880 entries for the 48 km. It was an event to be proud of.

Thank you to the race committee for their hard work and dedication. Thank you to all our members who helped to make it such a success. Without you it wouldn't have been possible.

The only negative aspect was that quite a number of our members participated without offering to help at all. That is definitely not the Irene spirit that we have established over the years.

### ***SOCIAL EVENING***

With this weekend being so busy and with the school holidays and Easter weekend coming up, it was decided to move the social evening for April to the 18<sup>th</sup>.

### ***T-SHIRTS***

Members who have ordered Irene Festival of Running T-Shirts, will be able to collect them on Tuesday at the Time Trails.

The club T-shirts will also be available to those who have ordered and not collected yet.

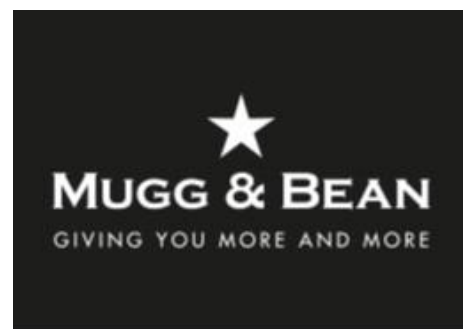
### ***CAPTAIN'S CORNER***

The weekly schedules will be sent out on the WhatsApp groups.

### ***PERSONALIA***

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

Maxmez	Dlamini	03 Apr
Isaiah	Tolo	04 Apr
Louis	Finn	05 Apr
Jacques	Bannister	05 Apr
Anesca	Davey	05 Apr
Con	Purchase	07 Apr
Travers	Snyman	07 Apr
Roger	Mutangadura	08 Apr



Midstream Tel 012 940 9229

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

**Taste your words before you spit them out.**

**NOTICE BOARD**



**ARC IRENE**  
**SUNSET RUN/WALK**  
2KM, 5KM & 10KM  
**ROAD RUN OR TRAIL RUN**  
**5 APRIL 2023**  
REGISTRATION OPEN FROM 17H00 - 18H30  
GROUP START AT 17H30  
BUY TICKETS ONLINE  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM) | 083 264 3931

NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS

REVOLUTION TRAILS Vitality



**ARC IRENE RUN/WALK**  
**8 APRIL 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)

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# THE GREEN MILE ROAD RACE — 2023 —

*The Mile for Life*

SPORTPARK SPORTS COMPLEX, SPORTS RD, LYTTELTON MAHAR, CENTURION

**SATURDAY**  
**APRIL 8**



GREEN MILE



EST. 2022

# TNU

## TSHWANE NORTH ULTRA

*Ultra Marathon*



# 50km 21km

DISTANCE	ENTRY FEE	TEM LICEN	START TIME
50KM	R450	R50	6:00am
21KM	R290	R50	6:00am
DISTANCE	GRAND MASTER		
50KM	R380	R50	6:00am
21KM	R240	R50	6:00am

**DATE: 22 APRIL 2023**

**DISTANCE: 21KM / 50KM**

**START/ FINISH: AKASIA  
COMMUNITY  
HALL**

**ENTRIES NOW OPEN**

FOR ONLINE REGISTRATION VISIT : <http://www.tshwanenorthultra.co.za>





Monday, 1 May 2023

#### VENUE

Centurion Rugby Club  
270 West Ave, Die Hoewes,  
Centurion,  
Next to SuperSport Park



Kiddies Dash, 5 km, 10 km, 21.1 km & 42.2 km

ONLINE ENTRIES ONLY

No entries on race day

[www.wally.co.za](http://www.wally.co.za)



Wally Hayward

[www.finishtime.co.za](http://www.finishtime.co.za)

[www.active.com](http://www.active.com)

#### Capped entries

5 km	1 000	21 km	3 000
10 km	2 000	42 km	4 000

Online registrations at  
[www.active.com](http://www.active.com) or scan  
the QR code.



LIVE YOUR WAY



Last Comrades Qualifier  
in Gauteng



**EYETHU ATHLETICS CLUB**  
**Hosts the annual**  
**FITNESS TEST : HALF MARATHON (21.1KM),**  
**10KM & 5KM FUN RUN.**



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](http://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.

## PHOTO CORNER



A very frustrated Joy Dekker



The new Irene backdrop for the stage



A “bus” coming tough on Sunday



Samuel Molefe was the first Irene runner to finish the 48 km, 17<sup>th</sup> overall



They qualified at last! Well done to Riaan and Renette Prinsloo



Brett Muir and Devan Nadarajah



A festivity like we never had



Relaxing after 48 km



There were 11 Harley Davidsons from the Steelwings Pretoria club as lead vehicles



Just before the start