



IRENE NEWS

12 April 2021

No 15 - 2021



IRENE ULTRA

The Irene Ultra Virtual race has started!

Runners and walkers from all over the Country started to do the 48 km on Saturday. They have 16 days to do it. Our own Danie Labuschagne decided to walk it in one day only!

Many of them opted for the option to run on the grounds of the ARC over the next 3 weekends to be amongst friends and to enjoy the lovely farm environment. It was a beehive of activities over the weekend at the club house.

The good news is that entries for the race are still open until 20 April! If you haven't entered yet, now is the time. Go to www.ireneultra.co.za and submit your entry today. Entering now means that you have 14 days left to complete the 48 km distance.

The challenge is to get at least 200 Irene members to enter. Get active and show your loyalty to the club. Your R50 entry will make a difference.

Remember that running on the ARC grounds over the next two weekends will ensure that you also qualify for a goodie bag.

Below is a photo of Marlé van der Walt and her son Stéphan taken on Sunday morning. He will be running 3 km a day for 16 days to complete the 48 km. This is a challenge to all out there.

You have 14 days left!





Date: 10 - 25 April 2021

Venue: Countrywide! You run in your area, in line with COVID-19 restrictions or ARC Ground, Irene Club

Closing Date: 20 April 2021

IRENE ATHLETICS CLUB

48km, 21.1 km, 10km

Same entry fee for all the distances

Enter: www.ireneultra.co.za

TOTAL 48KM IN ANY WAY YOU WANT TO RUN
IN THE PERIOD OF 16 DAYS

100 GOODIE BAGS UP FOR GRABS EACH DAY OF THE ULTRA RUN PERIOD:
FIRST 100 RUNNERS AT THE IRENE CLUB EACH SATURDAY AND SUNDAY (IN THE ULTRA RUN PERIOD) RECEIVE GOODIE BAGS

Entry fees: **R50** - Per Entry **R25** - For a Medal **R200** - Per T-Shirt **R90** - Courier

Sport shop for free collection of medal and t-shirt:

- Run-Away-Sport: 012 361 3733

- Sweatshop Southdowns: 012 665 0048

- Sweatshop Dunkeld: 011 325 2567

- Sweatshop Bedfordview: 011 325 2567

- Sweatshop Broadacres: 011 465 2556

- Irene Club House: 082 937 0733

Race rules

- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the event.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.
- Minimum age for participation 48km is 20 years.
- Minimum age for participation: 21.1km 16 years old and 10km 14 years old.

I hereby waive and abandon any or all claims of whatever nature that may arise from my participation in this event.



JOINTeze

IRENE



TRAIL RUN



Enter for the trail run this Saturday and make it part of your 48 km. Explore and enjoy the farm

CLUB T-SHIRTS

The second batch of club T-shirts have arrived and will be available at the club house on Tuesday from 17:00 till 19:00. This means that the T-shirts are now available to all members who registered before the end of February.



SPECIAL FOR THIS TUESDAY



TIME TRIALS

Ensure that you line up for the time trials at 17:30 on Tuesday!

SOCIAL RESPONSIBILITY

Thank you to those members who have already responded.



EASTER CHARITY DRIVE

Irene is giving back to the community in April and we need your support

Please bring along a pair of shoes (old or new) or a contribution of non-perishable food to Time Trials on Tuesdays for the month of April. There will be a collection point at the clubhouse.

Contact Buks for more info

SHOES 4 Souls

ONSWINKEL
SOLIDARITEIT HELPENDE HAND

IRENE

The poster is a yellow rectangular flyer. On the left side, there are three cartoon shoes: a red one at the top, a blue one in the middle, and a green one at the bottom. On the right side, there are three cartoon food items: a cereal box at the top, a juice carton in the middle, and a bag of chips at the bottom. The text is centered on the yellow background. At the bottom, there are three logos: 'SHOES 4 Souls' in a stylized font, the 'ONSWINKEL' logo with a hand icon, and the 'IRENE' logo with a tree icon.

PERSONALIA

The son of Ruan and Anja Vlok won the 400 meters at the SA School Championships in Paarl. Well done!

Congratulations to Maryke Viljoen who got married on Saturday. We wish her and Ty Gradwell a happy life together.



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

Bernard	Naudé	12 Apr
Anja	Vlok	13 Apr
Decky	Makwakwa	14 Apr
Johan	Saayman	14 Apr
Elze	Le Roux	15 Apr
Venita	Brown	15 Apr
Ann	Eckard	15 Apr
Victor	Pheto	16 Apr
Tseko	Nell	16 Apr
Anelize	Meerkotter	18 Apr



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

Don't let your happiness depend on something you may lose.

PHOTO CORNER



Mayrna van Wyk donated this bench to the club in memory of her husband Jan. He will surely be remembered



Two brand new members: Tjaan and Bronwyn Kruger



Letha Kotze and Wynand Breytenbach



Fanie and Estien van Wyngaard, Johan van Vuuren and Gerard, Bertha and Co van den Raad



The registration table of the trail run. This specific runner travels from Mahikeng every Saturday to do this run!



The friendly Revolution Trails team



Sunrise at the 4 km turn board on Saturday morning (Danie Labuschagne)



Isi van der Schyff and her sister Lientjie Oelofse



A few trail runners ready for action



Lynette Gough, Mariet Louw and Letha Kotze started their 48 km journey on Saturday



Christiaan Swart



The wellknown Norman Johnson at his cofee stall on Saturday morning



Gerna Horak in action. She made use of the two days over the weekend to enjoy the farm environment



Wynand Breytenbach on his scooter, ensuring that everything went well on Saturday



Anja Vlok running at Bloubergstrand



Henk Basson, Rosemary Tonkin, Marks Mathebula, Joy Dekker, Keith Renolds and Candice van der Spuy. They ran 40 km together to celebrate Mark's 40th birthday