

ENTRY DETAILS:

IN-STORE ENTRIES



Enter at one of the participating SPAR stores below.

When entering at selected SPAR stores you will receive your race number, t-shirt, foam peak cap and My Race magazine in-store.

ONLINE ENTRIES



Visit www.sparladiesstshwane.co.za to enter online. (An admin fee will be applicable).

If you have entered ONLINE please bring your proof of payment to collect your race number, t-shirt, foam peak cap and My Race magazine at SuperSport Park in Centurion from 29 July 2019 – 2 August 2019 between 10h00 and 18h00 or on race day from 08h00 to 12h00.

ONLINE ENTRIES : DO NOT COLLECT YOUR RACE PACK FROM SPAR STORES!



iTickets.co.za
TELEPHONE BOOKINGS: 086 1000 291

IN-STORE ENTRIES ARE AVAILABLE AT THE FOLLOWING SUPERSPAR, SPAR, KWIKSPAR & SPORT STORES



PRETORIA PRETORIA CENTRAL

- Arcadia KWIKSPAR, Arcadia Park Galleries, 012 343 3941
- Barclay Square SUPERSPAR, 296 Walker St, Barclay Square Shopping Centre, 012 341 0138
- Bloed Street SUPERSPAR, Cnr Bloed & Andries St, 012 323 4021
- Groenkloof SPAR, Cnr George Storrar & Baines St, 012 346 5556
- Kilner Park SUPERSPAR, 27 Lynette St, 012 379 0200
- Les Marais SPAR, 662 Paul Kruger St, 012 335 2964
- Mimo KWIKSPAR, 1127 Ben Swart St, Villieria, 012 333 6311
- Queenswood SUPERSPAR, Queens Corner Centre, Cnr. Stead & Soutpansberg Ave, 012 333 7290
- Rietfontein SPAR, Rietfontein Pavilion Centre, Frates Rd, 071 483 8907
- Waterkloof SPAR, Cnr Crown & Main St, 012 346 2914

PRETORIA EAST

- Cullinan SPAR, Cullinan Diamond Mart, Shop 30, Oak Ave, Cullinan, 012 734 2424
- Dely Rd SUPERSPAR, Newlands Shopping Centre Cnr Lois Ave & Dely St, 012 348 2059/4993
- East Lynne SPAR, Cnr Swaan & Jan Coetzee St, Jan Niemand Park, 012 800 4854
- Elardus Park SUPERSPAR, Elardus Park Centre, 837 Barnard St, 012 345 1101
- Glenfair SUPERSPAR, Cnr Lynnwood & Davenport Rd, 012 348 1348
- Impact Radio, Cnr Corobay & Gary Ave, Waterkloof Glen, Pretoria, 012 348 8111
- Mamelodi SUPERSPAR, Erf 12501, Tsamaya Rd, 076 815 1459
- Menlo Park SUPERSPAR, 71 13th St, Menlo Park, 012 460 6255
- Menlyn Maine SUPERSPAR, Cnr Dallas & Aramat St, 012 348 2204
- Monument Park SUPERSPAR, Monument Park Shopping Centre, 73 Skilpad Rd, 012 460 8161
- Mooikloof SPAR, Cnr Garsfontein Dr & Jollify St, 082 313 1962
- Moreleta Square SUPERSPAR, Cnr Rubenstein & Garsfontein Rd, 012 998 0583
- Murrayfield KWIKSPAR, Cnr Rubida & Rossouw St, Murrayfield, 012 942 1439
- Old Farm KWIKSPAR, 823 Old Farm Rd, Old Farm Shopping Centre, 012 991 5994
- Run-A-Way Sports, 302 Freesia St, Lynnwood Ridge, Pretoria, 012 361 3733
- Silver Oaks SUPERSPAR, Silver Oak Crossing, Cnr Von Backstrom & Solomon Mahlangu Rd, 012 809 0111
- Silver Place SUPERSPAR, Shop 6, Erf 1623, 617 Pretoria Rd, 082 560 0673
- Silverton SPAR, 93 Cnr Fakkal & Pretoria St, Silverton, 071 423 8307
- The Hill KWIKSPAR, 231 Albertus St, La Montagne, 012 803 7670
- Wapadrand KWIKSPAR, Cnr Lynnwood & Wapadrand Rd, 012 807 2280

- Willow Way SUPERSPAR, Willow Way Shopping Centre, Lynnwood Rd, 012 807 1122
- Winmore SPAR, Cnr Hesketh & de Ville Bois Mareul St, Moreleta Park, 012 997 2238
- Woodhill SPAR, Woodhill Park Shopping Centre, 948 St Bernard Dr, Garsfontein Ext 10, 012 998 8662

PRETORIA NORTH

- Bon Accord SPAR, 841 Lavender Rd, Old Main Warmbaths Rd, 012 562 0913
- Doornpoort SPAR, Cnr Dr. Van Der Merwe & Amandelboom Rd, 072 888 6694
- Gabys KWIKSPAR, 78 Sefako Makgatho, Sinoville, 012 543 0643
- Jubilee SUPERSPAR, Shop 38, Jubilee Mall, Cnr Jubilee & Harry Gwala Rd, Hammanskraal, 012 727 1245
- Karenpark SUPERSPAR, Shop 1, Karenpark Crossings, Cnr Heinrich & Doreg Ave, 082 560 0728
- Maluleke SPAR, 2078 Block H, Halala Shopping Centre, Soshanguve, 072 270 9051
- Montana SUPERSPAR, Cnr Sefako Makgatho Dr & Dr Swanepoel St, 072 176 8282
- Nina Park SUPERSPAR, Cnr Brits Rd (R513) & Grafenheim St, Nina Park, 012 542 3361
- Orchards SPAR, Orchards Shopping Centre, Cnr Doreen & Garden Rd, 071 483 8953
- Renbro SUPERSPAR, Shop 12, Cnr Hamman St & Old Warmbaths Rd, 012 711 0240
- Rodeplaat SPAR, Plot 296, Portion 16, Moloto Rd Kameeldrift, 081 013 9485
- Sable Hills KWIKSPAR, Plot 204, Leeuwfontein Kameelfontein Rd, 087 151 4773
- Shape Up Family Health club, Wonderboom Junction Mall, Cnr Braam Pretorius & Lavender Rd, 012 543 0341
- Soshanguve Crossings, Cnr Ruth First Rd & Aubrey Matlakala St, Soshanguve block M, 012 793 2144
- Soshanguve SPAR, Soshanguve Centre, Block Ff, 087 160 0127
- Zambezi SUPERSPAR, Zambezi Retail Park, Cnr Sefako Makgatho & Moloto Rd Derdepoort, 082 897 0011

PRETORIA WEST

- AGN Office, Pilditch Stadium, 1 Maltzan St, Pretoria West, 012 327 4932/1/0
- Columbia KWIKSPAR, Cnr Knight & De Villiers St, Danville, 012 386 5827
- Hercules SUPERSPAR, 550 Moot St, Daspoort, Hercules, 012 379 9025
- Mountain View KWIKSPAR, 449 Karel Trichardt St, 012 244 1823
- Westpark SPAR, 58 Inner Crescent, West Park, 012 386 5534

PRETORIA SOUTH/CENTURION

- Blue Valley SPAR, Shop 3, Blue Valley Shopping Centre, Kosmosdale, Centurion, 011 318 2202
- Celtis Ridge SPAR, Cnr Ruimte & Logan St, Highveld, 012 656 0140
- Centurion SPAR, Cnr John Vorster & Logan

- St, 012 665 1411
- Clubview SPAR, Cnr Lyttelton & Harvard St, 012 654 2616
- Hennopsview SPAR, Hennopsview Centre, Cnr Blackwood & Klip St, Hennospark, 012 654 6174
- Jean Avenue SPAR, Cnr Jean & Lenchen Ave, 012 643 0070
- Kloofsig KWIKSPAR, Cnr Theodore & Kruger St, 012 664 1957
- Lyttelton SUPERSPAR, Cnr Glover & Rabie St, Lyttelton, 012 664 3686
- Mall @ R55 SUPERSPAR, Cnr Marais & Voortrekker Rd, R55 Olievenhoutbosch, Centurion, 012 882 0998
- Mid Ridge SPAR, Shop 15, Midstream Ridge Shopping Centre, Midstream Ridge, Ridgeway Ave, 012 945 4050
- Midstream SUPERSPAR, Midstream Shopping Centre, Brakfontein Rd, 012 687 1550
- Ryneveld SPAR, Cnr Pierre Van Ryneveld Ave & Fouche St, 012 662 1614
- Safi SPAR, Cnr Van Riebeeck & Andries Pretorius St, Voortrekkerhoogte, 012 651 1990
- Saxby SUPERSPAR, Eldoraing Village Shopping Centre, 1033 Saxby Ave, 012 654 3901
- Sutherland SUPERSPAR, 1276 Willem Botha Ave, Wierda Park, 012 654 3206
- The Reeds SPAR, 208 Panorama Rd, The Reeds, 012 661 7130
- Valhalla SPAR, Cnr Shirley & Broadway St, 012 651 2701
- Wierda SUPERSPAR, Wierda Shopping Centre, 110 Piet Rautenbach St, Wierda Park, 082 897 0030

JOHANNESBURG/MIDRAND

- Birchgate SPAR, Cnr 85 Kwartel & P91 Highway, Terenure X19, Kempton Park, 011 393 6802
- Bredell SPAR, 169 Third Ave, Bredell, Kempton Park, 011 396 2581
- Broad Acres SUPERSPAR, Cnr Cedar & Valley Rd, Fourways, 011 540 1518
- Carlsvald SUPERSPAR, Cnr Lever Rd, 011 318 0701
- Florida Junction SUPERSPAR, Cnr Christian De Wet & Florida Junction Rd, Roodepoort, 011 472 0411
- Florida Market SUPERSPAR, Cnr 9th Ave & Goldman St Florida, 011 472 6450
- Glen Acres SUPERSPAR, Cnr Dann & Monument Rd, Glen Marais, 011 391 4342
- Hobart SUPERSPAR, Cnr Hobart Rd & Grosvenor Rd, Bryanston, 011 463 2194
- Noordwyk SPAR, 816 Lever Rd, 011 318 1591
- Park Rand SUPERSPAR, 44 Van Wyk Louw Dr, Boksburg, 011 913 3468
- Rant-En-Dal SUPERSPAR, 44 Cecil Knight St, Krugersdorp, 011 665 1529
- Retail Crossings SUPERSPAR, Cnr Hendrik Potgieter & Nic Diederichs St, Strubensvalley, 011 475 0884
- SPAR NORT RAND, 12 Spanner Road, Clayville, Olifantsfontein, 011 203 5300

- Steve's Blackheath SUPERSPAR, Cnr Beyers Naudé Dr & Mountain View Ave, 011 476 1000
- The Palms SUPERSPAR, Cnr North Rand & 1st St, Boksburg, 011 894 4910
- The Square SUPERSPAR, Cnr Rietfontein & Jansen Rd, 011 823 4715
- Vorna Valley SUPERSPAR, Cnr Albertyn & Harry Galaun Dr, 011 805 3543/62

NORTH WEST

- Baillie Park SPAR, 6 Linden St, Potchefstroom, 018 290 5692
- Damdoryn SPAR, Cnr Old Rustenburg Rd & R512 Intersection, 012 253 1652
- Panorama SPAR, Karel De Wet St, Brits, 012 252 2600
- Rustenburg Square SUPERSPAR, Cnr Wolmarans & Von Wielligh St, Rustenburg, 072 337 5544
- Safari SPAR, Safari Garden Centre, Arend Rd, Rustenburg, 076 092 5535
- Sediba SUPERSPAR, Sediba Shopping Centre, Cnr Ou Wapad & Beethoven St, Hartbeespoort Dam, 071 483 8960
- Tuscany SUPERSPAR, 41 Bokmakierie St, Rustenburg, 082 940 1532

LIMPOPO

- Groblerdal SUPERSPAR, 5 Grobler Ave, Groblerdal, 013 262 5447
- Marble Hall SUPERSPAR, 108 Main Rd, 013 261 1074
- Mokopane SPAR, SPAR Plaza, 32 Retief St, 015 491 3264
- Naboom SPAR, 54 Hans Van Rensburg St, 014 743 1021
- Nylstroom SPAR, 63 Mandela Dr, 014 717 2760

MPUMALANGA

- Bronco SPAR, 29 Lanham St, 013 932 1161
- Delmas SPAR, 32 Sarel Cilliers St, Delmas, 013 665 4121
- Highland SUPERSPAR, 3 Rosmead Rd, Klipfontein, Witbank, 013 692 3175
- Midwater SPAR, Cnr Keiskamma & Oranje Rd, 013 244 1911
- Phola Park SUPERSPAR, Phola Park Mall, Shop 3, Portion 12, Enkeldoring 651, Phola Park, Kwamhlanga, 087 943 3790
- Saveways Crescent SUPERSPAR, Cnr Mandela Dr & Thaba St, Die Heuwel, Witbank, 013 690 1173

THE SWEAT SHOP STORES

- Bedfordview, 55/59 Van Buuren Rd, Bedfordview, 011 450 2421
- Broad Acres Runner, Broad Acres Shopping Centre, Valley Rd, Broadacres AH, Sandton, 011 465 9180
- Centurion, Shop 12, Southdowns Shopping Centre, Cnr John Vorster Dr & Karee St, Irene, 012 665 0048
- Dunkeld, Shop 34, Dunkeld West Centre, Jan Smuts Ave, Rosebank Nue Rosba, 011 325 2567

FOR REGULAR RACE UPDATES FOLLOW US ON SOCIAL MEDIA

@SPARLadiesTshwane @SPARLadiesTshwane @SPARLadiesPTA SPARLadiesTshwane

#SPARLadiesTshwane
#YesIAm...