



17 June 2024 24/24

EDITORIAL

Don't miss the aches and pains function tomorrow evening. It is not just for Comrades runners. Bring your family along and listen to all the stories and see who will get the different trophies.

It is our monthly social so there will be something to eat for free. We also need you to be part of the winter blanket drive. See all the info below.

Our Comrades runners are invited once again to share your Comrades stories with us. Whether you had a good or bad experience, please send it to us by replying to this email.





NO DOUBT!  
NAKANJANI  
2024 UP RUN



# Winter Blanket Drive

Donation deadline:  
Comrades Aches & Pains Social  
18 June 2024  
@ Irene Athletics Club  
Entrance fee is a blanket

Please  
Donate

A NEW blanket  
to Help the Less  
Fortunate to Keep  
Them Warm

Donate a **NEW** blanket  
for the **Abraham Kriel  
Kinderhuis** and you will  
receive a free meal.

"You don't need a  
cape to be a hero. You  
just need to care."  
- Kid President

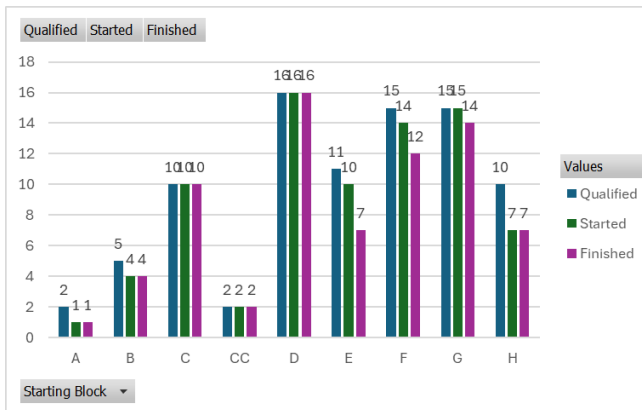
Thank You for Your Donation...

For more information:  
Blanch - 076 985 2475

## CAPTAIN'S CORNER

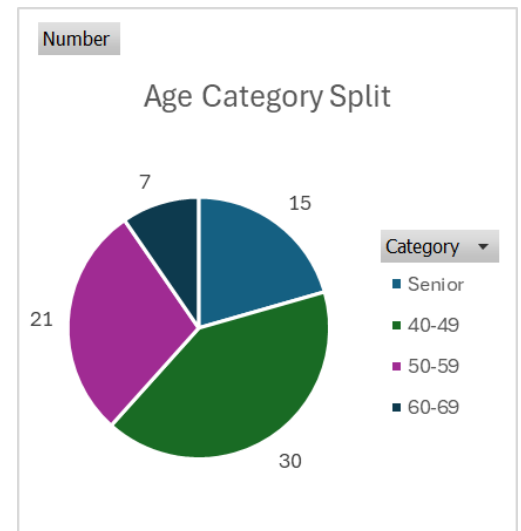
This week we will bid farewell to Comrades 2024. On Tuesday we will have our final Comrades related social with our Aches and Pains function at the club house. The event is open to everyone, especially if you consider entering for Comrades 2025.

Irene a had successful Comrades Marathon for 2024. Out of the 86 that have qualified, 79 started and 73 has completed the race under 12hours.



| Blocks       | Qualified | Started   | Finished  | %          |
|--------------|-----------|-----------|-----------|------------|
| A            | 2         | 1         | 1         | 100%       |
| B            | 5         | 4         | 4         | 100%       |
| C            | 10        | 10        | 10        | 100%       |
| CC           | 2         | 2         | 2         | 100%       |
| D            | 16        | 16        | 16        | 100%       |
| E            | 11        | 10        | 7         | 70%        |
| F            | 15        | 14        | 12        | 86%        |
| G            | 15        | 15        | 14        | 93%        |
| H            | 10        | 7         | 7         | 100%       |
| <b>Total</b> | <b>86</b> | <b>79</b> | <b>73</b> | <b>92%</b> |

Our youngest runner was Hidé Karstel (28) and our oldest runner was Henk Basson (69). The 40–49-year-old category had the most participants with 30, followed by 50–59-year-old category with 21.



| Blocks       | Average of Start |
|--------------|------------------|
| A            | 00:31            |
| B            | 00:42            |
| C            | 01:27            |
| CC           | 01:35            |
| D            | 02:30            |
| E            | 04:41            |
| F            | 05:40            |
| G            | 05:59            |
| H            | 06:38            |
| <b>Total</b> | <b>04:06</b>     |

The first IAC member to cross the starting matt was Sibusiso Sabela (B) who started 23seconds into the race, the last person to cross the starting matt was Johann Van De Venter (G) who started 8min and 41seconds into the race. By that time, Sibusiso was almost 2km away. Our average starting time for the club was 4min and 6 sec.

Below is a table depicting the average time on each split across the route and an overall average time of 10:29:24 for our team, which was an average of 7:20/km.

| Blocks       | Pinetown        | Winston Park    | Drummond        | Cato Ridge      | Umlaas Road     | Polly Shorts    | Finish          | Ave Pace        |
|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| A            | 01:22:24        | 02:15:35        | 03:21:09        | 04:37:54        | 05:39:16        | 06:44:13        | 07:16:29        | 00:05:05        |
| B            | 01:37:49        | 02:39:39        | 03:58:45        | 05:26:19        | 06:36:33        | 07:51:16        | 08:28:11        | 00:05:55        |
| C            | 01:49:51        | 02:58:10        | 04:19:22        | 05:47:16        | 07:00:03        | 08:18:08        | 09:00:25        | 00:06:17        |
| CC           | 02:17:46        | 03:46:26        | 05:35:00        | 07:30:48        | 09:04:56        | 10:43:04        | 11:35:45        | 00:08:06        |
| D            | 02:00:21        | 03:14:14        | 04:45:06        | 06:26:37        | 07:46:16        | 09:12:11        | 09:57:29        | 00:06:57        |
| E            | 02:22:27        | 03:51:34        | 05:39:27        | 07:30:58        | 09:02:42        | 10:40:28        | 11:25:31        | 00:07:59        |
| F            | 02:16:02        | 03:40:49        | 05:22:35        | 07:12:15        | 08:43:56        | 10:13:01        | 11:01:32        | 00:07:42        |
| G            | 02:23:12        | 03:51:34        | 05:36:55        | 07:29:46        | 09:00:29        | 10:35:11        | 11:21:41        | 00:07:56        |
| H            | 02:27:09        | 03:56:42        | 05:43:21        | 07:36:39        | 09:07:36        | 10:42:04        | 11:31:31        | 00:08:03        |
| <b>Total</b> | <b>02:09:53</b> | <b>03:30:48</b> | <b>05:08:02</b> | <b>06:51:45</b> | <b>08:16:58</b> | <b>09:45:15</b> | <b>10:29:24</b> | <b>00:07:20</b> |

Fourteen members achieved a negative split on the route, i.e. running the second half faster than the first. Joy Dekker ran an impressive 27:02 negative split, followed by Belinda Hudson with a 17:08 negative split. Well done ladies.

| Name and Surname     | Age Cat | Gender | First Half | Second Half | Finish   | Neg Split |
|----------------------|---------|--------|------------|-------------|----------|-----------|
| Joy Ann DEKKER       | 40-49   | Female | 05:33:30   | 05:06:28    | 10:39:58 | 00:27:02  |
| Belinda HUDSON       | 50-59   | Female | 05:05:22   | 04:48:14    | 09:53:36 | 00:17:08  |
| Liezel ANDERSON      | 50-59   | Female | 05:34:51   | 05:21:25    | 10:56:16 | 00:13:26  |
| Marlene P ADAVATTAN  | 50-59   | Female | 05:49:40   | 05:36:25    | 11:26:05 | 00:13:15  |
| Hendrik STEYNBERG    | 50-59   | Male   | 05:28:05   | 05:16:55    | 10:45:00 | 00:11:10  |
| Emma DU BRUYN        | Senior  | Female | 05:30:04   | 05:19:06    | 10:49:10 | 00:10:58  |
| Lufuno RAVHUHALI     | 40-49   | Male   | 05:33:01   | 05:24:40    | 10:57:41 | 00:08:21  |
| Hidé KARSTEL         | Senior  | Female | 05:30:47   | 05:22:44    | 10:53:31 | 00:08:03  |
| Jacques PELSER       | Senior  | Male   | 05:00:38   | 04:54:07    | 09:54:45 | 00:06:31  |
| Nadene VISSER        | 50-59   | Female | 05:28:39   | 05:23:45    | 10:52:24 | 00:04:54  |
| Freda HILLOCKS       | 40-49   | Female | 05:47:25   | 05:43:04    | 11:30:29 | 00:04:21  |
| Marco SCHEPERS       | Senior  | Male   | 04:45:23   | 04:41:55    | 09:27:18 | 00:03:28  |
| Lezanne GROVE        | 40-49   | Female | 05:31:06   | 05:30:25    | 11:01:31 | 00:00:41  |
| Johann VAN DE VENTER | 60-69   | Male   | 05:59:44   | 05:59:12    | 11:58:56 | 00:00:32  |

On the other hand, Kevin Rodwell and Sibusiso Sabela had a very long day on the road, spending over an hour extra on the second half. Interestingly, the top 10 positive split runners are all male.

LOL.

| Name and Surname  | Age Cat | Gender | First Half | Second Half | Finish   | Pos Split |
|-------------------|---------|--------|------------|-------------|----------|-----------|
| Kevin RODWELL     | 40-49   | Male   | 04:45:13   | 06:27:46    | 11:12:59 | 01:42:33  |
| Sibusiso SABELA   | 40-49   | Male   | 04:16:26   | 05:18:38    | 09:35:04 | 01:02:12  |
| Brett MUIR        | 50-59   | Male   | 05:16:27   | 06:14:19    | 11:30:46 | 00:57:52  |
| Peter MOLVER      | Senior  | Male   | 04:45:28   | 05:42:44    | 10:28:12 | 00:57:16  |
| Andrew MOLVER     | Senior  | Male   | 04:45:29   | 05:42:44    | 10:28:13 | 00:57:15  |
| Dr Joseph NDOU    | 40-49   | Male   | 05:25:05   | 06:20:41    | 11:45:46 | 00:55:36  |
| Deena NAIDOO      | 40-49   | Male   | 05:17:06   | 06:09:36    | 11:26:42 | 00:52:30  |
| Lenin SITHOLE     | Senior  | Male   | 03:36:33   | 04:27:26    | 08:03:59 | 00:50:53  |
| Richard GOODCHILD | 40-49   | Male   | 05:36:01   | 06:18:41    | 11:54:42 | 00:42:40  |
| Mfundo HADEBE     | 40-49   | Male   | 05:25:12   | 06:06:10    | 11:31:22 | 00:40:58  |

We achieved two silver medals from Samuel Molefe (7:16:29) and Gareth Nicholson (7:21:42).

Congratulations gentleman. Our first lady was Melani Swart (9:31:12). Our last runners to successfully cross the finish line was Riaan and Renette Prinsloo (11:59:05).

| Medal Breakdown<br>Medal | Blocks   |          |           |          |           |          |           |           |          | Total     |
|--------------------------|----------|----------|-----------|----------|-----------|----------|-----------|-----------|----------|-----------|
|                          | A        | B        | C         | CC       | D         | E        | F         | G         | H        |           |
| Silver                   | 1        | 1        |           |          |           |          |           |           |          | 2         |
| Bill Rowan               |          | 2        | 4         |          | 2         |          |           |           |          | 8         |
| Robert Mtshali           |          | 1        | 6         |          | 7         |          | 1         |           |          | 15        |
| Bronze                   |          |          |           |          | 6         | 1        | 5         | 4         | 2        | 18        |
| Vic Clapham              |          |          |           | 2        | 1         | 6        | 6         | 10        | 5        | 30        |
| <b>Total</b>             | <b>1</b> | <b>4</b> | <b>10</b> | <b>2</b> | <b>16</b> | <b>7</b> | <b>12</b> | <b>14</b> | <b>7</b> | <b>73</b> |

This year the men beat the ladies with an average finish time of 10:14:52

| Gender       | Runners   | Average of Finish |
|--------------|-----------|-------------------|
| Female       | 22        | 11:03:04          |
| Male         | 51        | 10:14:52          |
| <b>Total</b> | <b>73</b> | <b>10:29:24</b>   |

Congratulations to our all our novice runners for completing their first runs. We had a 100% success rate.

Nine of our back-2-back runners have received the coveted B2B medal.

Finally, congratulations to Jaydene Hills and Brett Muir for completing their tenth runs, receiving their permanent numbers.

| Name and Surname      | Finish Time | Name and Surname    | Finish Time | Name and Surname        | Finish Time |
|-----------------------|-------------|---------------------|-------------|-------------------------|-------------|
| <b>Novice</b>         |             | <b>Back 2 Back</b>  |             | <b>Permanent Number</b> |             |
| Marco SCHEPERS        | 09:27:18    | Rykie KRUGER        | 09:38:27    | Jaydene HILLS           | 11:19:15    |
| Amy BRIDGER           | 09:33:35    | Peter MOLVER        | 10:28:12    | Brett MUIR              | 11:30:46    |
| Theunis SCHOEMAN      | 09:40:08    | Andrew MOLVER       | 10:28:13    |                         |             |
| Neill ANDREWS         | 09:53:30    | Ricardo SWARTS      | 10:42:13    |                         |             |
| Francois BESTER       | 09:58:30    | Deena NAIDOO        | 11:26:42    |                         |             |
| Gibson NYAMUDA        | 10:18:36    | Freda HILLOCKS      | 11:30:29    |                         |             |
| Leshala Ephraim CHIDI | 10:31:48    | Nicole Kim MITCHELL | 11:33:05    |                         |             |
| Emma DU BRUYN         | 10:49:10    | Sandra KRUGER       | 11:37:56    |                         |             |
| Hidé KARSTEL          | 10:53:31    | Liesel VAN OLST     | 11:47:30    |                         |             |
| Rhoda VAN STADEN      | 11:07:49    |                     |             |                         |             |
| Dayne JEKELS          | 11:43:01    |                     |             |                         |             |

### Comrades Marathon Aches & Pains

Please diaries 18 June 2024 for our special Aches & Pains party. This will also be our monthly social. Come and listen to the best Comrades stories. This is an open invitation to everyone, especially if you are considering signing up for Comrades 2025. This will also be a Winter Blanket Drive. Please donate a NEW blanket as an entrance fee and you will receive a free meal.

### Weekly Time Trials

Time Trials on Tuesday 18 June 2024 at 17H15 at the club, everyone must please start together. The time trial book will be available, please write your time in once you are done. Last week's results will be published soon.

**Cross-Country**

On Saturday the cross-country season resumes with League No 5 at the Voortrekker Monument starting at 10am. Please note, this is only for the U20, U23, Seniors and Masters categories (Male & Female). The school league will start on 12 July 2024.

Happy Running Team

Johan (Fires) 081 851 3864

Nelius 072 248 7698

**THIS WEEK'S DIARY**



# Irene

**Athletics Club**

## WEEKLY RUNNING / WALKING SCHEDULE

This week we will slowly return to normal.  
**Tuesday is our monthly social. Please donate a NEW blanket to charity.**  
**Saturday the cross-country season will resume.**

|                      | Mornings  | Afternoons   |
|----------------------|---|--|
| <b>Tue</b><br>18 Jun | <b>Comrades Aches &amp; Pains Social / Blanket Drive</b>                   | <b>Time Trial (Social)</b><br>@ Irene Clubhouse<br>17:15<br><b>4 - 6 - 8 km</b>      |
| <b>Wed</b><br>19 Jun |    | <b>Social Run</b><br>@ Centurion Theatre<br>17:15<br><b>6 - 8 km</b>                 |
| <b>Thu</b><br>20 Jun |    | <b>Social Run</b><br>@ Irene Clubhouse<br>17:15<br><b>6 - 8 km</b>                   |
| <b>Sat</b><br>22 Jun |  <b>Revolution Trails</b><br>@ Irene Clubhouse<br>7:00<br><b>5 - 21 km</b> | <b>Cross-Country</b><br>@ Voortrekker Monument<br>10:00<br><b>4 - 8 - 10 km</b>      |
| <b>Sun</b><br>23 Jun | <b>Social Run</b><br>@ Irene Link Shopping Centre<br>7:00<br><b>6 - 10 km</b>   |  |

**For More Information**

|        |              |
|--------|--------------|
| Johan  | 081 851 3864 |
| Nelius | 072 248 7698 |

# Treene

ASA  
ATHLETICS SOUTH AFRICA

Athletics Club  
**CROSS-COUNTRY 2024**

Athletics  
Gauteng North





**Qualification criteria**

- Must compete in 4 league races **plus** the AGN champs, to qualify for SA Champs.
- Age tags are compulsory from 35 years and older.
- Must compete in correct age category.
- Must wear AGN license and age category tag during events.

|               |  |
|---------------|--|
| Sat<br>22 Jun | League 5 - Voortrekker Monument            |
| Sat<br>6 Jul  | League 6 - Laerskool Rooihuiskraal         |
| Sat<br>13 Jul | League 9 - Laerskool Rooihuiskraal         |
| Sat<br>20 Jul | League 14 - Inter Provincials (Middelburg) |
| Sat<br>27 Jul | League 19 - Laerskool Rooihuiskraal        |
| Sat<br>17 Aug | AGN Championships (Montana)                |
| Sat<br>7 Sep  | SA Championships (Vaal Triangle)           |

## PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week. Wishing you a very happy birthday and a splendid year ahead.

|            |          |        |
|------------|----------|--------|
| Mattea     | Sissing  | Jun 20 |
| Christiaan | Swart    | Jun 21 |
| Karla      | Zietsman | Jun 22 |



## TRAINING PROGRAMME

### IRENE Athletics Club Training Program

**Duration:** Monday 3 June to 30 June 2024

**Short Term Goal:** To achieve short term goals over the next few months.

**Long Term Goal:** To improve fitness, Attain Goal distance/PB.

| DAY | DATE   | Activity                                | Distance/Time         | COMMENT                   |
|-----|--------|---|-----------------------|---------------------------|
| Mon | 03-Jun | Core and Strength Training              |                       | Hour long session         |
| Tue | 04-Jun | Time Trial                              | B = 4km. I & A = 8 km | TIME TRIAL - Refer Legend |
| Wed | 05-Jun | REST                                    |                       | REST                      |
| Thu | 06-Jun | REST                                    |                       | REST                      |
| Fri | 07-Jun | REST                                    |                       | REST                      |
| Sat | 08-Jun | <b>Revolution Trail Run</b>             | <b>5/10/21.1km</b>    | <b>Race Day</b>           |
| Sun | 09-Jun | <b>Comrades Marathon</b>                | <b>86km</b>           | <b>Race Day</b>           |
| Mon | 10-Jun | Core and Strength Training              |                       | Hour long session         |
| Tue | 11-Jun | Time Trial                              | B = 4km. I & A = 8 km | TIME TRIAL - Refer Legend |
| Wed | 12-Jun | REST                                    |                       | REST                      |
| Thu | 13-Jun | REST                                    |                       | REST                      |
| Fri | 14-Jun | REST                                    |                       | REST                      |
| Sat | 15-Jun | <b>Soshanguve Great Run</b>             | <b>5/10km</b>         | <b>Race Day</b>           |
| Sun | 16-Jun | REST                                    |                       | REST                      |
| Mon | 17-Jun | Core and Strength Training              |                       | Hour long session         |
| Tue | 18-Jun | Time Trial                              | B = 4km. I & A = 8 km | TIME TRIAL - Refer Legend |
| Wed | 19-Jun | REST                                    |                       | REST                      |
| Thu | 20-Jun | REST                                    |                       | REST                      |
| Fri | 21-Jun | REST                                    |                       | REST                      |
| Sat | 22-Jun | <b>Cross-Country</b>                    | <b>4/8km</b>          | <b>League Race 5</b>      |
| Sun | 23-Jun | REST                                    |                       | REST                      |
| Mon | 24-Jun | Core and Strength Training              |                       | Hour long session         |
| Tue | 25-Jun | Time Trial                              | B = 4km. I & A = 8 km | TIME TRIAL - Refer Legend |
| Wed | 26-Jun | REST                                    |                       | REST                      |
| Thu | 27-Jun | REST                                    |                       | REST                      |
| Fri | 28-Jun | REST                                    |                       | REST                      |
| Sat | 29-Jun | <b>Centurion Mall Race of Gratitude</b> | <b>5/10/21.1km</b>    | <b>League Race</b>        |
| Sun | 30-Jun | REST                                    |                       | REST                      |

#### LEGEND :

##### TERMINOLOGY

|   |   |
|---|---|
| W/U   | Warm Up - Easy Jog                            |
| C/D   | Cool Down - Easy Jog                          |
| LSD   | Long Slow Distance                            |
| (55 - 65% of max HR - Max HR estimate is Men:220 - age : Women 228 - real age ) |   |
| Min   | Minutes-Time not Distance                     |
| Easy  | As in Long Slow Distance (LSD) - HR below 65% |
| Hills Repeats   | (70-80% of max HR)                            |
| Quality session (Sprints)   | 85-95% of Max HR                              |
| Tempo   | 65-75% effort level                           |

for Dist/Time - B= Beginner, I = Intermediate, A = Advanced

For All Enquiries Regarding Training :

[Call/whatsapp on 081 851 3864 or 072 248 7698](https://www.whatsapp.com/channel/00299818513864)

This program is a guideline that can be followed for whatever your goal is for the year. It has the basic elements that are required in a training program. Contact us if you have a more specific requirement. The general program leads up to the major events like Two Oceans and Comrades and some adaptation will be required if these are not your goals.

If you are targeting the Akasia or other Marathon in January or early February, then I presume you have already built up a good base. Should you not be properly prepared for a January marathon then don't stress as there is still plenty time to work up to and achieve a qualifier.

If you are looking at your first marathon, the focus must be on getting through it and enjoying it. The outcome will be the baseline to work from for future goals. Learn from it and adjust accordingly - seek advise from trusted sources.

Below is a guideline that you should be achieving if you are intending to complete Comrades 2024.

|                                      |                                 |                             |
|--------------------------------------|---------------------------------|-----------------------------|
| <b>Silver Training Guidelines :-</b> | <b>Bill Rowan Guidelines :-</b> | <b>Bronze Guidelines :-</b> |
| 8km - Sub 30:15 Minutes              | 8km - Sub 35:35 Minutes         | 8km - Sub 45 Minutes        |
| 21.1km - Sub 1h25 Minutes            | 21.1km - Sub 1h39 Minutes       | 21.1km - Sub 2h05 Minutes   |
| 42.2km - Sub 3 Hour                  | 42.2km - Sub 3:30 Hour          | 42.2km - Sub 4h25 Hour      |



## BAR NEWS

Monthly social: Comrades aches and pains.

All welcome, free Prego rolls.

Admission: A blanket to be donated to the Abraham Kriel Kinderhuis.

Let's put in a special effort to support this project.



## THOUGHT FOR THE WEEK

Do what you have to do until you can do what you want to.

## NOTICE BOARD



**NO LICENSE REQUIRED  
OPEN TO NON-CLUB MEMBERS**

**ARC IRENE RUN/WALK**  
**22 JUNE 2024**

**ROAD RUN OR TRAIL RUN**

**2KM, 5KM, 10KM, 15KM OR 21KM**  
**GROUP START @ 07H00**

**ENTER ONLINE AT**  
[WWW.REVOLUTIONTRAILS.CO.ZA](http://WWW.REVOLUTIONTRAILS.CO.ZA)

**VENUE: IRENE ATHLETICS CLUBHOUSE, ARC IRENE, NELMAPIUS DRIVE, CENTURION**  
**FOR MORE INFORMATION CONTACT US AT: 083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM**

Discovery  
*Vitality*

REVOLUTION  
TRAILS



29 JUNE 2024

5km | 10km | 21.1km

RACE STARTS AT 07:00

Walk  
& Run

Race of  
**Gratitude** | League Race  
SKOSANA Legend



Centurion Mall



Support Skosana Development  
The Champions of Tomorrow



Athletics  
South Africa

#THE  OF  
CENTURION™

📍 📱 🌐 | centurionmall.co.za

# ICE BREAKER



## 6 July 2024

Garsfontein  
Primary School

| DISTANCE | ENTRY FEE | START TIME | MINIMUM AGE | PRIZE GIVING | CUT OFF | LATE ENTRIES | VITALITY POINTS |
|----------|-----------|------------|-------------|--------------|---------|--------------|-----------------|
| 21.1KM   | R200      | 07:00      | 16 Years    | 09:00        | 10:30   | R220         | 1500            |
| 10KM     | R140      | 07:00      | 14 Years    | 08:30        | 10:30   | R160         | 600             |
| 5KM      | R60       | 07:15      | 9 Years     | None         | 10:30   | R70          | FUN RUN         |

Temporary license required for non registered athletes on the 21.1km & 10km: R60  
70+ athletes: 50% discount on entry fee

ONLINE ENTRIES FROM 10 MAY 2024 - [www.entryninja.com](http://www.entryninja.com) (until 1 July 2024)

### MANUAL ENTRIES

- Run-A-Way Sport (102 Fresco St, Lynnwood Ridge)
- From 13 May to 4 July (please check with shop for operating hours)
- LATE ENTRIES AND RACE NUMBER COLLECTION**
- Dutch Reformed Church Garsfontein (285 Emma Hartmann Str.)
- 5 July from 13:00 until 17:30
- At the venue (Garsfontein Primary School - Patronella Str. entrance)
- Race day from 05:30

Scan here  
for easy  
entry





Tshwane University  
of Technology  
*We empower people*

20  
YEARS  
2004-2024



Athletics  
Building North

# CORPORATE RACE

**21.1 KM & 10 KM 2024**



**27 July 2024**

**START TIME:**

- 21.1 KM: 06H15
- 10 KM: 06H30
- 5 KM: 06H45

**Venue: Pretoria West Campus  
Staatsartillerie Rd, Pretoria West, Pretoria, 0183**

**ENTRY FEE:**

Temporary License: R60  
5 KM: R50  
10 KM: R110  
21.1 KM: R150

**RACE ORGANIZERS:**

**Whitney Matseba: 063 347 7714**  
**Beatrice Themane: 072 587 1163**  
**Junior Tibane: 084 663 5703**

Online Entries Open: 01 May 2024 & closes on the 22 July 2024

Race day Entries: 27 July 2024 @04:45am until the race start

Online Entries Collection: 25 July 2024 to 26 July 2024 from 10am to 3pm.

Manual Entries: 25 July 2024 - 26 July 2024 @ 10am until 3pm & 27 July 2024 @ 04:45am until the race starts

**Online Entry @  
[www.entryninja.com](http://www.entryninja.com)**

**REGISTER  
NOW**

**Entries Collection: TUT Pretoria Campus  
@ Building 51-118 (Athletics Office)**

SPAR

Women's  
CHALLENGE  
10/5km

Tshwane

 CENTURION SUPERSPORT PARK

 3 AUGUST 2024  14H00

#ChooseYou #SPARWomenstshwane

[WWW.SPARWOMENSTSHWANE.CO.ZA](http://WWW.SPARWOMENSTSHWANE.CO.ZA)