



# IRENE NEWS

3 July 2023

No 26 – 2023



**SOCIAL EVENING**

**ACHES AND  
PAINS PARTY  
4 JULY**

**Come and share  
in each other's**



**triumphs and tribulations**

**Including Comrades Prize giving  
Soup and Sherry with a bun on sale  
for R80. Please order from Dave  
before 12pm Monday 3rd.  
082 892 7544**

## **MUTI BAGS**

The leftovers of the muti bags that were handed in for the support stations and not collected last week, will now be available at the Cara-Fun at the races.

## **CAPTAIN'S CORNER**

Starting the 2<sup>nd</sup> half of the year with something different, a number of Irene members participated in the Magalies IAD Event and had an opportunity to run with German Shepards. Happy to report, that all runners successfully completed the challenge and are definitely up for the next.

So, what's your mid-year motivation? As an Irene member you have access to a number of training programmes to get you going or take you to the next level. Especially with the league races scheduled for the remainder of the year, and the Spar Ladies in August. If you need some help, please let us know.

Group entries for the Spar ladies on the 5<sup>th</sup> of August are being confirmed with details to be shared.

From a club training perspective,

- Morning training groups – Tuesday, Wednesday and Thursday @ 5.15 from Midstream Mugg & Bean. Commencement of the Eco-Park sessions will be confirmed
- Time Trail Tuesdays, starting @17.15 from the Irene Club House
- Irene Sunday Social (9<sup>th</sup> July) @ 7am from Irene Link for a 10km – 15km

Races over the next few weeks

### Saturday the 8<sup>th</sup> July

**Garsfontein Ice Breaker** - 5, 10 & 21,1km (AGN 10 km championships)

**Knysna Forest Marathon** - 21.1 & 42.2km

**Rhodes Trail Run** - 52km

### Sunday the 9<sup>th</sup> July

**Edenvale 15km BLITZ** - 5 & 15km

**Irene Sunday Social** – 10-15km. From Irene Link @ 7am

### Saturday the 15<sup>th</sup> July

**Springbok Vasbyt** - 5, 10 & 21.1km

**Irene 10km Racewalking Open Grand Prix** (Irene Oval)

**AGN Cross Country League**

### Sunday the 16<sup>th</sup> July

**Pirates2Pirates Social Run**

**Irene Mandela Day Charity Run** – Details TBC

### Saturday the 22<sup>nd</sup> July

**Fara Winter League Race (LEAGUE RACE)** - 5, 10 & 21,1km

**Interprovincial Cross Country Championships**

### **Standard Bank CIB Winter Run – 5 & 8km**

Sunday the 23<sup>rd</sup> July

**Northgate** - 10km

**Irene Sunday Social** – 10-15km @7am. Venue TBC

Saturday the 29<sup>th</sup> July

**Washie** – 100 Miler Ultra

**Zwartkop Lapa Road Race** - 5, 10 & 15km

**AGN Cross Country** League

Sunday the 30<sup>th</sup> July

**Prestige Trail Run**

**Randburg Harriers Challenge** - 5, 10 & 21.1km

**Irene Sunday Social** – 10-15km @7am. Venue TBC

The weekly scheduled will be shared on Monday morning with the training runs and races for the week ahead. If there are any updates, these will be distributed on the Notification and Training Groups.

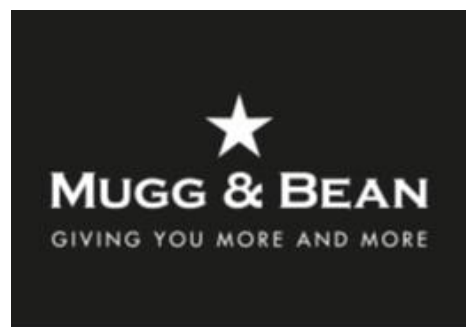
### ***COMRADES STORIES***

You are still invited to share your Comrades stories with us. Whether you had a good or bad experience, please send it to us by replying to this email. Hopefully we will hear some good stories at the aches and pains party on Tuesday evening.

### ***PERSONALIA***

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

Tau	Kgomongwe	03-Jul
Maureen	Mossop	03-Jul
Lucky	Lukhwareni	06-Jul
Andrew	Heuvel	07-Jul
Charl	Jansen van Vuuren	07-Jul
Neil	Thompson	07-Jul
Tarryn	Thompson	08-Jul
Martin	Struwig	09-Jul



**Midstream Tel 012 940 9229**

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

**Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.**

## ***CHAIRMAN'S BALL***

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

**SAVE THE  
DATE**



**28 OCTOBER 2023**



**NOTICE BOARD**



**ARC IRENE  
SUNSET RUN/WALK**

2KM, 5KM & 10KM  
**ROAD RUN OR TRAIL RUN**

**5 JULY 2023**

REGISTER AND START ANYTIME BETWEEN  
16H30 TILL 18H30

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 JULY 2023**

**ROAD RUN OR TRAIL RUN**

2KM, 5KM, 10KM, 15KM OR 21KM  
GROUP START @ 07H00

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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# GARSFONTEIN ICE BREAKER

21km / 10km / 5km

8 JULY 2023

AGN CHAMPIONSHIP



Macintosh  
Cross & Farquharson  
Attorneys, Conveyancers, Notaries, Administrators of Estates  
Probateurs, Transportaccident, Notaries, Boekhouders



## GARSFONTEIN PRIMARY SCHOOL

DISTANCE	ENTRY FEE	START TIME	MINIMUM AGE	PRIZE GIVING	CUT OFF	LATE ENTRIES	VITALITY POINTS
21,1km	R180	07:00	16 years	09:00	10:30	R200	1500
10 km	R120	07:00	14 years	08:30	10:30	R140	600
5 km	R60	07:15	9 years	None	10:30	R70	FUN RUN

Temporary licence required for non registered athletes on the 21,1km & 10km : **R50**  
70+ athletes: FREE entry

ONLINE ENTRIES from 17 May 2023 - [www.entryninja.com](http://www.entryninja.com) (until 30 June 2023)

## RACE ENQUIRIES

Mike Minty - 083 414 5938  
Claude Smit - 083 564 3630  
Office - 012 361 3618  
Wingate Road Runners - 072 864 2908

## ONLINE ENTRIES & RACE NUMBER COLLECTION

Dutch Reformed Church (285 Emmie Hartmann str.)

6 July from 09:00 until 13:00

7 July from 09:00 until 17:30

At the venue (Garsfontein Primary School - Petronella Str. Entrance)

Race Day from 05:30

Proud Sponsor of the Garsfontein Ice Breaker

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





# Leon Bezuidenhout SPRINGBOK VASBYT

Presented by Voortrekker Monument Running Club

Proudly Supported by



<b>Distances:</b>	21 km, 10 km, 5 km fun run:
<b>Date:</b>	Saturday <b>15 July</b> 2023
<b>Starting Times:</b>	Commemoration Ceremony - 07:20 21 km & 10 km - 07:30 5 km - 07:40
<b>Venue:</b>	Voortrekker Monument, use the Eeufees Rd entrance

**Leon Bezuidenhout 14 September 1966 - 2 August 2020**

**"As ek die grondpad onder my voete voel weet ek, ek is tuis"**



**THIS IS A GREEN RACE. WATER WILL BE SUPPLIED IN BULK  
CONTAINERS, BRING YOUR OWN CUP OR BOTTLE.**

## ENTRY FEES

21 km: R140 | 10 km: R120 | 5 km: R60

70+ athletes (ID required): Free

Temporary License: R50

Entry fees are non-refundable

## GENERAL INFORMATION

Guarded parking available

Ample toilet facilities

Water stations

Tog bag area

Club Gazebos Welcome

**UNFORTUNATELY NO PRIZE MONEY.** 10 km and 21 km: Running categories' 1st and 2nd places receives gold and silver medals, respectively.

The rest of the field finishing within the cut-off time receives bronze medals.

Gun to mat timing.

## MORE INFORMATION

Online pre-entries at [www.entryninja.com](http://www.entryninja.com) - Online entries close 11 July 2023.

Pre-entries at Run-A-Way Sports - opens 01 June 2023 & closes 13 July 2023 at 16:00.

Pre-entries at Voortrekker Monument - opens 01 June 2023 & closes 14 July 2023 at 16:00.

Entry collection at the Voortrekker Monument on Friday 14 July 2023 from 13:00 until 17:00 or on race day from 05:00 until 07:00.

**Entries on race day – At the race venue as from 05H00 until 07H00 strictly.**

Ensure that you have the **FinisTime Time Passport App** downloaded/installed to ease the registration process

– <https://play.google.com/store/apps/details?id=net.finishtimepassport>

Time limit - 3h30. This is a venue imposed time limit. All athletes with 3km or more to go and 25 minutes or less remaining, will be diverted to the finish.



## 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](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	R 200.00	R 200.00
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	R 200.00
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**



**PHOBIANS**  
Athletics Club



PHSOB Club



## 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](http://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](http://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***



Maryke Bester, Francois Bester, Keith Reynolds, Johan van Vuuren, Karin Sack, Linley September, Cynthia Farnham, Ann Eckard and Blanche van Vuuren



Onja and Zonah Prinsloo





Thea van Helden at the cross country meeting





Nelius van Rooyen with his kiddies





Tamarin and Craig Paterson with Zoë Scholtz at the Johannesburg Zoo on Sunday.



Sunday social run