

What's On

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Page: 4

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Trail Kids superhero run

Join the fun at the Trail Kids Super Hero event at Lourensford Harvest Market, on Saturday October 31, at 8.30am. There will be super warm-ups, mighty runs, incredible prizes and South African hero, paralympic athlete and Comrades runner, Renette Bloem, will be there with her guide dog Wendy, to inspire you to connect with your power within. Heroes of all sizes, ages and fitness welcome. There is a choice of a Fabulous 5km and Titan 2.5km. Wear masks and capes. Entry is R25. Visit www.facebook.com/trailkidssa to register.

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