



IRENE NEWS

7 August 2023

No 31 – 2023



ACHIEVEMENTS

Congratulations to the following members who were on the podium over the weekend:

SPAR Woman's Challenge 10 km Walk:

| | |
|---------------------|-----------------|
| Sandra Steenkamp | 2 nd |
| Estien van Wyngaard | 5 th |
| Janine Radel | 8 th |
| Retha Knoetze | 9 th |

SPAR Woman's Challenge 10 km Run:

| | |
|-----------------------|---------------------|
| Annatjie Greyvenstein | 2 nd GGM |
|-----------------------|---------------------|

Waterfall 10 km

| | |
|-----------------------|---|
| Joy Dekker | 2 nd Master lady – 10 km |
| Annatjie Greyvenstein | 2 nd GGM lady walker – 10 km |

PERSONAL ACHIEVEMENTS

Joey Scholtz – 100th Park Run

Well done!

CAPTAIN'S CORNER

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 will commence within the next few weeks. Keep watching this space
- Time Trail Tuesdays, starting @17.15 from the Irene Club House

Races and Training events over the next few weeks:

Wednesday the 9th August

Totalsports Womens Race – 5 & 10km

PnP Irene Village Mall Run – 5, 10 & 21.1km

Irene Social – 15km from Midstream M&B @ 6.30 am

Saturday the 12th August

Eyethu Fitness Test – 5, 10 & 21.1km

AGN Cross Country League

Sox Footwear Girls Run

Sunday the 13th August

Old Eds - 5, 10 & 21.1km

Irene Sunday Social – 10-15km. Venue TBC

Saturday the 19th August

Phobians – 15 km – LEAGUE RACE

AGN Cross Country Championships

Sunday the 20th August

Irene Sunday Social – 10-15km. Venue TBC

702 Walk the Talk

Saturday the 26th August

Dawn to Dusk – 100 miles & 12 hrs circuit

AGN Race Walking Grand Prix inc 20km Championships

SMU Half Marathon – 5, 10 & 21.1km

Sunday the 27th August

Wanderers - 5, 10 & 21.1km

ABSA Run your City (Tshwane) – 10km

Wednesday the 30th August

PvR Dorpsfees – 5 & 10km @ 18.30

We have a number of Irene members that are participating in Dawn to Dusk on the 26th August. A separate WhatsApp group has been set up to provide information on the logistics and Irene support. If you are not yet on the distribution list, please message Johan (081 8513864) / Rose (083 2585336).

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

PERSONALIA

No improvement with Greg's condition . Please keep him in your prayers.

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

| | | |
|------------|-------------|--------|
| Danie | Labuschagne | 09-Aug |
| Elizma | Schoeman | 10-Aug |
| Jacques | Pelser | 11-Aug |
| Pieter | Jordaan | 12-Aug |
| Rheinhardt | Hattingh | 12-Aug |
| Anita | de Jager | 13-Aug |
| Yolanda | Oberholzer | 13-Aug |



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Be grateful for what you already have while you pursue your goals.

If you aren't grateful for what you already have, what makes you think you would be happy with more.

CHAIRMAN'S BALL

After a number of years, the Chairman's Ball will be back this year. Watch this space for more details.



NOTICE BOARD

A promotional poster for the ARC Irene Run/Walk event. The background is a photograph of a dirt path leading through green grass and bushes, 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 large, 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 website is in bold, black letters. The venue and contact information are in smaller, bold, black letters at the bottom. A 'No Dogs' sign is in the bottom right corner.

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

ARC IRENE RUN/WALK

12 AUGUST 2023

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

Revolution Trails

Validity

No Dogs



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.

PHOBIANS FIFTEEN

Earn **600
Discovery
Vitality Points**
(15km finishers)

**15KM
RUN/WALK**
07:00
**5KM
FUN RUN/WALK**
07:15

**AGN
League
Race**

19 · 08 · 2023



PHOBIANS
Athletics Club



PHSOB Club

CALLING ALL ATHLETICS GAUTENG NORTH CLUBS
COME RUN WITH US!



EVENT DATE:

Sunday, 27 August 2023

EVENT TYPE:

Road Running

START TIME:

08H00

STARTING POINT:

Union Buildings

FINISH POINT:

Union Building Lawns

DISTANCE:

10km

CONTACT US TODAY TO ENTER

companyentries@stillwatersports.com
082 991 0045



ENTER NOW

**WIN A
CAR!**

**ENTRY FEE: R240.00
TEMP LICENCE: R50.00**

Challenge your club members to join forces and take part in one of South Africa's most diverse road running series, the Absa RUN YOUR CITY SERIES. The Jacaranda City will be buzzing with excitement when thousands of runners toe the line to paint the streets of Tshwane red at the Absa RUN YOUR CITY TSHWANE 10K. Runners can look forward to experiencing road running at its best! The route will incorporate iconic landmarks while featuring nonstop entertainment from start to finish compliments of Tshwane's leading performing arts groups and event sponsors.

Get ready to run Tshwane your way on Sunday, 27 August 2023!

GROUP INCENTIVE OFFER:

- Enter 10 or more club members and you will automatically receive a 10% discount on all entries
- Dedicated Group Entries collection point at Race Pack Collection
- Club members will be seeded together in the same batch (on request)

STANDARD ENTRY INCLUDES:

- Absa RUN YOUR CITY Series Event Performance T-shirt
- Absa Entrant Gifts (Peak Cap, Socks, Drawstring Bag & Shoelaces)
- DHL Water Bottle
- Race Number & Timing Chip
- Absa RUN YOUR CITY Series Finisher's Medal
- Amazing Route Entertainment from Start to Finish
- 2 x Refreshment Stations on Route
- Tog Bag Drop and Collect Service

runyourcityseries.com

f @Tshwane10k

#RunYourCity #AbsaRunYourCity





PvR Dorpsfees Night Race Wednesday 30 August 2023

| Distance | Entry fee | Start time | Minimum age | Cut off time | Late entries |
|-------------|-----------|------------|-------------|--------------|--------------|
| 10km | R120 | 18:30 | 14 years | 20:30 | R150 |
| 5km | R60 | 18:30 | 9 years | 20:30 | R80 |
| Kiddies run | Free | 18:30 | 3-6 years | | |

Temporary license
required for
non-registered athletes
on the 10km – R 50
70+ athletes: FREE entry

Online entries at www.entryninja.com Entries close 27 August 2023
No prize money - medals for all finishers

Late entries (on race day: cash or card):

14 Baltimore Road, Pierre van Ryneveld

- 5 km Fun Run & 10 km Race Start:

cnr Mustang Ave & Blenheim Road,
Pierre van Ryneveld

- 5 km Fun Run & 10 km Race Finish:

14 Baltimore Road, Pierre van Ryneveld

- Kiddies Run at:

14 Baltimore Road, Pierre van Ryneveld

Race number collection:

Pierre van Ryneveld Geloofsfamilie

14 Baltimore Road, Pierre van Ryneveld

- 29 August 2023

strictly from 16:00 until 19:00

- 30 August 2023

strictly from 15:00 until 18:15

Secure parking for all athletes:

cnr Mustang Ave & Blenheim Road

Pierre van Ryneveld (Open field)



No athletes will be permitted to
drive in Baltimore Road
Athletes with club gazebos need
permission to drive to finish in
Baltimore Road and must be set
up before 17H30
Race enquiries: Johan van Vuuren
- 081 851 3864

*Athletes, join us for a "braai & kuier" afterwards
Wood for the braai will be provided*



**RUN &
WALK**

STARTING TIMES

32km 5:30am
21km 6.00am
10km 6.00am
5km 6.10am

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

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



PHOTO CORNER



Michael Dekker, the quiz master at the social on Tuesday last week



One of the teams at the quiz



Our barman, Dave Roux in good spirit



Irene members at the SPAR Women's Challenge



Annatjie Greyvenstein on the podium at the Waterfall race



Zoë Scholtz did her 100th Park Run