

THE 5 KM CHALLENGE
2025 /2026 SEASON CHARITY Irene Homes – Enabling people with
intellectual disabilities



The 5 km challenge is subsection of **1000KM CHALLENGE**.

The charity for 2025 - 2026 will be Irene Homes – Enabling people with intellectual disabilities. They will get a R50.00 donation from each entry received for challenge.

HOW DO I MONITOR MY PROGRESS?

Create user on website – www.1000kmchallenge.co.za and log kms on the website. Put 5KM as part of your username and change running type to 5 Km

See How many 5 km events you can do in year. Year runs from 1 day after Comrades (9 June 2025) to next Comrades 2026 (14 June 2026). Everybody that have done 1 or more 5 km's will get recognition in the form of trophy or medal at prize giving after Comrades 2026.

Parkruns, 5 km charity events, 5 km fun runs all count towards the 5 km challenge,

ENTRIES

Entries are open until Comrades 2026. (5 km = R150).

Shirt not included in entry and can be ordered for R200.

Method of payment: Cash deposit / Electronic Funds Transfer.

Capitec Bank, Branch number: 47 00 10

Savings Account number: 149 297 3651 Account name: H Fourie (Please remember to put your name & surname as reference if you do an EFT. Capitec Bank does not allow for references with direct cash deposits) Mail proof of payment to 1000walking@gmail.com

QUESTIONS & QUERIES

For any questions on the 5 km challenge, please send us a message:

1000walking@gmail.com

Facebook page - <https://www.facebook.com/groups/1000km.challenge/>

Website: www.1000kmchallenge.co.za

Cell number: 0829230831

THE 1000 KM & 5KM CHALLENGE ENTRY FORM
2025 / 2026 SEASON CHARITY – Irene Homes – Enabling people with
intellectual disabilities

Surname	
First name(s)	
Identity number	
Full birth date	
Gender	
What is your shirt size?	
Are you entering the 5km or 1000km (from 250 km's)?	
Email address	
Cell phone number	
Telephone no. Home	
Telephone no. Work	

I hereby agree to abide by the rules of the **5 KM Challenge**.

Signature: _____ Date: _____
(2025-2026 entry)

Entries (5 KM = R150); (R350 including shirt or R150 excluding shirt)

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