

A photograph showing the lower legs and feet of several runners in motion on a paved road. They are wearing various athletic shoes and shorts. The background is slightly blurred, showing a guardrail and some greenery.

**28**  
**Oct**  
**2023**

# #RUNFORHOPE RACE



**AfriForum**  
TRAUMAEENHEID

## in aid of victims of farm attacks

**#RunForHope** is a project of the AfriForum Trauma Unit that is aimed at creating awareness about farm murders and farm attacks in South Africa.

Members of the public who support this project are enabling the AfriForum Trauma Unit to raise funds in aid of their victim support fund.

The funds are used to support victims of this atrocity by, inter alia, cleaning up scenes of farm attacks, material support, assistance with medical expenses, trauma counselling for victims as well as their loved ones, and also advice by experts about investigation and court procedures.

The professional athlete Johardt van Heerden, in cooperation with the AfriForum Trauma Unit, will be hosting the next #RunForHope race **on 28 October 2023 from 07:00 to 12:00 at Vredenheim wine estate in Stellenbosch.**

Van Heerden is an excellent athlete who has completed some of South Africa's toughest routes. He has represented South Africa several times at national level and has completed the Otter hiking trail, known as one of the toughest routes in South Africa, five times and won it four times.

Johardt, who lives in Durbanville in Cape Town's northern suburbs, is giving his all for trauma victims. "It is sad to see that many people are losing hope because of the challenges South Africans are facing. The challenges, including farm murders and farm attacks, are enormous, but we can still choose how we are going to react to them," Van Heerden says.

**You can assist victims of these atrocities by supporting this race and entering your business's staff for group participation, and also by sponsoring items for the participants' welcome kit.**

**If you want to make a donation to AfriForum's victim fund, please use the bank details given below, with reference "VirHoop 28 Okt".**

**Beneficiary: AfriForum NPC**  
**Bank: FNB**  
**Account number: 623 498 983 98**  
**Branch: Centurion**  
**Branch code: 261-550**  
**Reference: VirHoop 28 Okt**

**Enquiries:**  
projekte@afriforum.co.za (Race sponsorships)  
trauma@afriforum.co.za (AfriForum Trauma Unit or trauma-related enquiries)

**Entries and information regarding the race on 28 October 2023:**  
[www.afriforumsport.co.za](http://www.afriforumsport.co.za)