



**KEYNOTE STATEMENT**

**BY**

**HONOURABLE AGNES TJONGARERO  
MINISTER OF SPORT, YOUTH AND NATIONAL SERVICE**

**DURING THE**

**THE OFFICIAL LAUNCH OF THE 1ST EDITION  
OF THE SPAR NAMIBIA  
10 KM WOMEN RACE  
13 FEBRUARY 2023**

Honourable Deputy Minister of the Ministry of Sport, Youth and National Service;

Honourable Governor of the Khomas Region;

Esteemed Chairperson of the Namibia Sports Commission;

Esteemed other board members of the Namibia Sports Commission present;

Staff members of the Ministry of Sport, Youth and National Service present;

Media Practitioners;

Ladies and gentlemen.

Good afternoon,

It gives me great pleasure to stand in front of you today as we launch the First (1st) ever edition of the Spar Namibia 10km Women Race. Today is indeed a significant day in the history of Namibian sport, because we gather here today, to launch the first ever 10km Women Race in Namibia. Women long distance running has been in existence for a long time now in Namibia, as exemplified by the numerous exploits of Helalia Johannes and others, however, for the first time in the history of this auspicious sport, Namibian women will take to the street in Windhoek on the 23 April 2023, to participate in the first ever 10km Women Race.

This momentous opportunity has been made a reality by the generousness of Spar Namibia, who has been a trusted partner of the long-distance running community in Namibia. On behalf of the people of Namibia, please allow me to extend our heartfelt appreciation to Spar Namibia, for their unwavering support to sport.

Thus, sincerely allow me to thank Mr Eugene van Wyngaard, Spar Group Namibia Regional Manager and Mr Francois Lotter, Spar Group Namibia Retail Operations Manager, for their roles in making this event a reality. The Namibia nation unreservedly extend their appreciation for your commitment to sport development.

**Ladies and gentlemen;**

The Race will offer Namibian females the unique opportunity to now annually look forward to an event to participate in, as it is open to all females. Whether one is an elite athlete or a beginner, untold benefit will definitely accrue your way, by participating in this event. Thus, all women are encouraged to participate in this event as the benefits of doing sports cannot be overemphasized. In a country where an increasing number of adolescents are slowly becoming classified as overweight and obese, such interventions as this 10km Women Race will definitely stand the country in good stead. I strongly urge Namibian females to come out in great numbers to participate in this momentous occasion. Thus, come out and join the community of long

distance running by participating in this event, where you can run / walk at your own pace, just as long as you are physically active.

**Ladies and gentlemen,**

When you are physically active, your mind is distracted from daily stresses. Being active can help you to avoid getting bogged down by negative thoughts. Exercise reduces the levels of stress hormones in your body. Please remember that sport is not just for the young people only!

On the contrary, older people who are active are shown to be healthier and on average live longer. In remaining active as you get older, you can strengthen your muscles and bones, and reduce risks such as falls and heart diseases. Thus, all females young and old are encouraged to participate. Ultimately, the goal is to encourage and create a culture of women running in Namibia, through mass sport participation. Thus, I am extending a challenge to all my colleagues in Parliament, all the female captains of industry, teachers, nurses police officers and everyone else to come and participate, so as to turn this occasion into a celebration of Namibian females.

**Ladies and gentlemen;**

Without further ado, let me extend my heartfelt appreciation to the Directorate of Sport for having made this possible. Especially let me extend an individual appreciatory and congratulations to Mr. Bethold Karumendu for his efforts in making this event a reality. We thank you for facilitating this initiative and building the Namibian Nation through Sport. Hopefully, your peers in the Ministry can emulate your efforts, in approaching the private sector to come on board and become meaningful partners in nation building through sports.

In conclusion, it is now my distinct honour to officially launch the First (1st) Edition of Spar Namibia 10km Women Race.

**I THANK YOU**