



**2024**  
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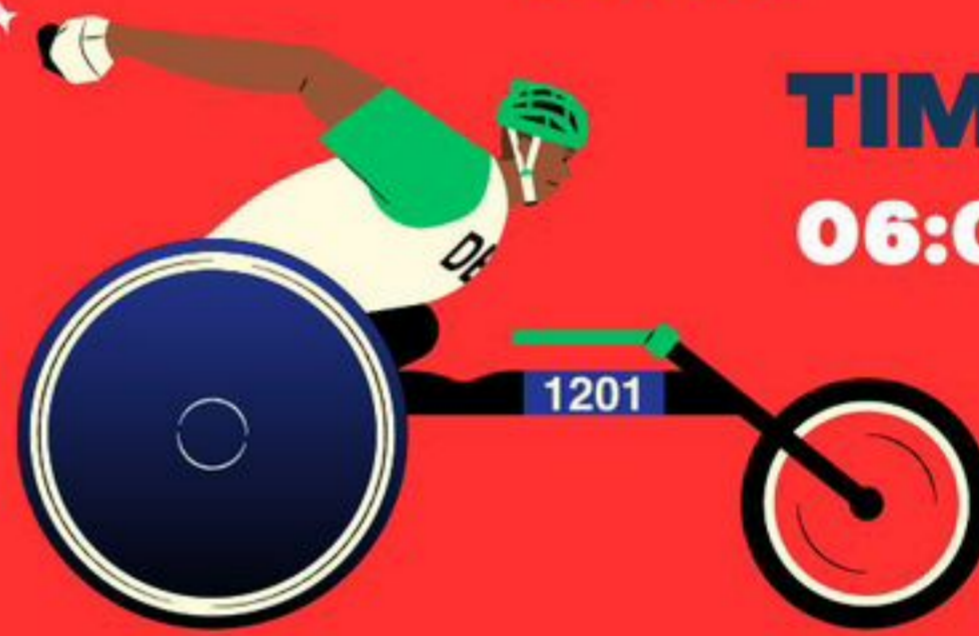


**AN ALL-INCLUSIVE  
HEALTH AND  
LIFESTYLE SPORTS  
DAY FOR THE WHOLE  
COMMUNITY!**

**DATE: SATURDAY, 28  
SEPTEMBER 2024**

**VENUE: SHAYINA STADIUM,  
MANGUZI, KWAZULU  
NATAL**

**TIME:  
06:00 AM**



**BE  
PART  
OF  
MANGUZI  
GIJIMA**

**RACES:  
21KM  
10KM  
5KM  
3KM**



**WHEELCHAIR RACES  
WHEELCHAIR SKILLS  
COURSE**

**YOU ARE NOT  
DISABLED BY THE  
DISABILITIES YOU  
HAVE; YOU ARE  
ENABLED BY THE  
ABILITIES YOU HAVE.**



**FREE ENTRY  
AND  
PRIZES UP  
FOR GRABS!**

**REGISTER AT YOUR LOCAL HEALTH CARE FACILITY**

Instagram: [manguzi\\_gijima](https://www.instagram.com/manguzi_gijima)