



IRENE NEWS

8 February 2021

No 6 - 2021



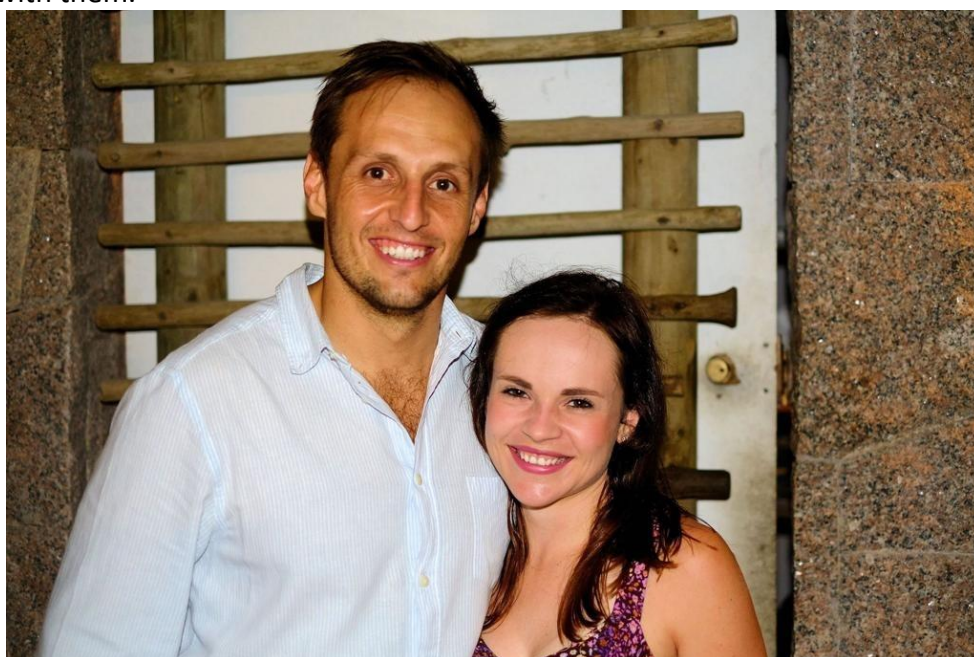
NEW BAR ATTENDANTS

You are all aware that Buks van Deventer recently resigned as barman. He concluded his duties last Tuesday. We want to thank Buks for his excellent service. Fortunately, he is not lost for the club and as member of the management committee, he is in charge of the social responsibility portfolio. He will also assist at club runs as in the past.

The search for a new bar attendant started some time ago and was well advertised. It must be emphasized that this is a position that is contracted out and that the person in charge runs it independently as a small business enterprise. Quite a number of applications were received, and it was a difficult task to make a choice.

We can now announce that the new bar attendants will be Charles Jaquire and his wife, Zsa-Zsa. Charles has been a member of the club for a few years and is the owner of the Mug & Bean in Midstream and a few other coffee shops. We are positive that his infrastructure will be a great benefit to the club. They are both keen to serve the club and its members and will start with their duties on Tuesday. He has already indicated that they will open at 16:00.

Our members are invited to pop in to meet them and to support them in future. They have excellent ideas that will make a difference. You can expect announcements from time to time from them with regards to special offers, meals etc. Please feel free to share your ideas for the bar with them.



HANDING OUT OF CLUB T-SHIRTS

The handing out of the first batch of club T-shirts will start on Tuesday, 16 February. More about it and a possible social evening in next week's newsletter.



REGISTRATIONS 2021

Please be reminded that all members who register before 28 February will receive these T-shirts. Make sure that you don't miss out.

CLUB HOUSE (THE PLACE TO BE ON A TUESDAY AFTERNOON)

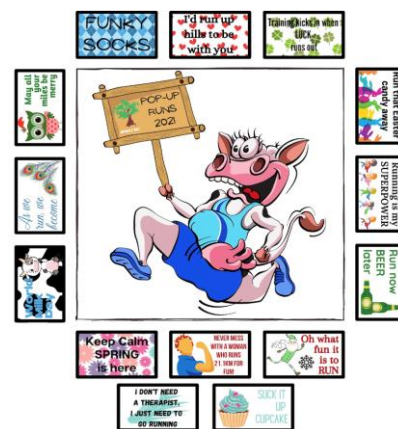


POP-UP RUN

Welcome to the Irene Pop-Up Runs for 2021

So, what are the runs about....

They are a chance for fellow runners to explore new routes and have an opportunity to run with friends. This is open to all Irene members as well as non-members. There are 14 planned for the year and will be a run every month on the 1st Saturday of the month, unless otherwise communicated. 4 additional runs will also be included during the course of the year for special events. The venue and route will be communicated the day before the run and will be within a 5km to 15km radius of the Irene Club. If you are not able to make the specific run or there is a change in the lockdown status, there will be an option for a virtual run. The runs will be informal and there will be no formal route markings, marshals, water points or timing. Each run will cater for various distances, varying from a 5km to 21km and will cater for all runners and walkers.



So what do you need to know....

- **Medals:** Yes there is a unique series of magnet medals, which can be purchased as a bundle or individually per run. The medals are an option, and participation can be without the medals.
- **Pricing:**

Irene Members
Full bundle: R 500.00 for 14 run medals and center medal
OR
Build your medal based on your runs at R35.00 per run medal and R80.00 for the center medal

Non-Irene Members
Full bundle: R 560.00 for 14 run medals and center medal
OR
Build your medal based on your runs at R40.00 per run medal and R90.00 for the center medal

- **Payment details:**
Note EFT Payments only. Cash will not be accepted. Payments to be made to the Irene Bank Account and proof of payment is to be brought to the run.
- **Bank Account details:**
Bank Account Name : Irene AC
Bank : Standard Bank
Branch : 012645
Account Number : 032183186
Reference : Name and Surname_PopUp Run
- **Date and time:** 1st Saturday of a month with a planned start time between 6 am and 630 am, dependant on curfews;
- There will be a theme and a colour per run; and
- The more runs you do the more medals you collect.

The runs are not about timing and racing, but sharing, exploring and running!

So what is planned for the next 3 months

- Saturday 13th February - Valentines Run
- Saturday 6th March - St Patrick's Day Run
- Saturday 3rd April – Easter Bunny Run

If you have a route that you would like to share, please contact us, so we can get your route on the map! Keep watching this space for more detail.

IRENE POP UP RUN 13 FEBRUARY 2021

When: Saturday, 13 February 2021

Start: between 06:00 and 06:30

Distance: 5km, 10km, 21km

**Start location will be
provided on 12 February 2021**

Theme: Wear something RED

Keen to get your hands on a unique medal?

See Entry Fee details to find out more!

Please observe social distancing guidelines.

Participation is at own risk.

Irene members, family and friends are welcome.

Bring own refreshments


the sweat shop
SPECIALIST • SPORTS • SHOES

JOINTEze****TM

ENTRY FEE DETAILS

Irene Members:

Full bundle: R500 (all medals included)

OR

Build your medal your way

Middle medal: R80

Small medals: R35 each per run

Non Irene Members:

Full bundle: R560 (all medals included)

OR

Build your medal your way

Middle medal: R90

Small medals: R40 each per run

Payment details:

NOTE: EFT Payments only. Cash will not be accepted

Please make payment into the Irene bank account and bring your proof of payment to the Pop Up run

Banking Details:

Bank account name: Irene AC

Bank: Standard Bank

Branch: 012645

Account number: 032183186

Reference: Name and Surname_PopUpRun

Please take note that the next Pop-Up run will take place on Saturday, 13 February. More details to follow.

FROM THE WALKER'S CAPTAIN

Daar is weer baie op die atletiek Baan en Veld (B en V) horison om oor opgewonde te raak!!

Carl Meyer is weer Dinsdag by ons vir 'n lekker harde afrigtingsessie! Dit is 'n moet vir al ons atlete om weer pitkos te kom kry. Ons moet nou vinnig oorskakel van lang basis afstande na vinnige B en V items (3000m, 5000m en 10 000m items vir stappers en volledige B en V byeenkomste vir ander atletiek dissiplines). Die GNMA Kampioenskap minder as 2 maande van nou af. Nou word speedwerk baie belangrik! Carl moet sy wonderstaffie kom swaai en ons vinnig weer in lyn kry en rigting gee.

Ek vertrou dat ons binnekort, maar binne die Covid 19 omstandighede, weer aan verskeie byeenkomste, insluitend die GNMA Kampioenskap kan deelneem.

Ek wil ieder-en-elk-en-inkelte nooi om deel te word van die AGN B en V asook die Stap GP byeenkomste. Dit maak voorsiening vir alle ouderdomme. Dit is waar ons atlete blootgestel word aan beamptes, stap skeidsregters en keurders vir AGN en GNMA spanne! Hier toets ons onself en pluk die vrugte van maande en jare se harde voorbereiding!

Baie het die afgelope tyd gebeur. ASA het weer byeenkomste, gegewe streng Covid 19 protokol vereistes, toegelaat. AGN B en V Kommissie het dadelik 7 byeenkomste voor einde Maart aangekondig, enkele byeenkomste selfs by Pilditch! GNMA se Kampioenskap datum is ook bekend gemaak. Verskeie van die byeenkomste maak spesifiek voorsiening vir Meesters Atlete. Die AGN Stap Kommissie het ook hul datums vir die fantastiese Stap Grand Prix Reeks bekend gemaak (dank en waardering aan Jaap [en Lucia] wat die byeenkomste so suksesvol organiseer en aanbied)! Ek het al die informasie reeds deurgegee op die stappers se gonsgroep.

Heelwat van ons stappers kan vir SAMA Nasionale Kleure kwalifiseer aangesien die sluitingsdatum vir kwalifikasie na regs geskuif is.

Hou vas, hier kom 'n lekker en uitdagende paar maande. Ons glo dat Covid 19 dit sal toelaat.

Lekker oefen en sien julle almal Dinsdag by Carl se sessie!

Danie

PERSONALIA

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

Glenham	Simmonds	08 Feb
Blanche	Van Vuuren	08 Feb
Thabiso	Mashaba	09 Feb
Corne	du Toit	11 Feb
Andre	Fourie	11 Feb
Hlulani	Hlangwane	11 Feb
Mike	Gibbons	12 Feb
Sonet	Klopper	12 Feb
Hannah	Pheiffer	12 Feb
Jeremy	Timm	12 Feb
Matheus	Strydom	13 Feb
Chantelle	Badenhorst	14 Feb
Ilse	Merrick	14 Feb



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

Live your life and forget your age.