



# IRENE NEWS

6 November 2023

No 45 – 2023



## ACHIEVEMENTS

Rosemary Brink	1 <sup>st</sup> Vet lady – Kaapsehoop 42 km
Elsa Meyer	1 <sup>st</sup> GGM lady – Oppibol 10 km
Janine Rädcl	Gold medal – Free State Masters Championships

Congratulations!

## PERSONAL ACHIEVEMENTS

Rosemary 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 30<sup>th</sup> 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 1<sup>st</sup> 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 mid-milestone (3<sup>rd</sup> – 31<sup>st</sup> 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 11<sup>th</sup> 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.



# IRENE TROLLEY RUN

## When?

**11 November @  
The Jacaranda  
City Challenge**

**ALL CLUB MEMBERS  
ARE ENCOURAGED TO  
JOIN AND HELP PUSH  
THE TROLLEY AS WE  
RUN 21.1KM.  
LET US MAKE THIS  
BIGGER THAN EVER**



**We are dusting the  
Trolley off!**

**Come join us**

**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 16<sup>th</sup> November, as we will be doing final trolley preparations on the 9<sup>th</sup>***
- Time Trial Tuesdays @17.30 from the Irene Club House

Races and Training events over the next few weeks:

Saturday the 11<sup>th</sup> November

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

**Sani Stagger**

Sunday the 12<sup>th</sup> 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 16<sup>th</sup> November

**African Master Championships** - Pilditch

Friday the 17<sup>th</sup> November

**African Master Championships** - Pilditch

Saturday the 18<sup>th</sup> November

**Tom Jenkins** – 5, 10, 21.1km

**African Master Championships** - Pilditch

Sunday the 19<sup>th</sup> November

**Irene Sunday Social** – Details TBC

Saturday the 25<sup>th</sup> November

**Voortrekker Monument** – 5, 10, 21.1km

Sunday the 19<sup>th</sup> 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

**ARC IRENE**  
**SUNSET RUN/WALK**  
2KM, 5KM & 10KM  
**ROAD RUN OR TRAIL RUN**  
**8 NOVEMBER 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**  
Discovery  
*Vitality*  
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

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OPEN TO NON-CLUB MEMBERS

# ARC IRENE RUN/WALK 11 NOVEMBER 2023

Discovery  
Vitality

## ROAD RUN OR TRAIL RUN

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

GROUP START @ 06H30

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)



# 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





29<sup>TH</sup>

# TOM JENKINS

RUN/WALK CHALLENGE

18 November 2023

RUN  
SERIES



**ARCADIA**  
RUNNING CLUB



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	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)



Photo: Elmer van Zyl

Official AGN Sanctioned Race

# 5TH RUNNING OF THE VOORTREKKER MONUMENT

HALF MARATHON, 10KM & 5KM FUN RUN / PRET DRAF

## "THE TOUGHER ONE"

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



VOORTREKKER MONUMENT  
DRAAF & STAP KLUB

### GREEN RACE

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

**TIMING:** Only the 10 & 21 km

**VENUE:** Voortrekker Monument,  
Eeufees Rd, PTA



**Athletics**  
Gauteng North

GEBRINGAAN JOU DEUR:  
BROUGHT TO YOU BY:



**BECS Services (Pty) Ltd**

In association with BECS Environmental (Pty) Ltd



VOORTREKKERMONUMENT



# BDS RACE WITH Vitality

**21.1 KM**  
6:00am

**10 KM**  
6:00am

**5 KM**  
6:15am

**02 DEC**  
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 of the race provided we have not reached the 4000 capped
- Online entries: [www.entryninja.com](http://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



GAUTENG NORTH







48<sup>th</sup> running of the PwC George Claassen Memorial Road Race  
Saturday 20 January 2024



Scan to register online

**Start times:**

21.1km/10km run/walk	6am
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](http://www.entryninja.com)

**Race results:** [results.finishtime.co.za](http://results.finishtime.co.za)





SAVE THE DATE!

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

● 21,1 km    ● 10 km    ● 5 km



**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, 1<sup>st</sup> Vet lady on the Marathon