



IRENE NEWS

13 September 2021

No 38 – 2021



JOINTEZE NEEDS YOUR HELP

JointEze is currently working on developing their current OsteoEze Gold Capsules, into a Powder as well.

They request all Gold capsule users to participate in their testing survey. If you want to be part of it, please send an email to info@irenerunner.co.za for more details

JOINT**Eze**TM

TIME TRIALS

Please note that the time trials will start at 17:30 from September. It will stay like this till the end of April.

SOCIAL EVENING

Thank you to all who were part of the social evening last week. It was a huge success and thoroughly enjoyed by all. Thank you to Michael and Joy Dekker for hosting the quiz. It was the most teams ever to participate.

Congratulations to Grazyna Koornhof who was the winner of the Asics shoes. Hats off to Asics and the Sweatshop in Southdowns for their sponsorship.



Knowledge Integration Dynamics

TRAIL RUN

Please support the trail run on Saturday. The numbers are picking up now that it is getting warmer.



ARC IRENE
—HYBRID RUN/WALK—

CHOOSE BETWEEN A **ROAD** RUN/WALK
OR A **TRAIL** RUN/WALK

STAGGERED STARTS & REGISTRATION
AVAILABLE FROM 06H30 TILL 08H00

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

2km, 5km & 10km: Start between 06h30 till 08h00
15km & 21km: Start between 06h30 till 07h00

ALL FINISHERS RECEIVES A MEDAL
Earn up to 1500 Vitality Points

ENTER @
WWW.REVOLUTIONTRAILS.CO.ZA

VENUE:
ARC IRENE CAMPUS
IRENE ATHLETICS CLUBHOUSE
NELMAPUS DRIVE, IRENE, CENTURION

DATE AND TIME
18 SEPTEMBER '21

STRICTLY
NOT
PET FRIENDLY

REVOLUTION TRAILS

For more information contact
Glizelle @ 083 264 3931 or revolutiontrails@gmail.com

CEBE PURE ADRENALINE
20/20 VISION CARE
COLLAGEN FOR ATHLETES

PERSONALIA

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

Jason	Hubner	13 Sep
Suzette	Ruthven	13 Sep
Wessel	Oosthuizen	14 Sep
Miné	van Zyl	15 Sep
Willie	Ellis	15 Sep
Riani	Sieberhagen	15 Sep
Riaan	Prinsloo	16 Sep
Vik	Ramlugaan	16 Sep
Elisha	Bower	16 Sep
Derick	van der Merwe	17 Sep
Willem	Maritz	18 Sep
Johan	Groenewald	19 Sep
Andre	Ellis	19 Sep
Louisa	Spangenberg	19 Sep

CSi Sales
Rentals
Property Management
Trustworthy Property Solutions

Website: www.csi-euf.co.za

Tel: 011 805 6316

ANEEN DE JAGER

Aneen de Jager, who became a member this year, is a slow runner by any standard. Her CV on the other hand, tells a complete different story:

She obtained Provincial colours in gymnastics, netball, cross country and track & field.

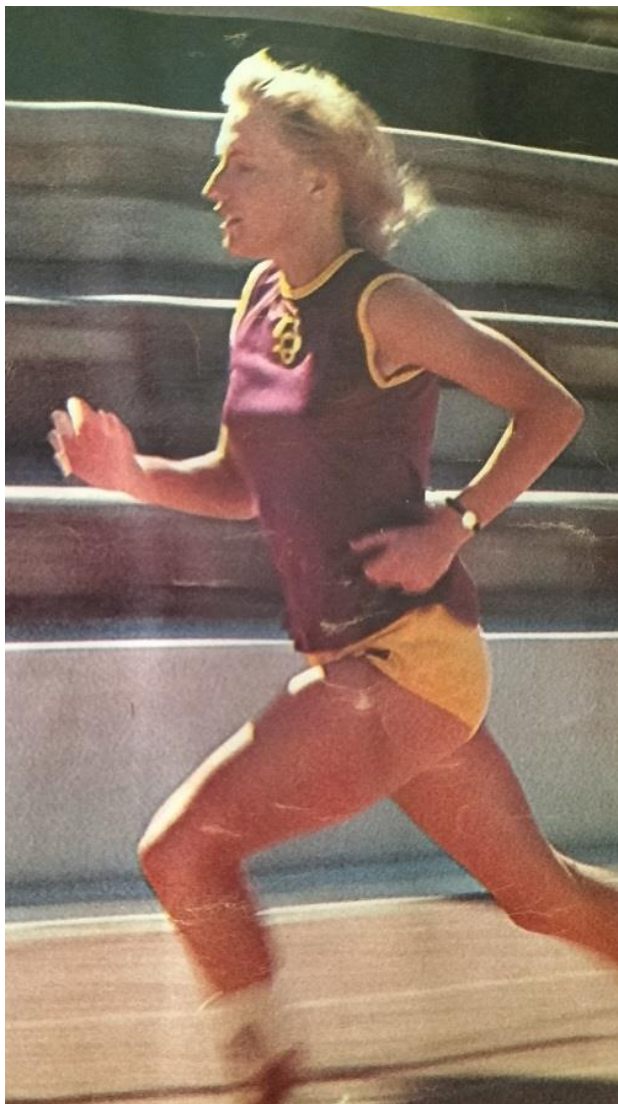
She was the SA U/16 800 meter champion in a record time of 2 min 16 sec.

In 1976 she broke the 800 meter SA senior record with a time of 2 min 2.8 sec.

In the same year she also broke the SA record in the 1000 meter with a time of 2 min 41 sec. She received her Springbok colours in 1976 and was also the ladies captain of the Springbok team.

No wonder she was also chosen as the SA sports woman of the year in 1976.

We are proud to have her as a member and she is definitely someone to talk to if you need motivation.



Aneen in the colours of Maties



Aneen relaxing in the club house

THOUGHT FOR THE WEEK

True friendship comes when silence between two people is comfortable.

PHOTO CORNER



Neil Jolly and Ilona Chester relaxing after their time trial



Old friends catching up



Nadia and Pieter Saayman in a relaxed mood



Waiting for the braai to begin



The place to be



Derick van der Merwe and Carla Hartmann



Quizmaster Michael Dekker



The braai in full swing



Grazyna Koornhof, winner of the Asics shoes in the lucky draw

Johan Engelbrecht, Henk Basson and Joy Nichol did the Wild Coast Train Run over three days. Must have been a fantastic experience.



Johan posing for a photo with a lovely background



Joy and Henk in action



Beautiful scenery on the route



What a privilege to run on a route that looks like this



A proud Johan with his medal