

# 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: <u>https://www.backabuddy.co.za/champion/project/themba</u>

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: <u>https://www.backabuddy.co.za/champion/project/themba</u>

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;tThe 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 Bronkhorstspruit via R25

Day 3: Sunday, 06 December: 30KM Bronkhorstspruit 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

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I will be available on the following platforms:

Mobile: 0768212508 Email: <u>thembamat@gmail.com</u> Twitter: @runner\_bae Instagram: themba\_runner Facebook page: 450KMRunForAPurpose #450KMRunForAPurpose

Looking forward to Irene AC support.



#### **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.



#### PERSONALIA

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

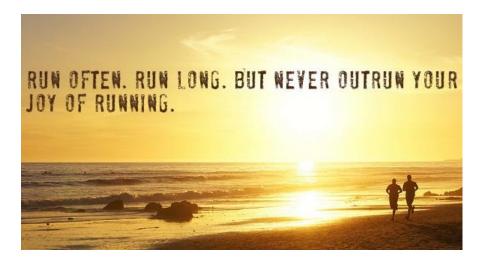
Anéll	De Beer	30 Nov
Andre	Кпоор	01 Dec
Isabel	Erlank	02 Dec
Elie	Van Wyk	02 Dec
Jan	Dijkstra	03 Dec
john	May	05 Dec
Cindy	van Deventer	06 Dec
Jean	Overbeck	06 Dec
Miles	Saxby	06 Dec



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### THOUGHT FOR THE WEEK











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

 REGISTERED QUANTITY SURVEYORS
 GEREGISTREERDE BOUREKENAARS

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

GAUTENG HEAD OFFICE 10 Lenchen Park 2029 Lenchen Ave South Zwartkops x 4 Centurion 0157 PO Box 7838, Centurion, 0046 R.S.A m: +27 (0)83 655 7010 t: +27 (0)12 663 3300 f: +27 (0)86 670 2124 e: info@caqs.co.za www.caqs.co.za

WESTERN CAPE OFFICE Niagara Road Tyger Waterfront, Suite 713 The Cliffs, Bellville, 7530 m: +27 (0) 83 655 4754

## 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