

THE 34TH 1000 KM / 5 KM CHALLENGE



2025 / 2026 SEASON

Charity – Irene Homes – Enabling people with intellectual disabilities

Welcome to all 1000km Challenge Runners and Walkers

We remain committed to the **1000KM CHALLENGE**, a truly South African tradition that has enriched the lives of so many. It is our wish that it may prosper long in order to bring honour to all athletes, not just the podium finishers, but the back makers as well, recognised for all your personal achievements. For those who are the most fervent lovers of the sport and by competing and challenging themselves regularly at races throughout the country and abroad.

The 34th **1000KM / 5KM CHALLENGE** season will stretch from 09th June 2025 to 14th June 2026. The entry fees will be R150 for the 5 km Challenge. Entry fee for 1000 km Challenge will be R340 up to 01st January 2026 Entries, after that it will be R360. **Shirt (not included in entry fee) can be ordered for R200 for the 5 km / 1000 km Challenge.** Entry forms are available on request from 1000walking@gmail.com or on the website www.1000kmchallenge.co.za

Each season we choose a new charity. The charity for 2025/2026 will be Irene Homes – Enabling People with Intellectual Disabilities. They will get R20 donation from each 1000 km entry received and R50 from each 5 km entry fee.

Our **Facebook group 1000KM CHALLENGE** has grown a lot and we welcome you to join us and post your photos and comments. Please "Like" our **Facebook page 1000KM CHALLENGE** to create more awareness.

The website has been up and running for a few years and received great feedback! This is where you will log your running log. Only official races qualify with an official result. Parkrun counts and a great way to enter the 5km Challenge.

Create a user on the website www.1000kmchallenge.co.za and log your km's on the website to monitor progress. Races can be loaded individually or in bulk via an excel spreadsheet. **Please note** you must do a manual entry and that registration on the website does not mean you are entered to the Challenge. The entry form is available on the website. Please use following format when opening a Username: "Name-Surname" a "-"dash between name and surname. If there are any issues, please drop us an email as below.

Your friend in running and walking

Gerhard Fourie

Email: 1000walking@gmail.com

Facebook Group: www.facebook.com/groups/1000km.challenge/

Website: www.1000kmchallenge.co.za

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