



IRENE NEWS

4 September 2023

No 35 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium at the Spirit of Flight 10 km:

Noel Banda	2 nd Master
Annatjie Greyvenstein	1 st GGM lady
Jaap Willemse	2 nd Walker
Sandra Steenkamp	1 st Lady walker & 1 st GM
Elsa Meyer	2 nd Lady walker & 1 st GGM
Retha Knoetze	3 rd Lady walker
Miemie Nel	1 st Master lady walker

10 KM CLUB CHAMPIONSHIPS

The provisional results of the championships are as follows:

	Men	Women
Overall	Nelius van Rooyen	Rosemarie Brink
	Ferdi Boshoff	Thea van Helden
	Noel Banda	Jessica Simmonds
40 - 49	Rykie Kruger	Rosemarie Brink
50 - 59	Noel Banda	Diane Kee-du Plessis
60 - 69	Niel Marais	Sandra Steenkamp
70 - 79	John Ellmore	Annatjie Greyvenstein

Congratulations to all of you.

PERSONAL ACHIEVEMENTS

Carla Hartmann PB 10 km

Well done!

TIME TRIALS

Please note the time trials will start at 17:30 from Tuesday, 5 September. That will be the starting time until the end of April.

As you know it is spring and as always, the first spring time trials are different. Be part of a fun event and an evening full of fun.

You're invited...

Time to put that "spring into your step" and join the Irene Spring time trial on Tuesday 5 September, 17.30.

Come and join us for a time trial with a difference. Predict your time and run our time trial in reverse without your watch. Closest to predicted time wins a prize. Dress fun and floral for spring!

Burgers and chips will be on sale AND the legendary Irene bar will be open!

This is open to all Irene family and friends

You can still order burgers till 12 on Monday

Come run the
Irene time trial: Tue 5 Sept, 17:30

Running
Irene time trial
is
hungry work!

Home made
burgers and chips
on sale for R90

Please whatsapp your
order to Dave by Saturday

082 892 7544

This is open to all
Irene family and friends

CAPTAIN'S CORNER

Busy last few days for a number of Irene Members and with the warmer weather, the running shoes and Irene kit are definitely being seen all over the town.

Well done and thank you to everyone that joined in the 10km Club Championships on Saturday the 2nd September. And a special mention goes out to members that did some different runs.

- David Holliday for a 4th place in the Clarens Titanic 35 km Challenge in 3:21
- Keith Reynolds for a 3.34 in the Uganda Marathon
- Francois Bester and Jaco Engelbrecht for the Rand Water Vaal Marathon, in times of 3:50 and 3:57 respectively

With some big races on the cards across the club and in getting ready for summer, please join us and make use of the facilities and training groups. We also have training programmes (5km, 10km, 21.1km and 42.2km) that are available and that could be used to help you to achieve your goals. Please reach out to Rose via WhatsApp (083 2585336) for more information if required.

From a club training perspective,

- Morning training groups – Tuesday, Wednesday and Thursday @ 5.00 am from Midstream Mugg & Bean and Eco Park Virgin Active
- **Mr Hills Thursday sessions, commence again on the 7th September @ 17.30 from the Irene Club House**
- Time Trial Tuesdays, starting @17.30 from the Irene Club House. The time trial on the 5th is open to all Irene family and friends.

Races and Training events over the next few weeks

Saturday the 9th September

Brooklyn – 5, 10, 21.1 & 32km

Mont-Aux-Sources – 21.1 & 50km Trail

Sunday the 10th September

Nedbank Modderfontein - 10km

Irene Sunday Social – @ 6:30 am from Irene Link for a 10-12 km with Johan & Blanche

Saturday the 16th September

Muller Potgieter – 5, 10 & 21.1km

SA Cross Country Championships

Sunday the 17th September

Pirates - 10km

Irene Sunday Social – @ 6:30 – Details to be confirmed

Friday the 22nd September

Irene Backyard Ultra – 22nd – 24th

Saturday the 23rd September

Irene Backyard Ultra

Voet van Afrika

Exxaro – 5, 10, 21.1km

Sunday the 24th September

ABSA RYC Newtown - 10km

Irene Backyard Ultra

Irene Sunday Social – @ 6:30. Details to be confirmed

Monday the 25th September (Heritage Day)

BEARone Run (Wingate) – 5, 10, 21.1km

Boroughs of Bedfordview – 5 & 15km

For members that are doing the Cape Town Marathon, we have managed to secure car hire and hotel accommodation preferential pricing. If you are interested, please WhatsApp Rose (083 2585336) for more information.

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

PERSONALIA

Former member Paul Nel has lost a long battle against cancer. Our condolences to his wife Sarie and their family.

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



Lydia	Fibiger	04-Oct
Telanie	Venter	07-Oct
Koketso	Mokele	08-Oct
Pierre	Marais	09-Oct
Aileen	Campbell	09-Oct



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Never lose hope. Storms make people stronger and never last forever.

CHAIRMAN'S BALL



28 October 2023
18.00 for 18.30

**A NIGHT AT
THE RACES
CHAIRMAN'S
BALL**

Dress Black Tie and Takkies
Live music by Lungelo Moyo
The Bull Ring Grill
Randjesfontein
R180 per person
RSVP Joy 083 284 4884
World Cup final will be screened

NOTICE BOARD

A promotional poster for a running event. The background is a photograph of a dirt path winding through green grass and trees, with a runner's legs visible in the center. The text is overlaid on the image. In the top left, a black diagonal banner contains white text. The top right features a red logo. The main title is in large, bold, black letters. Below it, the date is in bold black letters. The event type is in large, bold, white letters. The distances are in bold black letters. The start time is in bold black letters. The online entry information is in bold black letters. The venue and contact information are in bold black letters. A red logo is in the bottom right corner.

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

ARC IRENE RUN/WALK

9 SEPTEMBER 2023

ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM

GROUP START @ 06H30

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

Revolution Trails

Revolution Trails

Revolution Trails



BROOKLYN ROAD RACE

HOSTED BY PRETORIA MARATHON CLUB

9 SEPTEMBER 2023

START & FINISH IN VEALE STREET, BROOKLYN MALL
www.entryninja.co.za



IN MEMORY OF ANDREW GREYLING

BROOKLYN MALL  BROOKLYN SQUARE

Tel: 012 346 1063 | www.brooklynmall.co.za

THE 55th CONSECUTIVE RUNNING OF THE

MULLER POTGIETER

ROAD RACE



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. The Gauteng North running community decided to honour him by hosting an annual memorial race, the first one taking place in October

1969 Follow this link for Muller Potgieter history <https://vtmclub.co.za/muller-potgieter-gedenkwedloop/>

Official AGN Sanctioned Race

Distances: 15km Race and a 5km Fun Run

Date: Saturday 16 September 2023

Start: 15km – 07:30 / 5km – about 07:45

Venue: **Voortrekker Monument**, use the Eeufees Rd entrance

Earn 600 Discovery Vitality Points (15km finishers)



EXXARO ROAD RACE CHALLENGE

ECO BOULEVARD MALL
CENTURION

5km

XX RACE FOR HEALTH

10km

21.1km

23 SEPTEMBER 2023

exxaro

POWERING POSSIBILITY

"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





THE CSIR RUNNING CLUB
IS PROUD TO HOST THE

30TH CSIR ROAD RACE

**SATURDAY,
21 OCTOBER 2023**

**CSIR MAIN CAMPUS, MEIRING NAUDE
ROAD, BRUMMERIA, PRETORIA**

**Run and Walk 21.1 KM
10 KM
06:00**

CUT-OFF TIME IS 09:15

NB: Any participant taking part in the 21.1 km who has not reached the Main Gate at 08:30 will not be permitted to complete for safety reasons

**Run and Walk 5 KM
06:30**

RACE VENUE

Start and finish at the CSIR Main Campus,
Meiring Naude Road, Brummeria, Pretoria

ONLINE ENTRIES: www.entryninja.com

RACE RESULTS: results.finishtime.co.za

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE	MINIMUM AGE	START TIME	CUT OFF	PRIZE GIVING
21.1 km	R200	R230	16 years	06:00	09:15	09:00
10 km	R150	R180	14 years	06:00	08:00	09:00
5 km	R50	R60		06:30		



science & innovation

Department:
Science and Innovation
REPUBLIC OF SOUTH AFRICA



CSIR
Touching lives through innovation



28 OCT '23



Irene Farm Race

#Run4HumanRights

with **Discovery Vitality**



21.1
KM

10
KM

5
KM

FREE SHIRT
to the
first 4000
entries



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

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

RACE NUMBER COLLECTION

Friday 27 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733
Race day (Saturday 28 October):
04:00 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 5000 entries
- (Pre-entries close on 22 October or when cap is reached).

- Online entries: www.entryninja.com
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

let's
RUN
for
Human Rights

♥ Freedom
♥ Equality
♥ Justice
& Vitality Points



ARC Campus, Nellmapius Drive, Irene





aQuellé.

JACARANDA CITY CHALLENGE

EARLY COMRADES & TWO OCEANS QUALIFIER

11 NOVEMBER 2023

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

YOUR FAVOURITE
CITY ROAD RACE

5km
10km
21.1km
42.2km

INCORPORATING
AGN MARATHON
CHAMPIONSHIP



Athletics
Gauteng North



PHOTO CORNER



Noel Banda on the podium at the Spirit of flight race



Retha Knoetze, Sandra Steenkamp and Elsa Meyer making us proud on the podium



Annatjie Greyvenstein



Jaap Willemse



Very special to take photos at this race



All smiles at the Spirit of Flight



Kobus van Niekerk, Theuns Nieuwoudt and Dave Roux



Rykie Kruger, Ferdi Boshoff and Theuns Nieuwoudt



SW and Celeste Engelbrecht and their lovely kids did the fun run together



David Holliday in action at the Clarens Titanic



Keith Reynolds after completing the Uganda Marathon