



IRENE NEWS

5 June 2023

No 22 – 2023



EDITORIAL

Due to the Comrades Marathon taking place next Sunday, the next newsletter will only be sent out on Tuesday evening, 13 June.

COMRADES GOODIE BAGS

Thank you to everybody who contributed towards the Comrades goodie bags. We were able to provide a fantastic goodie bag to all our Comrades runners one again. Your support was fantastic and is highly appreciated.

Members who haven't collected their Comrades goodie bags and T-shirts/backpacks they ordered, can collect it on Tuesday 17:00 – 19:00.

CAPTAIN'S CORNER

With less than a week to go for Comrades, now is the time to focus and enjoy the final few days. Non-Comrades runners, please bear with us!

A massive thank you to everyone involved in the Irene Comrades Function, with a very special thank you to the Comrades Committee members – Vanessa, Norton, Alta, Martin, Jessica, Anneri, Blanche, Mark and Wynand. And to Gerard, Fanie and Myburgh for the set up in the morning. And to David and Vanessa for ensuring that we are all very well “hydrated”.

So, what is on the horizon after Comrades (besides a few days off) Cape Town Marathon, on the 14th and 15th of October. We would like to enter an Irene Team so it is something to start thinking about. Details will be shared over the next few weeks.

From a club training perspective, the schedule for the week:

- Morning training groups - Tuesday & Wednesday @ 5am from Virgin Active Eco Park and Midstream M&B @5 am for an 8-10km (No Thursday runs)
- Time Trial Tuesdays starting @ **17:15** from the Irene Club House. For the Time Trail on Tuesday the 6th June, please wear your oldest or favourite owned or borrowed Comrades clothing
- Irene ARC is open daily to all club members, from 16:00

Morning training groups and the Saturday's & Sunday's socials will be taking a break for 2 weeks after Comrades and will resume in the last week of June.

Races over the next 2 weeks:

Saturday the 10th of June

AGN Track & Field League – @ Pilditch

Sunday the 11th of June

Comrades Marathon

Saturday the 17th of June

ASA 5km Championships

AGN Race Walking Grand Prix #2 – 3, 5 & 10km

Soshanguve Great Race – 5 & 10km

Final Comrades preparation is underway, please remember the following items

- “Muti Bag” drop off at the Club on Tuesday the 6th or Saturday the 10th at the expo (Clearly marked ziplock bags)
- IV Treatments with Dr Mia Breedt – Vouchers provided
- Comrades briefing pack – Additional details have been shared, this will be reshared on the groups and sent to all members via email
- Monday the 12th June, celebration get together at Ballezar in Umhlanga Rocks from 10:30. This is open to all Irene family and friends. If you are keen to join, please could you just let Rose, Alta or Vanessa know to ensure that the booking can accommodate us.
- Tuesday the 20th June, The Irene Comrades Aches and Pains Party

IV Nutrition Therapy

This is the perfect time of the year for an extra boost, with the cold weather that has set in and Comrades around the corner. Dr Mia Breedt is offering all Irene members a 20% voucher on any of the IV treatments.

VOUCHER

TOTAL BODY BOOST
20% OFF

IV TREATMENT OF CHOICE

TERMS AND CONDITIONS

One use per customer, can not be combined with any other offer.
Must present coupon at time of service. Valid until 31 August 2023.
Book NOW via WhatsApp 084 240 3158 - Dr Mia Breedt.

TOTAL IV
TOTAL BODY BOOST

PERSONALIA

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

Wynand	Breytenbach	05-Jun
Fanie	le Roux	05-Jun
Graeme	Rennie	05-Jun
Quintin	Walker	06-Jun
Joubert	Krugel	08-Jun
Lucia	Willemse	08-Jun
Jacquie	van der Waals	09-Jun
Phinias	Mojapelo	11-Jun



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

The task ahead of you is never greater than the strength within you.

NOTICE BOARD

ARC IRENE
SUNSET RUN/WALK
2KM, 5KM & 10KM
ROAD RUN OR TRAIL RUN
7 JUNE 2023
REGISTRATION OPEN FROM 17H00 - 18H30
GROUP START AT 17H30
BUY TICKETS ONLINE
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 | 083 264 3931





NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

10 JUNE 2023

Vitality

ROAD RUN OR TRAIL RUN



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



SOSHANGUVE GREAT RUN

Celebrating Youth Day

MILE, 5KM & 10KM Race

17 June 2023

EVENT DETAILS

Soshanguve Crossing Mall
Corner Ruth First Road & Aubrey Matlakala Str

Soshanguve Great Run 2023

Partners





GARSFONTEIN ICE BREAKER

21km / 10km / 5km

8 JULY 2023

AGN CHAMPIONSHIP



Macintosh
Cross & Farquharson
Attorneys, Conveyancers, Notaries, Administrators of Estates
Probateurs, Transporters, Notaries, Road Builders



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 (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



Leon Bezuidenhout SPRINGBOK VASBYT

Presented by Voortrekker Monument Running Club

Proudly Supported by



Distances:	21 km, 10 km, 5 km fun run:
Date:	Saturday 15 July 2023
Starting Times:	Commemoration Ceremony - 07:20 21 km & 10 km - 07:30 5 km - 07:40
Venue:	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 - 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

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-A-Way-Sport shop. The participant will only need to bring the race number to the store before 30 November 2023.

PHOTO CORNER



The Comrades pre-function was well attended



We were blessed with lovely weather



The Comrades runners who were present



Our male runners



Our lovely ladies who will be running



A few of the supporters that will be there on Sunday

Irene Sunday Social



Irene Saturday M&B Run

