

## Entries open for swim challenge

A major attraction on Gauteng's swimming calendar, the annual Time Freight Heia Safari Swim Challenge, will be held at the Heia Safari Ranch in Honeydew near Johannesburg on 26 and 27 October 2013. The dam at Heia Safari is rated as the dam with the cleanest water in Gauteng.



The race is the first of a four-part series at the Heia Safari Ranch that will encourage swimmers to complete distances from 400m to 3,000m - but the bonus for the opening swim is that participants can enter once and swim up to three races at no extra charge.

Events include 800m and 1,500m races for girls 13 years and under and women 31 years and older. A similar race will be held for males in the same age categories. Other age groups catered for will be the men and women between the ages of 14 and 30 years. All finishers will receive a medal and category medals will be awarded to the top three.

### Champion retired

For the more seasoned open water swimmers, there is the usual 3,000m swim on Saturday, 26 October. The 2013 Challenge will make room for a new champion as defending champion Mark Randall has gone into retirement, and is now coaching.

"We like to support sport and contribute towards creating a healthy lifestyle," Etienne van Ravesteyn, CEO of Time Freight, the event's main sponsor, said. "It is also fantastic to create a relationship between business and sport."

Event entrants will be allowed to swim up to three races and the entry fees for the race vary between R60 and R120. Online entries can be submitted via [www.midmarmile.co.za](http://www.midmarmile.co.za).

For more, visit: <https://www.bizcommunity.com>