



IRENE NEWS

1 March 2021

No 9 - 2021



SOCIAL EVENING

Tuesday is the first Tuesday of the month and therefore we will have a social evening with a pair of Asics running shoes to be won in the lucky draw. Make sure that your name is written in the lucky draw book and be present at 19:00 when the draw is done.

There will be boerewors rolls for sale at the bar at a very reasonable price. From Tuesday there will also be filter coffee for sale. Come and enjoy an evening with your club mates.

POP-UP RUN 6 MARCH



IRENE POP UP RUN 6 MARCH 2021

When: Saturday, 6 March 2021

Start: between 06:00 and 06:30

Distance: 5km, 10km, 21km

Start location: Villa Siesta Pet Retreat,
137 Theron St, Monavoni AH, Centurion, 0157

Theme: Wear something GREEN

Keen to get your hands on a unique medal?

See Entry Fee details to find out more!

Please observe social distancing guidelines.

Participation is at own risk.

Irene members, family and friends are welcome.

Bring own refreshments





ENTRY FEE DETAILS

Irene Members:

Full bundle: R500 (all medals included)

OR

Build your medal your way

Middle medal: R80

Small medals: R35 each per run

Non Irene Members:

Full bundle: R560 (all medals included)

OR

Build your medal your way

Middle medal: R90

Small medals: R40 each per run

Payment details:

NOTE: EFT Payments only. Cash will not be accepted

Please make payment into the Irene bank account and bring your proof of payment to the Pop Up run

Banking Details:

Bank account name: Irene AC

Bank: Standard Bank

Branch: 012645

Account number: 032183186

Reference: Name and Surname_PopUpRun



Dates for the next runs:

* Saturday the 10th of April

* Saturday 8th May

COLLECTION OF T-SHIRTS AND WINDSCREEN DISCS

Please try to collect yours on Tuesday. There is a possibility that Maggie may not be available on 9 March to hand out anything.



Come and meet the Comrades Legend !



Bruce Fordyce

will be joining the Irene Pop Up Run
on the 6th of March and will have
copies of new book available for sale

BAR NEWS

Take note that as from Tuesday there will be filter coffee available at the bar



Don't forget about the boerewors rolls that will be for sale on Tuesday evening



PERSONALIA

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

Rob	Hudson	01 Mar
Michael	Langton	01 Mar
Warick	Bekker	02 Mar
Joseph	Ndou	03 Mar
Debra	Arnell	04 Mar
Sandy	Madzhie	04 Mar
Musa	Nkosi	04 Mar
Tracey	Mac Fadyen	05 Mar
Pieter	Olivier	05 Mar
Francois	de Kock	06 Mar
Andrew	Lucas	06 Mar
Andre	Nortje	07 Mar
Markus	van der Westhuizen	07 Mar



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THOUGHT FOR THE WEEK

Most of the things that we desire in life are expensive. But the truth is that the things that really satisfy us are absolutely free, Love, Joy, Laughter and Friends...

PHOTO CORNER



Musa Nkosi: "Irene members running around Moreleta Park on Saturday 27 Feb 2021. Ohh how much we miss the marathons and comrade spirit of togetherness"



Keith Reynolds, Elze le Roux and Anneri le Roux before the start of their virtual race on Saturday



Part of their support team