

Lifestyle and fitness

The Cape Argus SportShow 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.



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



Christiaan Nel from Brackenfell carefully watching his step on the treadmill.



American Jimmy Hill gets a bird's eye view during the action-packed freestyle FMX performance.