



# IRENE NEWS

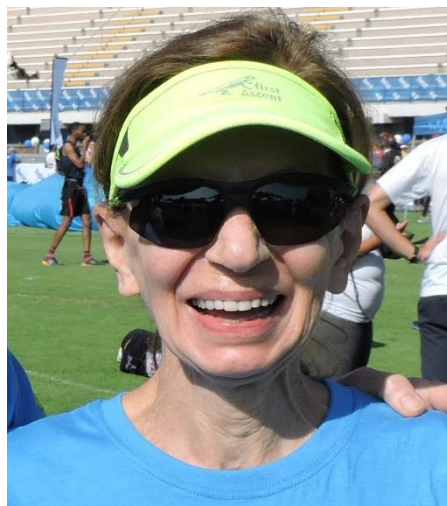
21 Jun 2021

No 25 - 2021



## ACHIEVEMENTS

Congratulations to Annatjie Greyvenstein who broke the South African 5000 meters walk record in her age category (75 -79). She improved it with 1min 24 sec and was only 38 sec short of the world record! A remarkable achievement indeed!



## BAR NEWS

There will be 20 Pregos available on Tuesday evening.

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

### On the menu this week:



**Prego & Salad - R 50**

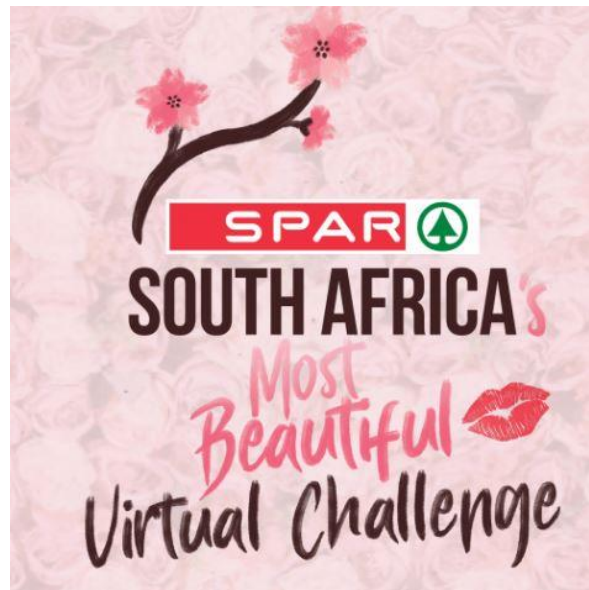
### SPAR VIRTUAL RACE

The Spar Virtual Challenge will take place on 4 September.

We have an agreement with Spar that our club will receive a share of the entry fees of all athletes that enter under Irene Athletics Club.

Please do NOT enter now. More details of how to enter will be sent out shortly.

This will be a great opportunity to earn some income for the club. Your support will be appreciated.



### TRAIL RUNS

Come and enjoy the trail run on Saturday. Please remember that Irene members don't have to pay to run on the road on Saturdays unless you want a medal and be part of the trail run setup.

Our own Johan Engelbrecht and Johan Saayman are the athletes on this week's flyer!

A flyer for the ARC Irene Hybrid Run/Walk event. The background is a green field with a dirt path leading into the distance. Two male runners, Johan Engelbrecht and Johan Saayman, are running on the path. The flyer contains the following text:

**ARC IRENE**  
**— HYBRID RUN/WALK —**

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

**STAGGERED STARTS & REGISTRATION**  
**AVAILABLE FROM 07H00 TILL 09H00**

**ROAD:** 5km~R75 / 10km~R95 / 15km~R115 / 21km~R125  
**TRAIL:** 2km~R55 / 5km~R75 / 10km~R95 / 15km~R115  
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)  
**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 1500 Vitality Points**

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

**VENUE:**  
**ARC IRENE CAMPUS**  
**IRENE ATHLETICS CLUBHOUSE**  
**NELMAPIUS DRIVE, IRENE, CENTURION**

**DATE AND TIME**  
**26 JUNE '21**  
**STRICTLY NOT PET FRIENDLY**

**REVOLUTION TRAILS**

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

**COLLAGEN FOR ATHLETES**

### **UV JACKETS**

The Irene UV Jackets have arrived. Collection from the clubhouse on Tuesday from 17:45. Please wear your mask when collecting.



### **PERSONALIA**

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

Christiaan	Swart	21 Jun
Riaan	Lombard	22 Jun
Naas	Steenkamp	25 Jun
Schalk	Engelbrecht	25 Jun
Zain	Julies	25 Jun
Thabo	Makgamatho	27 Jun
Marie	van Dyk	27 Jun



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

Tel: 011 805 6316

### **THOUGHT FOR THE WEEK**

It is better to remain silent and be thought a fool than to open one's mouth and remove all doubt.





## PHOTO CORNER

The following photos were taken at the trail run on Saturday



A number of sponsored athletes turned up on the day











There is a distance for everyone





Bheki Ndlovu is back after an injury