



IRENE NEWS

21 September 2020

No 37 - 2020



TRAINING AT THE ARC

Everything is basically back to normal. Members can run on the grounds from 15:00 during weekdays and anytime over the weekends. The club house opens at 16:00 on Tuesdays. To avoid a crowd, we request that members start their time trials at their own time.

Please adhere to the lockdown protocols at all time.

VACANCY

Applications for the clothing assistant vacancy at the club house will be accepted until Friday, 25 September.

Anybody interested must please contact Wynand at info@irenerunner.co.za

Running the clothing shop is an important service rendered to the members of the club and it is of utmost importance that we have a dedicated and reliable person managing it.

VIRTUAL CSI IRENE FARM RACE

The entries started off with a bang on Thursday! Thank you to all our members who have entered already. Please support this race and get your family and friends to do the same. There are plans to run the virtual race as part of a social event on 31 October. More about it at a later stage. Enter now to secure your CSI buff.

Use this link to enter: <https://irenefarmrace.co.za/>

We are very grateful to CSI for coming to the party even though it will be a virtual race. This is proof of their commitment as a race sponsor.



Website: www.csi-euf.co.za

Tel: 011 805 6316

Virtual CSI IRENE Farm Race

31 October 2020

CSI
Sales
Rentals
Property Management
Let Us Take Care Of Your Investment



Date: 31 October 2020
Venue: Countrywide! You run
in your area, in line with
COVID-19 restrictions
Closing Date: 30 October

5 km, 10 km, 21.1 km
Same entry fee for all the distances
Enter: www.irenefarmrace.co.za

Entry fees:

R30

- Virtual medal on your social media
- Vitality points where applicable

R60

- Real medal plus quality CSI buff (only 1000 buffs available)
- Vitality points where applicable

R140

Delivery of:

- Real medal plus quality CSI buff (only 1000 buffs available)
- Vitality points where applicable

Race rules

- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the event.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.
- Minimum age for participation: 21.1km 16 years old and 10km 14 years old.

Choose sport shop for collection of medal and buff:

- Run-Away-Sport: 012 361 3733
- Sweatshop Southdowns: 012 665 0048
- Sweatshop Dunkeld: 011 325 2567
- Sweatshop Bedfordview: 011 325 2567
- Sweatshop Broadacres: 011 465 2556

I hereby waive and abandon any or all claims of whatever nature that may arise from my participation in this event.

SPRING DAY CHALLENGE

Spring day challenge originally planned for the 8th of September was moved to the 15th due to bad weather on the initial date.

We had an amazing turnout for the inaugural "event" after returning from lockdown with over 30 people submitting their predicted time. We also had some very interesting results.

One thing for sure is that it seemed to have put a spring back into the step of many people and we saw a decent attendance at the time trial last week as well.

Not sure if the layoff and lack of events was the main cause of some of the results but as close as some were, some were equally way off the mark.

One of our good friends put down a walking time, changed his mind and ran some of the way back, giving him a time of 12 mins 52 seconds faster than predicted. Another Well known member came in 8:38 ahead of schedule - clearly did a lot more training than he realised during the lock-down phases.

I had very different plans for the evening and ended up "rushing" back to assist my daughter with the timekeeping. 1 min 45 sec off the mark on only 4 kms. Seems I got that one very wrong.

A junior, JW, set the early standard with 28 seconds off the mark. 6 People in all came within 1 minute of their predictions. At the end of the evening Andre was awarded with the bottle of wine that was sponsored by Barman Buks for being the closest to the mark. Just 25 seconds slower than predicted over the 8km route.

Well done to Andre. However, an audit of the result was promised and it was completed, it was found that somebody else had put in a marginally better prediction.

Don't worry Andre we won't take away your bottle but unfortunately the title goes to Anneri Le Roux who was only 23 seconds ahead of her predicted time.

Well done Annerie, your bottle of wine will be brought to you at the next time trial.

Watch this space - Some ideas are brewing for next month's challenge.

Regards

Keith

PERSONALIA

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

John	Cannon	21 Sep
Ian	Louw	21 Sep
Johan	Koekemoer	22 Sep
Carol	Mathibe	22 Sep
Peter	Benson	24 Sep
Violet	Madzhie	24 Sep
Roelof	Blignaut	25 Sep
Ntopane	Mashabela	26 Sep
Lindie	Pretorius	26 Sep
Estien	van Wyngaard	26 Sep
Lisinda	van Zyl	27 Sep



Website: www.csi-euf.co.za

Tel: 011 805 6316



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

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

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THOUGHT FOR THE WEEK

If you want something you never had, you have to do something you have never done.



JOINTeze™

PHOTO CORNER



JP Labuschagne and Bheki Ndlovu



Anneri le Roux



Mandy Macaskill and Venita Brown



Bertha van den Raad



Ready for action, Jenny, Venita, Mandy, Barbara and Gareth



Louwrens Smit



Keith Reynolds



Buks van Deventer

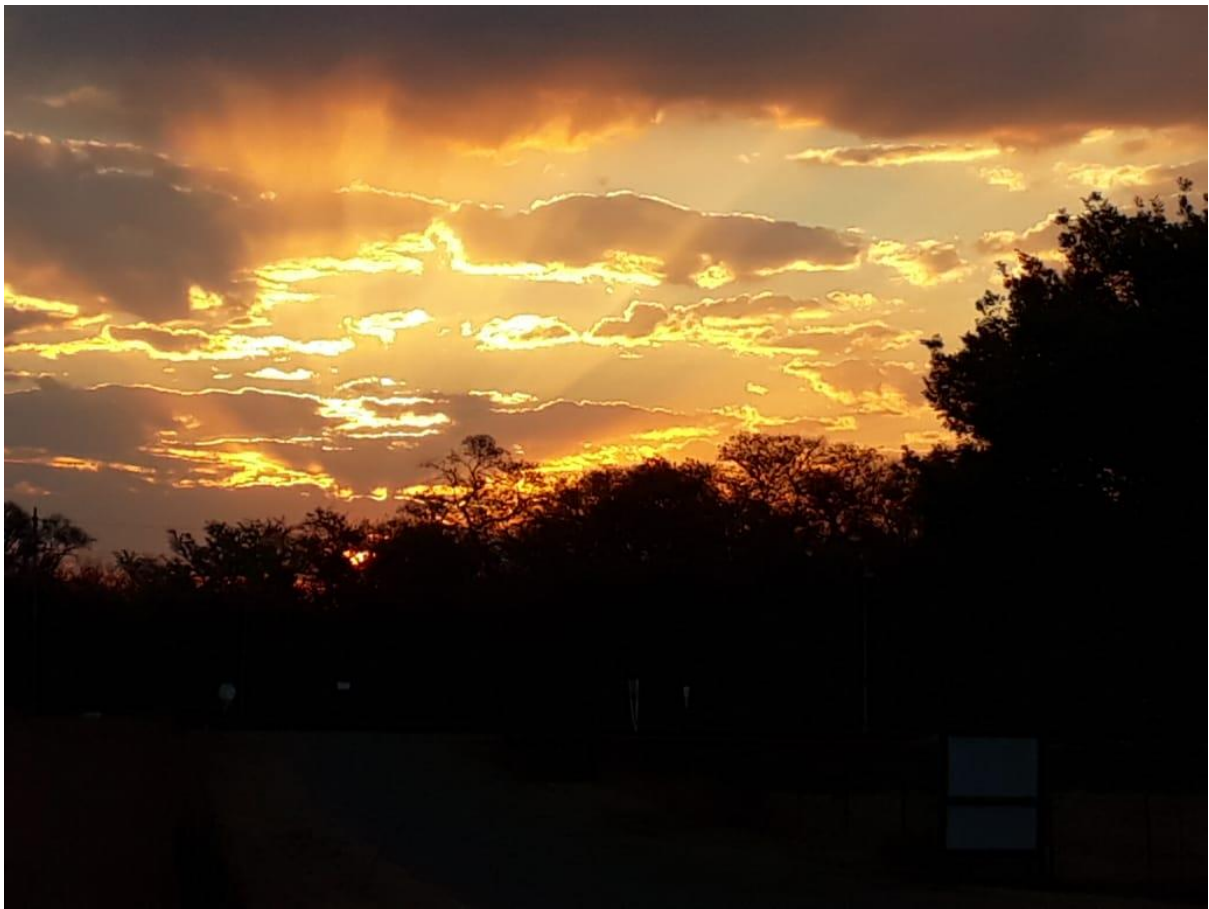


Zoe Scholtz was surprised by her running group to celebrate her 40th birthday





Watch out when running in the Midstream area, you might be caught by a traffic speed camera!



A lovely sunset at the ARC – thanks to Danie Labuschagne for the photo