

## Lifestyle, fitness showcased

The Cape Argus Sport-Show took place at Sandringham near Stellenbosch over the long weekend. This lifestyle and fitness event featured international sport stars, action sport clinics, extreme sport shows, live entertainment and a range of sport related exhibits and equipment. **Carina Roux** caught some of the action.



BMX performance rider Murray Loubser (Gansbaai)



Multiple motocross champion and trial bike specialist Brian Capper had the crowd in awe with his maneuvers at the sport show. Here he lifts the front wheel of his bike back and forth across the face of volunteer Natasha Schaake.