



# IRENE NEWS

25 November 2019

No 45 - 2019



## THIS WEEK'S DIARY

### Monday:

Strength training classes @ 17:30 – Club house (all members welcome)

### Tuesday:

Time trials @ 17:30 – Club house (Everybody starts together)

### Saturday:

Run & Walk for Bibles 5/10/21/42 @ 05:30 – Lewende Woord Centurion

### Sunday:

Club Run @ 06:00 – Club House, your distance, your pace.



## SOCIAL RESPONSIBILITY

To all our Club Members

**As Christmas approaches**, we ask that you remember that some people aren't as fortunate as us. While preparing for joyous holiday celebrations with your friends and family, it's important to stop and reflect on the joy and blessings in your own life while also being aware that not everyone is so fortunate. While shopping for gifts and gatherings with loved ones, please consider setting aside part of your budget to support some of these needy families and individuals in our community.

Last year, we provided assistance to the community residents of Danville.

Our work has a powerful impact on the people, any amount or charitable gift you can share will be greatly appreciated and put to good use.

What better way to celebrate Christmas than by sharing what you have with people who are in need of assistance to meet their basic needs? Your generosity will have a positive impact on people who are in need. **Every gift matters.**

### You can drop off gifts at:

The clubhouse on Tuesday evening @ time trials

Saturday Races @ the Cara-Fun

The yearend function on 7 December

The lights run in December  
If you want make a donation:

**Bank account Name: Irene AC**

Bank: Standard Bank  
Branch: 012645  
Account number: 032183186  
Reference: Donation and Name

Proof of payment: 082 564 0088.

**List of ideas:**

Any non-perishable foods (canned food, long-life milk, sugar, beverages, pasta, rice, maize, peanut butter, jams, spreads, oil)

New or second hand toys that are still in a good condition

New or second hand clothes and shoes that are still in a good condition

New or second hand Blankets and Towels

New or second hand School Stationary (rulers, coloured pencils, pens etc)

Soap, toothpaste, toothbrushes, shampoo, conditioner etc

Household cleaning: dish washing liquid, handy andy, toilet paper, tissues, sponges, dish towels, cloths

Plates, mugs, glasses, utensils etc

**With deepest gratitude**

Melanie Swart (Manager, Social Resonsibility)



**PERSONALIA**

Our condolences to Hanlie Lundie and her family. Her father passed away last week.

Congratulations to Freda Hillocks with the birth of her little angel on 18 November.


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

Lynette	Gough	26 Nov
Donnevan	Espag	27 Nov
Gerardus	Van Den Raad	27 Nov
Annelien	Geldenhuis	30 Nov
Aneldi	Grundling	30 Nov
Daniel	Modiba	30 Nov
Andre	Knoop	01 Dec



**YEAR END FUNCTION**

**Don't miss out. Only space for 100 people, excellent value for money. Book a.s.a.p.**




**You are invited to the IAC  
Year End Function &  
Prize Giving  
*Garden*  
PARTY**

*Come casual & colourful*

*Lamb spit braai  
and salads will be served*

**Saturday 7 December 2019, 18h00  
Irene ARC clubhouse  
R50 per person  
RSVP to Joy at [joy@petretreat.co.za](mailto:joy@petretreat.co.za)**



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

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

GAUTENG HEAD OFFICE  
10 Lenchen Park  
2029 Lenchen Ave South  
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## NOTICE BOARD

### Saturday 30 November

Run & Walk for Bibles 42.2/21.1/10/5 km

Race Organisers: Alpha Centurion Runners & Walkers

Venue: Lewende Woord Centurion, Adam Tas Street, Clubview

GPS: S25.50'29.0 E28.10.04.8

	42.2km	21.1km	10 km	5 km
Entry fee	R 150	R 120	R 90	R 50
Entry fees 70+ & blind runners (30 November only)	Free			
Start Time	05:30	06:00	06:30	06:35
Time Limit	06:00	03:30	01:30	

**No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-A-Way Sports; Sweatshop Dunkeld & Southdowns; Kerksondermure  
Hippolaan & Midstream; Lewende Woord Centurion

[www.active.com](http://www.active.com)



**Saturday 7 December****Skosana Road Race 10/5 km & 1 kiddies' mile**

Race Organisers: Nedbank Running Club

Venue: Pretoria Correctional Services, Kgosi Mampuru Street

	10 km	5 km	mile
Entry fee	R 100	R 50	R 50
Entry fee – race day	R 110	R 60	R 60
Start Time	06:30		08:30
Cut-off	02:00		

**No pets****No iPods or listening devices are allowed**

Pre-entries at: Run-A-way Sport; Sweatshop Southdowns; The Natural Runner; AGN Office

[www.peaktiming.co.za](http://www.peaktiming.co.za)**Saturday 14 December****The Combat Run 21.1/10/5 km**

Race Organisers: Armscor Athletics Club &amp; Titans Lifestyle

Venue: Gerotek Test Facilities, R104 WF Nkomo St., 17km West of Pretoria

GPS: S25 45.515 E28 00.522

	21.1 km	10 km	5 km
Entry fee	R 110	R 80	R 60
Start Time	06:00		
Cut-off	03:00		

**There is a 6 & 12km trail race @ R70 & R90****No pets****No iPods or listening devices are allowed**

Pre-entries at: The runners Store, Centurion

[www.entrytime.com](http://www.entrytime.com)

**Monday 16 December**

**Pheli Run, Walk & Ride 10/5 km**

Race Organisers: Capital City Active Athletics Club

Venue: Lucas Moripe Stadium, Atteridgeville

	10 km	5 km
Entry fee	R 90	R 60
Entry fee 70+; blind runners & wheelchair	Free	
Start Time	06:00	
Cut-off	03:00	

**There is also a 30km cycle race**

**No pets**

**No iPods or listening devices are allowed**

Pre-entries at: Run-away Sport; Sweatshop Southdowns; Tshwane Running Shop; Pheli Shisanyoma

[www.webticket.co.za](http://www.webticket.co.za)

### **Masters Athletics Fixture list**

The GNMA Championships - 27/28 March 2020 - Pilditch

### **South African Championships**

30 April - 2 May 2020 – Pilditch

### **Africa Championships**

2021 Nairobi, Kenya

2023 South Africa

### **International Championships**

20/7/2020 – 1/8/2020 World Masters Athletics Champs Toronto, Canada

### ***THOUGHT FOR THE WEEK***

**Enjoy yourself wherever you are, do not crave to be where others may be.**

**PHOTO CORNER**



Anya Swanepoel and Christene Crause did the Tough One on Sunday





Mpho Motaung did the Sani Stagger on Saturday





Bridget Mohlala and Arushka Bothma at the Magoebaskloof Plunge