

THE 34TH 1000 KM / 5 KM CHALLENGE

Irene Homes – Enabling people with intellectual disabilities - 2025 / 2026 SEASON



Irene Homes

ENABLING PEOPLE WITH INTELLECTUAL DISABILITIES

SINCE 1909

SINCE 1909
IN CRUCE SALUS

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[illegible]

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[illegible]

- We prefer that you send us your mileage on an Excel spreadsheet or similar form. If you can save it in the excel template format on website it will be best!
- Otherwise please record your name and challenge temporary number on each page submitted.
- Make a copy for future use and PLEASE write clearly.
- Record results in date sequence, using race names.
- Fill in the total km's column to check your progress.
- Record your finishing time. Please put time in HH:MM:SS
- Please do not send copies of official results, except when requested.
- FINAL COPY TO BE E-MAILED ON OR after Comrades 2026

·NB. PLEASE TOTAL YOUR MILEAGE. GOOD LUCK IN ACHIEVING YOUR GOAL

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