

IRENE NEWS

5 October 2020 No 39 - 2020



EDITORIAL

Apart from different virtual races taking place, there is not much to report about these days. Members are requested to send in all relevant news and photos for publication in the newsletter.

TRAINING AT THE ARC

Everything is basically back to normal. Members can run on the grounds from 15:00 during weekdays and anytime over the weekends. The club house opens at 16:00 on Tuesdays. Members are welcome to start together at 17:30 as long as lockdown protocols are adhered to.

VIRTUAL CSI IRENE FARM RACE

Entries for the race are going very well. We want to call on all our members to support the club by entering for the race. We need to generate some income.

Use this link to enter: https://irenefarmrace.co.za/

We salute CSi for coming to the party even though it will be a virtual race. They are an amazing sponsor!



Website: www.csi-euf.co.za

Tel: 011 805 6316



Date: 31 October 2020 Venue: Countrywide! You run

in your area, in line with

COVID-19 restrictions

Closing Date: 30 October

km, 10 km, 21

Same entry fee for all the distances Enter: www.irenefarmrace.co.za

Entry fees:

- Virtual medal on your social media
- **Vitality points** where applicable

- Race rules
 Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the event.
 All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.
 Minimum age for participation: 21.1km 16 years old and 10km 14 years old.

- Real medal plus quality CSI buff (only 1000 buffs available)
- Vitality points where applicable

Choose sport shop for collection of medal and buff:

- Run-Away-Sport: 012 361 3733
- Sweatshop Southdowns: 012 665 0048
- Sweatshop Dunkeld: 011 325 2567
- Sweatshop Bedfordview: 011 325 2567
- Sweatshop Broadacres: 011 465 2556

Delivery of:

- Real medal plus quality CSI buff (only 1000 buffs available)
- **Vitality points** where applicable

I hereby waive and abandon any or all claims of whatever nature that may arise from my participation in this event.

PERSONALIA

Danie Joubert had a back operation during the week, we wish him a speedy recovery.

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

Megan	Brown	07 Oct
Gerna	Horak	07 Oct
Brian	Peters	07 Oct
Adriaan	Visser	07 Oct
Corlia	Oberholzer	08 Oct
Emgee	van der Merwe	08 Oct
Zoe	Le Roux	09 Oct
Grazyna	Koornhof	10 Oct
Isi	Van der Schyf	10 Oct
Yolandi	Wiese	10 Oct
Jaap	Willemse	11 Oct



Website: www.csi-euf.co.za

Tel: 011 805 6316



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

THOUGHT FOR THE WEEK

Life is 10% what happens to you and 90% how you react to it.



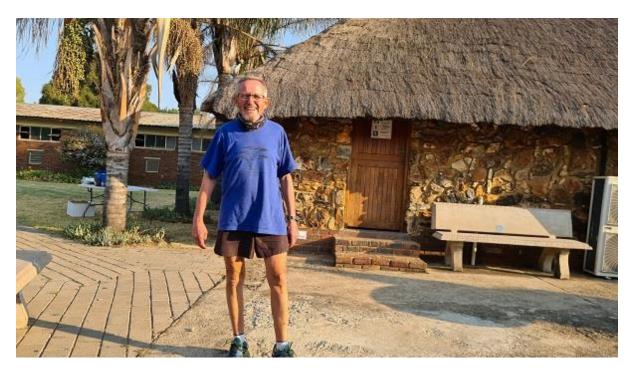




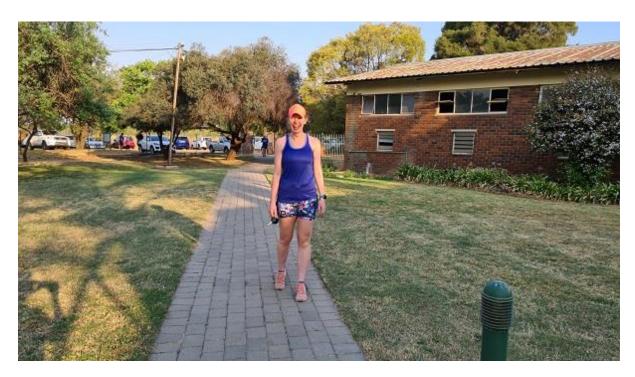
PHOTO CORNER



Annemarie Breytenbach



Derick van der Merwe



Megan Brown



Louwrens Smit



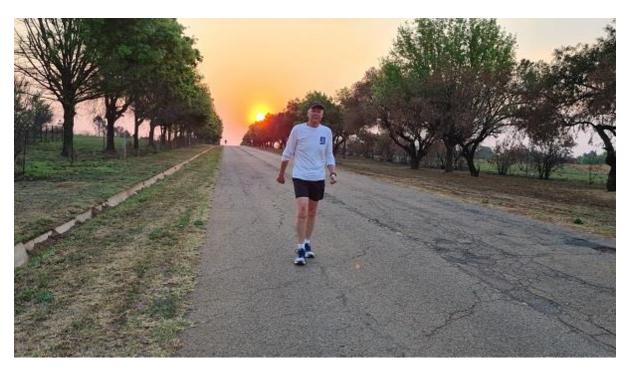
Ray Patterson



Letha Kotze and Rose Kavallineas



Things are getting back to normal



Pieter Jordaan



Linley September