

While the runners are away ... the family plays ... and has sack races!



Elze Visser takes Heat 1 from Alette Hill

Herman Visser was celebrating his birthday by running his first Baviaans Run, while Henry Hill was on his way to his 'Legend of Legends' award



Alette Hill receives her First Choice milk



... and Gardmed's Riaan Ferreira, still in his sack, receives his