

# **IRENE NEWS**

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## SPAR WOMEN'S CHALLENGE

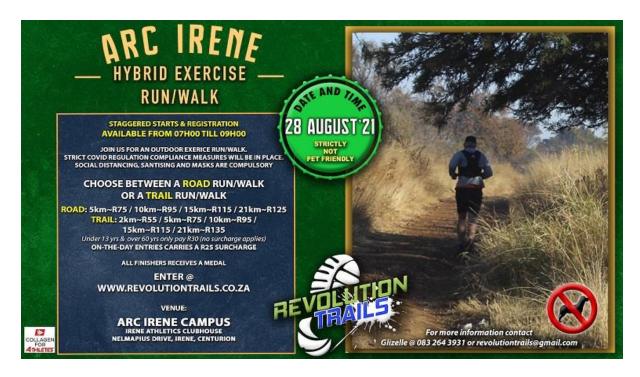
The final number of entries was 165! Thank you to all our members for a great effort.

At the end Belinda Hudson and Braam Swanepoel were our winners, congratulations! They will both receive free membership for 2022.

We plan to give all the entrants the opportunity to do their run/walk from the club house on 4 September if they so wish. We will keep you posted.

# **TRAIL RUN**

Join the trail run on Saturday





#### **ADMIN DESK**



#### FREE OFFER

I am a biokineticist in Rooihuiskraal, and I would like to invite a few members of your running club to come for a free session on my Grucox Eccentric Trainer.

I have seen countless people with legs stronger and more resilient than ever before after a 12-week strengthening program on this wonderful machine, with many more, including myself, achieving personal bests on my 5km and 10km runs after only a few weeks of training on this machine.

I believe that every runner at your club can get tremendous value from the Grucox Eccentric Trainer.

Members who are interested can make an appointment via WhatApp on 082 309 7939. Groups of 2 or 3 can attend at the same time.

Mondays in Rooihuiskraal at PTX Therapy (160 Panorama Road) and Tuesdays, Thursdays and Fridays in Queenswood (Planet Fitness @ Queenswood Quarter, Whittle Lane).

Michael Botha

## **PERSONALIA**

Lientjie Oelofse had a knee operation on Wednesday, we wish her a speedy recovery.

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

Charlene	van Niekerk	25 Aug
Jurie	Venter	26 Aug
Deon	Hoffmann	26 Aug
Kayla	Odendaal	27 Aug



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# THOUGHT FOR THE WEEK

You can't start the next chapter of your life if you keep re-reading the last one.

# PHOTO CORNER



The monthly walkers coaching sessions with Carl Meyer resumed on Tuesday



Warming up exercises



Estien van Wyngaard doing her warm-up exercises



Con Purchase, Dave Roux, Linley September, Venita Brown and Johan Engelbrecht



The way to relax after your time trial. Neil Jolly and Ilona Chester enjoying themselves



