



IRENE NEWS

6 September 2021

No 37 – 2021



TUESDAY SOCIAL BRING & BRAAI



TWO SALADS ON THE HOUSE JUMPING CASTLE



QUIZ NIGHT LUCKY DRAW

SOCIAL EVENING

We can look forward to a great social evening on Tuesday. Be there to be part of a quiz team or to support a team.

You may walk away with a pair of Asics running shoes worth R2500 if you stay for the lucky draw at 07:00

Teams of 4 - R100 per team – Winners take all



TIME TRIALS

Please note that the time trials will start at 17:30 from Tuesday. It will stay like this till the end of April.

SPRING HANDICAP

The time trials on Tuesday will be different. No watches will be allowed, and the time trials will be run in the opposite direction. Everybody must predict their finishing time and write it in a book that will be provided. The winner will receive JointEze products worth R300.

TRAIL RUN

Please support the trail run on Saturday



ARC IRENE
— HYBRID RUN/WALK —

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

STAGGERED STARTS & REGISTRATION AVAILABLE FROM 06H30 TILL 08H00

ROAD: 5km~R75 / 10km~R95 / 15km~R115 / 21km~R125
TRAIL: 2km~R55 / 5km~R75 / 10km~R95 / 15km~R115 / 21km~R135
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)
ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE

2km, 5km & 10km: Start between 06h30 till 08h00
15km & 21km: Start between 06h30 till 07h00

ALL FINISHERS RECEIVES A MEDAL
Earn up to 1500 Vitality Points

ENTER @
WWW.REVOLUTIONTRAILS.CO.ZA

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

DATE AND TIME
11 SEPTEMBER '21
STRICTLY NOT PET FRIENDLY

REVOLUTION TRAILS

For more information contact
Glizelle @ 083 264 3931 or revolutiontrails@gmail.com

YCEB PURE ADRENALINE **2020 VISION CARE** **COLLAGEN FOR ATHLETES**

WANT TO BE PART OF A WORLD RECORD?

“Ball for All” in conjunction with Planet Fitness, USN and other major companies, hereby cordially invite five members of Irene Athletics Club, to join us for the “Event of a Life Time”, as participants, for our World Record Attempt at the “Wheelchair Combi Dance”, DV 16 October 2021 in Pretoria East – 11h00 to 14h00. Objective – 130 Able Bodied dance partners together with 130 wheelchair users. Formation dance in the Contemporary dance category. All 260 dancers on the dance floor, doing the same, easy choreography, to Queen’s all-time hit “Don’t stop me now”. Training is done per short videos sent per WhatsApp, and rehearsal groups are available in Murrayfield, Villieria, Randburg and Benoni

Entry is free, a light lunch will be served and a cash bar will be available. Excellent products in the goodie bags, and exquisite prizes to be won.

Participants may capture their detail by clicking on this link - <https://forms.aweber.com/form/38/1736464238.htm>

More details on our website page www.ballforall.biz/world-record-attempt



PERSONALIA

Our condolences go to Aletha van den Bergh whose father passed away during the week.

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

Themba	Mathebula	01-Sep
Telanie	Venter	07-Sep
Koketso	Mokele	08-Sep
Samantha	McIntosh	08-Sep
Pierre	Marais	09-Sep
Aileen	Campbell	09-Sep
Anita	Steyn	11-Sep
Keri	Vorster	11-Sep
Gugulethu	Mngomezulu	11-Sep
Pieter	Saayman	12-Sep
Sandra	Steenkamp	12-Sep

CSI Sales
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Website: www.csi-euf.co.za

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THOUGHT FOR THE WEEK

It's kind of fun to do THE IMPOSSIBLE.



JOINT**Eze**TM



Knowledge Integration Dynamics

PHOTO CORNER



Congratulations to Marie van Dyk, the trophy says it all!

There was so much going on at the club on Saturday! The Spar Women's Virtual, the Pop Up Run and the Trail run. We want to encourage our members to participate in the activities.



Getting ready for the start



Danie Labuschagne explaining the route to all



And off they go!



Renette and Riaan Prinsloo



Estien and Fanie van Wyngaard



Happy to be part of the Irene activities



Where else will you have cattle as spectators?



Relaxing after their trail run



The Eksteens, Mariet Louw's family



Thank you to Danie Labuschagne for marking the road so properly



It was such a lovely day to relax at the club house



A family gathering, Albert and Lucille Pretorius with Paul and Annemarie Chinchin



There were some devastating fires on the farm on Friday caused by electrical short circuits



Fortunately no structural damage was caused and no livestock was lost