



# IRENE NEWS

9 January 2023

No 1 – 2023



## EDITORIAL

I trust that all of you had a wonderful break and an enjoyable festive season. On behalf of the management committee, I want to wish all our members a year filled with good health, wealth and happiness. May all your dreams come true. Don't count the days in 2023, make the days count.

With everything back to normal, we can all look forward to an exciting year ahead. We want all our members to be part of the activities that the club has to offer. Attend the time trials and join the training groups. Participate in the races and make use of our excellent facilities at the races. Enjoy a cup of coffee and a rusk or something cold. Your tog bag is much safer at the Cara-Fun than in your car.

## REGISTRATIONS 2023

The 2023 registrations started with a bang in December! We have 218 members already, quite a number more than last year at the same time. If you haven't registered yet, don't delay. We want you to be part of the exciting year ahead. Register at:

<https://forms.gle/DEWgNBMfyjw6a4ZJ8>

AGN licences are optional.

Licence Fee	R200 (AGN Cost Price)
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Junior licence	R100
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Plus:

Full Membership	R450
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Additional Family Members	R350
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Pensioners (65+)	R300
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Juniors	R200
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Members who worked at our races: R100 discount per race

Club T-shirts will be available at R50 each for the first 400 members. Thereafter R100 each.

## **NEW MEMBERS**

A special word of welcome to all our new members. May you enjoy every moment as part of the Irene family. At this stage we can welcome the following 36 members:

Jacques	Bannister	Anita	Marais
Pierre	Barnard	Carol-Ann	Martins
Chantelle	Barnard	Joan	Matthew
Elré	Bosch	Wilna	Meiring
Hidé	Bouwer	Debby	Mhura
Anita	de Jager	Nicole	Mitchell
Jaco	Engelbrecht	Mpho	Monama
Michael	Faber	Roger	Mutangadura
Michael	Faber	Edwin	Pule
Stephen	Finn	Makue	Pule
Louis	Finn	Elizma	Schoeman
Mark	Goosen	Theunis	Schoeman
Velon	Govender	Leonie	Schoeman
Dolly	Hlophe	William	Sterrenberg
Jordaan	Jacobs	Agisanang	Van der Walt
Marike	Jacobs	Anita	van Wyk
Charl	Jansen van Vuuren	Johan	van Wyk
Diane	Kee-du Plessis	Morné	van Wyk

We trust that you will be active members and that you will achieve all your goals.

We would like to meet you personally and invite you to attend the first time trials on Tuesday evening and to be part of the social evening after the time trials.

## **CAPTAIN'S CORNER**

Welcome to 2023!

With everything returning to “normal” and races back in full swing, training needs to start.

Specific items for consideration from an Irene perspective

- Morning Training Groups – Two groups have been set up both starting @ 5am. Midstream Mugg & Bean, on a Tuesday, Wednesday and Thursday morning and Eco Park Virgin Active on a Tuesday and Thursday morning. Rose (0832585336) and Jessica (0724370832) will be hosting the Midstream Runs and Mark (0823774622) the Eco Park Runs. If you would like to join either, please WhatsApp the respective hosts
- Irene ARC facilities – Open daily for club members
- Training Programmes – As a club we have generic programmes available for club members. These include 5km, 10km, 21.1km and 42.2km's. If you would like more information, please WhatsApp Rose or join us at the Time Trail on Tuesday the 10th for more information
- Training Runs – Irene Training Runs are being planned, venues and distances will be updated weekly and shared on the WhatsApp groups and in the newsletter


The summary for January includes the Training Runs, Time Trials, and Races.

TT - Time Trials      R - Races      TR - Training Runs      TBC - To Be Confirmed

**Irene January Calendar**

Training, Gravel and Runs  
Morning Groups starting @ 5 am from either Midstream Mugg & Bean [Contact Rose 0832585336 / Jessica 0724379832] or Eco Park Virgin Active [Contact Mark 0823774622].  
Afternoons - Irene ARC venue is open from 16:30 for runs in a safe environment.

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7 TR - Klapperkop 21.1km @ 5:30 am (Castle Gate)
8 TR - Midstream M&B 12km @ 6am	9	10 TR - Midstream M&B @ Sam. TR - Eco Park @ Sam. TT - Irene ARC @ 17:15 - 2023 Club Opening and Social.	11 TR - Midstream M&B @ Sam. TR - Irene ARC grounds open from 16:30 (Own Runs).	12 TR - Midstream M&B @ Sam. TR - Eco Park @ Sam. TR - Irene ARC grounds open from 16:30 (Own Runs).	13	14 R - Nedbank Skosana (Support: Irene Caravan).
15 R - Dischem 21.1km TR - Irene Sunday Social @ 6am (Venue TBC)	16	17 TR - Midstream M&B @ Sam. TR - Eco Park @ Sam. TT - Irene ARC @ 17:15 - Talk "All things Oceans & Comrades".	18 TR - Midstream M&B @ Sam. TR - Irene ARC grounds open from 16:30 (Own Runs).	19 TR - Midstream M&B @ Sam. TR - Eco Park @ Sam. TR - Irene ARC grounds open from 16:30 (Own Runs).	20	21 R - PWC George Cloos (Support: Irene Caravan).
22 R - Striders AC TR - Irene Sunday Social @ 6am (Venue TBC)	23	24 TR - Midstream M&B @ Sam. TR - Eco Park @ Sam. TT - Irene ARC @ 17:15 - Talk "Nutrition".	25 TR - Midstream M&B @ Sam. TR - Irene ARC grounds open from 16:30 (Own Runs).	26 TR - Midstream M&B @ Sam. TR - Eco Park @ Sam. TR - Irene ARC grounds open from 16:30 (Own Runs).	27	28 R - Alasia, Inc AGN Marathon Championships (Support: Irene Caravan). R - Ottosdal
29 R - Johnson Crane TR - Irene Sunday Social @ 6am (Venue TBC)	30	31 TR - Midstream M&B @ Sam. TR - Eco Park @ Sam. TT - Irene ARC @ 17:15 - Interclub guest TT and social.	1 TR - Midstream M&B @ Sam. TR - Irene ARC grounds open from 16:30 (Own Runs).	2 TR - Midstream M&B @ Sam. TR - Eco Park @ Sam. TR - Irene ARC grounds open from 16:30 (Own Runs).	3	4 R - Magnolia Intercare & 21.1km club championships (Support: Irene Caravan).



**If you would like to get more involved with hosting and supporting the training runs or have any other ideas that you would like to share, please get in touch!**

### ***THIS WEEK'S DIARY***

#### **Tuesday:**

Training run @ 05:00 – Midstream Mugg & Bean

Training run @ 05:00 – Eco Park

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

Time trials @ 17:30 – Club house.

Monthly social after the time trials.

#### **Wednesday:**

Training run @ 05:00 – Midstream Mugg & Bean

Trail run @ 17:00 – Club house

#### **Thursday:**

Training run @ 05:00 – Midstream Mugg & Bean

Training run @ 05:00 – Eco Park

#### **Saturday:**

Trail run @ 06:00 – Club house

Nedbank Skosana 5-10 21 @ 06:00 – Pierre van Ryneveld Family Church

#### **Sunday:**

Training run @ 06:00 – Midstream Mugg & Bean

Members can run on their own every weekday from the club house after 15:00 and any time over weekends.

# **WELCOME**

## **IRENE AC 2023**

**LET'S START THE YEAR OFF  
AROUND THE FIRE, GETTING  
TO KNOW NEW MEMBERS,  
AND CATCHING UP SINCE  
WE LAST SAW EACH OTHER.**

**BOEREWORS ROLLS ON SALE  
FOR R20, OR BRING YOUR  
OWN MEAT TO BRAAI. THE  
BAR WILL BE OPEN AND  
FULLY STOCKED, SO PLEASE  
DON'T BRING YOUR DRINKS**

**IT'S TIME TO GET**

**MOTIVATED!**

**SEE YOU THERE**



## ACHIEVEMENTS

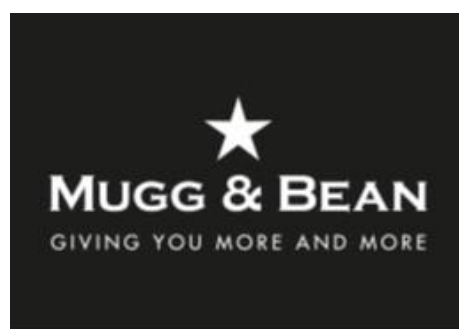
Keith Reynolds	1 <sup>st</sup> Master walker & 3 <sup>rd</sup> Man – Old Year's 10 km
Sandra Steenkamp	1 <sup>st</sup> Lady walker & 1 <sup>st</sup> GM – Old Year's 10 km
Elsa Meyer	1 <sup>st</sup> GGM lady walker & 2 <sup>nd</sup> lady – Old Year's 10 km

Congratulations!

## PERSONALIA

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

Nelius	van Rooyen	09 Jan
Candice	van der Spuy	10 Jan
Mathabo	Mathebula	10 Jan
Lizl	Strauss	11 Jan
Heilet	Basson	11 Jan
Gerrit	Faling	12 Jan
Carla	Hartmann	12 Jan
Kobus	van Niekerk	13 Jan
John	Ward	13 Jan
Mike	Schlebusch	13 Jan
Lezanne	Grove	14 Jan
Kathleen	Faling	15 Jan



Midstream Tel 012 940 9229

## THOUGHT FOR THE WEEK

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

## NOTICE BOARD

# ARC IRENE

## SUNSET RUN/WALK

2KM, 5KM & 10KM

### ROAD RUN OR TRAIL RUN

# 11 JANUARY'23

REGISTRATION OPEN FROM 16H30 - 18H30  
GROUP START AT 17H00

BUY TICKETS ONLINE  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://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](mailto:REVOLUTIONTRAILS@GMAIL.COM) | 083 264 3931

NO LICENSE REQUIRED  
OPEN TO NON CLUB MEMBERS

REVOLUTION TRAILS

Vitality





## NEDBANK RUNNING CLUB SKOSANA RACE

### MILE, 5KM FUN RUN, 10 & 21.1 KM

DATE: SATURDAY, 14 JANUARY 2023

START TIME: 6:00 AM

VENUE: PIERRE VAN RYNEVELD CHURCH

14 BALTIMORE ROAD, PIERRE VAN RYNEVELD PARK,  
CENTURION



CONTACT DETAILS: Enoch Skosana Cell: 082 825 8001 OR Jacque Rencontre E Mail: nbrunning.pta@gmail.com / Cell: 082 462 1137

ENTRIES VIA PEAKTIMING: [www.peaktiming.co.za/entries](http://www.peaktiming.co.za/entries)

#### RACE ENTRY FEE

RACE	ENTRY FEE (ONLINE)	ENTRY FEE (LATE)
MILE RACE: 08 YRS TO 10 YRS	R60	R80
MILE RACE: 11 YRS TO 13 YRS	R60	R80
MILE RACE: 1.6km 14 YRS TO 19 YRS	R60	R80
MILE RACE: 1.6km SENIOR OPEN	R60	R80
5 KM FUN RUN	R80	R100
10 KM	R120	R140
21.1 KM	R160	R180

\* ONLINE ENTRIES CLOSE 4 JAN '23

#### RACE START TIMES:

6H00 - 21.1 KM  
 6H15 - 10 KM  
 6H30 - 5 KM FUN RUN  
 07H45 - MILE (ALL CATEGORIES)

70+ FREE, VALID ASA LICENSE REQUIRED FOR 10KM & 21.1KM / TEMP LICENSE R50

#### PRIZE MONEY:

POSITION	MILE: 08-10 YRS	MILE: 11-13 YRS	MILE: 1.6 KM 14-19 YRS	MILE: 1.6 KM SENIOR OPEN MEN/WOMAN
1 <sup>ST</sup>	FUTURELIFE GOODY BAG	FUTURELIFE GOODY BAG	R300	R700
2 <sup>ND</sup>	FUTURELIFE GOODY BAG	FUTURELIFE GOODY BAG	R200	R500
3 <sup>RD</sup>	FUTURELIFE GOODY BAG	FUTURELIFE GOODY BAG	R100	R300

POSITION	5KM FUN RUN
1 <sup>ST</sup>	BIOGEN GOODY BAG
2 <sup>ND</sup>	BAVARIA GOODY BAG
3 <sup>RD</sup>	THIRSTI GOODY BAG

#### RACE ENTRY COLLECTIONS:

TIMES: 15H00 TO 19H00  
 THURSDAY 12 JAN AT CBC OLD BOYS CLUB, GROENKLOOF  
 FRIDAY 13 JAN AT RACE VENUE

#### Men & Woman NB No category age tag, no prize money

POSITION	JUNIOR	OPEN	40-49	50-59	60-69	70+
10 KM						
1 <sup>ST</sup>	R300	R1,000	R500	R300	R300	R250
2 <sup>ND</sup>	R200	R750	R300	R200	R200	-
3 <sup>RD</sup>	R100	R500	R200	-	-	-
21.1 KM						
1 <sup>ST</sup>	R500	R2,000	R500	R350	R300	R250
2 <sup>ND</sup>	R250	R1,500	R300	R250	R200	-
3 <sup>RD</sup>	R150	R750	R200	-	-	-

#### MORE INFORMATION

- Safe parking available, BE EARLY
- THIRSTI Water & Bavaria drink at finish
- Coffee/Tea/Cooldrinks, pancakes and food for sale at Church Tuck Shop. All funds goes to the Church
- Waterpoint with water & Coke
- Club Gazibos welcome: NB NO FIRES OR GAS BRAAI'S

#### MEDALS SPONSORED BY

ASSUPOL



## ARC IRENE RUN/WALK

### 14 JANUARY 2023

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)





47<sup>th</sup> running of the PwC George Claassen Memorial Road Race  
**Saturday 21 January 2023**



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)



PRE-ENTRY ONLY



**WONDERPARK  
AKASIA ROAD  
RACE**

**28 JANUARY 2023**

<b>JOHANN VAN EEDEN</b> <b>42.2 KM</b> Start Time: 05:30 Cut-off @20km 8:15 <b>AGN CHAMPIONSHIPS</b>	<b>21.1 KM</b> Start Time: 05:30	<b>10 KM</b> Start Time: 06:00	<b>5 KM</b> Start Time: 06:10
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**PRE-ENTRIES ONLY: [www.entryninja.com](http://www.entryninja.com)**

**RACE INFORMATION**  
076 234 5329

**WONDERPARK SHOPPING CENTRE**  
GPS: S25° 40,264 E28° 6,703 [www.wonderparkcentre.co.za](http://www.wonderparkcentre.co.za)

Online entries close on Friday 20 January 2023



HOËRSKOO  
GERRIT MARITZ



wonderpark  
SHOPPING  
CENTRE



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# Intercare classic road race



**Saturday 4 February 2023**

**06h00**

**Rietondale Park**

 **21,1 km**

 **10 km**

 **5 km**



**THE 21 KM WILL SERVE AS THE 21 KM CLUB CHAMPIONSHIPS**



ATHLETICS  
GAUTENG NORTH

**JOIN US ON THE 11 FEBRUARY 2023  
FOR OUR**



**21KM  
R150**

**10KM  
R100**

**5KM  
R50**

**TEMP. LICENSE  
R50**

**START TIME: 6AM**

**[WWW.ENTEROONLINE.CO.ZA](http://WWW.ENTEROONLINE.CO.ZA)**



# Bestmed TuksRace

Run/walk

• 1km • 5km • 10km  
• 21.1km • Incorporating the  
21.1km AGN Championships

Celebrating Pretoria's most loved  
race, 10 years and beyond



**Saturday, 18 February 2023,**  
Hillcrest Sports Campus



**bestMed**  
personally yours





# PRETORIA MARATHON

*Sunday, 26 February 2023*

Start: PHSOB Clubhouse  
378 Queens Crescent, Lynnwood, Pretoria



**42.2 km**

Entry Fee: R340  
Start time: 05:30

**21.1 km**

Entry Fee: R220  
Start time: 05:30

**10 km**

Entry Fee: R140  
Start time: 06:00



*Temporary Licence = R50*

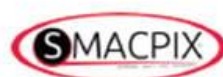


Maps and race information available on  
[www.pretoriamarathon.co.za](http://www.pretoriamarathon.co.za)

**Scan QR code to enter now!**

[www.entryninja.com](http://www.entryninja.com)

Event hosted by





**PHOTO CORNER**



Handing out the gifts to the elderly at “Ons Tuis” old age home



Socialising after a run from Irene Link





Klapperkop run on Saturday



Socialising after the Klapperkop run