



IRENE NEWS

5 July 2021

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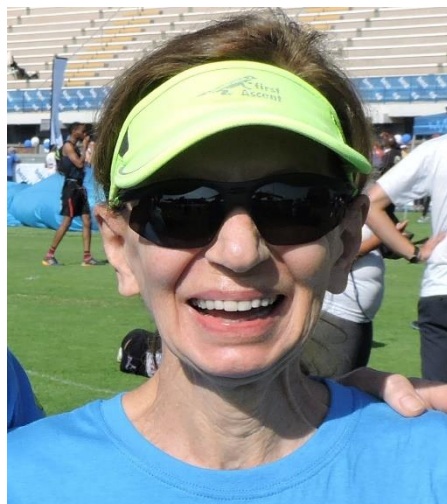


ACHIEVEMENT

We congratulated Annatjie Greyvenstein two weeks ago with the SA record that she broke in the 5000 meters walk (age category 75 – 79). It has now been confirmed that she has also broken the world record! The admin process is now taking place to get it recognized by the respective governing bodies.

Congratulations to Annatjie Greyvenstein once again with this even more remarkable achievement.

We are all very proud of her.



UV JACKETS

For those members who still have to collect their Irene UV jackets, they will now only be available at the admin counter once the club reopens.

SPAR VIRTUAL RACE

The Spar Virtual Challenge will take place on 4 September.

We have an agreement with Spar that our club will receive a share of the entry fees of all athletes that enter under Irene Athletics Club.

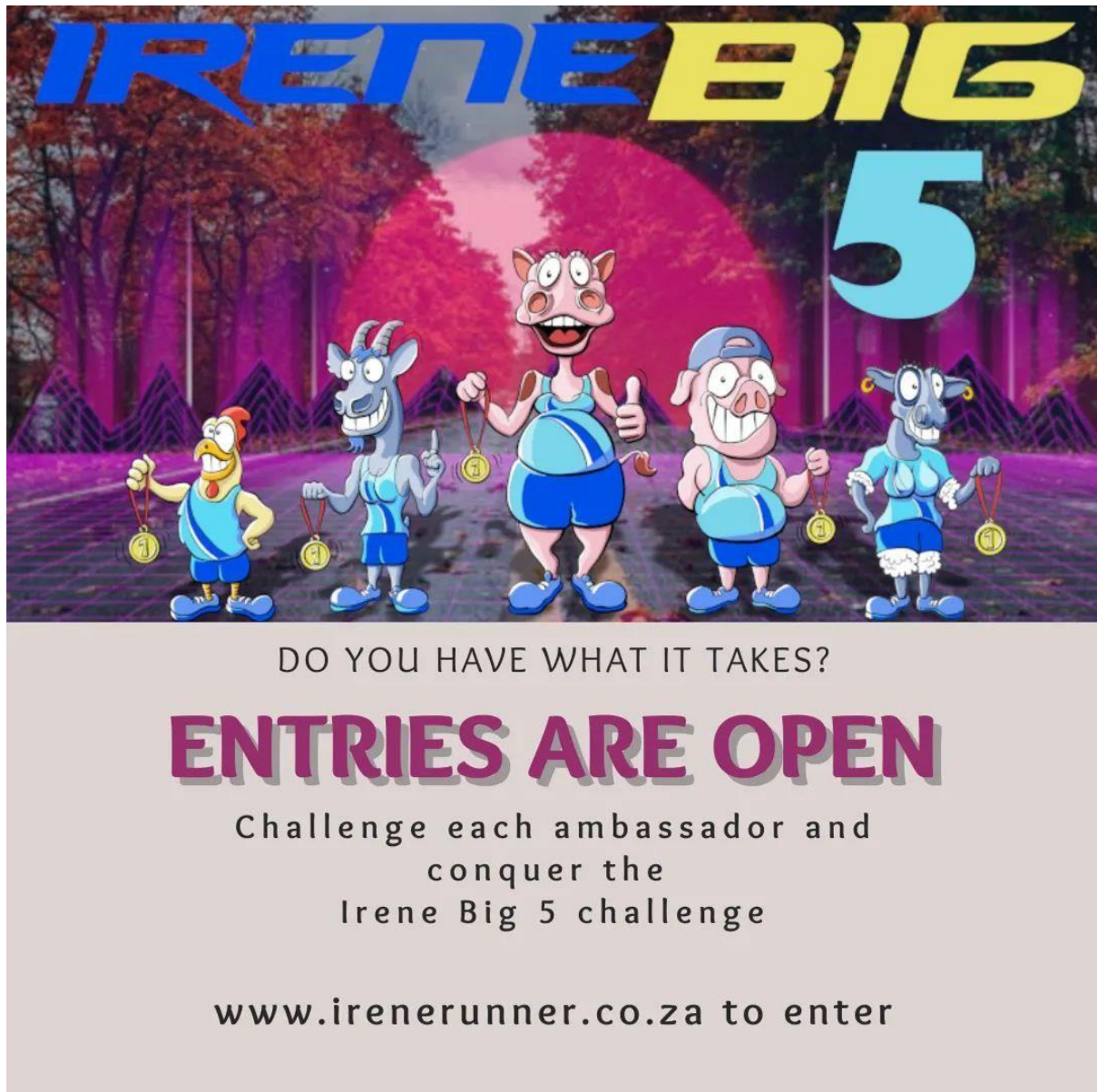
Please do NOT enter now. More details of how to enter will be sent out shortly.

This will be a great opportunity to earn some income for the club. Your support will be appreciated.



IRENE BIG 5 CHALLENGE

We want to call on all our members to support the Irene Big 5 challenge. It is a very special challenge to keep us going during these difficult times. We need your support.



DO YOU HAVE WHAT IT TAKES?

ENTRIES ARE OPEN

Challenge each ambassador and
conquer the
Irene Big 5 challenge

www.irenerunner.co.za to enter

Entries are open for the Irene Big 5. For all the info and to enter 📍
www.irenerunner.co.za

Click on this link again to learn more about the challenge:

<https://www.youtube.com/watch?v=IXGsQziR8IE>



BIG 5 COLOURING- IN BOOK



Do you need something to keep the kiddies occupied? Let them colour in our Irene Big 5 characters! Download our free printable colouring-in book here 📖

<https://drive.google.com/file/d/1flsXfbqqj3HywiSOBKxlrBg8ho1zuLD3/view>

Please post their artwork to the Irene Facebook page - we would love to see how creative your little ones are 😊

TRAIL RUNS

The trail run has been cancelled during the current lockdown period. To ensure the safety of all they have come up with something special to still give you the opportunity to participate.



HOW DOES IT WORK:

We know everyone is tired of Virtual runs... But what about a virtual run/walk with a difference...

We are launching our Virtual Treasure Hunt Run/Walk this coming weekend.

Book your single run/walk time-slot and be sent the location where you must go and do your run via email as well as instructions. There is one venue in Centurion and one in Midrand.

There will also be some “treasures” along the way which you need to take a pic of to stand a chance to win an exclusive Revolution Trails Buff. One winner every Saturday and Sunday. Everyone will also receive their results for the venue at which they had to go and do their run/walk to see how they did against others that went on the hunt.

So, come and have some fun while still staying safe and healthy.

Bookings available at www.revolutiontrails.co.za

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

WALKING TIPS BY JURGEN SPENSER

Dear Walkers and Friends

Good Advice (a special edition for all new RW recruits)

During this Covid virus pandemic a lot of people have discovered the enormous health benefits and general wellbeing a daily walk can contribute. A 15 to 30 minute daily stroll or a bit faster walking is great for keeping sane and maintaining ones mental health.

This is the time for us the “converted” to go out and recruit and swell our Racewalking numbers.

I have made a start with 3 generations of my own family, daughter and two granddaughters (22 and 19 years old) on the track for the third week now and Ella already matching my speed over 3000 m and in the sprints (29 sec/100m). Then we have three runners opting to add some variety to their running training schedules. I hope I can keep them “hooked” and do some more recruiting.

How about all you experienced walkers become “walking salesmen”. Deborah told me a few weeks ago that she is busy recruiting for VOB. That’s the spirit. After all, walking – faster walking – racewalking, can be such a nice little part of your life, that makes you feel better, look better and perhaps be a better person.

There are so many benefits and pleasures to be gained.

In 36 years of RW I have never gone out for a training session when feeling down and depressed, without returning from that session feeling that the world was a little bit of a better place to be in, than when I started out.

You will lose weight, and should you be too skinny, you will probably gain weight.

You will feel better about yourself, because you are able to do something well that most people can’t do.

You will be healthier. Hippocrates said over 2000 years ago: -“walking is man’s best medicine”. That is still true today. You get all the benefits that runners receive, without injury problems that haunt so many of them..

You will sleep better. There may be some walkers that don’t sleep well, but I don’t know any. Walking tires the entire body out, ready for a fine sleep.

Something else you will be better at, male or female, but I will not elaborate on that point.

You will also meet some interesting new friends. Because we RW’s are a rare breed, we are a bit different and a bit more interesting than the rest of the crowds.

John Gray in his book “RW for fun and fitness” says: -

RW is a perfect sport to start with, switch to from running, or why not do both.

Some runners have claimed after several weeks of only RW training, they have achieved PB’s in running races afterwards.

Taking up RW, you will get from head to toe and all points in between, you will be better off. Even the worst feet will thrive when you racewalk. Your legs will firm up and slim down, and the knees**, the most vulnerable part, will be safe. Your waist will grow smaller, your stomach flatter and stronger. Your heart will be safe as it grows stronger. Your upper arms will no longer be flabby. And your head will benefit from all of this because you will be better. It's a great feeling, and it's yours for a small investment of time. Step right up, ladies and gentlemen, and take advantage of this amazing, all-through—a lifetime offer.

****Knees.**

Dr Sheehan said: -The locked knee/straightened leg, a racewalking requirement, keeps the kneecap in its appropriate place, the patellar groove, thus preventing the too frequent knee problems seen in runners, tennis players, and other athletes. (it just goes to show that comments like "RW? Wow, the poor knees" is a complete myth).

Give it a go and introduce RW into your life. I can truly recommend doing so. With my many years of RW experience in Southern Africa, I cannot tell you how to reach your ultimate potential. Only years of experience, advice from other walkers, and if you find one, a coach can do that for you, because the techniques of RW are infinitely perfectible. The complexity of the sport is good news because it means that as you grow older you will not necessarily slow down a lot because your increasingly refined technique can make up for at least some of the inroads that aging must eventually and inevitably make.

If you can take the ridicule factor associated with RW and ignore it, i.e. the laughter on RW past your primary school playground, and comments like "Shame,. Can't you run?" and "are you a boxer?", "wiggle, wiggle, bum, bum", you know you past that normal walking, the basics of racewalking, your arms are up around 90 degree at the elbows and swinging, your straightened leg and locked knee are in place and your hips have started to drop, extend and rotate with every long stride you take, showing off that distinct heel down and roll-off, and look at that perfect posture. Just tell yourself –"I'm feeling good and I am looking great".

Until the next time, keep well and stay healthy.

Lekker Stap

Jürgen

The logo for JOINT Eze features the word "JOINT" in a bold, black, sans-serif font, followed by "Eze" in a bold, green, sans-serif font. A small "TM" trademark symbol is positioned at the top right of the "e" in "Eze". The entire logo has a subtle drop shadow effect.

PERSONALIA

Our condolences go to Thea van Helden and her family. Her father passed away on Saturday.

Johnny du Rand, a former member of our club, died during the week of Covid 19 complications. He was a member for many years. Condolences to his family.



Johnny as we remember him

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

| | | |
|---------|------------|--------|
| Mpho | Netshiombo | 06 Jul |
| Heidi | Gevers | 06 Jul |
| Tšeliso | Parkies | 07 Jul |
| Martin | Struwig | 09 Jul |
| Corne | Johnstone | 10 Jul |



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

Birthdays are good for you, the more you have the longer you live.

PHOTO CORNER



Thea van Helden and her family and friends made the Pop Up run very special



These 2 elves ran 21km on Saturday morning



Keith Reynolds also had a great "Christmas" morning 🎄👴😊



More Christmas in July fun