



# IRENE NEWS

**3 May 2021**

**No 18 - 2021**



## **ACHIEVEMENTS**

Congratulations to the following members who were on the podium in their respective age categories at the AGN Race walking Grand Prix held on 24 April:

### **Women:**

Isi van der Schyff	1 <sup>st</sup> (50 – 54)
Ansie Breytenbach	1 <sup>st</sup> (55 – 59)
Sandra Steenkamp	1 <sup>st</sup> (60 – 64)
Estien van Wyngaard	2 <sup>nd</sup> (60 – 64)
Retha Knoetze	1 <sup>st</sup> (65 – 69)
Elsa Meyer	2 <sup>nd</sup> (70 – 74)
Marie van Dyk	3 <sup>rd</sup> (70 – 74)
Annatjie Greyvenstein	1 <sup>st</sup> (75+)

### **Men:**

Keith Reynolds	2 <sup>nd</sup> (50 – 54)
Jaap Willemse	2 <sup>nd</sup> (60 – 64)
Danie Labuschagne	1 <sup>st</sup> (65 – 69)
Gerard van den Raad	1 <sup>st</sup> (75+)

## **TIME TRIALS**

The time trials will start at 17:15 from Tuesday. This will apply until the end of August.

Make use of the opportunity and do the weekly time trials with your club mates and stay fit.

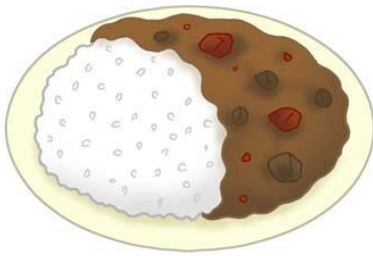
## **SOCIAL EVENING**

Our monthly social evening will take place on Tuesday evening after the time trials. Come and enjoy a lovely evening with your fellow club members. Bring the whole family!

Curry and rice will be available at a subsidized price of only R30. No need to prepare food at home. Braai facilities will also be available for those who want to braai.

Loads of lucky draw prizes to be won, including a pair of running shoes with the compliments of The Sweatshop Southdowns and Asics.

Ensure that you write your name in the lucky draw book before 19:00.



## TRAIL RUNS

The weekly trail runs on the farm are getting very popular. Become part of it and explore the farm. Tell your friends and family about it and bring them along.

# ARC IRENE

## — HYBRID RUN/WALK —

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

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

**ROAD:** 5km~R75 / 8km~R85 / 10km~R95 / 21km~R115  
**TRAIL:** 2km~R55 / 5km~R75 / 10km~R95 / 15km~R115  
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  
 AS WELL AS OFFICIAL RACE RESULTS  
(FOOD AND DRINKS AVAILABLE AT THE CLUB HOUSE)  
Earn up to 1500 Vitality Points

ENTER @  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)

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

DATE AND TIME

8 MAY'21

STRICTLY NOT PET FRIENDLY

COLLAGEN FOR ATHLETES

For more information contact  
 Glizelle @ 083 264 3931 or [revolutiontrails@gmail.com](mailto:revolutiontrails@gmail.com)

**the sweat shop**
  
 SPECIALIST • SPORTS • SHOES

## T-SHIRTS



**ALL Irene AC members who registered before end February 2021 must please collect their t-shirts by 1 June 2021 (Social Evening).**

Those that are not able to collect, please let Maggie know at [admin@irenerunner.co.za](mailto:admin@irenerunner.co.za) to see what alternative arrangements can be made.

T-shirts not collected by 1 June 2021 will be forfeited and given to new members who also would like a t-shirt but was too late for the registration deadline.

**NOTE:** The Admin desk will not be open on 18 May 2021.

## FROM THE WALKERS CAPTAIN





## ***CLOTHING SHOP***

The clothing shop will be open on Tuesday from 17:00.

# **IRENE FUNKY PANTS**

**R480 each**

Payment to Irene bank account:

Bank account name: Irene AC

Bank: Standard Bank

Branch: 012645

Account number: 032183186

Reference: Name and Surname\_FunkyPants



to order contact Ilze:  
082 440 3399  
ibotes181@gmail.com

**ORDERS CLOSE  
17 MAY 2021**

A number of people have enquired about the Irene Funky Pants. We will be taking orders from today until 17 May 2021. Your order will only be confirmed once we receive your proof of payment. Payment details are included on the flyer. Please contact Ilze to confirm sizing. Delivery dates will be confirmed once we close the orders.

This super awesome Irene UV jacket is now available on pre-order. Please read the details in the flyers and pop in at the club next Tuesday to check out the samples that we will have available for you to fit. Please be sure of your sizing before you order.

It is an ideal item to use during the winter months for training.

This is excellent value for money, don't miss out.

# IRENE UV JACKETS



Sky Blue



Lime Green



Rose Red



Orange



Yellow



Red



Dark Blue



White



Pink



Black

**R350**  
EACH

**CHOOSE  
YOUR  
COLOUR!**

**ORDERS CLOSE  
11 MAY 2021**

IRENE ATHLETICS CLUB

# IRENE UV JACKETS

Pre-Order Only.  
Contact Ilze:  
082 440 3399  
ibotes181@gmail.com

**ORDERS CLOSE  
11 MAY 2021**



**NOTE:**

Proof of payment to the Irene Bank Account confirms your order

Please make sure of your size before you order, unfortunately, we cannot accommodate any returns or refunds.

Sample jackets will be available for fitting at the Irene Clubhouse on **4 & 11 May 2021**

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IRENE ATHLETICS CLUB

# OTHER DETAILS

- Irene branding will be included on the front (small logo)
- Fits in Pocket
- Wind Protection
- Light Weight
- Anti-UV
- Quick Dry
- Anti-Tear
- Breathable
- Water Repellent
- Environment Protection
- Anti-Mosquito

## Banking Details:

Bank account name: Irene AC  
Bank: Standard Bank  
Branch: 012645  
Account number: 032183186  
Reference: Name and Surname\_UVJacket

**ORDERS CLOSE  
11 MAY 2021**

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IRENE ATHLETICS CLUB



We are now on



@ireneathleticsclub



## SOCIAL RESPONSIBILITY

A yellow poster for an Easter Charity Drive. On the left, there are illustrations of red, blue, and green Easter eggs. On the right, there are three cartoon characters: a yellow cereal box with a bowl of cereal, a yellow juice carton with an orange slice, and a brown chip bag. The text on the poster reads: 'EASTER CHARITY DRIVE', 'Irene is giving back to the community in April and we need your support', 'Please bring along a pair of shoes (old or new) or a contribution of non-perishable food to Time Trials on Tuesdays for the month of April', 'There will be a collection point at the clubhouse.', and 'Contact Buks for more info'. At the bottom, there are three logos: 'SHOES 4 Souls', 'ONSWINKEL SOLIDARITEIT HELPENDE HAND', and 'IRENE' with a tree icon.

# EASTER CHARITY DRIVE

Irene is giving back to the community in April and we need your support

Please bring along a pair of shoes (old or new) or a contribution of non-perishable food to Time Trials on Tuesdays for the month of April

There will be a collection point at the clubhouse.

Contact Buks for more info

**SHOES 4 Souls**

**ONSWINKEL**  
SOLIDARITEIT HELPENDE HAND

**IRENE**

## PERSONALIA

Deane	van Rooyen	03 May
Tania	Thompson	05 May
Helene	Meyer	07 May
Niel	Beeslaar	07 May
Sheren	Naidoo	09 May

**CSI** Sales  
Rentals  
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Trustworthy Property Solutions

Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

## THOUGHT FOR THE WEEK

With every rising of the sun, think of your life as just begun.



## Support amputated kids to have access to mobility, access to proper education and access to participate in sport

Jumping Kids was established in 2009 with the vision of providing limb technology to child amputees in South Africa and Africa. We provide prosthetic solutions and holistic support to those who need it most – children living with amputations from previously disadvantaged backgrounds. We walk beside them and support them to be successful members of society. We are well-known in the regional prosthetics space and proud of our growing global reputation in Paralympic sports.

### What we do:

- Supply and maintenance of high-quality prosthetic equipment.
- Access to mainstream schooling through bursaries and support.
- Access to sports equipment, sporting opportunities and inspiration.

### Jumping Kids Golf Day

Join us at the annual Jumping Kids Charity Golf Day and tee off for a good cause.

Where: Irene Country Club, 1 Mile 8, Doringkloof, Centurion, 0157

When: 8 July 2021

Time: 11:30 am – Shotgun Start

Format: 4 ball Alliance / Two scores to count

Costs: R4 000.00 per 4 ball

#### Includes:

- Shirt & cap
- Halfway snack & drink
- Carts (Two per 4 ball)
- Light snack dinner

100%

of our beneficiaries are physically disabled

80%

of Jumping Kids beneficiaries are classified as previously disadvantaged

35%

are female

For Golf Day Sponsorship, please contact Michael Stevens on: 0837889073 | [Michael@jumpingkids.org.za](mailto:Michael@jumpingkids.org.za)

For Golf 4 ball booking, please contact Simon on: 0761991255 | [jumpingkidsproject@dev-com.co.za](mailto:jumpingkidsproject@dev-com.co.za)

We had a good relationship with Jumping Kids in the past. Linley September is still very involved with them, hence this advert



## ***PHOTO CORNER***



Johan Engelbrecht and Johan Snyman doing the trail run on the farm



Maggie van Rooyen is also a regular participant at the trail runs



## Fun at the Freedom Day festivities















The van den Raad family



The Faling family

## The Pop Up run











Miles Saxby, Alan Hyson and John Ellmore



Kovilan Rajaruthnam



A beautiful morning on the farm. Such a privilege to have our club there



Yolande Cowley took part in the triathlon at Sun City over the weekend.