



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.

ARC IRENE — HYBRID RUN/WALK —

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

**STAGGERED STARTS & REGISTRATION
AVAILABLE FROM 07H00 TILL 09H00**

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

ALL FINISHERS RECEIVES A MEDAL
AS WELL AS OFFICIAL RACE RESULTS
(FOOD AND DRINKS AVAILABLE AT THE CLUB HOUSE)
Earn up to 1500 Vitality Points

ENTER @
WWW.REVOLUTIONTRAILS.CO.ZA

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

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

DATE AND TIME
12 JUNE '21
**STRICTLY
NOT
PET FRIENDLY**

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)

THE ULTIMATE VIRTUAL COMRADES RUN

13 June 2021

VENUE: KYALAMI EQUESTRIAN PARK

R50 REFRESHMENT FEE FOR NON CLUB MEMBERS

**22.5KM
45 & 90KM**

5:30AM

CLUB MEMBERS TO WEAR THE CLUB KIT/S

WATERPOINT EVERY 3.5KM

MIDRAND STRIDERS

WATERFALL CITY ATHLETICS CLUB

GOLD MEDAL

SILVER MEDAL

BRONZE MEDAL

BILL ROWAN

WALLY HAYWARD MEDAL

VIC CLAPHAM

ISABEL ROCHF-KELLY MEDAL (WOMEN ONLY)

ROBERT MTSHALI MEDAL

NB! THIS RUN WILL BE CONDUCTED UNDER STRICT CGA COVID-19 RULES & REGULATIONS

spiritual

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

