

Women's race challenging

This year's Spar Women's 10km Challenge on August 27 promises to be bigger and better than ever before.

It is only six weeks away therefore athletes must start with their preparation.

After the success of the 2004 race, when more than 6 300 women took to the streets of Hatfield, organisers decided to stick to a winning formula and even improve on it, says Tanya Concalves on behalf of Spar North Rand.

"Again the race starts and ends at LC de Villiers sport grounds, though the route this year is easier and safer. No part of the route will take place on public roads - the entire route winds through the spacious sport grounds and the exciting new Innovation Hub. Participants can run or walk with absolute peace of mind. The route is also flatter, making it easier for beginners," says Tanya.

LC de Villiers is easily accessible by public

transport and plenty of safe parking is available.

Entry forms are available at any Spar store, Athletics Gauteng North's office at Pilditch stadium or at one of a number of sportswear stores.

Women entering will receive a race T-shirt and the first eight thousand to complete the race will receive a medal.

Athletes may also enter as walkers. If 10km is a bit far, there is the 5km fun run taking place at the same time.

This fun run is open to women over the age of nine, whereas you have to be 15 to enter the 10km challenge.

Stars from *7de Laan* will attend the race. The school with the highest number of entries will win a computer. If people are worried about their children while they run or walk, there is an adventure centre, which offers free and safe care for children ages between two and nine.