



# IRENE NEWS

17 May 2021

No 20 - 2021



## TRAIL RUNS

Have you done your trail run on the farm yet? Try it this Saturday.

**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 / 8km~R85 / 10km~R95 / 21km~R115  
**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

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

DATE AND TIME  
**22 MAY '21**  
STRICTLY  
NOT  
PET FRIENDLY

REVOLUTION  
TRAILS

COLLAGEN  
FOR  
ATHLETES

## STRENGTH TRAINING

The Monday strength classes have resumed, starting at 17:00 at the club house. Bring your own foam roller, towel/exercise mat and dumbbells.

## UV JACKETS

Thank you to all of you who ordered your UV jackets. Orders for 98 jackets were received. The order had been placed and delivery should be in less than two weeks. We will keep you posted.

There is an Investec deposit without any name as reference in the bank for 3 UV jackets, but we haven't received any order for it. The same applies to a cash deposit of R400. If you can assist, please reply to this email.

## ADMIN COUNTER

Please take note that the admin counter will NOT be open on Tuesday.

### **PUMA SHOE PROMOTION**

All members are invited to join the Puma shoe promotion on Tuesday. Test run a pair of Pumas and stand a chance to win a pair in a lucky draw afterwards.

*You are invited to give the PUMA NITRO Range  
a test run at the upcoming club time trial.*



*Date: 18 May 2021    Time: from 17h00 (Irene Running Club)*



*Stand a chance to **WIN** a pair  
of **PUMA Deviate NITRO**  
in the lucky draw  
after the run.*

T's & C's: Prize is not redeemable for cash or transferable. Prize needs to be claimed before 1 September 2021.

## ***YELLOW PAGES***

Thank you to those of you who have already reacted on the call to support the Irene Yellow Pages. To those who didn't read the email last week:

. The purpose of it is as follows:

- To give our members the opportunity to advertise their businesses/services to club members
- To generate some income for the club under difficult circumstances while we cannot present races as we used to
- 

The Irene Yellow Pages will be sent out in PDF format to our member data base (1500) once a month. Members will be encouraged on a regular basis to support the advertisers.

The cost will be a minimal amount of R50 for a half page and R100 for a full page per month.

All you have to do is to send your add in Jpg, PDF or Word format to [info@irenerunner.co.za](mailto:info@irenerunner.co.za) with you proof of payment.

Please make use of this opportunity and support the club in the process.

You are welcome to recruit your non-member friends to make use of this opportunity as well.

The idea is to send out the first ads at the end of the month.

Banking details:

Irene Athletics Club

Standard Bank account No 032183186

We rely on your support.

## ***GLASS RECYCLING***

We now have a glass recycle bin at the entrance to the club house. Please help us to save the environment and dump your empty bottles in there. You are encouraged to bring your empty bottles from home as well.

Let's work together to make a difference!

## ***BRAAI FIRES***

Remember that there will be braai fires available every Tuesday. There will be 20 braai packs of 300 gram rump steak available on Tuesday.



**IRENE FUNKY PANTS**

# IRENE FUNKY PANTS

R480 each

Payment to Irene bank account:

Bank account name: Irene AC

Bank: Standard Bank

Branch: 012645

Account number: 032183186

Reference: Name and Surname\_FunkyPants



to order contact Ilze:  
082 440 3399  
ibotes181@gmail.com

**ORDERS CLOSE  
17 MAY 2021**

A number of people have enquired about the Irene Funky Pants. We will be taking orders from today until 17 May 2021. Your order will only be confirmed once we receive your proof of payment. Payment details are included on the flyer. Please contact Ilze to confirm sizing. Delivery dates will be confirmed once we close the orders.



## PERSONALIA

Braam	Swanepoel	18 May
Niel	Marais	20 May
Louwrens	Smit	20 May
Carolina	van der Westhuizen	21 May
Annemarie	Chinchen	21 May
Geoff	Brown	23 May
Jessica	Simmonds	23 May
Brian	Marais	23 May

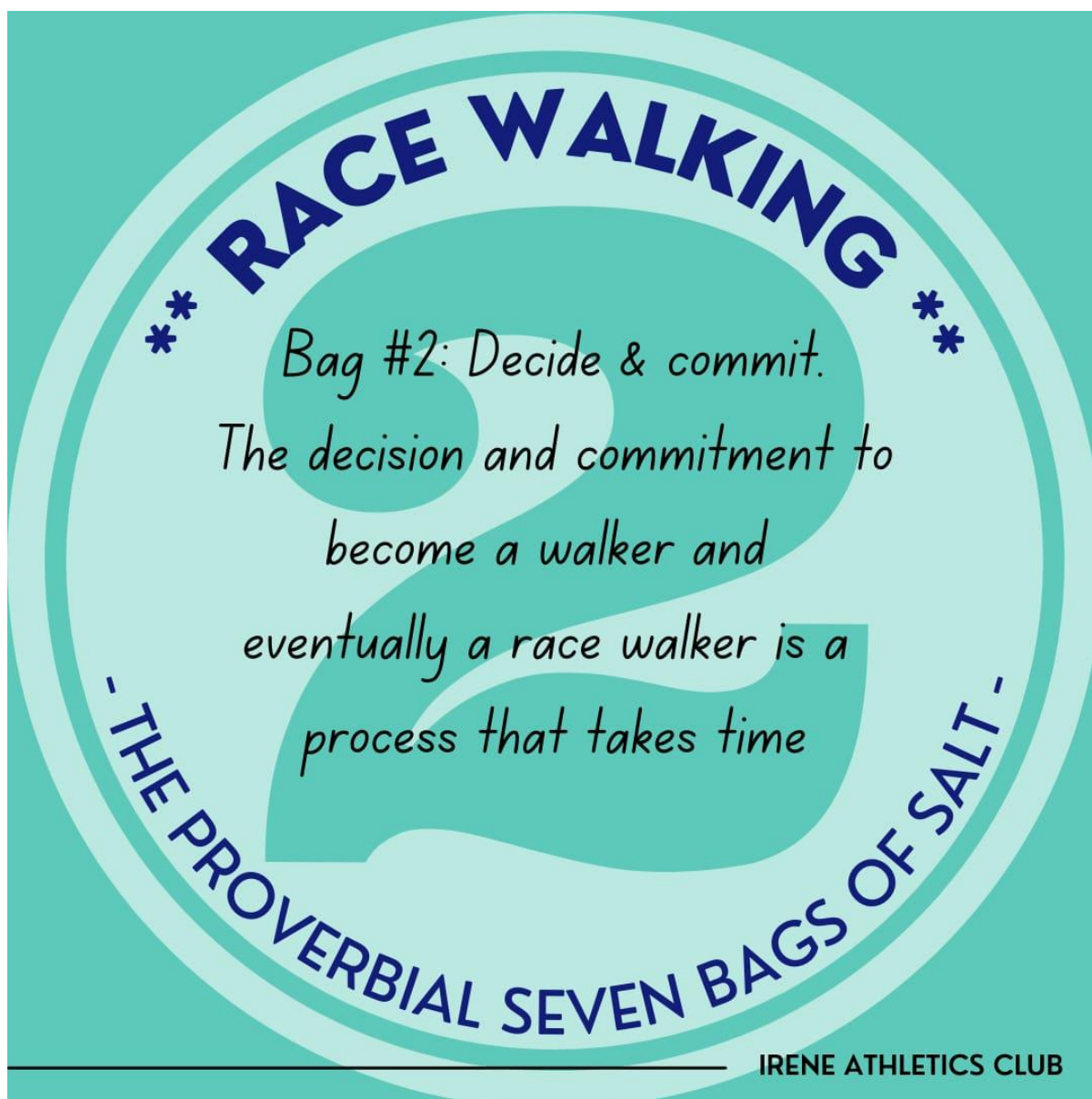


Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

## THOUGHT FOR THE WEEK

Most of the shadows of this life are caused by standing in one's own sunshine.





***PHOTO CORNER (BRAAI AT THE TIME TRIALS)***



