



IRENE NEWS

6 December 2021

No 50 – 2021



REGISTRATIONS 2022

The info about the registration process for 2022 will be sent out during the week. Make sure that you don't miss it.

MONTHLY LUCKY DRAWS

You are all aware that the Sweatshop in Southdowns has closed down. This means that we have lost our sponsor of the monthly pair of shoes that was given away at the lucky draw.

We want to thank them and Asics for this tremendous sponsorship that has been going for many years. It was something to look forward to every month.

We are happy to announce that we have received a new and even better sponsor for our lucky draw. Mug & Bean Midstream will in future sponsor R4000 cash on a monthly basis. There will be a big prize at every social evening and a prize of R500 every other Tuesday. Indeed something to look forward to.

We are very grateful to them for this fantastic gesture and request our members to support them whenever possible.

BIG 5 SERIES

The Big 5 series has come to an end. We are waiting for the last medals and T-shirts to be delivered before it can be handed out. We will keep you posted.

Thank you to all our members and friends who have supported this unique series.

BAR NEWS

As usual there will be a bring and braai on Tuesday evening.


There will also be a few meat pies for sale.

Let's make it an enjoyable evening!



CHRISTMAS LIGHTS RUN

Don't miss out on our annual Christmas lights run. Bring the whole family and enjoy the Christmas lights of Lawley Street.




WHERE:
Jan Cilliers Park, c/o
Wenning and
Broderick street,
Groenkloof, Pretoria

WHEN: 9 December
2021, 18:15

WEAR: Something
Christmassy!

BRING: Donation
towards the SPCA
wishlist, or proof of
payment of
contribution

WHO: Irene Members,
Friends and Family



PERSONALIA

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

John	May	05 Dec
Miles	Saxby	06 Dec
Cindy	van Deventer	06 Dec
David	Holliday	07 Dec
Bernice	Swanepoel	08 Dec
Claudia	Hannweg	09 Dec
Johann	van de Venter	09 Dec



TRAIL RUN

Support the trail run on Saturday. **It will be the last one for this year.**



ARC IRENE HYBRID RUN/WALK

11th DECEMBER '21

STAGGERED STARTS BETWEEN 06H00 TILL 08H00

ROAD OR TRAIL RUN

2KM, 5KM, 10KM, 15KM OR 21KM

ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

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

FOR MORE INFORMATION CONTACT US AT:
083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM

Logos: REVOLUTION TRAILS, COLLEGE FOR ATHLETES, CEBE, 2020 VISION CARE

PERSONALIA

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

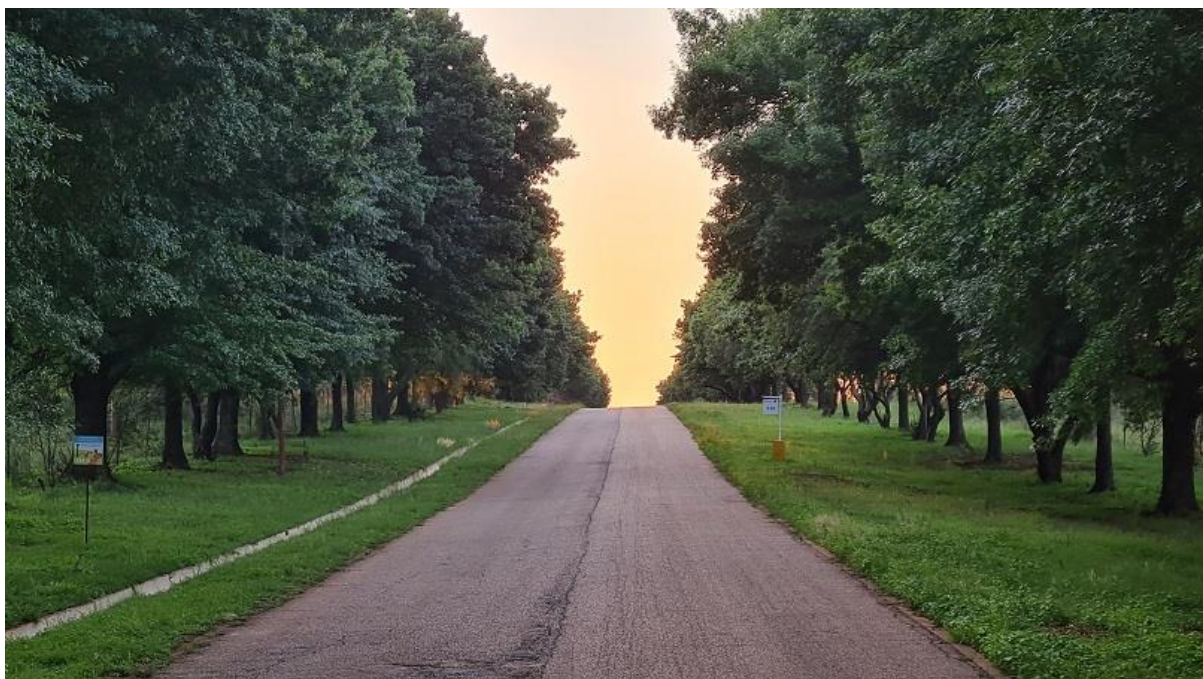
John	May	05 Dec
Miles	Saxby	06 Dec
Cindy	van Deventer	06 Dec
David	Holliday	07 Dec
Bernice	Swanepoel	08 Dec
Claudia	Hannweg	09 Dec
Johann	van de Venter	09 Dec



THOUGHT FOR THE WEEK

Never lose yourself while trying to hold on to someone who doesn't care about losing you.

PHOTO CORNER



What a privilege to have such a training facility



The picture says it all



Johan Engelbrecht and Johan van Vuuren enjoying the scenery



Linley September and Brian Marais in good spirit



Getting ready for the start of our last Pop-Up Run of 2021



Off they go for a very pleasant and enjoyable run/walk