



## **IRENE NEWS**

2 August 2021

No 32 -2021

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### ***EDITORIAL***

As you can see, you have received this newsletter in a new format. I trust that you will find it easier to read than in the past.

For the first time we will be able to gather valuable statistics about our newsletter. i.e. how many recipients have opened the email, at what time etc. It will also give everyone the opportunity to unsubscribe at any time.

It will also be sent out to everybody at the same time and not in groups at different times.

You will also find the links to go to our website, Facebook page, Instagram page, YouTube etc. Make use of it please.

Please reply to this email and let us know how you feel about the change. Any suggestions will be welcome.

### ***MONTHLY SOCIAL EVENING***

With the club house now open again, we will have our monthly social evening again on Tuesday evening after the time trials. make sure that you enter your name in the lucky draw book to stand a chance to win a pair of Asics running shoes. There will be smaller prizes as well. The lucky draw will start at 19:00 and you must be present to claim your prize if your number is drawn.

The time trials will start at 17:15.



## SPAR WOMEN'S CHALLENGE



SPAR has given us a great opportunity to earn some income for the club. The challenge is to enter as many people as possible to participate in the Spar Woman's Challenge on Saturday, 4 September. The club will receive a percentage of the entry fee of each participant who enters under Irene.

The entry fee is R60 for 5 km or 10 km. The challenge to our members is to recruit as many friends and family members to enter. Children (and unfit adults) are welcome to do the 5 km.

The Irene member who recruits the most people to enter will receive free membership for 2022. An ideal opportunity to challenge each other! Please keep a list of all your recruitments. This is a great opportunity to all our members to help us to generate some additional income. We need your help please!

There is only one place to enter: <https://forms.gle/BqRPiURn4VuJnyWG9> The club will

then submit a bulk entry. Follow the instructions on the entry page and pay your entry fee into the Club's bank account.

***Men and boys are also welcome to enter  
All participants will receive a goodie bag with the following:***



### ***IRENE BIG 5 CHALLENGE***

Although the first month of the challenge is something of the past, everybody still has the opportunity to enter for the July Challenge.

If you are unable to pay the full entry fee of R530 at once, but still want to do the whole series to qualify for the T-shirt, you can just drop us an email to notify us about it. You can then enter for each challenge separately every month at a cost of R110.

You can just submit your total time for the month if you don't feel like submitting your daily times.

We need your support please.

## TRAIL RUN



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

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

JOIN US FOR AN OUTDOOR EXERCISE RUN/WALK.  
STRICT COVID REGULATION COMPLIANCE MEASURES WILL BE IN PLACE.  
SOCIAL DISTANCING, SANITISING AND MASKS ARE COMPULSORY

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

**ROAD:** 5km~R75 / 10km~R95 / 15km~R115 / 21km~R125  
**TRAIL:** 2km~R55 / 5km~R75 / 10km~R95 /  
15km~R115 / 21km~R135  
*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

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

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

**DATE AND TIME**  
**7 AUGUST '21**  
STRICTLY  
NOT  
PET FRIENDLY

**REVOLUTION TRAILS**

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

COLLAGEN FOR ATHLETES

Please support the trail runs on Saturdays

## POP UP RUN

A thank you to everyone that participated in the Pop-Up Run on Saturday the 31st July and especially to Anneri for hosting us at The Pallet Farm Stall. Having a coffee after a run under the Irene gazebo, was just like old times.

See the Photo Corner for some photos and click on this link to view a video about the run. Thanks to Zoe Scholtz for compiling the video. <https://www.youtube.com/watch?v=3t-qfRQsTlc>

## PERSONALIA

Our condolences go to Heinrich Piek and his family. His wife passed away last Sunday.

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

Douw	van Zyl	02 Aug
Elsa	Meyer	04 Aug
Celeste	Booyens	04 Aug
Guy	Stocker	07 Aug
Danie	Labuschagne	09 Aug

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*THOUGHT FOR THE WEEK*

Don't let the behaviour of others destroy your inner peace.



*PHOTO CORNER*



A big smile from Johan van Vuuren about the re-opening of the club house last week



Anneri le Roux, Henk Basson, Melani Swart and Brian Marais at the time trials



Venita Brown brought her daughter along



Enjoying each others company after a long brake



## FUN AT THE POP UP RUN



Bertha van den Raad and Mariet Louw





Heleen de Bruin, Johan Snyman, Riaan Prinsloo and Rosemary Brink



Guess who this is?





Anneri le Roux did a great job to organise the Pop Up Run on Saturday





Caesar Tonkin and Johan Saayman



Yvette van der Westhuizen with the twins, Jolande and Charmaine Janse van Rensburg





Fun to be an Irene member

