



# IRENE NEWS

23 August 2021

No 35 – 2021



## 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

### ARC IRENE

#### HYBRID EXERCISE

#### RUN/WALK

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

JOIN US FOR AN OUTDOOR EXERCISE RUN/WALK.  
STRICT COVID REGULATION COMPLIANCE MEASURES WILL BE IN PLACE.  
SOCIAL DISTANCING, SANITISING AND MASKS ARE COMPULSORY

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

**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**

ALL FINISHERS RECEIVES A MEDAL

**ENTER @**  
**WWW.REVOLUTIONTRAILS.CO.ZA**

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

**DATE AND TIME**  
**28 AUGUST '21**  
**STRICTLY NOT PET FRIENDLY**

**REVOLUTION TRAILS**

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



## ADMIN DESK

	Admin Desk Availability during August:		
	Tuesday	10 August '21	17:00 – 18:00
	Tuesday	17 August '21	Closed
	Tuesday	24 August '21	17:00 – 18:00
	Tuesday	31 August '21	Closed

## 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 WhatsApp 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



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

## 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

**JOINT***Eze*<sup>TM</sup>



Knowledge Integration Dynamics