

WORLDGIVING SERIES #3



Footprints
4 Sam

Hi from Canada
16 172 footprints

FOOTPRINTS
886 462
WORKOUTS
15 498
SOCIAL
69 766
KM
156 891

Overall Challenge
Series Leader
**RORY
KIRTON!!!**

South Africa
Going Strong!
869 875 footprints

Friends from
New Zealand
221 footprints

COUNTRY	FOOTPRINTS	WORKOUTS	SOCIAL	KM
CANADA	16 172	300	382	1 640
NEW ZEALAND	221	7	0	24
SOUTH AFRICA	869 875	15 186	69 384	155 216
ZAMBIA	194	5	0	11
TOTAL	886 462	15 498	69 766	156 891



**3.9 TIMES AROUND
THE WORLD
AND THE EQUIVALENT
OF 2.1 YEARS OF EXERCISE**



Footprints = Base challenge measurement



Social = Number of posts made + likes given + 20% of likes received.



Activities = Number of individual sporting activities done by participants

WORLDGIVING SERIES #3

GO FOR IT! Get SPODGING!!!

1 SPODGE = 40% footprints + 40% workouts (activities) + 20% social posts (and then further weighted to only apply 20% of likes received).

Footprints 4 Sam

FOOTPRINT WINNERS

Introducing the Footprints 4 Sam

World Giving Series SPODGES

A SPODGE represents:

Sweating with Purpose
Love Overflowing
Determination & Giving for Everyone

Collect splodges through all the different challenges and make a difference in the lives of young vulnerable, chronically ill underprivileged children!

Challenge #3

All Participants earn their Challenge 3# SPODGE Don't break your streak!!

WORLDGIVING SERIES #3
CHALLENGE THREE

Challenge #4
30 November 2021 - 28 February 2022
Join in if you are not already in it!

Don't break your streak!
#GivingTuesday

SPODGE WINNERS

	User	Footprints
TOP MALE	1st Henk Pretorius	28 148
	2nd Rory Kirton	27 785
	3rd Kurt Heunis	12 562
TOP FEMALE	1st Kirsten Rampono	17 510
	2nd Nicole Glickman	12 524
	3rd Sam Harrington	10 562
TOP TEAM	1st Saevus4Sam	123 438
	2nd #Sweat4Sam	95 701
	3rd Emit	95 318
TOP AGE GROUP	1st 20-34	201 165
	2nd 35-39	193 389
	3rd 45-49	139 533

	Name	Footprints	Workouts	Social	Splodge
TOP MALE	1st Rory Kirton	27 785	385	4049	12 078
	2nd Henk Pretorius	28 148	374	2609	11 931
	3rd Kurt Heunis	12 562	129	0	5 076
TOP FEMALE	1st Kirsten Rampono	17 510	58	0	7 027
	2nd Nicole Glickman	12 524	174	543,5	5 188
	3rd Sarah Crooks	10 562	139	33	4 287
TOP TEAM	1st Saevus4Sam	123 438	1 687	5 572	51 164
	2nd #Sweat4Sam	95 701	1 345	8 010	40 421
	3rd Emit	95 318	1 248	6 964	40 019

WORLDGIVING SERIES #3
MALE SPODGE
#F4SAMWGS

WORLDGIVING SERIES #3
FEMALE SPODGE
#F4SAMWGS

WORLDGIVING SERIES #3
TEAM SPODGE
#F4SAMWGS

WORLDGIVING SERIES #3



Footprints
4 Sam

	Workouts	Footprints	Hours		Top Participant	Footprints
bowling	12	617	21		Izelle De Klerk	225
boxing	80	3 863	77		Yvette Papadimitropoulos	1 452
cycle	2 183	181 038	3 596		Gerrit Pfahl	8 305
gardening	137	6 475	216		Jan Oosthuizen	838
golf	161	8 074	603		Liam Atree	2 123
gym	1 469	77 084	1 553		Liam Atree	3 624
hiit	1 724	118 205	1 970		Kirsten Rampono	16 110
hike/walk	3 623	94 153	4 466		Fiona Kimble	4 576
horse_back_	26	1 421	34		Huibrie Carstens	671
kayak	12	196	10		Erin Hellinga	39
martial_arts	72	3 568	71		Karlien Oosthuizen	1 242
mountain_biking	250	30 745	507		Henk Pretorius	10 341
netball	14	1 533	26		Chantal Posthumus	1 020
pilates	187	6 763	161		Rory Kirton	2 421
rugby	8	362	6		Allan Bader	302
run	4 250	299 393	4 079		Karl Quinn	10 088
soccer	45	4 116	69		Ryan Ramsamoojh	1 290
spinning	163	8 226	137		Mareli Hansen	1 802
swimming	318	13 563	240		Matt Ralphs	2 258
tennis	147	9 652	214		Erin Hellinga	4 475
trail_run	45	2 515	35		Nicole Botes	727
yoga	572	14 901	355		Jenny Gordon-Williams	1 380
TOTALS	10 015	553 595	11 287			

A HUGE THANK YOU TO

tyrone
pharmacy
take good care

WORLDGIVING SERIES #3



Footprints
4 Sam

THE TOP 50

	First name	Surname	Username	Footprints
1	Henk	Pretorius	towenaar	28 148
2	Rory	Kirton	roryk	27 785
3	Kirsten	Rampono	kirsten	17 510
4	Kurt	Heunis	kurtheunis	12 562
5	Nicole	Glickman	nicoleglickman	12 524
6	Stoffel	Eckley	dusty	10 823
7	Sam	Harrington	samh	10 562
8	Maureen	Watson	momo78	10 362
9	Charles	Ojur	ojur	10 277
10	Karl	Quinn	karlieboi	10 088
11	Matt	Ralphs	mattralphs	9 675
12	Mark	Thom	markthom	9 602
13	Liam	Altre	gingerninja	9 276
14	Gerrit	Pfahl	gerritpfahl	9 160
15	Kelvin	Steyn	kelvin	9 076
16	Lauren	Argall	laurenargall	8 980
17	Mareli	Hansen	marelih	8 832
18	Fred	Platt	fredplatt	8 784
19	Sarah	Crooks	sarahcrooks1	8 654
20	Loutjie	Smit	loutjiesmit	8 642
21	Johan	Joubert	joubert01	7 954
22	Bennie	Erasmus	ben	7 904
23	Sergio	Murray	sergiom85	7 778
24	Johannes A.	Greyling	johannaries	7 629
25	Pieter	Aucamp	spoke	7 629

	First name	Surname	Username	Footprints
26	Shaun	Van Rensburg	shaunvanrensburg	7 611
27	Liezel	Pretorius	roxy	7 475
28	Gary	Ainsworth	garyainsworth	7 440
29	Gary	Schoombie	gary	7 339
30	Michael	Payne	mypain	7 294
31	Sandra	Breytenbach	sandrabreytenbach	7 063
32	Julia	Thompson	jewels	7 030
33	Oscar	Netshiongolwe	bulldog	6 946
34	Marina	Le Roux	minx	6 912
35	Monja	Botha	monja	6 907
36	Steve	Bure	stevebure	6 622
37	Chanelle	Retief	chanellie05	6 472
38	Dinkies	Prinsloo	dinkies123	6 238
39	Robert	Duncan	robertduncan	6 214
40	Brenda	Cox	bee	6 021
41	Elizma	Wills	elizmawills	6 020
42	Marjolein	Mansvelder	mmansvelder	5 981
43	Jacques	Muller	jakkelz7	5 970
44	Catherine	Albertyn	cathalbertyn	5 801
45	Ottilia Anna	Maunganidze	ottiliannam	5 602
46	Erin	Hellinga	erinhellinga	5 567
47	Patrick	Jordaan	patrick72	5 550
48	Syann	Long	syann	5 455
49	Nikita	Figueiredo	kita07	5 342
50	Ivan	Rogers	ivanrogers	5 322

THANK YOU TO ALL PARTICIPANTS



WORLDGIVING SERIES #7
Proudly brought to you by **tyrone pharmacy**
take good care

Footprints 4 Sam

You are part of the #F4SamWGS movement!
WORLDGIVING SERIES #7
www.Footprints4Sam.org
Proudly brought to you by **tyrone pharmacy**
take good care

Footprints 4 Sam

Icon	Raised	Distance	Time
	216.64	108.31km	03:20:29

WORLDGIVING SERIES #7
Proudly brought to you by **tyrone pharmacy**
take good care

Footprints 4 Sam

You are part of the #F4SamWGS movement!
WORLDGIVING SERIES #7
www.Footprints4Sam.org
Proudly brought to you by **tyrone pharmacy**
take good care

Footprints 4 Sam

Icon	Raised	Distance	Time
	80.00	10.00km	01:03:11

WORLDGIVING SERIES #7
Proudly brought to you by **tyrone pharmacy**
take good care

Footprints 4 Sam

You are part of the #F4SamWGS movement!
WORLDGIVING SERIES #7
www.Footprints4Sam.org
Proudly brought to you by **tyrone pharmacy**
take good care

Footprints 4 Sam

Icon	Date	Time	Dist
	SEP 27TH	00:24:26	

You are part of the #F4SamWGS movement!
WORLDGIVING SERIES #7
www.Footprints4Sam.org
Proudly brought to you by **tyrone pharmacy**
take good care

Footprints 4 Sam

Icon	Raised	Time
	42.00	01:00:00

WORLDGIVING SERIES #7
Proudly brought to you by **tyrone pharmacy**
take good care

Footprints 4 Sam



THANK YOU TO ALL PARTICIPANTS



WORLDGIVING SERIES #3
Proudly brought to you by **tyrone pharmacy** take good care

Footprints 4 Sam

Raised **57.80** Distance **7.22km**

WORLDGIVING SERIES #3
Proudly brought to you by **tyrone pharmacy** take good care

Footprints 4 Sam

COME TODAY. THAT'S WHY I'M HERE.

BE MORE DO MORE

You are part of the #F4SamWGS movement!
WORLDGIVING SERIES #3
www.Footprints4Sam.org

Proudly brought to you by **tyrone pharmacy** take good care

Footprints 4 Sam

Raised **335.16** Distance **41.89km** Time **03:06:19**

WORLDGIVING SERIES #3
Proudly brought to you by **tyrone pharmacy** take good care

Footprints 4 Sam

WORLDGIVING SERIES #3
Proudly brought to you by **tyrone pharmacy** take good care

Footprints 4 Sam

Pace **4:44 /km** Time **54m 0**

You are part of the #F4SamWGS movement!
WORLDGIVING SERIES #3
www.Footprints4Sam.org

Proudly brought to you by **tyrone pharmacy** take good care

Footprints 4 Sam

Raised **73.50** Time **01:45:00**

You are part of the #F4SamWGS movement!
WORLDGIVING SERIES #3
www.Footprints4Sam.org

Proudly brought to you by **tyrone pharmacy** take good care

Footprints 4 Sam

You are part of the #F4SamWGS movement!
WORLDGIVING SERIES #3
www.Footprints4Sam.org

Proudly brought to you by **tyrone pharmacy** take good care

Footprints 4 Sam

Raised **36.40** Distance **4.55km** Time **00:31:22**

