



IRENE NEWS

25 October 2021

No 44 – 2021



EDITORIAL

The letter below from ASA is added to the newsletter again to give our members the opportunity to read it properly and to adhere to the request to load proof of Covid-19 vaccinations. We must get back to normal.

IMPORTANT LETTER FROM ASA DATED 14 OCTOBER 2021

Dear ASA Members

CIRCULAR 45 OF ASA 2021 – RETURN TO PLAY, COVID-19 VACCINATION PROGRAMME

On 9 September 2021, ASA issued Circular 39 requesting Members to encourage their athletes, to provide proof of vaccination in particular ahead of the 2021 ASA Marathon Championships which will be held in Cape Town on 17 October 2021.

We thank all those who have responded accordingly to date.

On Monday, 11 October 2021, the government permitted the return of spectators of up to a maximum of 750 indoors and up to a maximum of 2000 outdoors. This was with immediate effect and this is subject to adhering to strict Covid-19 health protocols.

In our ongoing effort to present a solid case to the Minister of Sports, Arts and Culture, Mr Nathi Mthethwa to open athletics even further by increasing the number of spectators, the ASA office is calling for Members:

1. To invite or encourage Athletes, Coaches and Technical Officials to load proof of Covid-19 vaccinations the Vaccination-drive using the following link: <https://tinyurl.com/ASA-covid192-Vaccination-drive>
2. To take responsibility to encourage their Athletes, Coaches, Technical Officials, Staff and Public to vaccinate against Covid-19.
3. To note that the ASA office, in conjunction with Western Province Athletics have invited the Western Cape Health Department to set-up sites to provide on-the-spot vaccinations during the marathon. This will be available for first time jabs, where your official documents (including the ID) will be required. For those requiring their second jabs, an official document and the Covid-19 Vaccination Card issued after first jab, will be required.

4. To also invite the Department of Health in your respective provinces to set-up vaccinations sites and service during your various competitions during your calendar of activities

This ASA drive is intended to be massive so that it assists all of us as an Athletics Family to convince Minister Mthethwa to open the gates further so that we can all return to normality.

Meanwhile, we remind you to continue wearing masks, washing hands, sanitizing, coughing on the elbow, refraining from handshakes, elbow or foot greeting and to apply social distancing of at least 1.5 metres at all times.

Yours faithfully,

Terrence Magogodela Acting CEO

SPONSORSHIPS

We want to call on all our members to assist in getting sponsorships for our races in 2022. It can be big or small.

Please let us know if you can assist in any way.

BAR PERSONNEL

After setting a very high standard, Charles and Zsa-Zsa Jacquire have decided that due to too many business commitments, they will not be able to run the bar anymore. We want to thank them for a job well done.

Dave Roux and his wife Vanessa who were also on the previous short list, have now been given the opportunity to do the job. They have already shown that they will serve us with passion. Please support them.



BAR NEWS

Tuesday meal: Cornish Pie, Mash & Gravy R40.

Chocolate Brownie R10 a portion.

To ensure that you will not be disappointed, place your order via WhatsApp and send it to Dave at 0828927544

As usual there will be fires for those who want to braai.



IRENE FARM RACE

We are very grateful to Vitality for sponsoring and organising a virtual race over the coming weekend. All our members are invited to enter for the race and come and run the race on the farm. See their advert below:



Time to dust off that running kit and join us as we turn the Jacaranda City orange! The Irene Farm Race will be the 1st in the Pretoria Vitality Run Series.

Vitality members earn 600 Vitality points, your virtual challenge medal and a chance at a Polar fitness device. As well as 50% off your race entry and VIP virtual hospitality.

When: Saturday the 30th & Sunday the 31st October

Location: Virtual / The Irene Club House, ARC Irene Campus

Distances: 5km, 10km & 21.1 km

Sign up: discy.co/ireneFarm

Start time: Between 6am and 9am based on your booking

The routes on the ARC Campus, are fully marked and will be run within the grounds. There is ample secure parking and a full club house.

Please observe social distancing guidelines and participation will be at your own risk.

Sign up: <https://www.entryninja.com/events/77107-irene-farm-race>



JOINTeze™



TRAIL RUN

Please support the trail run on Saturday. It is the place to be on a Saturday morning.



ARC IRENE HYBRID RUN/WALK

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

REGISTER AND START ANYTIME
FROM 06H00 TILL 08H00

DATE AND TIME
30 OCTOBER '21
REGISTER & START
ANYTIME
06H00 TILL 08H00

ONLINE PRICE FOR ROAD AND TRAIL RUNS:
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 06h00 till 08h00
15km & 21km: Start between 06h00 till 07h00

ALL FINISHERS RECEIVES A MEDAL
ALSO QUALITY FOR VITALITY POINTS

ENTER @
WWW.REVOLUTIONTRAILS.CO.ZA

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

For more information contact us at:
083 264 3931 | revolutiontrails@gmail.com

COLLAGEN FOR ATHLETES

20/20 VISION CARE

CEBE PURE PERFORMANCE

ROAD RUN

TRAIL RUN

REVOLUTION TRAILS

ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 9 November at 18:30.

No nominations will be accepted anymore.

PERSONALIA

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

Tendani	Mantshimuli	27 Oct
Albert	Pretorius	28 Oct
Michael	Dekker	29 Oct
Arne	Vorster	29 Oct
Sarah	Labuschagne	29 Oct
Rudi	Spangenberg	29 Oct
Rose	Kavallineas	30 Oct
Lynette	September	31 Oct



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THOUGHT FOR THE WEEK

Successful people are always looking for opportunities to help others.
Unsuccessful people are always asking, 'What's in it for me?'

PHOTO CORNER



Charles and Zsa-Zsa Jaquire can now relax and enjoy their running



“Die Engelse” are back! Great to have them on the road again as full members



Anneri le Roux in action



Congratulations to Yolande Cowley who won gold in her age group in the Tshwane Triathlon Championships



Linley and Lynette September @ Amashova



Johan Saayman in action at the Harrismith trail



Well done to Yvette van der Westhuizen who also won gold at the Tshwane Triathlon Sprint Championships

