



# IRENE NEWS

14 Jun 2021

No 24 - 2021



## ACHIEVEMENTS

Congratulations to Danie Labuschagne and Retha Knoetze who both qualified for their SAMA colours.

Well done to all our members who did the Comrades virtual race on Sunday, whatever distance you did.

## TRAIL RUNS

Come and enjoy the trail run on Saturday. Please remember that Irene members don't have to pay to run on the road on Saturdays unless you want a medal and be part of the trail run setup.

# ARC IRENE

## HYBRID RUN/WALK

CHOOSE BETWEEN A **ROAD** RUN/WALK  
OR A **TRAIL** RUN/WALK

**STAGGERED STARTS & REGISTRATION**  
**AVAILABLE FROM 07H00 TILL 09H00**

**ROAD:** 5km~R75 / 10km~R95 / 15km~R115 / 21km~R125  
**TRAIL:** 2km~R55 / 5km~R75 / 10km~R95 / 15km~R115  
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)  
**ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE**

ALL FINISHERS RECEIVES A MEDAL  
AS WELL AS OFFICIAL RACE RESULTS  
(FOOD AND DRINKS AVAILABLE AT THE CLUB HOUSE)  
Earn up to 1500 Vitality Points

**ENTER @**  
**WWW.REVOLUTIONTRAILS.CO.ZA**

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

**DATE AND TIME**  
**19 JUNE '21**  
**STRICTLY NOT PET FRIENDLY**

**REVOLUTION TRAILS**

COLLAGEN FOR 4THLETES

For more information contact  
Glizelle @ 083 264 3931 or revolutiontrails@gmail.com



## **PERSONALIA**

Congratulations to Mauritz and Nadia Oberholzer. They were blessed with little Zoe who was born on Friday. May she be a great blessing to them.



Our condolences to Lucia Willemse whose sister died on Saturday.

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

Cindy	Frost	15 Jun
Mauritz	Oberholzer	16 Jun
Rod	Stocker	20 Jun

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## **THOUGHT FOR THE WEEK**

**Don't pray for your problems to go away but rather for courage and strength to overcome them.**



## ***PHOTO CORNER***



Getting ready to start their virtual Comrades race



On their way





Michael and Carolina van der Westhuizen at their "Comrades finish"



Our German member, Holger Hedelt, also did his Comrades in Germany





Another group of Comrades runners



Another podium with different finishers





Only a few members braved the cold last Tuesday



Sunset at the club house



Vanessa Roux and Andy Crawshay-Hall enjoying the heat of the fire