

IRENE NEWS

6 November 2023

No 45 - 2023



ACHIEVEMENTS

Rosemary Brink 1st Vet lady – Kaapsehoop 42 km Elsa Meyer 1st GGM lady – Oppibol 10 km

Janine Rädel Gold medal – Free State Masters Championships

Congratulations!

PERSONAL ACHIEVEMENTS

Rosemery Brink PB – Marathon Yolandi van den Bergh PB – Marathon

Well done!

2024 MEMBERSHIP

A total of 183 members have registered in one week! This is an all-time record!

Hurry with your registration to ensure that you qualify for your free race vest/shirt.

There will be NO INCREASE in the membership fees for 2024. If you can't afford it now, just see to it that it is paid not later than January.

You can register at https://forms.gle/vN6AxyCQpx75VTTeA

NEW CLUB RACE APPAREL

Just to bring you up to date with the new kit:

To celebrate the club's 30th birthday, it was decided at the AGM to opt for a new race apparel design including a designed black short or a plain black short.

- Club will sponsor the 1st 400 members with the new race vest/shirt.
- There will be men and lady design vests/shirts.
- A member may pre-order the black design pants.
- A member may purchase his/her own black pants, e.g. Cape Storm type black pants or black Funky pants any length.
- No longer different colour pants, no matter which race.

TROLLEY RUN – JACARANDA 21 KM

This is going to be great fun!

Our trolley has been fixed and re-branded. Irene members are requested to run/walk together to push the trolley on the Jacaranda 21 km this coming Saturday. It is not going to be fast, so all members are welcome.

The reason for this is the following:

- To create a spirit (gees) amongst our members
- To get to know each other better
- To help members to do a first 21 km
- To make it an unforgettable experience.

We have received permission from the organisers to do it.

Entries will be available on race day.

We want to have fun like this again



MONTHLY SOCIAL

Please take note that the monthly social will take place on 14 November.

More info later but take note in the meantime that there will be free boerewors rolls for all members and their family attending.

CAPTAIN'S CORNER

Massive well done to everyone that participated in Kaapsehoop and Soweto this weekend, with some awesome results.

Irene Summer Challenge, based on the submissions to date for the October midmilestone ($3^{rd} - 31^{st}$ October), this is what the leaderboard is looking like. Please remember to track your results. The next submission will be at the end of November, so you still have a month to go to get your name into the running for those awesome prizes.

Leaderboard

Points					
Name	Time Trial	Hills	Social	Race	Total
Melani Swart	3		2		5
Anneri Le Roux	2	1	2		5
Suzanne Janse van Vuuren	2	1	1		4
Elze Le Roux	1			1	2

Irene Ambassador Nominations

Person Nominated	No. of nominations
Lynette Gough	2
Riaan Prinsloo	2
Rose Brink	1
Johan van Vuuren	1

On the 11th of November, our "rebranded" Irene Trolley will be taking to the streets in the **21.1km on the Jacaranda Race**. Please make sure that you get those entries in and join the team for an event to be remembered. **This is not a race, this is an event**

for everyone to participate in and we will do this as a team. There are also prizes from the race organisers for the club with the most entries, so perfect opportunity for another prize.



We call on all clubs to join the Trolley Run challenge

From a club training and events perspective,

- Morning training groups Tuesday, Wednesday and Thursday @ 5.00 am from Midstream Mugg & Bean and Eco Park Virgin Active. Please reach out to Mark via WhatsApp (082 377 4622), to add you to the Eco Park Group, to keep you informed of any changes
- "Mr Hills" Thursday @ 17.30 from the Irene Club House Will resume on the 16th November, as we will be doing final trolley preparations on the 9th
- Time Trial Tuesdays @17.30 from the Irene Club House

Races and Training events over the next few weeks:

Saturday the 11th November

Jacaranda City Challenge – 5, 10, 21.1 & 42.2 km and Irene Trolley Run on the 21.1km

Sani Stagger

Sunday the 12th November

Irene Farm Race – Helpers Run, starting at 6 am. Details will be published in the week. This will also count towards the Irene Summer Challenge

Thursday the 16th November

African Master Championships - Pilditch

Friday the 17th November

African Master Championships - Pilditch

Saturday the 18th November

Tom Jenkins - 5, 10, 21.1km

African Master Championships - Pilditch

Sunday the 19th November

Irene Sunday Social - Details TBC

Saturday the 25th November

Voortrekker Monument - 5, 10, 21.1km

Sunday the 19th November

RAC Tough One

Irene Sunday Social – Details TBC

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

PERSONALIA

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

Anneri	Le Roux	08-Nov	
Dirk	van Rooy	11-Nov	
Pierre	Koch	12-Nov	



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Happiness is not the absence of problems, it's the ability to deal with them.

NOTICE BOARD









RUM SERIES



Discovery Vitality WITH

5KM | 06:15 10KM | 06:00 21.1KM | 06:00

VENUE: Union Buildings, Government Avenue, Pretoria
GPS Co-ordinates: 25.7402° S, 28.2120° E

Arrive early to avoid late start and disappointment!

ENTRY FEES | 21.1km| 10km | 5km 70+ Free Free Free All other categories R200 R100 R60

PRE-ENTRIES ONLY:

Capped at 6 000 entries

Late entries: On collection date or race day if cap not reached

Online entries: https://www.entryninja.com/events/78082-tom-jenkins-challeng

Run-Away-Sport: 012 - 361 3733

Pilditch Stadium

RACE NUMBER COLLECTION:

At the venue on 17 November (10:00 - 18:00) and

18 November (04:30 - 05:45)



ENQUIRIES:

Race office: 082 566 1595 (James) 082 572 4169 (Daan)



"THE TOUGHERER ONE"

VITALITY POINTS- 10km=600 & 21km=1500





Water available at water station, bring your own container or bottle

DISTANCES: 21.1 km, 10 km race and a 5 km fun run

DATE: Saturday, 25 November 2023 START: 21.1 km & 10 km - 06:00

5 km - 06:15

TIMIMG: Only the 10 & 21 km

VENUE: Voortrekker Monument,

Eeufees Rd, PTA











BDS RACE WITH (/itality

21.1_{KM} 6:00am

10км 6:00am

5_{KM}

SATURDAY . 2023

ENTRY FEES

ENTRY FEE	21.1KM	10KM	5KM
70+	FREE	FREE	FREE
ALL OTHER CATEGORIES	R200	R100	R60

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

Wonderpark Shopping Underground Parking & Secured Parking.

RACE NUMBER COLLECTION

- •Friday, 01 December: 10:00 till 18:00 at Wonderpark Shopping Centre (Next To Virgin Active).
- •Race day, Saturday 02 December: 04:30 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 4000 entries
- · Late entries will be accepted on the 1st of december and morning of the day ofthe race provided we have not reached the 4000 capped
- Online entries: www.entryninja.com
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

FOR ENQUIRIES STEPHEN BALOYI @082 262 2568

PETER KHOZA @084 650 3358













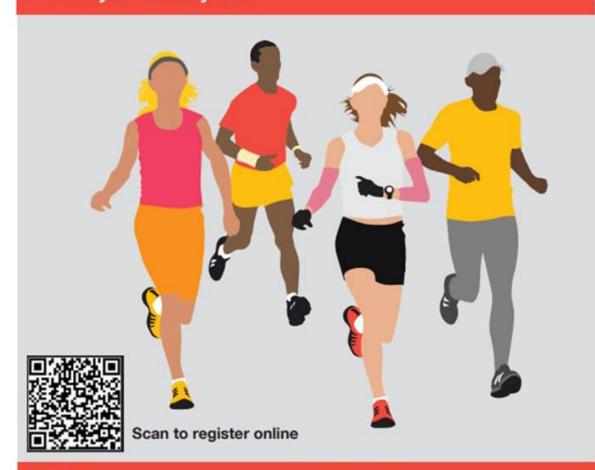








48th running of the PwC George Claassen Memorial Road Race Saturday 20 January 2024



Start times:

21.1km/10km run/walk 5km fun run

6.30am

Cut-off times:

Cut-off time for the 21.1km at the entrance to Pick n Pay Hyper (9.7km) at 7.30am

Cut-off time at 10am

Race venue:

Pick n Pay Hyper, Faerie Glen Atterbury Rd.

Start/finish:

Pick n Pay Hyper, Faerie Glen cnr Atterbury Rd. and Selikats Causeway, Faerie Glen, Pretoria

Online entries: www.entryninja.com Race results: results.finishtime.co.za



Saturday, 3 February, 2024 at 06h00 Castle Gate Shopping Centre













PHOTO CORNER



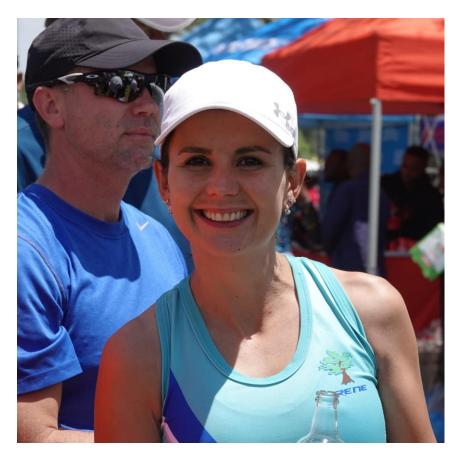
At the start of the Kaapsehoop Marathon



At the start of the 21 km



Vanessa and Norton Mole relaxing after the race



A happy Yolandi van den Bergh after her PB on the Marathon



Phineas and Esther Mojapelo



Yolandi and Werner Smit



Henry Enslin



Deena Naidoo



Nikki Mitchell



Aileen Campbell, Charmaine & Jolande Janse van Rensburg and Renette & Riaan Prinsloo



Rosemary Brink, $\mathbf{1}^{\text{st}}$ Vet lady on the Marathon