



IRENE NEWS

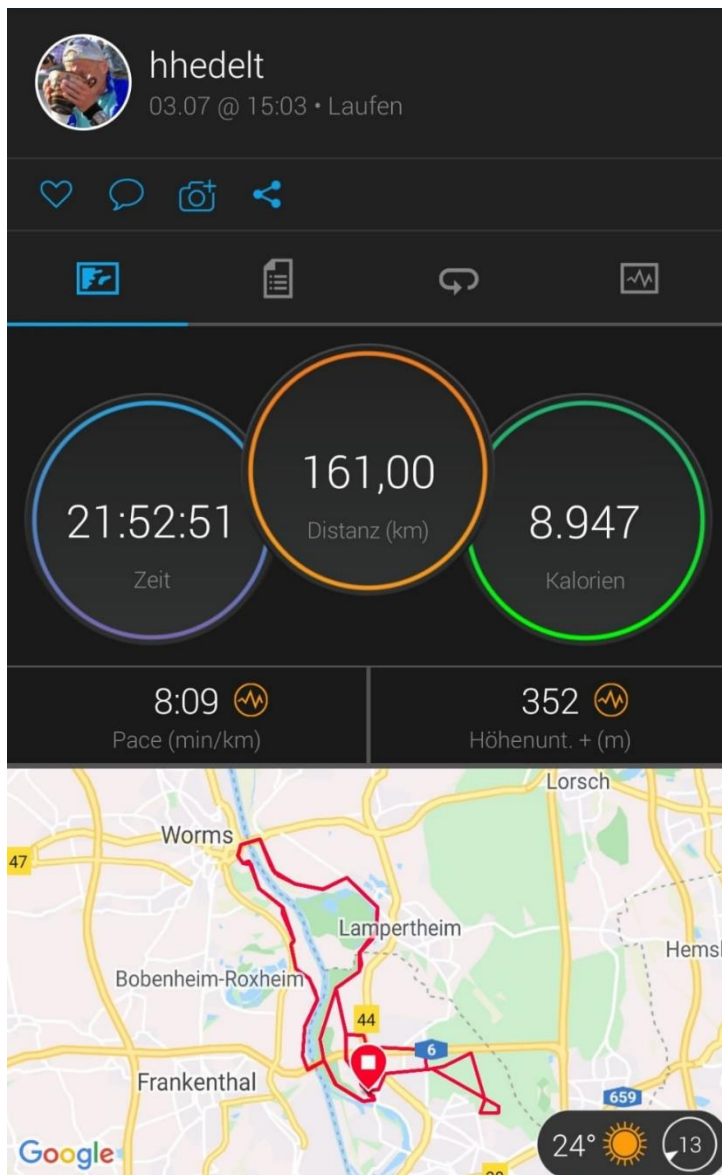
6 July 2020

No 26 - 2020



ACHIEVEMENTS

Congratulations to our German member, Holger Hedelt, who completed the virtual Washie 100 miler in a time of 21:52:51. An outstanding achievement!



IRENE 2ND HALF KICK OFF CHALLENGE

Well done to all who got out on Saturday 4 July. We had a few “explosive” results to align unintentionally with the Independence day in America.

Great work by Lenin to take overall honours in the half marathon, based on his average pace on the run he submitted (almost double the distance on the day).

Zoe Scholtz led the way for the ladies.

Below is the full result based on all submissions received.

Name	Surname	Distance Submitted	Time Submitted	Average Km Time	Race Distance	Adjusted Time	Gender
Lenin	Sithole	40.01	2:54:45	04:22	21.1	1:32:09	Male
Keith	Reynolds	21.1	1:32:45	04:24	21.1	1:32:45	Male
Musa	Nkosi	21.1	1:46:45	05:04	21.1	1:46:45	Male
Zoe	Scholtz	21.12	1:50:47	05:15	21.1	1:50:41	Female
Johan	Snyman	21.14	1:51:42	05:17	21.1	1:51:29	Male
Noel	Banda	21	1:54:43	05:28	21.1	1:55:16	Male
Buks	Van Deventer	21.1	1:56:37	05:32	21.1	1:56:37	Male
John	Ward	21.273	2:02:12	05:45	21.1	2:01:12	Male
Mpho	Motaung	29.7	3:04:00	06:12	21.1	2:10:43	Female
Judy	Faint	21.1	2:19:05	06:35	21.1	2:19:05	Female
Lynette	Gough	21.2	2:42:09	07:39	21.1	2:41:23	Female
Rosemary	Brink	15.4	1:22:10	05:20	10	0:53:21	Female
Andre	Nortje	10.01	0:54:51	05:29	10	0:54:48	Male
Yolande	Cowley	15	1:26:10	05:45	10	0:57:27	Female
Louise	Delpont	10.01	0:59:01	05:54	10	0:58:57	Female
Con	Purchase	12.72	1:19:46	06:16	10	1:02:43	Male
Francis	Thiebaut	15.09	1:36:50	06:25	10	1:04:10	Male
Kobus	van Niekerk	12.32	1:22:11	06:40	10	1:06:42	Male
Tebogo	Tselangoe	10.01	1:14:04	07:24	10	1:14:00	Male
Phineas	Mojapelo	10.31	1:46:23	10:19	10	1:43:11	Male
Mark	Ashley Adams	5.02	0:21:12	04:13	5	0:21:07	Male
Annatjie	Greyvenstein	5.01	0:31:23	06:16	5	0:31:19	Female
Marie	van der Walt	5	0:31:22	06:16	5	0:31:22	Female
Ashley	Williams	5	0:33:30	06:42	5	0:33:30	Female
Megan	Brown	5.14	0:37:37	07:19	5	0:36:36	Female
Anneri	Le Roux	5.31	0:46:32	08:46	5	0:43:49	Female

In the 10km, Rosemary Brink add 50% more than the required distance but still managed to come in ahead of everyone (based on average pace). Seems like the men in the club will need to step up a bit in the next challenge

Mark Ashley Adams is showing a bit of speed as we head into the second half of the year with a solid run in the 5km group. Annatjie Greyvenstein decided to take a run instead of walking and was first lady home.

Unfortunately only 1 photo was posted for the event – probably everybody else was too frozen to remember.



Keith Reynolds – First half marathon in full gear (long sleeves and track suit pants).

Some Comments from the Kick-Off Posts

Zoe Scholtz:

Its not about speed or distance, its about getting out on the road and remembering why we love to run 🌸 . Well done to everyone!

Francois :

More effort than I remember to get to 15...😓



Distance : 5, 10 or 21.1 km

Time : Anytime Saturday 18 July

Venue : You Choose but it **must be Off-Road** (gravel or trail)

Entry fee : A fun or scenic photo(s) from your run/walk

Photo with indication of the time and distance completed is to be posted on the Irene WhatsApp group (also Walkers group) **OR** sent via email to keith11523@gmail.com **OR** sent to Keith on WhatsApp 0824503275.



PERSONALIA

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

Alfred	Matema	06 Jul
Mpho	Netshiombo	06 Jul
Martin	Struwig	09 Jul
Corne	Johnstone	10 Jul
Yvette	van der Westhuizen	10 Jul
Hein	Pheiffer	11 Jul



Website: www.csi-euf.co.za

Tel: 011 805 6316



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

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

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JUSTICE LEAGUE VIRTUAL RUN SERIES

Become part of a virtual run/series with a difference!

This is an opportunity to get our club members, families and friends and especially children involved.

Big cash prizes for clubs to be won! Different competitions!

Receive the following before the start of the race:

- Collector's Edition Superman Medal
- Limited Edition Superman T-shirt
- Limited Edition Superman Button Badge

Your participation will assist towards a donation of food packs to children aged 6 months to 5 years old.

To run 10 km is not a challenge for most members. The challenge with this race is to get your family involved, especially your children to ensure that they run one of the distances in a Super-Hero T-shirt. The distances are 2.5 km, 5 km, 7.5 km and 10 km.

There are many ex-members who are still receiving the newsletter. It is also a challenge to you to become part of it and to see how many entries we can get as part of the Irene family.

Please enter on this link only: <https://tickets.tixsa.co.za/events/26282/tag/IkhonjaneAC>

It will automatically link you to Irene. Please note that by entering on the website you will **not** be linked to Irene.

THE RUN / WALK EVENT YOU'VE BEEN WAITING FOR

**YOUR ROUTE,
YOUR RUN,
YOUR WAY!!**

VIRTUAL RUN SERIES

**JUSTICE
LEAGUE**

AWESOME ENTRY PACK
DIFFERENT FOR EACH RUN



COLLECTOR'S EDITION MEDAL



SPECIAL LIMITED EDITION T-SHIRT



BUTTON BADGE

SUPERMAN |||| VIRTUAL RUN 19 JULY

2.5KM • 5KM • 7.5KM • 10KM

**ENTER AT
WWW.JUSTICELEAGUESERIES.CO.ZA**



JUSTICE LEAGUE and all related characters and elements
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ENTER THE JUSTICE LEAGUE™ VIRTUAL RUN SERIES. JOIN YOUR FELLOW RUNNERS (OR WALKERS, CRAWLERS AND CYCLISTS) AND EXPERIENCE THE HEROICS OF COMPLETING A 2.5KM, 5KM, 7.5KM OR 10KM RUN/WALK IN YOUR VERY OWN NEIGHBOURHOOD.

TAKE FLIGHT WITH SUPERMAN BY ENTERING THE JUSTICE LEAGUE™ VIRTUAL RUN SERIES, SUPERMAN RUN!

In only a few weeks, during the Superman Run, people in all the towns and cities in South Africa will emerge from their homes as one and take to the streets wearing their Superman T-shirts. Although keeping physical distancing, the participants will be prominent – a sight that has never been seen before in the country. We have limited the entries for the first Virtual Run/Walk, Superman Run, to 20,000 NATIONWIDE.

We are starting appropriately with the "Superman Run" and then each following month another Super Hero will take the lead. Linking with Wonder Woman. Then follows Aquaman, Batman and the series will finish off with The Flash.

YOUR SUPER HERO KIT:

What good is doing good without a few goodies? Entry* into the Justice League™ Virtual Run Series gets you equipped with the following essential armour:

As part of your entry each Super Hero participating will receive a Super Hero Kit* (customised per event so make sure you collect all 5 Super Hero Kits).

FOR THE SUPERMAN RUN THE KIT WILL INCLUDE:

Collectors Edition Superman Medal

Limited Edition Superman T-shirt

Limited Edition Superman Button Badge

All entries for the Superman Run will receive a PVM Energy Bar (official energy bar of the Superman Run) included in your Super Hero Kit.

*Super Hero Kit content branded per respective Super Hero Run.

HOW TO ENTER:

Fly to our website www.justiceleagueseries.co.za and give the "ENTER HERE" button a KAPOW! You will unlock your Super Hero access from this page.

6 SEPTEMBER
AQUAMAN

THE FLASH
8 NOVEMBER

BATMAN
4 OCTOBER

WONDER WOMAN
9 AUGUST

SUPERMAN
19 JULY

VIRTUAL RUN SERIES

JUSTICE LEAGUE

ALL THE INFO!

WWW.JUSTICELEAGUESERIES.CO.ZA

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Facebook, Twitter, Instagram, YouTube, TikTok icons

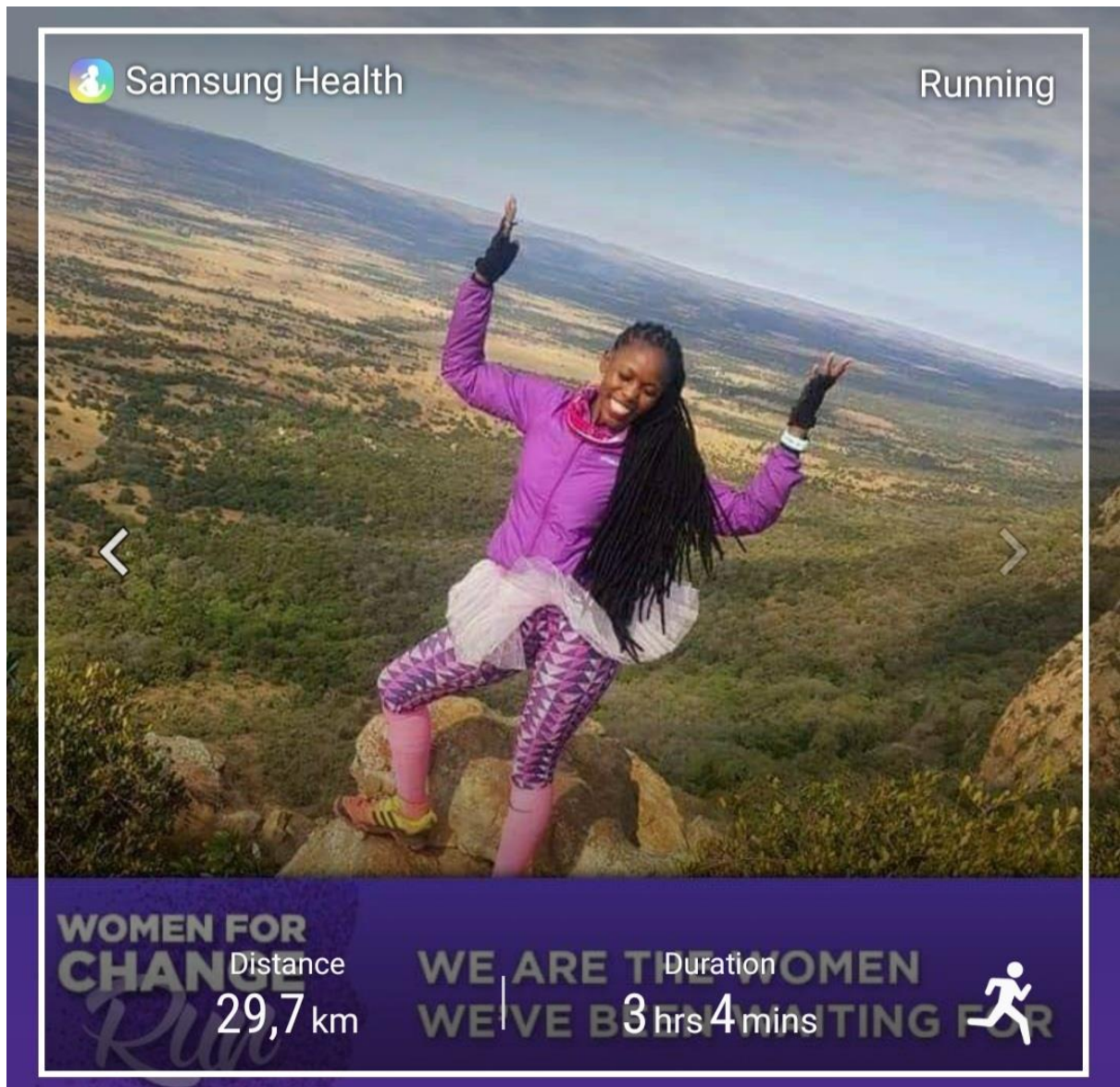
THOUGHT FOR THE WEEK



PHOTO CORNER



The management committee held their first virtual meeting on Tuesday evening



Mpho Motaung, high up in the mountains