

Sport show for family

The country's first-ever multi-sport festival, the Cape Argus SportShow, is taking place at Sandringham Farm in Stellenbosch from Saturday March 19 to Monday March 21, from 9am to 6pm.

This lifestyle and fitness family-friendly event will feature sport clinics, extreme sport shows, live entertainment and a range of sport-related exhibits and equipment.

Whether you are a professional athlete or just a social sport indulger, this event is for all sport lovers, enthusiasts and families.

It's a platform for our country's sport industry to showcase the best of what we have to offer, as well as to promote healthier lifestyles, and to allow visitors to peruse the stalls for incredible deals on sports equipment and goods.

Talented international

athletes who will be in attendance this year, include the world's best slam dunk basketball team, the Lords of Gravity.

Meet your sporting heroes in the flesh, such as the Jetman team (Yves Rossy and Vince Reffet) who strap on turbine-powered wings and soar through the sky, at the celebrity speaker box.

Catch a glimpse of the daring FMX Freestyle show on the first ever double ramp in South Africa.

There will be extreme sports demonstrations and paintball battles, futbol tournaments and sporting gadgets on display.

There will also be plenty of food stalls and a beer tent with craft beer.

Other highlights include Hanli Prinsloo: presenting breath-holding, free-diving and SUP yoga demonstra-

tions; Brian Capper, 10 times Supermoto and Trails champion, a paintball competition including a first Provincial Cup event; bag jumping from three-story tower onto airbags; trampoline and parkour shows; sky-diving and wingsuit display; fives futbol – tournaments and junior skill programmes; stand-up paddle boarding (SUP) experience and yoga on SUP demos.

Tickets are available online via Sportshow.co.za and costs vary depending on the ticket you want (R150 for standard, R200 for a weekend pass, R350 for a family of four, and R80 for children under 12).

Children under the age of three get in for free.

For more information on the event, or to book, contact Annelize at 021 851 5159, annelize@sportshow.co.za, or visit www.sportshow.co.za