



IRENE NEWS

4 May 2020

No 17 - 2020



ACHIEVEMENTS

Well done to all our members who have done the Irene Limited Unlimited Challenge over the weekend. It is very positive that so many of our members are part of these challenges. See the results attached.

IRENE FACE MASKS

Dear Fellow Runners.

I am sure you have all enjoyed getting out of the house and have noticed all the “new” athletes out there.

In order to stay safe, please remember to wear your masks whilst outside.

I have been looking for a mask to run with as all of them are uncomfortable. The best so far seems to be:



I received a review from Runningworx that the mask works well and seems to be most comfortable so far. So, I am going on their word.

The mask has 3 layers and is according to standards. It even has some space to add a tissue to take along or for extra protection. I can get cheaper masks, but they are not as per standard.

In order to get the mask in Royal Blue (our colour) with our logo I need to order a minimum of 100. That will give us a price of R50.

Please send me your name, phone number and amount of masks you would like to vanh.thea@gmail.com or 0833057181. There is NO mark-up on the mask.

Please do not make any payment as yet. I need the order amount first. I will set up a group and inform payment and collection details.

Missing you all. Be safe on the roads.

Thea van Helden (Social Manager)

SWEATSHOP SOUTHDOWNS SPECIALS

Elvis contacted us to let us know that they are open and that they have a major sale on running shoes. From 20% to 50% off on some.



PERSONALIA

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

Christiaan	Dijkstra	05 May
Tania	Thompson	05 May
Suzanne	Van Rooy	06 May
Helen	Meyer	07 May
Sheren	Naidoo	09 May
Werner	Zandberg	10 May



Website: www.csi-euf.co.za

Tel: 011 805 6316



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REGISTERED QUANTITY SURVEYORS • GEREGISTREERDE BOUREKENAARS

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

THOUGHT FOR THE WEEK

If you cannot do great things, do small things in a great way.

