



IRENE NEWS

3 August 2020

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VIRTUAL RACES

There are many virtual races to choose from nowadays. Well done to all our members for taking part in these races not only to stay active but also supporting charities etc.

See the attachment for another challenge especially for the walkers.

The Justice League is a challenge for clubs country wide. This is a great opportunity for Irene to prove that we are the top club in the country.

Get your family members and friends to join the race as part of the Irene family and have fun. Use this link to enter: <https://tickets.tixsa.co.za/events/26282/tag/Irene>



The new way of keeping running alive in South Africa!

THE JUSTICE LEAGUE™ VIRTUAL RUN SERIES – NATIONAL CLUB COMPETITION

We herewith invite your club to be part of an exclusive opportunity, to have the most fun imaginable, being showcased and being part of a project where your club members and their families (there's a distance for every preference) will also do much needed good in our country. As well as not only keeping running alive in South Africa but also growing the youth interest in running at a regional club level.

Designed to empower women, men, and children from all walks of life to harness their favorite Justice League™ character, be it Superman, Wonder Woman,

Aquaman, Batman or The Flash and unleash the Super Hero within. Calling all Everyday Super Hero Runners/Walkers to the Justice League™ Virtual Run Series.

During the remainder of 2020, South Africa will be able to partake in 5 Virtual Runs/Walks. **You**, the Super Hero will leave your residence right from your front door within your neighbourhood, on the same day at the same time as Superman. The next month you will join Wonder Woman, then the following months, Aquaman, Batman and The Flash by running, walking, jogging with or without prams **all in aid of our beneficiary to help the people of South Africa who need it most, our children. Choose your distance 2.5km, 5km, 7.5km or 10km.**

EVENT DATES:

19 July - Superman Run (What a success it was)

9 August – Wonder Woman Run

6 September – Aquaman Run

4 October – Batman Run

8 November – The Flash Run

December – Date to be confirmed for additional Superman Run

Creating a positive exciting environment in times like these is so important. With The Justice League™ Virtual Run series, it gives you the opportunity to create a club full of excitement amongst families and feeling of togetherness although we are practicing physical distancing. **And the more entries the more Meal Packs can be produced and donated!**

We have a few attractive and exciting club prizes available to encourage your members to take part in the series and do so under your club banner. Our aim is to not only involve your current club members but to include their friends and families to drive the growth of the sport (and your club membership) as we make running/walking Super Fun!

- The Club Participation is however much more than just about winning a prize. Get your club community involved to:
 - Keep Club running alive in South Africa
 - Grow the interest in running as a sport with a fun, family inclusive event
 - Grow your own club community and database of future members/runners
 - Get your club community active with a friendly competition
 - Showcase running as a sport where the entire family can be active and partake in together at various levels of fitness, while having FUN

- Being able to do good and give back in a safe, regulated and controlled manner

So, how do you sign up for this exclusive club competition?

We've made it Super easy to get involved. Simply use this link to enter:

<https://tickets.tixsa.co.za/events/26282/tag/Irene> and support your club.

CAPTAIN'S CORNER

Irene Logbook.

I have set up an easy to use logbook available to our club members that they can use to keep track of their training. While it caters for the training through to the Comrades Marathon next year, you can also use it to track training towards interim goals by adjusting the target dates and target training goal distance.

The spreadsheet contains an information page with basic instructions.

I often get queries on training and by keeping the logbook updated it becomes a tool for me to assist you with your training and in achieving your goals.

Contact me on whatsapp 0824503275 or email keith11523@gmail.com if you require any assistance or additional information.

Irene "Drawing Challenge"

For August we have a unique challenge for you.

The objective will be to create some kind of a picture based on the route you have run (outline of route).

Take a look at the routes you have run from different angles and see if you can make a picture from it. Joy has a great route that looks like an Icecream Cone. Lets see if we can top that (not just with a wafer).

Distance : You decide

Route : You choose

Date : Any day between Monday 10 and Midday on Sunday 16 August.

Requirement :

Get creative with your route and submit your "Picture" on the Irene WhatsApp group, to Keith on WhatsApp 0824503275 or email to keith11523@gmail.com

PERSONALIA

It is with sadness that we learned of the deaths of two well-known members of the AGN running fraternity:

Leon Bezuidenhout – Chairman of Voortrekker Monument AC for many years. Leon will be remembered for organising the Springbok Vasbyt race. A very special race with a very special start.

Ken Nurden, member of Agapé AC for many years. He played an important part to establish the AGN league system. He was a top athlete and a regular podium finisher.

Both of them were good friends of Irene, they will be missed.

Our condolences to their families and to both clubs.



Leon Bezuidenhout



Ken Nurden

Condolences also to Ansu Laubscher, her mother passed away during the week.

Sandra Steenkamp underwent surgery to her shoulder on Friday. We wish her a speedy recovery

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

Michelle	Lubbe	03 Aug
Elsa	Meyer	04 Aug
Jacob	Ramaifo	06 Aug
Guy	Stocker	07 Aug
Danie	Labuschagne	09 Aug

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THOUGHT FOR THE WEEK

Change the world by being yourself.



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

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PHOTO CORNER

Michael van der Westhuizen did the Skukuza 21 km virtual race in Irene and took these photos while running:





