

Help your school win a Mecer computer by taking part in the Spar Challenge

West Rand — Do you want to win some brownie points at school and have fun at the same time?

It is all so easy — all you have to do is take part in the Spar Women's 10/5km Challenge on 12 October and you can help your school stand a chance of winning a Mecer computer, printer and scanner.

There are two parts to the challenge — you can take part in the 10km challenge or opt for the 5km fun run — and the great news is that walkers are welcome in both races.

The school with the most entrants completing the race will win the grand prize of a computer, printer and scanner and the schools with the second and third highest number of entries will win a computer.

But that's not all. There are some really great prizes on offer — the best is groceries for a year in the form of

SPAR vouchers worth R12 000 — can you imagine your mother's face if you come home with a prize like that?

There is also the bring-a-friend competition, where you and a friend stand a chance of winning Spar vouchers worth R1 000. The only condition is that your friend must be a first time participant.

Just think of the fun you can have while helping your school. You could organise a competition within a competition — why not try to see which class can get the most number of girls to take part, or you could have an inter-house competition — perhaps the winning class or house could be the ones to get first use of the computer?

The race itself is great fun — thousands of women out to enjoy themselves. You and your friends can catch up on some important talk time, with no-one telling you to keep quiet or

walk in line.

There is always great entertainment at the finish, and there's a real party atmosphere.

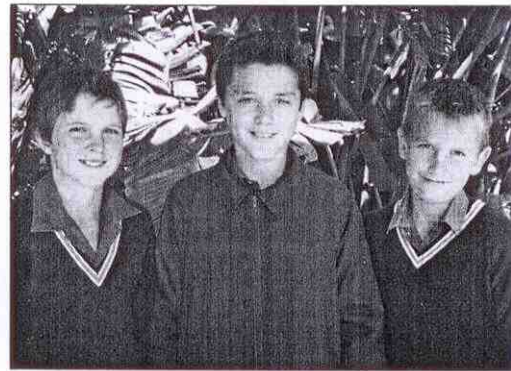
The first 7 000 people to enter the race will receive a free race T-shirt at registration, and the first 7 000 to finish will receive a medal and a goodie bag.

This year's T-shirt is a lovely soft green that will look good on anyone, so it is well worth entering the race just for the T-shirt.

It is very important to get your school's entries in before the closing date of 26 September.

Only pre-entries will be considered for the computer prize and just as important, only pre-entries will receive the free T-shirt.

Entry forms are available at all Spar, Superspar and Kwikspar stores or you can enter online at www.spar.co.za.



Jong krieketspelers presteer

Fairland — Vier van die Laerskool Fairland se krieketspelers is vir die Johannesburg Noordwes-krieketspanne gekies. Hulle is Neel van Heerden (o.11), Cirsten Claassen (o.12) en Shaughn Swart (o.10) Afwesig op die foto: Arné Claassen (o.10). Foto: Lise Wessels.



Alive with the Sound of Music

Fairland — Laerskool Fairland recently hosted Safariland school's concert titled "The Sound of Music".

Off to the Nationals...

Allen's Nek — Richard Stone, a Grade 8 pupil from Allen Glen High School has made the Nationals in gymnastics.

Richard started with Vision Gymnastics at the age of 12, after tagging along with neighbours one Saturday morning. At the time he wanted to learn how to do a back flip.

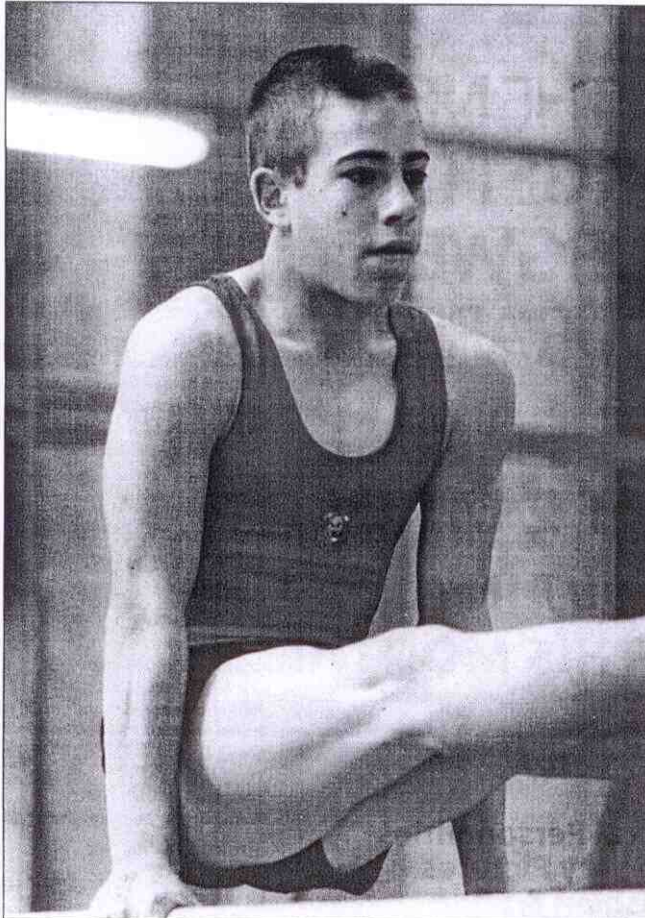
According to his mother, Jenny, "He was allowed to take part in some of the routines while there and came home begging me to let him go back."

In January 2007, he was promoted from Beginners Level to Level 2, and in June of that year he took part in his first competition, Under 12 Level 2. He went on to win the North Zone Challenge where he participated for Central Gauteng.

In January this year, he was again promoted to Level 5 and qualified for the Nationals by coming 2nd in the u.14 Level 5 division.

The Nationals will be taking place at Bellville Velodrome, Cape Town during the upcoming holidays.

Richard's big day will be 2 October, good luck.



Richard Stone makes the Parallel Bars look so easy, while wearing his Gauteng strip. Picture submitted.

Alert for parents and admissions to schools 2009

West Rand — Applications for children to be admitted to new schools officially close on 30 September.

Here is some advice to save yourself some drama:

- Apply to the nearest school as well as two other schools of your choice.
- Ask for a receipt for your application.

- When placements are made by the school insist on a letter from the principal giving reasons why your application was not successful and what number your child has been given on waiting list A (in area) or B (out of area).
- Do take important documents: proof of birth certificate, proof of

- citizenship or permanent residence, proof of residential address, copy of report, proof of guardianship, proof of income if you and your husband intend applying for fee exemption.
- Ask for the address and contact numbers of the district office for the school, in case you want to make an appeal.

Be Part Of Joburg's Most Beautiful Road Race

12 October 2008

Old Parktonian Sports Club Randburg



women's 10 / 5 km

FREE T-Shirts for the first 7 000 pre-entries. First 7 000 finishers will each receive a medal & Goodie Bag

Entertainment on the day with Munro from Idols!

Pre-entries close 26 September. Late entries will be taken on Thursday 9, Friday 10, Saturday 11 October at Old Parktonian Sports Club.

LOADS OF LUCKY DRAW PRIZES, INCLUDING 7 YEARS WORTH OF GROCERIES TO THE VALUE OF R12 000!

BRING A FRIEND COMPETITION! Bring a NEW friend to participate and you both stand a chance of winning SPAR Shopping Vouchers. (See entry form for details)

SCHOOL INCENTIVE! Enter 20+ children from your school and the largest number wins a Mecer Computer, Printer and Scanner. (Pre-entries only) (See entry form for details). Prizes for 2nd & 3rd largest schools too!!

Kiddies Area & Entertainment for the whole family.

Entry forms available at SPAR, SUPERSPAR or KWIKSPAR Stores. Contact Race Office on (011) 442 8256 or Central Gauteng Athletics on (011) 873-2726 for further details. SJ14689