

IRENE NEWS

7 Jun 2021 No 23 - 2021



TRAIL RUNS

Come and enjoy the trail run on Saturday. Please remember that Irene members don't have to pay to run on the road on Saturdays unless you want a medal and be part of the trail run setup.



YELLOW PAGES

The first edition of the Irene Yellow Pages will be sent out on Wednesday. Please submit your ad not later than Tuesday. You will be surprised with the results.

STRENGTH TRAINING

The Monday strength classes have resumed, starting at 17:00 at the club house. Bring your own foam roller, towel/exercise mat and dumbbells. It will make you a better athlete.



PERSONALIA

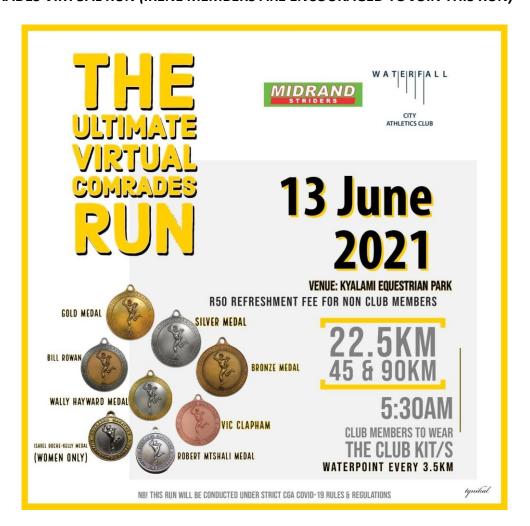
| Lucia | Willemse | 08 Jun |
|---------|-----------|--------|
| Joubert | Krugel | 08 Jun |
| Drix | Pretorius | 09 Jun |
| Phineas | Mojapelo | 11 Jun |
| Amalia | Thomas | 11 Jun |
| Pieter | Wiese | 12 Jun |
| Yvonne | van Wyk | 13 Jun |



Website: www.csi-euf.co.za

Tel: 011 805 6316

COMRADES VIRTUAL RUN (IRENE MEMBERS ARE ENCOURAGED TO JOIN THIS RUN)



THOUGHT FOR THE WEEK

Every sixty seconds you spend upset is a minute of happiness you'll never get back.

PHOTO CORNER



Congratulations to Jolande Janse van Rensburg who completed the Durban half Ironman



Welcome to new members Meegan Knoetze and Anthony Cumpsty



The start of the Alpha Centurion ladies at the Alpha Centurion 21 km championships held at our premises on Sunday