



IRENE NEWS

9 October 2023

No 40 – 2023



EDITORIAL

Please read your newsletter. Much effort goes into this every week to ensure that members are kept up to date and to get our members to be part of everything.

Please pay particular attention to the 8 week summer challenge.

ACHIEVEMENTS

The following achievement was left out last week:

Elsa Meyer 1st GGM lady – Ford 21km

Well done!

Congratulations to the following members who were on the podium at the Chamberlain race:

Miemie Nel	1 st Lady walker & 1 st master – 10 km
Estien van wyngaard	1 st GM lady walker – 10 km
Mike Gibbons	1 st GGM – 10 km
Annatjie Greyvenstein	1 st GGM lady – 10 km
Keith Reynolds	1 st Master walker – 21 km
Jaap Willemse	1 st GM walker – 21 km
Dirk Neethling	1 st GGM walker – 21 km
Elsa Meyer	1 st GGM lady walker – 21 km

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 24 October at 18:30.

HELPERS REQUIRED

We need our members to help at our race on 28 October. Without you we cannot present a successful race.

Members working at the race will get R100 discount on their 2024 membership fee.

All helpers will receive a free T-shirt.

We require helpers in the following areas:

- Route marshals
- Parking marshals
- Handing out medals
- Handing out race packs (on the day before)
- Registrations
- Tog bags
- Race venue

There will be 2 Irene manned water points (sorted out already by Carla Hartmann and Johan van Vuuren). The rest will be manned by other people. We will have a helpers run on the Sunday where you will be able to earn your medal and get you Vitality points where applicable.

Reply to this email to let us know where you will be on duty.

We rely on you.

CAPTAIN'S CORNER

Please join us and make use of the facilities and training groups. We also have training programmes (5km, 10km, 21.1km and 42.2km) that are available and that could be used to help you achieve your goals. Reach out to Rose via WhatsApp (083 2585336) for more information if required.

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. 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
- Time Trial Tuesdays @17.30 from the Irene Club House
- Summer challenge launching on the 9th of October – An 8 week challenge for all Irene members, that will be measured on specific Irene event participation and performance improvement
- Hollard Dare Devil Run on the 13th October – Contact Keith via WhatsApp (082 450 3275) for more information or to join him with a run / support
- Saturday the 21st of October, the Jacaranda Social Charity Run through the streets of Pretoria. Details below

- German Shepherd Endurance Run on Sunday the 22nd October. If you are interested in getting involved, please WhatsApp Joy (083 284 4884)
- The “Irene Trolley” is being dusted off and is preparing for its 2023 debut. The Jacaranda Race on the 11th of November, will be the day and it will be taking to the streets on the 21.1km. Come and join the Irene Trolley bus, for an event to remember

Races and Training events over the next few weeks

Tuesday the 10th October

Time Trial Tuesday and the Irene Challenge Base Timing @ 17.30

Wednesday the 11th October

Afternoon run @ 17.30 for a 10km from 13 Monument Avenue Lyttleton Manor

Friday the 13th October

Hollard Dare Devil Run

Saturday the 14th October

Harrismith Mountain Race (Trail)

Cape Town Marathon - 10km road & Trail

Agape Marathon - 5, 10, 21.1 & 42.2km

Meirings Poort - 12.5 & 21.1km

Sunday the 15th October

Cape Town Marathon

Fred Morrison - 10, 21.1 & 42.2km

Irene Sunday Social – @ 6:30 from Irene Link for a 10km

Saturday the 21st October

CSIR - 5, 10, 21.1 km

Jacaranda Social Charity Run – 15km & 30km

Sunday the 22nd October

German Shepherd Endurance Support Run

Wednesday the 25th October

Benoni Northerns Night Race – 5 & 10km

Saturday the 28th October

Irene Farm Race

Om Die Dam

Sunday the 29th October

Irene Farm Race – Helpers Run : Details TBC

Event Details

Irene 8 week summer Challenge



9 OCT - 3 DEC
4K Run, 6K and 8k

IRENE 8 WEEK SUMMER CHALLENGE

Requirements:

			
Time trial (X3)	Hills (X2)	Social runs (X3)	Formal Races (X1)

Let us challenge ourselves as a club.
Prizes awarded!



Dates:

- Start Date : Monday 9th October
- End Date: Sunday 3rd December
- Prize Giving / Award 5th December @ the TT

Time Trail

- Set your time : 10th / 17th October @ the TT
- TT Test : 28th November @ the TT

Categories

- Most improved Irene Athlete
- Irene Ambassador – Heart & Spirit of Irene

Prizes

- R2500 Voucher per winner

Events

A point will be given for each event, only if the minimum criteria are met

- Time Trials – 3 points or more (min is 3)
- Irene Hills Sessions – 2 points or more (min is 2)
- Irene Social Runs – Saturday / Sunday – 3 points or more (min is 3)
- Formal Race – In Irene kit – 1 point or more (min is 1)

Minimum points : 9

The challenge is open to anyone, but only Irene members will be eligible for the prizes



Participation

	Time Trail	Irene Hills	Irene Social Runs	Formal Race	Results Submission
Requirement	3 for the duration	2 for the duration	3 for the duration	1 during the period	Member : Submit a google form with participation details across the 4 data points.
Tracking / Data Source	Time Trial book	Host maintain a log of names & group pic for strava & the creation of an Irene gallery		Race results	2 Check-in's will done to track results and update the leaderboard.
Points	Point per session (Must have attended 3 to get points)	Point per session (Must have attended 2 to get points)	Point per session (Must have attended 3 to get points)	Point per event (Must have 1 to get a point)	• 1 st on Sunday the 29 th October • 2 nd Sunday the 3 rd December (@ the end of the challenge)

Results – calculation based. Data provided by the Irene Athlete and validation to external tracking sources

Most Improved Athlete

	Distance	Run / Walk	Tracking
Set your time - Base time: - 10 th / 17 th Oct at the Time Trial	4 / 6 / 8km - Either, but need to be consistent	Either – Need to be consistent	Noted in the Time Trial Book – Wynand will do official timing
Time Trial Test - 28 th Nov	4 / 6 / 8km - Either, but need to be consistent	Either – Need to be consistent	Noted in the Time Trial Book – Wynand will do official timing

Results – calculation based. But only eligible for a prize if you have completed the participation challenge leg

Irene Ambassador

Criteria	Tracking
Nomination based on the following criteria –	Members nomination & vote : via a google form
• Active participation	
• Irene brand ambassador (living the values) at all events	Club Captain Committee (Hosts) - Input

Results – Feedback based. But only eligible for a prize if you have completed the participation challenge leg



Jacaranda Social Charity Run

JACARANDA

SOCIAL CHARITY RUN

Saturday 21 October '23

- **Start:** 6am @ Rietondale Primary School – 30km
- **Halfway Start:** Motherland Coffee Company (Groenkloof) – 15km
- **Finish:** Wolwespruit

On the day entries
Entries R100 – all proceeds go to charity

Donations can be done before the time using the Irene bank account with the Ref "Jacaranda charity"

WAD MONKEY ADVENTURES

The run will start from 2 locations:

- The first is from Rietondale Primary School, which will be a long run of 30 km.
- The second location will be from the Motherland Coffee Company in Groenkloof and will cover a distance of 15 km.
- The finish line will be at Wolwespruit. Runners will need to find their own way back to their start location.

Entry is R100 or more. Donations can be made on the day by card or cash. Alternatively, one can EFT their donations to:

Irene Ac

Bank: Standard Bank

Branch: 012645

Account Number: 032183186

REF: Jacaranda Charity Run"

Its time to "blend" with your surroundings, please wear "Jacarnda colours" (Some tshirt suggestions: Lilac Comrades tshirts /Irene Comrades supporters T-shirts / Irene white club T-shirts)

Let us run for a purpose, let us run against Breast cancer!

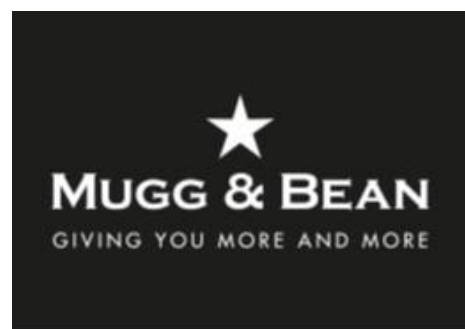
#CancerAwarenessMonth

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:

Isabelle	van der Schyf	10-Oct
Grazyna	Koornhof	10-Oct
Melindie	Esterhuyse	11-Oct
Jaap	Willemse	11-Oct
Amanda	Cloete	12-Oct
Leon	Page	12-Oct



Midstream Tel 012 940 9229

THOUGHT FOR THE WEEK

Never lose hope. Storms make people stronger and never last forever.

SOCIAL EVENING

The social evening will take place on 10 October this month. As always it will be a very special evening.



CHAIRMAN'S BALL

Time is running out, book your place now.



28 October 2023
18.00 for 18.30

**A NIGHT AT
THE RACES
CHAIRMAN'S
BALL**

Dress Black Tie and Takkies
Live music by Lungelo Moyo
The Bull Ring Grill
Randjesfontein
R180 per person
RSVP Joy 083 284 4884
World Cup final will be screened

NOTICE BOARD

ARC IRENE SUNSET RUN/WALK

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

11 OCTOBER 2023

REGISTER AND START ANYTIME BETWEEN
16H30 TILL 18H30

Discovery
Vitality

BUY TICKETS ONLINE
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 | 083 264 3931



NO LICENSE REQUIRED
OPEN TO NON CLUB MEMBERS

REVOLUTION
TRAILS



NO LICENSE REQUIRED
OPEN TO NON-CLUB MEMBERS

ARC IRENE RUN/WALK

14 OCTOBER 2023

ROAD RUN OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM
GROUP START @ 06H30
ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

Discovery
Vitality

VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION

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



REVOLUTION
TRAILS



Up for the challenge
Join Keith on the
13th October



Run cancer

OUTTA

your hood

13 OCTOBER 2023



ENTER NOW!





THE CSIR RUNNING CLUB
IS PROUD TO HOST THE

30TH CSIR ROAD RACE

**SATURDAY,
21 OCTOBER 2023**

**CSIR MAIN CAMPUS, MEIRING NAUDE
ROAD, BRUMMERIA, PRETORIA**

**Run and Walk 21.1 KM
10 KM
06:00**

CUT-OFF TIME IS 09:15

NB: Any participant taking part in the 21.1 km who has not reached the Main Gate at 08:30 will not be permitted to complete for safety reasons

**Run and Walk 5 KM
06:30**

RACE VENUE

Start and finish at the CSIR Main Campus,
Meiring Naude Road, Brummeria, Pretoria

ONLINE ENTRIES: www.entryninja.com

RACE RESULTS: results.finishtime.co.za

RACE	ONLINE ENTRY FEE	LATE ENTRY FEE	MINIMUM AGE	START TIME	CUT OFF	PRIZE GIVING
21.1 km	R200	R230	16 years	06:00	09:15	09:00
10 km	R150	R180	14 years	06:00	08:00	09:00
5 km	R50	R60		06:30		



science & innovation

Department:
Science and Innovation
REPUBLIC OF SOUTH AFRICA



CSIR
Touching lives through innovation



28 OCT '23



Irene Farm Race

#Run4HumanRights

with **Discovery Vitality**



21.1
KM

10
KM

5
KM

FREE SHIRT
to the
first 4000
entries



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

Ample parking on ARC grounds and Denel Dynamics premises. Search for "Denel Dynamics" on Google Maps for directions.

Entrance to the ARC is opposite Denel Dynamics.

RACE NUMBER COLLECTION

Friday 27 October: 09:00 till 18:00 – at the Decathlon Centurion Tel: 010 361 3733
Race day (Saturday 28 October):
04:00 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 5000 entries
- (Pre-entries close on 22 October or when cap is reached).

- Online entries: www.entryninja.com
- Sweat Shop Dunkeld: 011 325 2567
- Running High Bedfordview: 011 450 2421
- Run Store Fourways Crossing: 011 465 0021
- Decathlon Centurion: 010 880 1845
- Run-Away-Sport: 012 361 3733
- Tshwane Running Shop Sinoville: 076 929 7384

let's
RUN
for
Human Rights

♥ Freedom
♥ Equality
♥ Justice
& Vitality Points



ARC Campus, Nellmapius Drive, Irene



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



29TH

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	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)



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
- 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



PHOTO CORNER



Derrick van der Merwe, Gerald & Carla Hartmann and Wynand Breytenbach at the time trials



Aloïse Boshoff and Karin Sack



Venita Brown and new member Laura Neto



The weather now is perfect for a lovely evening every Tuesday evening



Miles Saxby at the Chamberlain race



Mike Gibbons who was on the podium once again



Miemie Nel, first lady walker on the 10 km



Johan Ellmore finishing his 10 km



It was good to see Kobie Joubert again



Anna Pieterse



Gerald and Carla Hartmann



Letha Kotze and Mariet Louw

