



# IRENE NEWS

19 April 2021

No 16 - 2021



## IRENE ULTRA

The Irene Ultra Virtual has been a huge success thus far!

Many runners and walkers from other clubs also opted for the option to run on the grounds of the ARC over the past two weekends to be amongst friends and to enjoy the lovely farm environment. It has been a wonderful experience to have been part of all the activities.

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](http://www.ireneultra.co.za) and submit your entry today. Entering now means that you have 7 days left to complete the 48 km distance.

Thank you to all the Irene members who have entered for the race. We appreciate your loyalty to the club.

## TRAIL RUN

More and more Irene members are doing the weekly trail run! It is a great experience and remember the trail run distance can be used to make up your distance for the Ultra.

**ARC IRENE**  
— TRAIL RUN/WALK —

**STAGGERED STARTS & REGISTRATION**  
AVAILABLE FROM 06H00 TILL 09H00

**2km-R55 / 5km-R75 / 10km-R95 / 15km-R115**  
Under 21 yrs & over 60 yrs only pay R30 (no surcharge applied)  
ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE

**ALL FINISHERS RECEIVES A MEDAL**  
**AS WELL AS OFFICIAL RACE RESULTS**  
(FOOD AND DRINKS AVAILABLE AT THE CLUB HOUSE)

**Earn up to 600 Vitality Points**

**ENTER @**  
**WWW.REVOLUTIONTRAILS.CO.ZA**

**VENUE:**  
**ARC IRENE CAMPUS**  
(AGRICULTURE RESEARCH COUNCIL IRENE)  
IRENE ATHLETICS CLUBHOUSE  
NELMAPIUS DRIVE, IRENE, CENTURION

**AT THE ENTRANCE GATE INDICATE**  
**YOU ARE COMING FOR THE TRAIL RUN**

**DATE AND TIME**  
**24 APRIL '21**  
**STRICTLY NOT PET FRIENDLY**

**REVOLUTION TRAILS**

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

**COLLAGEN FOR ATHLETES**

### **TIME TRIALS**

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

### **BAR NEWS**

You are all invited to come and relax at the club house after the time trials on Tuesday. The following will be available:

30 Boerewors rolls at a subsidized price of only R20.

15 Braai packs

Free salad.

The fire will be ready for those who want to braai.

Don't miss out on a lovely evening and remember to collect your T-shirt if you haven't done so yet.

### **SOCIAL RESPONSIBILITY**



**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**

### PERSONALIA

Congratulations to MC du Toit and Anell de Beer who tied the knot on Saturday. We wish them a happy life together.

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

Jaydene	Hills	19 Apr
Mark	Forbes	20 Apr
Sandra	Faber	20 Apr
Gareth	Prinsloo	21 Apr
Loekie	Mans	21 Apr
Basil	Dickason	23 Apr
Lengosane	Modiba	23 Apr
Sebongile	Chidi	23 Apr
Gerhard	Koekemoer	24 Apr
Alan	Hyson	24 Apr
Melani	Swart	24 Apr
Paul	de Beer	24 Apr
Jacqi	Dickason	24 Apr
Peter Matome	Ramachela	25 Apr



### THOUGHT FOR THE WEEK

**The best place to be is in someone's thoughts.**

We want to thank Marika Sillo for her services over the past two weekends. She is a real star!



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

Tel: 011 805 6316





**MS STRESS  
MANAGEMENT**

**MARIKA SILLO**  
Mobile Sport and Therapeutic  
Massage Therapist

☎ 076 834 3286  
✉ [marikae@mweb.co.za](mailto:marikae@mweb.co.za)



**Mobile Sport and Therapeutic Massage Therapist**

Contact me for an appointment or visit our Facebook page

 **MSSStressManagement**



## Physiotherapy Lower Back Pain Research - Volunteers Required

Hi,

I'm looking for volunteers, over the age of 40, with or without low back pain (without any hip symptoms) for the research purposes of a physiotherapy master's degree.

The study aims to determine whether abnormal hip movement has an influence on lower back pain. The testing procedure involves the measurement of an individual's

hip range of movement with an extremely accurate, innovative sensor (which is taped to the skin).

The following **Covid-19 procedures** are strictly adhered to – the room is well ventilated; bed surfaces, plastic pillow cases and equipment is sterilised before each use;

masks are mandatory and I'm covered by a surgical gown which is changed and laundered after each use. **I've also been vaccinated.**

**Participants will receive a detailed report as well as personalised exercises where appropriate:**

**For those without lumbar back pain**, it serves as a screening test, identifying and addressing potential problems.

**For those with lumbar back pain**, it may identify hip joint stiffness or laxity that could affect the way your lower back moves.

Exercises prescribed would help address this and potentially **reduce your symptoms.**

There is **NO** charge for the assessment, nor monetary remuneration.

If interested please call/whatsapp/sms or email me on: 082-927-1990

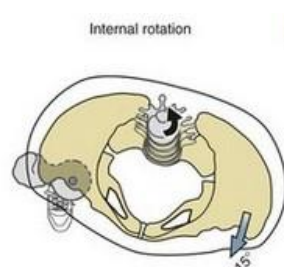
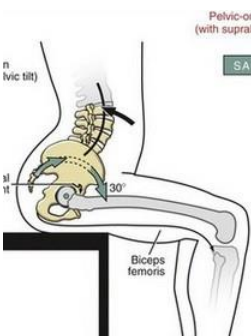
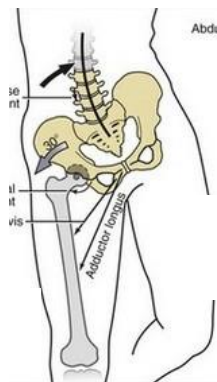
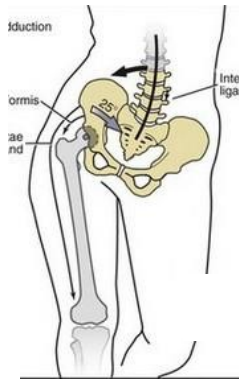
or [kermann@tiscali.co.za](mailto:kermann@tiscali.co.za)

(Please point out that your call is regarding the research assessment and not for a regular appointment).

With thanks,

Kevin Ermann

Physiotherapist



**PHOTO CORNER**



Getting warm on a cold Saturday morning



Bertha van den Raad and Johan Saayman



A few trail runners ready to start



Rae Clerihew and the Prinsloo family, Zonah, Renette and Riaan





Emgee van der Merwe and his friend Jurie sprinting to the finish



Guess who won?





Brothers Nelius and Jaco van Rooyen



Heleen de Bruin, Jolande Janse van Rensburg, Rosemary Brink and Yvonne van Wyk showing off with their Two Oceans Virtual T-shirts. Caesar Tonkin enjoying the occasion.





Fitness excersising with Jokes Aside



The group who enjoyed the fitness excersises





Two runners from Kempton Park, Armand Fourie ran 42 km in 3:04 and Erwin Spies ran 50 km in 3:28



The club house on Saturday morning, looks more like a Tuesday evening





A group of runners from different clubs. They all did 34 km on Saturday



Midrand Striders at the start on Sunday morning. I was great with many members of other clubs doing the virtual race on the ARC grounds.