



# *IRENE NEWS*

**4 October 2021**

**No 41 – 2021**



## **ACHIEVEMENTS**

Congratulations to the Keith Reynolds who was on the podium at the AGN 10 km Championships: 2<sup>nd</sup> Master (40:08)

## **POP UP RUN**

The weather turned out fine on Friday evening and those who turned up for the Pop Up Run enjoyed a beautiful evening together. Thank you to all who supported the race.

## **SOCIAL EVENING**

Don't miss out on the social evening on Tuesday evening. Not only will you stand a chance to win a pair of Asics running shoes worth R2500 in our lucky draw, you will also stand a chance to win a pair of Puma running shoes worth R4000 if you "test drive" a pair of Pumas!

Boerewors roll and salad available for R30 only.

## **PUMA PROMOTION**

We are excited to announce that PUMA ZA will launch their new PUMA NITRO RANGE.

As part of their launch campaign, PUMA will be hosting Demo Days at various running clubs, where runners will be given the opportunity to see, feel and run in their new range.

We will also have some prizes to give away after the run.

We are excited to see you all in some Puma Nitro Shoe's.

Be at Irene Athletics Club on Tuesday evening

## **ADMIN DESK**

Please take note that Maggie will not be available on Tuesday.

## TRAIL RUN

Please support the trail run on Saturday. It is the place to be on a Saturday morning.



**ARC IRENE HYBRID RUN/WALK**

CHOOSE BETWEEN  
A **ROAD RUN/WALK**  
OR A **TRAIL RUN/WALK**

REGISTER AND START ANYTIME  
FROM 06H00 TILL 08H00

**DATE AND TIME**  
**9 OCTOBER '21**  
REGISTER & START  
ANYTIME  
06H00 TILL 08H00

**ONLINE PRICE FOR ROAD AND TRAIL RUNS:**  
5km~R75 / 10km~R95 / 15km~R115 / 21km~R135  
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)  
ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE

2km, 5km & 10km: Start between 06h00 till 08h00  
15km & 21km: Start between 06h00 till 07h00

ALL FINISHERS RECEIVES A MEDAL  
ALSO QUALITY FOR VITALITY POINTS

ENTER @  
**WWW.REVOLUTIONTRAILS.CO.ZA**

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

For more information contact us at:  
083 264 3931 | revolutiontrails@gmail.com

Logos: 20/20 VISION CARE, YCEBE PURE PERFORMANCE, COLLAGEN FOR ATHLETES, NO BIKES

## PERSONALIA

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

Rienie	Blignaut	05 Oct
Gerna	Horak	07 Oct
Brian	Peters	07 Oct
Megan	Brown	07 Oct
Emgee	Van Der Merwe	08 Oct
Grazyna	Koornhof	10 Oct
Isabelle	van der Schyf	10 Oct
Yolandi	Wiese	10 Oct



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## THOUGHT FOR THE WEEK

Be kind to people on your way up because you are going to meet them again on your way down.



**JOINTeze**<sup>TM</sup>







# IRENE OPEN 10 KM RACE WALKING GRAND PRIX

**09 OCT 21: IRENE OVAL**

(Incorporating AGN Team Trials for the ASA RW  
Championships  
And Irene Club Championships)



## PROGRAM & STARTING TIMES

N o	Age Group	Distance	Start Time	Entry Fee
1	Open Men & Women	10 km	07h30	R50
2	Junior Men & Women (18, 19; b2002, 2003)	10 km	07h30	R50
3	SAMA Men & Women Including Novice Walkers	10 km	07h30	R50
4	Youth Boys (16, 17; b2004, 2005)	10 km	07h30	R50
5	Youth Girls (16, 17; b2004, 2005)	5 km	08h45	R50
6	Sub-youth Boys & Girls (14, 15; b 2006, 2007)	5 km	08h45	R50
7	SAMA Men & Women Including Novice Walkers	5 km	08h45	R50
8	Sub-youth Boys & Girls (<=13; b2008 & later)	3 km	09h30	R50
9	Sub-youth Boys & Girls (<13; b2009 & later)	1 km	09h30	R50
10	Results e-mailed to Participants			
11	No Medals			

### Registration - No Entries on Race Day

- Pre-Entries ONLY before 06 Oct 21 - Entry Form Link in Irene Cover Letter:
- To enter on Google Forms, press ctrl and enter simultaneously and thereby access the athlete's entry form
- [https://docs.google.com/forms/d/e/1FAIpQLScp\\_ZcJ43tiGWKXcpTbBNV3rxQ-WjUqTOAvXerrHXrLuzzdQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScp_ZcJ43tiGWKXcpTbBNV3rxQ-WjUqTOAvXerrHXrLuzzdQ/viewform?usp=sf_link)

Payments to be made into the following account:

- Bank: Standard Bank
  - Account Name: Irene AC
  - Branch Code: 012645
  - Account Number: 032183186.
  - Reference: Irene GP, Name and Surname
- Send Proof of Payment to [djllappies@gmail.com](mailto:djllappies@gmail.com)**



# GENERAL

## RACE INFO

**Refer to the Covering Letter:** Irene Open 10 Km Race Walking Grand Prix dated 25 September 20, as amended, for detailed instructions how to enter.

Licensed athletes to wear club colours and their 2021 ASA licence number back and front as well as age tags. No "W" tags required, as this is a racewalking event only

**If not in possession of a valid 2021 ASA license, a temporary license must be purchased @ R40 together with your pre-payment & collected at the race on race day.**

Participants must be able to produce their identity document (or drivers licence) if required to verify age.

The event will be held according to WA and ASA rules. All participants participate at own risk. Participants indemnify the national and provincial bodies; and organisers of the race against all and any action of whatever nature that may arise out of their participation in the events.

The course is fast and flat right-hand-cone track with two turning points, generally circling around the Irene Oval. It is a 1 km measured and certified route.

Lap counters, officials and judges will be present.

The penalty zone (pit lane) rule will be applied.

Appeals must be lodged, in writing, within 30 minutes after the race. They must be lodged with the chief judge accompanied by R300 which is refundable if the appeal is upheld.

A water table with water sachets ONLY will be provided.

No seconding will be allowed.

Kindly note the WA and ASA rule that walkers may not cover their knees, no long pants allowed and knees must be visible to the judges.

No earphones, iPods and the like allowed and contravention of WA rule 6.3 will lead to disqualification.



# ACCESS MAP AND ROUTES



## IRENE OVAL

The race start is at the corner of Stanley and The Oval Roads, Irene.

The Oval is in the Irene Village Centurion. Enter from Alexandra Road into King Road or Nelmapius Drive into Queen as the Main Street gate only opens at 07:00.

Report to Registration Table upon arrival.

Ample parking around the Oval. Please do not park on the resident's paving. Use the inner circle of the Oval, as directed by traffic marshals, park on The Oval side only.

Please respect the Irene Village and community. We depend on their goodwill when presenting events at this venue!

**No Spectators**

**Face Mask Compulsory**

**Maintain Social Distancing**

**Do not arrive more than 60 min prior to participating**

**Report in Call Room 30min before racing**

**Race Organiser –** Irene Athletics Club, Supported by AGN Racewalking Committee.  
Danie Labuschagne 072 972 0871  
Jaap Willemse 083 266 1133

## PHOTO CORNER



Rosemary Brink and Lynette September before the start of the Pop Up Run on Friday evening



The start of the Pop Up Run





Running with head lights made he route different



Brian Marais and his children with Michael Dekker



Vanessa Roux and Ansie Breytenbach



Heilet Basson, Michael Dekker, Rosemary Brink, Lynette September and Henk Basson





Nothing like a braai at the club house



Mariet Louw and Letha Kotze did a few trail runs in the Karoo and Stilbaai





It looks like a family gathering on the trail route



The start of the Sheep Run in the Karoo