



IRENE NEWS

20 September 2021

No 39 – 2021



ROAD CLOSURE

Please take note that the road to the club house from the Nellmapius entrance will be closed from 06:00 till 10:00 on Friday, 24 September due to the SPAR Grand Prix taking place on the premises.

BAR NEWS



Pregos & Salad and Steak & Salad. Order early to avoid disappointment

TRAIL RUN

Please support the trail run on Saturday. The numbers are picking up now that it is getting warmer.



ARC IRENE
— HYBRID RUN/WALK —

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

STAGGERED STARTS & REGISTRATION
AVAILABLE FROM 06H30 TILL 08H00

ROAD: 5km~R75 / 10km~R95 / 15km~R115 / 21km~R125
TRAIL: 2km~R55 / 5km~R75 / 10km~R95 /
15km~R115 / 21km~R135
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)
ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE

2km, 5km & 10km: Start between 06h30 till 08h00
15km & 21km: Start between 06h30 till 07h00

ALL FINISHERS RECEIVES A MEDAL
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
25 SEPTEMBER'21

STRICTLY
NOT
PET FRIENDLY

REVOLUTION TRAILS

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

CEBE PURE ADRENALINE
2020 VISION CARE
COLLAGEN FOR ATHLETES

SPAR GRAND PRIX

The organizers have eased the qualifications to ensure that they get 250 participants on the day. See below and be part of it if you qualify:

SPAR is hosting the Grand Prix invitational 10km for ladies in Tshwane on the 24 th September at the Irene Athletics Club race venue at 08h00.

If there are any lady members of your club that are interested and can complete a 10 km under 1h15 please send me the following information to ensure an entry in the race. There is no entry fee and each runner will receive on completion of the race a medal, goody bag and breakfast pack. Cash prizes for category winners. Strict Covid protocols will apply therefore no spectators are allowed however there will be live streaming of the event.

Entries close on Tuesday morning 09h00 or when 250 entries are reached.

NAME:

SURNAME:

ID NUMBER

DATE OF BIRTH:

AGE:

CELL NUMBER:

EMAIL ADDRESS:

CLUB:

PROVINCE:

ASA LICENCE NUMBER OR TEMP LICENCE:

EMERGENCY CONTACT PERSON:

EMERGENCY CONTACT DETAIL:

Final arrangements will be sent out via WhatsApp from Tuesday onwards.

Please feel free to contact me.

Marilize Gobey

082 789 3632

gobey74@gmail.com

gobey@telkomsa.net

PERSONALIA

Condolences to Amanda Lotheringen whose father passed away last week.

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

Zoe	Scholtz	20 Sep
John	Cannon	21 Sep
Peter-Luke	Benson	24 Sep
Lindie	Pretorius	26 Sep
Fanie	van Wyngaard	26 Sep
Ntopane	Mashabela	26 Sep



Website: www.csi-euf.co.za

Tel: 011 805 6316

IN MEMORIUM

Walter Vilakazi, general manager of AGN for many years, passed away last week. He will be remembered for his dedication to athletics but especially to road running.

He was a true friend of Irene AC.



JOINTEze™



THOUGHT FOR THE WEEK

Stop worrying about what you have to loose and start focusing on what you have to gain.

PHOTO CORNER



Sheren Naidoo arriving at the time trials



Johan van Vuuren forgot his running cap at home, fortunately we could find this hat to cover him



Relaxing at the club house on a Tuesday is always something special



Maryke Gradwell showing that to braai is not just a man thing