

Valerenga Fotball

Study Case – Rune Myhrvold

Background story

I grew up in Asker, near the sea and in a rural setting. I had a very nice childhood, although I had a father who had a very old-fashioned upbringing. He was very strict. I was trained as a carpenter and earned my certificate in 1982. I worked regularly as a carpenter for about 20 years while using more and more drugs. I started using heroin regularly in my mid-20s and then it deteriorated quickly, and I ended up not being able to hold on to my job, housing, and family. I started on methadone in 1999.

How did they hear off walking football?

I have been part of the Street football team for a while now, and as I am getting older it is harder to keep up with the youths on the team. Since I am almost 60 years old, I have developed osteoporosis and often fractured or fractured my arm or ribs. I watched the walking football team practice and thought it was spot on for me. I asked my coaches on the street team (Mare n) and I got to take part of the trainings. Now I am combining both the street football team and the walking football team. Its great to be able to do that. It is easier for me to feel confident and be able to hold the level with the walking football team.

A special highlight

What's so nice about walking football is that I'm not afraid to break something in a regular tackle. Because the walking football is set up so tackles and high shots etc. are not allowed. It is also great fun for everyone, regardless of qualifications outcome of participating in walking football. This form of football fits me very well. I was involved in a terrible fire 20 years ago, where I injured my internal organs and the outer ones. Some trainings with the street football team I feel too old, slow, and afraid of injuries. With the walking football I feel better. So, every practice it's a highlight for me.

The outcome of participating in Walking Football

I have disability benefit from the government, so I haven't worked in many years. Being able to have something regular to go too that makes you feel good is great. It is social and fun and makes me stay in shape.



Study Case – Bjørn Østby

Background story

I am 75 years old, reasonably well trained (strength training last 4 years). Approx 100/105 kg (down from 130 1/1-2019). I am a big Vålerenga fan, have seen a lot of Vålerenga's matches last 55 years, but did not play very much myself, growing up. Only played a few low-threshold games. Have been a trainer for kids in Vålerenga back in the 80's. (Grassroots trainer). I participated in «Active fans» in 2019 by Vålerenga Samfunn, led by Maren Vik Edvardsen. Top trainer 👍 and reduced my weight through the program.

How did you hear off walking football?

I participated in Active fans, and we have a net page on facebook where Maren put all the information and asked me to join.

A special highlight

The good relation in the group and specially the good and positive trainer, Maren. The special highlight was the tournament in Newcastle. Fantastic organized throughout the hold stay 😊 👍

The outcome of participating in Walking Football

Good physically training, fitting us 60(70) +. As a retired it is important to have good and healthy meeting points. And playing football is always fun ⚽



