

Rustenburg Herald's Bonus Sport News



Orange Blossom Tournament

BONUS - RUSTENBURG - The 49th Annual Orange Blossom Tournament will be taking place at Rustenburg Golf Club from Thursday, 31 October to Sunday, 3 November 2024.

On Thursday it will be an IPS, Friday Fourball Alliance Scramble Drive, Saturday Betterball and Sunday Medal. For more information please contact the Rustenburg Golf Club at (014) 592 5595 or 081 512 6965.

Ethiopia's Diniya Kedir Abaraya set for triple the action at the 2024 Totalsports Women's Race

BONUS - RUSTENBURG - No stranger to South African shores, Ethiopia's Diniya Kedir Abaraya will make her Totalsports Women's Race debut in 2024. She'll do so in style by participating in all three iconic races: Durban on Sunday, 4 August, Cape Town on Friday, 9 August and Joburg on Saturday, 17 August.

Boasting a personal best 10km time of 32:03 set in Durban in 2023 at the Absa Run Your City Durban 10K, Abaraya has had a busy start to 2024 in South Africa. She secured second place at the 10km SPAR Women's Grand Prix Series in Cape Town in March, ninth at the Absa Run Your City Gqeberha 10K in April, and second at the Mandela Bay Half Marathon in June. As a standout runner for Nedbank Running Club, Abaraya is hoping to improve her 10km performance when she lines up at South Africa's most iconic Women's Month celebration, the Totalsports Women's Race, in Durban, Cape Town, and Johannesburg.

"My coach told me that the race is very fast and flat, so I decided to compete," admits Abaraya. "The Totalsports Women's Race is hosted in honour of women, and I truly believe that women are respected in South Africa, so I am very happy to be part of this event. It's important to host women-only races to encourage and motivate women to be their best. My goal at these races is to set a new personal best. I am really looking forward to running my best time."

Enter: www.totalsportswomensrace.co.za,
www.webtickets.co.za or
any Pick 'n Pay store nationwide.

Diniya Kedir Abaraya in action during the Absa Run Your City Gqeberha 10K earlier this year.
(Photo Credit: Action Photo)



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