



# IRENE NEWS

31 October 2022

No 42 – 2022



## EDITORIAL

Apologies for the belated newsletter.

## ACHIEVEMENTS

Keith Reynolds	1 <sup>st</sup> Walker – Green Mile 16 mile
Nelius van Rooyen	3 <sup>rd</sup> Male – Green Mile – 6 mile

Congratulations!

## ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 8 November at 18:30.

## 10/20 YEAR BADGES

Please collect your 10/20 year badges on Tuesday evenings if you haven't done so yet.

## PERSONALIA

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

Mark	Adams	07 Nov
Anneri	Le Roux	08 Nov
Dirk	van Rooy	11 Nov
Petro	Pieterse	12 Nov
Zonah	Prinsloo	13 Nov
Leo	Erlank	13 Nov
Themeka	Sibulela	13 Nov



Midstream Tel 012 940 9229

YEAR END FUNCTION



**SAVE**  
**THE DATE**

 *Saturday*  
**3 December**

**YEAR END FUNCTION  
AND PRIZE GIVING**

 *From 2pm*  
**Details to follow...**

 *HO HO HO...*  

**IRENE**

## **COACH'S CORNER**

Intervals – Track work

(If you don't have access to a track, try and find a 400m flat road, and use this as your track)

15min easy warm up

10 x 400m 3k-5k pace

With 400m easy recovery in between

15min easy cooldown



## **THIS WEEK'S DIARY**

### **Tuesday:**

Walker's training session @ 16:45. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

2 x R250 vouchers with the compliments of Mugg & Bean Midstream

AGM @ 18:30 – Lapa

### **Wednesday:**

Night trail run – Club House

### **Saturday:**

Jacaranda City Challenge @ 06:00. (The Cara-Fun will be there)

Trail un – Club House

### **Sunday:**

Social Run @ 06:00. Venue to be confirmed

## NOTICE BOARD



**REVOLUTION TRAILS**

# ARC IRENE NIGHT RUN

ROAD OR TRAIL RUN/WALK  
2KM, 5KM & 10KM

## 9 NOVEMBER 2022

GROUP START REGISTRATION: 16H30 TILL 17H00  
GROUP START AT 17H00  
INDIVIDUAL STARTS: 17H10 TILL 18H30

VENUE:  
IRENE ATHLETICS CLUBHOUSE INSIDE ARC IRENE GROUNDS

FOR MORE INFORMATION CONTACT US AT:  
REVOLUTIONTRAILS@GMAIL.COM 083 264 3931

BUY TICKETS ONLINE  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)  
or  
ON THE DAY

*Validity*

RUN - WALK - RUN - WALK - RUN - WALK - RUN - WALK



# ARC IRENE RUN/WALK

## 12 NOVEMBER'22

ROAD RUN OR TRAIL RUN  
2KM, 5KM, 10KM, 15KM OR 21KM

GROUP START REGISTRATION: 05H45 - 06H25  
GROUP START 06H30  
INDIVIDUAL REGISTRATION & STARTS AS OF 06H30 - 08H00

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

**REVOLUTION TRAILS**

**COLLAGEN FOR ATHLETES**

*Validity*





# JACARANDA CITY CHALLENGE

EARLY COMRADES &  
TWO OCEANS QUALIFIER

12 NOVEMBER 2022

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

**WE ARE  
BACK**

**YOUR FAVOURITE  
CITY ROAD RACE**

**5km  
10km  
21.1km  
42.2km**



**Athletics  
Gauteng North**



28<sup>TH</sup>

# TOM JENKINS

RUN/WALK CHALLENGE

19 November 2022

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	R120	R80

## PRE-ENTRIES ONLY

Capped at 4 000 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 18 November (10:00 - 18:00) and

19 November (04:30 - 05:45)



**ENQUIRIES** 📞 Race office: 082 566 1595 (James), 082 572 4169 (Daan)



Supported by



# TSHWANE



# OPPIE BOL ROAD RACE *Pilditch Stadium*

*Pretoria West, Cnr of WF Nkomo (old Church) & Maltzan Str*

**19 November 2022**

**10km starts 07:30**

**2.5/5km starts 07:45**

Entries Available at: Pilditch AGN, Spar Les Marais, Sportmans Warehouse (Centurion, Montana) and on race day

**Distance:**

10km Run/Walk; 5km Run/Walk &  
2.5km Run/Walk

All wheelchair athletes starts 10 mins  
before the starting time

**PLEASE CONTACT**

**CAZLE HENDRICKS**

**082 818 2956**

**or**

**HEROLD MAKOLA**

**073 907 8763**



**LEAVE NO ONE  
BEHIND**

**Entry Fee:**

10km Race = R120

5km Race = R80

2.5km Race = R40

Temporary Licence = R40

**LESIMARAISPAR&TOPS**



**Athletics  
Gauteng North**

***In Support of Disability Awareness Month***

The 54th annual Muller Potgieter Memorial Race is being hosted at the Voortrekker Monument on 26 November 2022. 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. Follow this link for Muller Potgieter history <https://vtmclub.co.za/muller-potgieter-gedenkwedloop/>



Photo: Elmer van Zyl



Official AGN Sanctioned Race

THE 54TH CONSECUTIVE RUNNING OF THE  
**MULLER POTGIETER/**  
4TH RUNNING OF THE  
**VOORTREKKER MONUMENT**  
HALF MARATHON, 10KM & 5KM FUN RUN / PRETDRAF  
**"THE TOUGHERER ONE"**



VOORTREKKER MONUMENT  
DRAAF & STAP KLUB



**Athletics**  
Gauteng North

**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 Saturday, 26

**DATE:** November 2022

**START:** 21.1km & 10km – 06:00

5km – 06:15

Gun to mat timing on 10

& 21.1km only

Voortrekker Monument,

Enufoes Rd, PTA

**VENUE:**



GEBRINGAAN JOU DEUR:  
BROUGHT TO YOU BY:



**BECS Services (Pty) Ltd**

In association with BECS Environmental (Pty) Ltd





# BDS RACE WITH *Vitality*

**21.1 KM**  
6:00am

**10 KM**  
6:00am

**5 KM**  
6:15am

**03 DEC**  
SATURDAY.2022

## 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

Wonderpark Shopping Underground Parking & Secured Parking.

### RACE NUMBER COLLECTION

- Friday, 02 December: 09:00 till 18:00 – at Wonderpark Shopping Centre (Next To Virgin Active).
- Race day, Saturday 03 December: 05:00 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 2500 entries
- Online entries: [www.entryninja.co.za](http://www.entryninja.co.za)
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Run Store Fourways Crossing: 011 465 0021
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384



## Our Race Sponsors



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd



SAAYPRO CC



SHORT TERM BROKERS

PO Box 8086  
Centurion  
0058

Tel: (012) 863 5533  
Fax: (012) 863 4388  
Email: [stb@stb.co.za](mailto:stb@stb.co.za)



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If you want your logo on this page, let us know at [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

### THOUGHT FOR THE WEEK

Change the world by being yourself.



## ***PHOTO CORNER***



Former members Jock and Dee Donaldson, now residing in the UK, paid us a visit at the time trials last week



The start of the time trials looked completely different





Action at the Kaapsehoop. Ernst Gottschalk, Ian Tait, Jenny Cairns, Michael van der Westhuizen and Joy Dekker



More action, Lynette Gough and Tania Thompson





All smiles after completing the Kaapsehoop.