



Women's CHALLENGE

10/5km



LOOK OUT FOR THE OFFICIAL SPAR PARKING OFFICERS ON RACE DAY!

Accredited and dedicated SPAR parking officers have been appointed to direct race participants and spectators to our dedicated safe parking areas. Please look out for the parking officers wearing yellow branded SPAR vests and official accreditation badges. Do not take any directions from any other unofficial parking guards.



#4Smiles
#SPARWomensJozi

WWW.SPARWOMENSJOZI.CO.ZA

SPAR 



WARNING

THEFT AT EVENTS IS REAL

Thieves targeting sports events has become more prevalent with a new tactic being used more recently. Thieves are now entering events as “official entrants”, collecting their race packs and t-shirts and seamlessly blending into the crowds. They look no different to the other thousands of people taking part.

Targeting participants carrying backpacks is the new modus operandi. While being jostled in the crowds, thieves simply slice through the bottom of bags carried on victims backs or around their waist and steal cell phones, wallets, purses, cash and other valuables.

Whilst event organisers employ marshals and security staff and most events have a strong visible policing presence, it is simply impossible to monitor deviants, who look no different to other participants, and who carefully pick their time.

The same is happening at finish venues where participants put their bags down only to find that it has been stolen while they are focused on the finish line, chatting to friends, relaxing after the event or watching prize-giving. The brief period while participants are focussed on entertainment provided or prize-giving is the most critical for finish venue theft.

WHAT CAN I DO TO PREVENT THIS HAPPENING TO ME?

- Do NOT carry valuables while you are participating.
- Take responsibility for your possessions
- Be aware of those around you (thieves or victims of theft).
- Do NOT wear expensive jewellery.
- As an option for those wanting to wear a wedding ring, invest in a silicon ring for when exercising. This applies to training too.
- If you need to carry a cellphone ensure that it is either in your hand or very safely stored on your body, NOT in a bag accessible to thieves / pick-pockets.
- Carry only the essentials with you, your car key (not a whole bunch of keys), your phone and cash in the form of a single note tucked into your clothing.
- If you can, leave valuables with a friend or family member.

PLEASE NOTE

DO NOT CARRY YOUR BAG OVER YOUR RACE BIB / NUMBER

Your race bib / number must always be visible as covering the electronic chip will result in no split or finish times being recorded.