31st EDITION

LAKE FARM CENTRE CHARITY RUN/WALK

EPA Participation League Event

Race Book

- **Rolf Kordes 25km Endurance Challenge**
  Start: 06.00 | Entry Fee: R180
- **10km**
  Start: 07.00 | Entry Fee: R120
  Temp License for 10km & 25km: R50
- **5km Walk/Run**
  Start: 07.15 | Entry Fee: R70

07 MARCH 2026

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Residential Centre for Intellectually Challenged Adults

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PO Box 7131, Newton Park, Port Elizabeth, 6055
E-mail: admin@lakefarm.org.za
Website: www.lakefarm.org.za
Office: 041 379 1555
After hours WhatsApp number: 066 548 7773

BANKING DETAILS
Bank: First National Bank (FNB)
Acc Name: Lake Farm Centre Adult Care
Account Number: 534 307 11185
Branch: Newton Park 261-050
Ref: FB-(company's name)
Please note: If you require a tax certificate, please let us know.
E-mail: accounts@lakefarm.org.za for more details

Nominate Lake Farm Centre as your Corporate Event Beneficiary
If you would like more information, please e-mail: admin@lakefarm.org.za
or harwoodpr@worldonline.co.za for more details

Host Corporate Events or Workshops
Use Lake Farm Centre to host small corporate events or workshop groups of 20-36 people during the week. This package includes a workshop tour and a visit to the Coffee Shop. Experience Lake Farm Centre's heart-warming hospitality!

Donate to the Charity Shop
If you have any clean, unwanted items, that are in working order to clear, please consider donating them to the Lake Farm Centre's Charity Shop. Household goods, clothing, furniture, books, toys - all items welcome.

Support the Lake Farm Centre's Coffee & Craft Shop
The Lake Farm Centre Shop is open every
Saturday and Sunday from 10h00 - 12h30

IN HONOUR OF ROLF KORDES

The Rolf Kordes 25km challenge

The annual Lake Farm 25km training run was traditionally placed on the calendar to accommodate the Two Oceans Ultra athletes to do a good training run.



Rolf Kordes, an esteemed Duathlon athlete, Ironman, Comrades and Two Oceans athlete, used this event and this route for most of his training runs.

Rolf, now 85, together with many of the great athletes of his generation, is no longer able to compete and it was decided to honor them by becoming involved with the Lake Farm Charity Run.

Very few people are aware of the impact that illness such as Dimentia and Alzheimers have on the person that has been diagnosed, nor the family members of those patients, and therefore, by honoring our athletes that are in their golden years, whether affected by these illnesses or not, it is a great opportunity to bring awareness to the athletics fraternity.

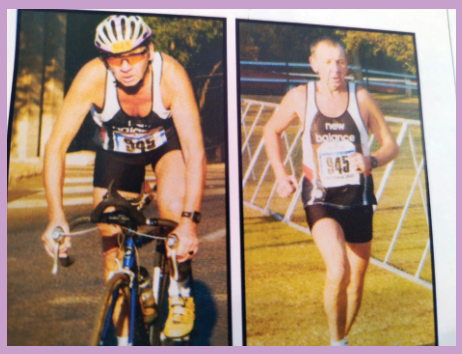
The difference between Dementia and Alzheimer's Disease is that Dementia is a general term for a decline in mental ability severe enough to interfere with daily life, while Alzheimer's is a specific disease. Alzheimer's is the most common cause of dementia.

Dementia is a term for several diseases that affect memory, thinking, and the ability to perform daily activities. The illness gets worse over time. It mainly affects older people but not all people will get it as they age.

Dementia is a progressive, irreversible clinical syndrome. Dementia mainly affects older people, and after the age of 65, the likelihood of developing dementia roughly doubles every five years and affects an estimated 1 in 14 people over the age of 65 and 1 in every 6 people over the age of 80.

DementiaSA was founded in 2005 and provides a 24 hour helpline, raises awareness nationally and is actively involved in research and ongoing advocacy. For more information, contact DemetiaSA via their website www.dementiasa.org

DEMENTIA SA








IRON MEN. . .Springbok ultra-distance triathlete Tony Button, 35, (left) and Rolf Kordes, 56, will both be competing in their eighth consecutive Iron Man competition in Vanderbijlpark in Johannesburg on Sunday. This race has the reputation of being one of the toughest tests of human edurance.

FOREVERFASTER PUMA

WELCOME MESSAGE 2026

Welcome to the 31st edition of our Charity Run! We're well on our way to another thirty years. We have much to be grateful for.

Last year we had a **record number of participants,** and we are convinced that the league status of both the 10 and the 25km races is a contributing factor, combined with our locals being more health & fitness-conscious, which translated into a growing running club membership over the last few years.

Most of all, we believe that PE locals participate because they are keen to support this Centre, a home to our vulnerable residents. We cannot thank you enough - every individual and business that supports or sponsors us.

Our History:

Our existence dates to 1960, when parents who had disabled children, bought land and developed a school and accommodation for their children, with the hope of securing their future care when the parents were no longer there to care for them.

The initial development of the facility was hard work, with no running water, sewage system or electricity supply. Bush had to be cleared and special teachers and care givers to be found to suit the special needs of the children.

Fast forward to the 1970's, and the school was closed by the then Department of Education. All the children under 18 years were moved to Merryvale Special School, and many returned to Lake Farm Centre – Adult Care, after reaching the age of 18 years.

Buildings were extended over time as needs changed. Initially, there was a strong farming component to the Centre, which included a vegetable garden to supply the kitchen with produce. With the help of donors, tunnels were erected to manage the inclement weather and monkey problems in the gardens. Prize cattle were kept as well as a dairy, which supplied meat, milk, butter, and cream to the Centre and for the local market.

All residents participate in craft workshops and these crafts are sold in our coffee & craft shop. Later, second-hand Book and Charity (now Thrift) Shops were established. These three shops still operate over weekends.

Over time, the dairy was closed due to the Centre's inability to cover the running costs. The vegetable tunnels deteriorated as staff levels decreased and residents became older, and it could no longer supply our kitchen.

The Centre Today:

We can accommodate ninety residents. A large percentage of the staff live on the premises, particularly the care staff, to make sure we can provide twenty-four-hour care services and have able hands available for emergencies after hours.

Here, everyone has a part to play and a contribution to make in some way. Residents are encouraged to assist in keeping their living quarters tidy, helping each other, assisting in the

kitchen, helping to keep the grounds tidy, and assisting in the coffee & craft shop over the weekend.

Our craft workshops provide occupational therapy to many of our residents, teaching them craft skills and the experience of being able to add value.

Our Growing Needs:

The subsidies we receive from the Department of Social Development and the SASSA disability grants cover about forty percent of our costs. We charge a boarding fee payable by family or a Trust, which covers a further thirty percent of the costs. The remainder of our costs must be generated by ourselves, through fundraising and/or funding and grant applications.

We have residents with no responsible family and therefore no one to pay their boarding fees. These residents have been at the Centre for many years, and we must cover their costs. These residents constitute almost thirty percent of the total number of residents.

Our biggest expense is **salaries.** We are required, based on statutory minimum standards, to ensure our care services at the Centre meet minimum standards.

Maintenance, repairs, refurbishment or replacement i.e., electrical wiring, plumbing, sewage system, fire detection system, updated security cameras, and general building upkeep, is another major ongoing expense. Our infrastructure is old. Our electricity costs are astronomical, and we need funding for a large-scale **solar power storage system** to reduce our electricity costs.

Our farming initiative is our first outsourced income-generating programme, Lake Farm Agri, and we need funding to develop more tunnels and shade houses.

Our future existence relies on our ability to maximise self-sustainability. We need you – individuals and business / corporates – to help us to continue providing a home to our residents.

As a registered SARS tax exempt public benefit organisation (PBO), we can issue **18A certificates for a tax rebate,** for individuals or corporates / business who choose to fund us.

We thank you, our friends, donors, supporters and sponsors, for your generosity, your passion and your loyalty towards our Centre.

Thank you to those who are working behind the scenes to help secure our future. We thank our staff and our Executive Committee.

For this event - our thanks to Linda Harwood from Harwood Promotions, Janine from Elite Athletics Club, Alan from Bukani Print, Demi da Silva from By B Design, Christina from Webcafe and Kingfisher FM – for your love for us.

Amelia Laubsher
General Manager
Lake Farm Centre - Adult Care



Elite Athletics Club is thrilled to be part of the 31st Edition of the annual Lake Farm Charity Run! This year's Rolf Kordes 25km Endurance Run offers a fantastic training opportunity for our athletes preparing for Two Oceans and Cape Town marathon.

Let's make the 2026 event truly special by coming out in full support. Invite your family and friends to take part in one of the three distances on offer while helping to raise much-needed funds for the Lake Farm Centre — every step truly makes a difference!

After the run, treat yourself to delicious homemade scones and goodies from the coffee shop, and don't forget to browse and support the charity shop. A great run, a great cause, and a great day out - don't miss it!



Farewell and Thank You

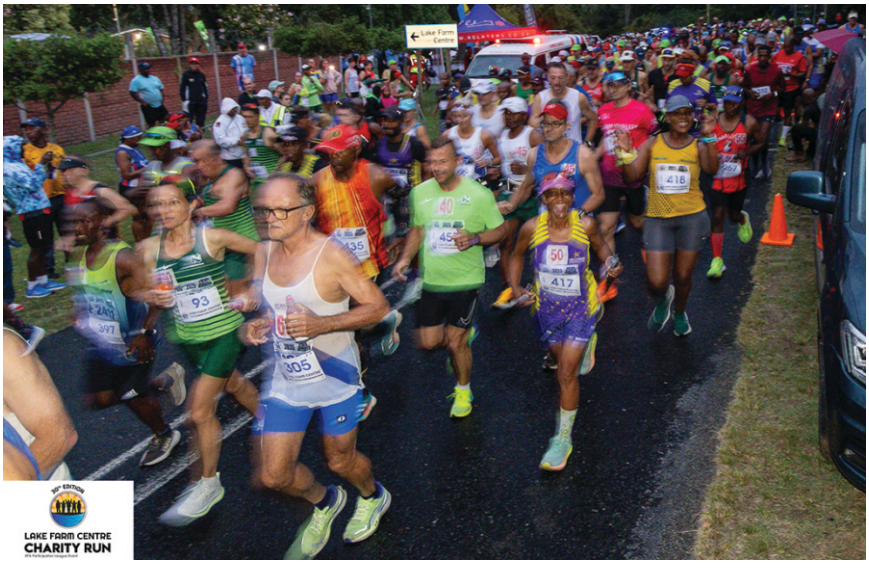
Lake Farm Centre would like to extend a huge thank you to Alan Taylor, of Bukani Print, for his personal support since the inception of the Lake Farm Centre Charity Run.

Alan has been involved with the Lake Farm Centre for 45 years and will be retiring from Bukani Print and emigrating to New Zealand later this year.

Alan has left a huge legacy behind as a passionate runner with a huge heart. His departure will be deeply felt by the running community nationwide, with whom he has forged many special friendships.

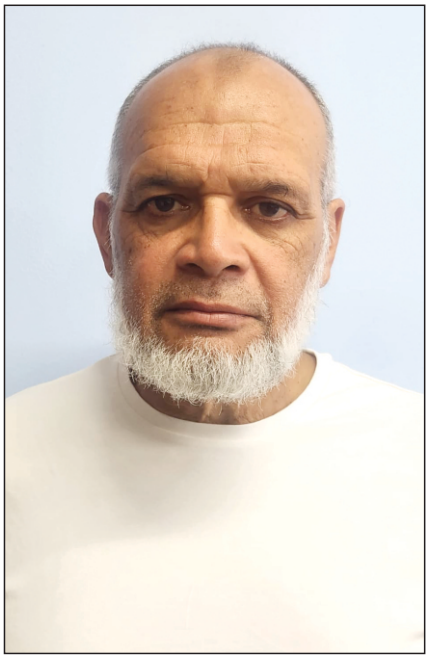
Alan paid tribute to Lake Farm Centre with an emotional farewell message to the running community.

“To my friends at Lake Farm Centre, I will miss them, they have made me the person that I am today, being involved with charity work. I thank them for that blessing. The Charity Race is in its 31st successful year, and so I bid farewell to everyone, and may the running community continue to support Lake Farm Centre.”





ALAN TAYLOR



IQBAL SAIN

Iqbal Sain, who will be taking over from Alan at Bukani Print, confirmed his commitment to the Lake Farm Centre Charity Race.

“The race will carry on as it has become an institution on the Eastern Province Athletics road running calendar.

“Bukani Print will continue the legacy of Alan Taylor in his absence, and we will carry on supporting Lake Farm Centre, as this charity race is their flagship fundraiser.

“As a company, we build partnerships with these community institutions, which become a social responsibility that we value greatly.

“We say goodbye to Alan and wish him all of the best.”

“ I look forward to taking over from him as I have been an active member with Malabar Athletics Club for the past 30 years, so I am no stranger to road running.”

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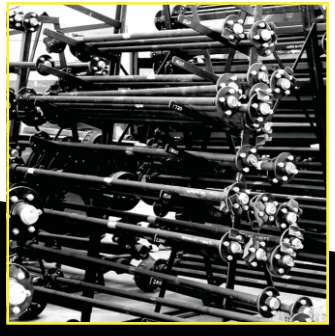

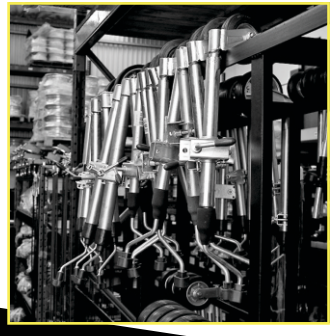

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A FEW PHOTOS FROM THE 2025 CHARITY RUN AT LAKE FARM CENTRE















Richard Pearce Photography













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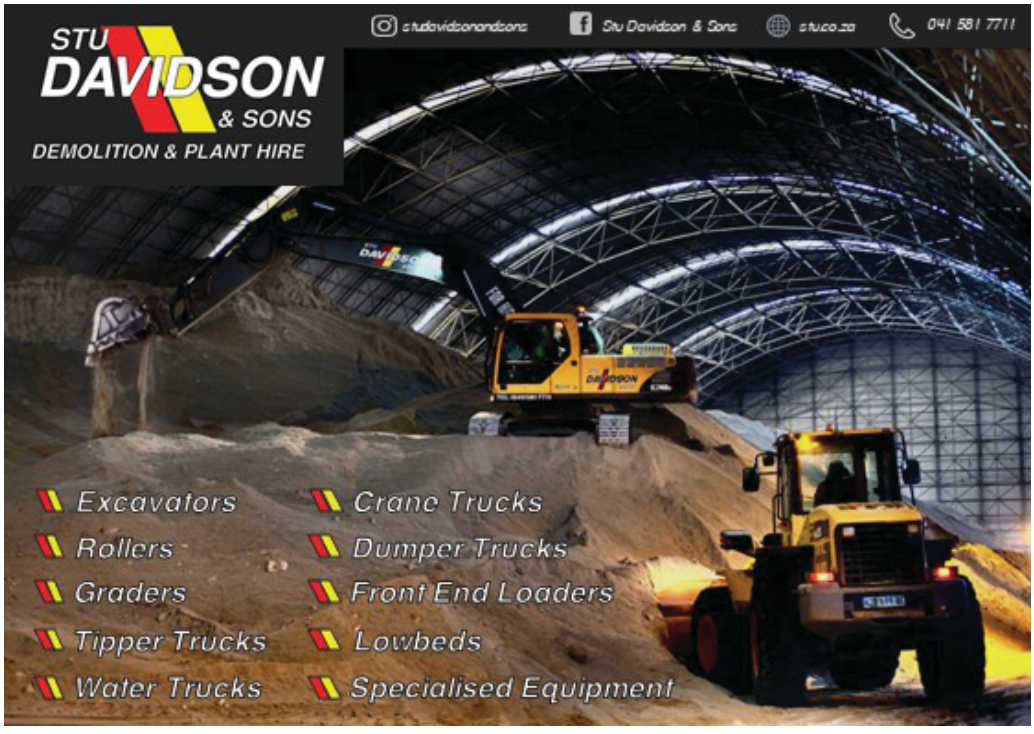

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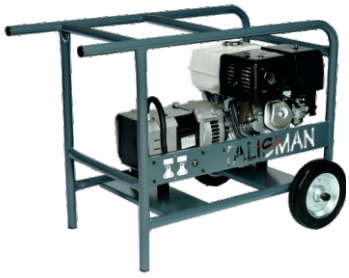







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