



# IRENE NEWS

13 July 2020

No 27 - 2020



## COMRADES GOODIE BAGS

The following info was received from the CMA with regards to the distribution of the goodie bags:

### Ref: Distribution of #Comrades2020 'Race Packs'

The Comrades Marathon Association (CMA) is currently finalising the distribution plan of all goodie bags and mrpsport T-shirts ('race packs') of our South African entrants into this year's race, as was announced upon cancellation of #Comrades2020.

The CMA has always recognised, valued and supported the running club system in South Africa and acknowledged that it forms the backbone of the sport and feeder ground of participants to the Comrades Marathon.

As no one knows Irene Athletics Club athletes better than you do, **the purpose of this letter is to request your assistance in helping the CMA deliver on the commitment made to all RSA athletes of getting their 'race pack' to them.**

As part of our Runners First Initiative we would welcome and greatly appreciate you being able to give each of your qualifying members their 'race pack', either at your weekly time trials, club runs or socials (once these activities are allowed) or through an alternative arrangement between yourselves, where the runner would collect directly from you.

We will take care of all pre-packing and delivery to your designated address as well as advising the athletes as to where their 'race pack' is; so that all you would be required to do is to ask the athlete to sign on acceptance during your pre-determined time.

**Distribution of the 'race packs' from Pietermaritzburg is planned for the period of 13 – 31 July 2020.**

## IRENE VIRTUAL RACE

Just to let you know that we have received all the medals and T-Shirts. The dispatching process of it is currently underway. The feedback that we are receiving is extremely positive.

We are proud to have staged South Africa's first virtual race.



## PERSONALIA

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

Rize	Blom	13 Jul
Machiel	Engelbrecht	14 Jul
Christa	Thiebaut	14 Jul
Luzaan	Van Zyl	15 Jul
Liezel	Anderson	16 Jul
Mareli	Erasmus	19 Jul



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316



CAQS CC/BK Reg. No. 1997/052774/23 VAT No. 488 016 9828

REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

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

GAUTENG HEAD OFFICE  
10 Lenchen Park  
2029 Lenchen Ave South  
Zwartkops x 4  
Centurion  
0157

PO Box 7838, Centurion, 0046 R.S.A  
m: +27 (0)83 655 7010  
t: +27 (0)12 663 3300  
f: +27 (0)86 670 2124  
e: [info@caqs.co.za](mailto:info@caqs.co.za)  
[www.caqs.co.za](http://www.caqs.co.za)

WESTERN CAPE OFFICE  
Niagara Road  
Tyger Waterfront, Suite 713  
The Cliffs, Bellville, 7530  
m: +27 (0) 83 655 4754

## JUSTICE LEAGUE VIRTUAL RUN SERIES

Have you entered for this challenge yet?

This is an opportunity to get our club members, families and friends and especially children involved.

Big cash prizes for clubs to be won! Different competitions!

Receive the following before the start of the race:

- Collector's Edition Superman Medal
- Limited Edition Superman T-shirt
- Limited Edition Superman Button Badge

Your participation will assist towards a donation of food packs to children aged 6 months to 5 years old.

To run 10 km is not a challenge for most members. The challenge with this race is to get your family involved, especially your children to ensure that they run one of the distances in a Super-Hero T-shirt. The distances are 2.5 km, 5 km, 7.5 km and 10 km.

There are many ex-members who are still receiving the newsletter. It is also a challenge to you to become part of it and to see how many entries we can get as part of the Irene family.

Please enter on this link only: <https://tickets.tixsa.co.za/events/26282/tag/IkhonjaneAC>

It will automatically link you to Irene. Please note that by entering on the website you will **not** be linked to Irene.

## Irene Off -Road Challenge 18 July 2020

**Distance** : 5, 10 or 21.1 km

**Format** : Run or Walk

**Time** : Anytime Saturday 18 July

**Venue** : You Choose but it **must be Off-Road** (gravel or trail). Use park-run venues, trail routes currently open, etc.

**Entry fee** : A fun or scenic photo(s) from your run/walk

**Submissions** : Up to midday on Sunday 19 July.

A photo from where you did your off-road challenge together with an indication of the time and distance completed and indicator of run/walk is to be posted on the Irene WhatsApp group (also Walkers group) **OR** sent via email to keith11523@gmail.com **OR** sent to Keith on WhatsApp 0824503275.

### ***THOUGHT FOR THE WEEK***

**“Spend a little more time trying  
to make something of yourself  
and a little less time trying to  
impress people.”**

**PHOTO CORNER**



Unpacking the medals of the virtual race



A proud finisher with her T-shirt

