



IRENE NEWS

30 November 2020

No 46 - 2020



EDITORIAL

Please send us relevant news for the newsletter.

WALKING CLINIC

A very successful walking clinic was held at the club house on Saturday. Wayne Snyman, the South African Olympian race walker, shared his knowledge and experience with a number of walkers from all over the country. See the photo corner for a few photos.

RUN FOR SCHOOL SHOES PROJECT

One of our members, Themba Mathebula, is planning something big! Please read below and support him if possible.

A brief background:

For 12 days: 04 to 15 December 2020, I will run 450KM from Centurion, Gauteng province to my hometown Bushbuckridge, Mpumalanga province to raise at least R60K for young boys and girls for school shoes and sanitary towels.

I have registered the cause on BackABuddy and open for donations: <https://www.backabuddy.co.za/champion/project/themba>

Request to Irene AC:

1. I am requesting to use the venue to launch the campaign on Day 1, Friday 04 December between 05:00 to 09:00
2. Requesting Irene AC members to make an individual donation for any amount of their choice on BackABuddy: <https://www.backabuddy.co.za/champion/project/themba>
3. Asking Irene AC members to share the link with their connections (family and corporate) to donate to the cause

Irene runners can also dedicate their training runs as virtual solidarity runs during the 12 days of the running campaign, and to help create awareness.

The 450KM run will be over 12 days, across two provinces, Gauteng to Mpumalanga; The resting points and approximate distance are as follows:

Day 1: Friday, 04 December: 38KM

Irene Farm, Centurion to Ventershof via R25

Day 2: Saturday, 05 December: 38KM
Ventershof to Bronkhorstspuit via R25

Day 3: Sunday, 06 December: 30KM
Bronkhorstspuit to Balmoral via R104

Day 4: Monday, 07 December: 35KM
Balmoral to Witbank via R104

Day 5: Tuesday, 08 December: 37KM
Witbank to Middelburg via R104

Day 6: Wednesday, 09 December: 30KM
Middelburg to Wonderfontein via R104

Day 7: Thursday, 10 December: 38KM
Wonderfontein to Belfast via N4 (Traffic escort permit outstanding)

Day 8: Friday, 11 December: 42KM
Belfast to Dullstroom via R540

Day 9: Saturday, 12 December: 50KM
Dullstroom to Lydenburg via R540

Day 10: Sunday, 13 December: 50KM
Lydenburg to Sabie via R37

Day 11: Monday, 14 December: 50KM
Sabie to Hazyview

Day 12: Tuesday, 14 December: 30KM
Hazyview to Bushbuckridge via R40

Also attached banners for the campaign.

I will be available on the following platforms:

450KM Run for School Shoes and Sanitary Towels
Rest stops and approximate daily mileage

The 450KM run will be over 12 days, across two provinces, Gauteng to Mpumalanga averaging 37.5 kilometres a day.

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I will be available on the following platforms:

Mobile: 0768212508

Email: thembamat@gmail.com

Twitter: @runner_bae

Instagram: themba_runner

Facebook page: 450KMRunForAPurpose

#450KMRunForAPurpose

Looking forward to Irene AC support.



**450 KM
3 RUN 4
SCHOOL
SHOES
AND SANITARY TOWELS
Challenge**

**12 DAYS
FRIDAY^{4TH}
TO
TUESDAY^{15TH}
DECEMBER
2020**

CENTURION – BUSHBUCKRIDGE

**WE MAY
NOT CHANGE
THE WORLD
BUT WE CAN
CERTAINLY
CHANGE
THEIRS, ONE
CHILD AT
A TIME.**

**FOR MORE INFO
+27768212508**

 

-  Heightened poverty and unemployment negatively impacts many parents in rural communities leaving them unable to afford school shoes or feminine hygiene products for their children.
-  A pair of shoes can boost a learner's confidence and change their lives.
-  Research shows that underprivileged girls can miss up to 50 days of school per year due to lack of access to adequate feminine hygiene.
-  Help us send them back to school in 2021 with confidence to fight for their dreams and create a better future.



BUSHVELD 32 VIRTUAL RACE

Dear Runner/Walker

Celebrate the festive season by taking part in the **Bushveld 32 Virtual Race** to be held on 19-20 December.

Walk or run 5km / 10km / 32 km from any place you choose.



PRE-ENTER TODAY!

Bushveld 32 Virtual

- Date: 19-20 December 2020
- Venue: Any place
- Distances: 5, 10, 32
- Entry fees: R150 for all distances (includes quality technical T-shirt – 500 available)
- R50 for all distances (No T-shirt)
- Medals to all entrants
- Courier option for delivery at home: R80
- Enquiries: 082 937 0733



Enter at:

www.entryninja.com/events/76311-bushveld-32-virtual/enter



PERSONALIA

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

Anéll	De Beer	30 Nov
Andre	Knoop	01 Dec
Isabel	Erlank	02 Dec
Elie	Van Wyk	02 Dec
Jan	Dijkstra	03 Dec
john	May	05 Dec
Cindy	van Deventer	06 Dec
Jean	Overbeck	06 Dec
Miles	Saxby	06 Dec



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK



CAQS CC/BK Reg. No. 1997/052774/23 VAT No. 488 016 9828

REGISTERED QUANTITY SURVEYORS • GEREGISTREERDE BOUREKENAARS

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

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PHOTO CORNER



Wayne Snyman demonstrating something important to the walkers



Practical exercises



More practical work



The club house filled with walking enthusiasts



Jeanette Odendaal after her time trial



Pierre Koch and Loubser van Wyk



Basil and Jacqi Dickason, on the right, brought some new members



Stanley MacMillan



Douw van Zyl



Conrad Langerman



A very tired Con Purchase



Time to relax