



IRENE NEWS

26 July 2021

No 30 - 2021



SPAR WOMEN'S CHALLENGE

SPAR has given us a great opportunity to earn some income for the club. The challenge is to enter as many people as possible to participate in the Spar Woman's Challenge on Saturday, 4 September. The club will receive a percentage of the entry fee of each participant who enters under Irene.

The entry fee is R60 for 5 km or 10 km. The challenge to our members is to recruit as many friends and family members to enter. Children (and unfit adults) are welcome to do the 5 km.

The Irene member who recruits the most people to enter will receive free membership for 2022. An ideal opportunity to challenge each other! Please keep a list of all your recruitments. This is a great opportunity to all our members to help us to generate some additional income. We need your help please!



There is only one place to enter: <https://forms.gle/BqRPiURn4VuJnyWG9> The club will then submit a bulk entry.

HOW IT WORKS

Over the years, the SPAR Women's Challenge has brought women from all walks of life together, to make a difference in our communities and this year will be NO DIFFERENT!

Join us on Saturday, the 4th of September 2021, anytime between 06h00 and 18h00

You can run, jog, or walk your own virtual challenge, at your own pace, from any location you choose

Men and boys are also welcome to enter

All participants will receive a goodie bag with the following:



IRENE BIG 5 CHALLENGE

Have you entered for the Irene Big 5 Challenge yet? www.irenerunner.co.za

If you are unable to pay the full entry fee of R530 at once, but still want to do the whole series to qualify for the T-shirt, you can just drop us an email to notify us about it. You can then enter for each challenge separately every month at a cost of R110.

You can still enter for the July challenge. At the end of July you can just submit your total time for the month if you don't feel like submitting your daily times.

TRAIL RUN

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 / 21km~R135

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

3 JULY '21

STRICTLY
NOT
PET FRIENDLY

POP UP RUN

Our next Pop-Up Run will take place on 31 July. More details will be sent out during the week.

PERSONALIA

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

Cari	Snyman	26 Jul
Martin	Williams	26 Jul
Esther	Mojapelo	27 Jul
Karen	Geldenhuys	27 Jul
Jaco	du Toit	27 Jul
Hennie	van der Walt	30 Jul
Sarah	Holliday	31 Jul



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

Taste your words before you spit them out.



PHOTO CORNER



Shoe fun at a training run



Braving the cold at Wolwespruit on Saturday morning