



# IRENE NEWS

7 September 2020

No 35 - 2020



## **COMRADES GOODIE BAGS**

Just a reminder that all athletes who entered for the real Comrades Marathon this year will receive the Comrades goodie bags, whether you qualified or not. These bags are available for collection at the Sweatshop – Southdowns.

## **TWO OCEANS GOODIE BAGS**

The Two Oceans goodie bags haven't arrived yet but will be shortly according to the management. We will keep you posted.

## **SPRING DAY TIMELESS CHALLENGE**

Unfortunately our planned traditional Spring Day run was called off last week due to bad weather. As stated last week, "Traditions are traditions so they will live on, despite a possible tweak or two to cater for changing times or circumstances". Our traditional Spring Challenge will now take place this week (8 Sep)

Remember that this time trial is however a little different. It is run in the reverse direction from normal and without a watch.

At the start you tell the timekeeper your distance and predicted time. The timekeeper will record this. At the end the timekeeper will note down your finishing time. The person who predicts their time the most accurately is the Spring Time Trial Champion for the year.

Obviously under the current Covid 19 regulations we cannot arrange to start in a group so the difference this year is that we will have a timekeeper with a log-sheet available at the starting point between 16:30 and 18:00.

Please maintain respect for each other and adhere to the Covid 19 protocols.

Regards,

Keith.



## PERSONALIA

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

Telanie	Venter	07 Sep
Tinyiko	Ndabambi	08 Sep
Aileen	Geere	09 Sep
Pierre	Marais	09 Sep
Manqoba	Msomi	12 Sep
Pieter	Saayman	12 Sep
Sandra	Steenkamp	12 Sep
Danie	Cornelissen	13 Sep
Jason	Hubner	13 Sep
Suzette	Ruthven	13 Sep



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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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## THOUGHT FOR THE WEEK

A real friend is one who walks in when the rest of the world walks out.

## PHOTO CORNER



Blue, Thea and Motsana looking ready for a good training run



**SOUTHDOWNS ONLY : 012 665 0048**

**R1499**

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Do a virtual  
run or walk  
with us!

# Race Against Childhood Pain



2km / 5km /  
10km / 21km /  
42km

And receive a  
virtual medal to  
post on social  
media!



Only R50  
Any distance!

SATURDAY  
19 SEPTEMBER 2020

Registration and more information at  
[www.RaceAgainstChildhoodPain.org.za](http://www.RaceAgainstChildhoodPain.org.za)



**100/50km | 3 days**  
**28 Oct - 1 Nov 2020**  
**King/Queen of the Mountain**  
**Guest Speaker**  
**Movie Night | Bush Braai**  
[www.therunningcompany.co.za](http://www.therunningcompany.co.za)