

UNLEASH YOUR INNER CHEF

with **nutrifresh™**

nutrifresh™ is a registered trademark used under license by TCC Global N.V.
T's & C's apply.

4 WEEKS LEFT
TO COLLECT STICKERS



SPAR
Tender & Tasty
Chicken Skewered Wings
(Peri-Peri / BBQ)
99⁹⁹ per kg



Your Butcher By SPAR
Pork Loin Chops
79⁹⁹ per kg



Your Butcher By SPAR
Grabouw Boerewors
109⁹⁹ per kg



42⁹⁹ each
WITH RewardsCARD

SAVE UP TO 80%
on **nutrifresh™**
Kitchen Essentials
Ends 8 November 2026



27⁹⁹ each
WITH RewardsCARD



179⁹⁹ each
WITH RewardsCARD



99⁹⁹ each
WITH RewardsCARD



Douwe Egberts
Freeze Dried Instant Coffee
200 g Assorted or Pouch
230 g (Excl. Decaf)



69⁹⁹ each
WITH RewardsCARD



32⁹⁹ each
WITH RewardsCARD

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM
Retail Price R399.99
Discounted Price:
79⁹⁹
19cm Cook's Knife

COLLECT 30 STICKERS



54⁹⁹ per pack
WITH RewardsCARD

SPAR



Be a super saver



freshline
Potatoes
2 kg

36⁹⁹
per pack

Fresh Savings

Super
BUNDLE
DEAL



SPAR
freshline
Crisp Lettuce 150 g,
Butter Lettuce 100 g,
Season's Value 120 g or
Herb Lettuce 120 g
Pillow Packs

BUY
ANY
2
FOR

40⁰⁰



Super
BUNDLE
DEAL



SPAR
freshline
Cherry Tomatoes
250 g
or
Mini Plum Tomatoes
200 g

BUY
ANY
2
FOR

35⁰⁰



SPAR
freshline
Pears
1.5 kg

24⁹⁹
per pack

Quality Meat. Unbeatable Value



SPAR
Tender & Tasty
Braai Busters
330 g
Assorted

49⁹⁹
each



SPAR
Tender and Tasty
Pork Kebabs
(BBQ or Texan)

129⁹⁹
per kg



Your Butcher
By SPAR
Tenderised Beef Steak

149⁹⁹
per kg

Bake & Save



SPAR
Bakery
Core Cakes
Black Forest,
Death by Chocolate,
Hot Chocolate,
Chocolate & Peanut
Butter, Chocolate &
Hazelnut

129⁹⁹
each



SPAR
Bakery
Pita Bread
White or Brown
6s

39⁹⁹
per pack



SPAR
Bakery
Scotch Pancakes
8s

34⁹⁹
per pack



Sasko
Premium
Brown Bread
700 g

15⁹⁹
per loaf
WITH Rewards CARD

Delicious Made Easy

Fresh & Convenient

Pieman's
Mini Pies
30 g / 40 g
Assorted



BUY
ANY
5
FOR

30⁰⁰

PIEMAN'S
MADE JUST RIGHT

Chikka Chicken
2 Piece and 100 g
Chips



39⁹⁰
per meal

ATE & LEFT NO
CRUMBS

CHIKKA
CHICKEN

Sorted for Lunch

Chikka Chicken
Peri-Peri Chicken
Livers 200 g
and 1 Roll



29⁹⁰
per meal

ATE & LEFT NO
CRUMBS

CHIKKA
CHICKEN

Fridge Essentials. Super Value



SPAR
Prepacked
Cold Meat
200 g
Assorted

50⁰⁰

Save R20
WITH Rewards CARD



Eskort
Round, Shoulder,
Back or
Diced Bacon
200 g

29⁹⁹
each

WITH Rewards CARD



Clover
Processed
Cheese
Slices
400 g
Assorted

54⁹⁹
per pack

WITH Rewards CARD



Bonnita
Bulk
Cheddar
or
Gouda
Cheese

99⁹⁹
per kg

WITH Rewards CARD



SPAR
Feta
Cheese
400 g
Assorted

59⁹⁹
each

WITH Rewards CARD



SPAR
Cottage
Cheese
250 g
Assorted

29⁹⁹
each

WITH Rewards CARD



The Laughing Cow
Flavoured Medium Cheese
Spread Wedges 120 g
Assorted

29⁹⁹
each

WITH Rewards CARD



SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

Special available at selected SPAR and SUPERSPAR (Excluding KWIKSPAR and SPAR Express stores). Promotion valid from **07 October** up to and including **18 October 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. Please visit your nearest store to see if these specials apply. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria. Errors and Omissions Excepted (E&OE).

SHOP & CHOP

with **nutrifresh™**



Fridge Super Value

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Freezer Super Value



LOVE IT? SPAR GETS IT DELIVERED



Download now!



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Must-have Savings

Super BUNDLE DEAL

BUY me for a BONUS sticker!

BUY ANY 2 FOR

54⁰⁰

WITH Rewards CARD

Kellogg's Instant Noodles (Excl. Stir Fry) 5 x 70 g Assorted

Pantry Super Savers

Crosse & Blackwell Tangy Mayonnaise 750 g

38⁹⁹ each

WITH Rewards CARD

SPAR Tomato Sauce 700 ml

26⁹⁹ each

WITH Rewards CARD

SPAR White or Brown Vinegar 750 ml

10⁹⁹ each

WITH Rewards CARD

Miami Boerie or Hammy Relish 450 g Assorted

19⁹⁹ each

WITH Rewards CARD

All Gold Tomato & Onion Mix 410 g

17⁹⁹ each

WITH Rewards CARD

SPAR Corned Meat 300 g Assorted

29⁹⁹ each

WITH Rewards CARD

SPAR Pilchards In Tomato or Chilli Sauce 400 g

23⁹⁹ each

WITH Rewards CARD

Rhodes Baked Beans in Tomato Sauce 400 g

24⁰⁰ each

WITH Rewards CARD

Nando's Seasonke All in 1 Seasoning 200 g

19⁹⁹ each

WITH Rewards CARD

Ina Paarman Spices or Seasoning (Excl. Seasoned Salt, Sodium Garlic & Herb and Italian Cheese Sprinkle) 200 ml Assorted

35⁹⁹ each

WITH Rewards CARD

Hinds Herbs & Spices Refill (Excl. Cabbage Seasoning) 12 g - 90 g Assorted

25⁰⁰ each

WITH Rewards CARD

Knorr Dry Packet Sauce or Gravy 38 g / 43 g Assorted

14⁹⁹ each

WITH Rewards CARD

Polana Spaghetti, Macaroni or Elbows 500 g

25⁰⁰ each

WITH Rewards CARD

Spekko Long Grain Parboiled Rice 2 kg Assorted

29⁹⁹ each

WITH Rewards CARD

White Star Super Maize Meal 5 kg

49⁹⁹ each

WITH Rewards CARD

Golden Delight Premium Grade Long Grain White Parboiled Thai Rice 10 kg

119⁹⁹ each

WITH Rewards CARD

Spekko Super Maize Meal 5 kg

149⁰⁰ per combo

WITH Rewards CARD

SPAR Super Maize Meal 5 kg + SPAR Parboiled Rice 2 kg + SPAR Sunflower Oil 750 ml + SPAR Instant Noodles Assorted 5s + SPAR Baked Beans in Tomato Sauce 400 g + SPAR Pilchards in Tomato or Chilli Sauce 400 g

149⁰⁰ per combo

WITH Rewards CARD

Spekko Long Grain Rice 10 kg + SPAR Super Maize Meal 10 kg + SPAR Sunflower Oil 2 litre + SPAR Brown Sugar 2 kg

320⁰⁰ per combo

WITH Rewards CARD

Value Baking Picks

Clover Condensed Milk or Caramel Double Cream Dairy Dessert 360 g / 385 g

34⁹⁹ each

WITH Rewards CARD

Rhodes Peach Halves in Syrup 410 g

19⁹⁹ each

WITH Rewards CARD

Snowflake Cake Wheat Flour, Brown or White Bread Flour 2.5 kg

36⁹⁹ each

WITH Rewards CARD

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Treat Yourself

SAVE EXTRA

Rhodes 100% Fruit Juice Blend 1 litre Assorted

25⁹⁹ each

WITH RewardsCARD

SPAR Natural Spring Water 5 litre

22⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

Bonaqua Pump Water Still or Flavoured 750 ml Assorted

BUY ANY 3 FOR

37⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Schweppes Soda Water 6 x 200 ml Assorted

64⁹⁹ per pack

WITH RewardsCARD

Super BUNDLE DEAL

SPAR Smoothie Fruit Concentrate 1 litre Assorted

BUY ANY 2 FOR

20⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Reboost Energy Drink 500 ml Assorted

BUY ANY 2 FOR

17⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Oron Ready to Drink Juice 6 x 300 ml Assorted

32⁹⁹ per pack

WITH RewardsCARD

Super BUNDLE DEAL

Coke No Sugar, Fanta, Sprite, Soney, Sparletta or Twist Soft Drink 1.5 litre Assorted

BUY ANY 2 FOR

28⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Fanta, Soney or Sprite Assorted (Excl. Coca-Cola and Zero or Light Range) 2 litre

BUY ANY 2 FOR

38⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Coca-Cola Light, Coca-Cola No Sugar, Coca-Cola No Sugar No Caffeine, Fanta Zero, Sprite Zero or Soney Zero (Excl. Coca-Cola Original Less Sugar 2 litre) 2.25 litre

BUY ANY 2 FOR

34⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

SPAR Signature Selection 100% Pressed and Squeezed Fruit Juice 1 litre Assorted

26⁹⁹ each

WITH RewardsCARD

Super BUNDLE DEAL

Mister Sweet or Manhattan Gums, Jellies or Rascals 100 g / 125 g or Liguorice 150 g Assorted

BUY ANY 2 FOR

45⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Nestlé Milky Bar, Kit Kat 8 Finger, Aero, Smarties or Peppermint Chocolate Slab 80 g / 85 g Assorted

BUY ANY 2 FOR

43⁰⁰

WITH RewardsCARD

SAVE EXTRA

Cadbury 5 Star 48.5 g, Lunch Bar 44 g, PS 48 g, Astros 40 g or Crunchie 40 g (Excl. PS Duos, Bubbly or Caramel Slab) Assorted

BUY ANY 2 FOR

22⁰⁰

WITH RewardsCARD

Save R10

Super BUNDLE DEAL

Jungle Energy Bar 40 g Assorted

BUY ANY 2 FOR

23⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Willards Crinkle Cut Potato Chips 120 g Assorted

BUY ANY 2 FOR

30⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Doritos Corn Chips 145 g Assorted

BUY ANY 2 FOR

40⁰⁰

WITH RewardsCARD

Super BUNDLE DEAL

Simba NikNaks 135 g Assorted

BUY ANY 2 FOR

22⁰⁰

WITH RewardsCARD

Breakfast Value Buys

SAVE EXTRA

Nescafé Cappuccino Sticks 8s / 10s Assorted

BUY ANY 2 FOR

105⁰⁰

WITH RewardsCARD

VALUE REFILL

Frisco Instant Coffee Refill Pouch Original or Granules 750 g (Excl. Decaf)

109⁹⁹ each

WITH RewardsCARD

BUY ANY 2 FOR BONUS sticker!

Futurelife Instant Cereal Original or Zero (Excl. High Protein) 500 g Assorted

45⁹⁹ each

WITH RewardsCARD

Low Fat Milk

Clover Low Fat or Full Cream UHT Milk 6 x 1 litre Assorted

99⁹⁹ per pack

WITH RewardsCARD

SAVE EXTRA

Selati White Sugar 2.5 kg

59⁹⁹ each

WITH RewardsCARD

SAVE EXTRA

Rhodes Smooth Apricot or Mixed Fruit Jam 900 g

35⁹⁹ each

WITH RewardsCARD

Thokoman

Thokoman Peanut Butter 400 g Assorted

39⁹⁹ each

WITH RewardsCARD

Laager

Laager Pure Rooibos 80s

39⁹⁹ per pack

WITH RewardsCARD

FIVE ROSES

Five Roses Tagless Teabags 100s

59⁹⁹ per pack

WITH RewardsCARD

De Vries

De Vries Double Velvet Biscuits 185 g Assorted

24⁹⁹ per pack

WITH RewardsCARD

Bakers

Bakers Blue Label Marie Biscuits 200 g Assorted

BUY ANY 2 FOR

36⁰⁰

WITH RewardsCARD

Every 500ml bottle you buy, **donates** to breast cancer support.

SPAR



CANCERVIVE
CREATING AWARENESS · CARING · CELEBRATING LIFE

LOVE IT? SPAR GETS IT DELIVERED 2U



Download now!

Available on the App Store

GET IT ON Google Play

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Get your save on!



17⁹⁹
each
WITH RewardsCARD

Dove
Beauty Bar Soap
90 g
Assorted

Care & Save



Radox
Body Wash
400 ml
Assorted

52⁹⁹
each
WITH RewardsCARD

Super
BUNDLE
DEAL



Protex
Hygiene Soap
175 g
Assorted

30⁰⁰
each
WITH RewardsCARD



Rexona
Shield
Anti-Perspirant
for Men or Women
150 ml
Assorted

35⁹⁹
each
WITH RewardsCARD



Clere
Body Cream
or Lotion for
Male or Female
300 ml / 400 ml
Assorted

26⁹⁹
each
WITH RewardsCARD



TRESemmé
Shampoo, Conditioner
or Styling Spray
300 ml / 400 ml / 750 ml / 900 ml
Assorted

114⁹⁹
each
WITH RewardsCARD



Playboy or Playgirl
Aerosol Deodorant
For Male or Female
90 ml / 150 ml
Assorted

31⁹⁹
each
WITH RewardsCARD

Super
BUNDLE
DEAL



Always
Maxi Duo Night,
Maxi Plus
or Maxi Soft Sanitary Pads
12s / 14s / 16s / 20s
or Pantyliners 40s
Assorted

70⁰⁰
each
WITH RewardsCARD

Baby Value



Purity
Instant Oats
Jungle
Just Add Milk
250 g
Assorted

23⁹⁹
each
WITH RewardsCARD



Purity
Cream
of
Maize
400 g
Assorted

22⁹⁹
each
WITH RewardsCARD



Pampers
Active Baby
Nappies
Value Pack
or Pants
Value Pack
Assorted

179⁹⁹
per pack
WITH RewardsCARD

Health Care Value



Brooklax
Senna
Laxative
Tablets
4s

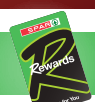
27⁹⁹
per pack
WITH RewardsCARD



Lacson
Syrup for
Relief of Constipation
150 ml

54⁹⁹
each
WITH RewardsCARD

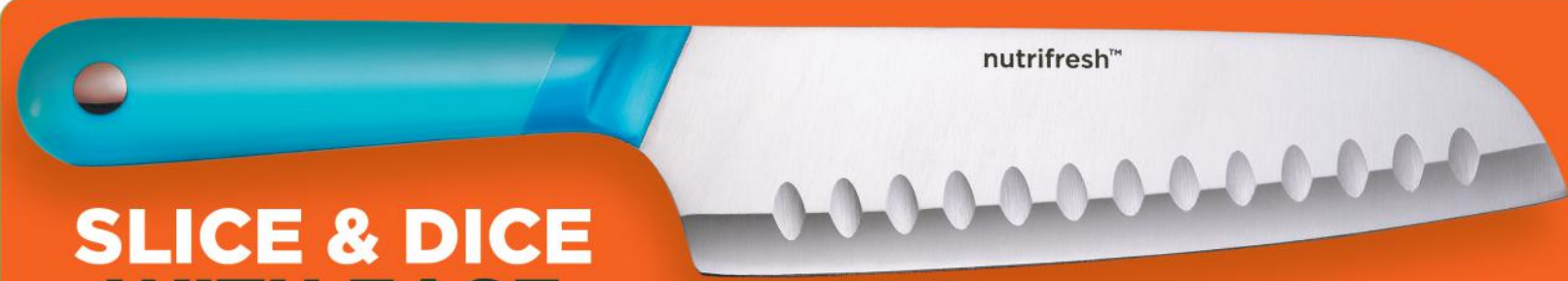
TOP UP monthly with **SPAR Mobile** for **ONLY R19** and **UNLOCK MULTIPLE FREE DATA** deals in-store.
Dial *136# (Ts & Cs apply)



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nutrifresh™

SLICE & DICE WITH EASE

COMPLETE YOUR COLLECTOR'S CARD TO REDEEM

Retail Price R399.99

Discounted Price:

79⁹⁹

16.5cm Santoku Knife

COLLECT 30 STICKERS

Everyday Essentials



HTH Floater Plus 1.6 kg

169⁹⁹

each

WITH Rewards CARD



Eurolux LED A60 B22 6W / 9W

14⁹⁹

each

WITH Rewards CARD



Duracell Plus AA or AAA 4s

69⁹⁹

per pack

WITH Rewards CARD



Goldenmarc Rubber Gloves 1s

24⁹⁹

per pack

WITH Rewards CARD



Home Care By SPAR Mop 200 g

59⁹⁹

each

WITH Rewards CARD



Home Care By SPAR Dustpan & Brush Black or Grey

49⁹⁹

per set

WITH Rewards CARD

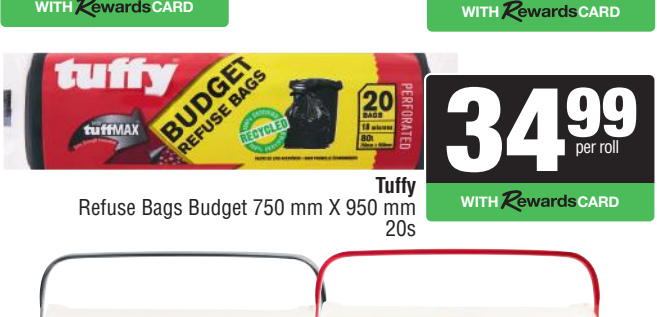


Bic Firelighters 24s

26⁹⁹

per pack

WITH Rewards CARD



Tuffy Budget Refuse Bags 750 mm X 950 mm 20s

34⁹⁹

per roll

WITH Rewards CARD



Blu 52 Granular Chlorine 4 kg

199⁹⁹

each

WITH Rewards CARD



goodliving Mini Braai

249⁹⁹

each

WITH Rewards CARD



SPAR Briquettes 5 kg

79⁹⁹

each

WITH Rewards CARD



goodliving Premium Cooler Box 10 litre Assorted

149⁹⁹

each

WITH Rewards CARD



07 October up to and including 18 October 2026



Scan HERE and find the drink to match your Kulcha!

WELCOME to our WORLD of KULCHA



Kanonkop Kadette Pinotage 750ml

139⁹⁹

each

WITH Rewards CARD



Bon Courage Blush Sparkling Wine 750ml

99⁹⁹

each

WITH Rewards CARD



Allesverloren Shiraz or Tinta Barocca 750ml

159⁹⁹

each

WITH Rewards CARD



J.C. Le Roux Sparkling Wine (Incl. Non-Alcoholic) 750ml Assorted

94⁹⁹

each

WITH Rewards CARD



Porcupine Ridge Sauvignon Blanc, Chenin Blanc, Chardonnay, Merlot, Shiraz, Cabernet Sauvignon, Syrah or Rosé 750ml

74⁹⁹

each

WITH Rewards CARD



Laborie Merlot, Shiraz, Sauvignon Blanc, Merlot/Cabernet Sauvignon or Pinotage 750ml

84⁹⁹

each

WITH Rewards CARD



Pongrácz Cap Classique Brut, Rosé or Noble Nectar 750ml

189⁹⁹

each

WITH Rewards CARD



Unbelievable Dry White, Dry Red, Sweet Rosé, Semi-Sweet or Sweet Red 750ml

125⁰⁰

each

WITH Rewards CARD



Protea Assorted Wine 750ml

84⁹⁹

each

WITH Rewards CARD



Arabella Assorted Wine 750ml

69⁹⁹

each

WITH Rewards CARD

For your nearest TOPS at SPAR store, phone our share call number 0860 31 3141 or visit our website: www.topsatspar.co.za.
 Specials available from 07 October up to and including 18 October 2026, while stocks last, at selected TOPS at SPAR stores Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington, Keimoes, Lowveld, Belfast, Limpopo and Pretoria.
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SAVE UP TO
80%
on **nutrifresh™**
Kitchen Essentials



COMPLETE YOUR
COLLECTOR'S CARD
TO REDEEM

Ts & Cs Apply



Home Care Value

Super BUNDLE DEAL
PACK 40
VALUE PACK
BUY 1 GET 1 BONUS
BUY 2 FOR 80⁰⁰
WITH Rewards CARD
Comfort Fabric Conditioner Pouch 800 ml Assorted

Sunlight
Laundry Bar 400 g / 500 g Assorted
23⁹⁹ each
WITH Rewards CARD

Surf
NEW & IMPROVED FRAGRANCE
Surf Hand Washing Powder 2 kg
49⁹⁹ each
WITH Rewards CARD

Super BUNDLE DEAL
SAVE EXTRA
Maq Dishwashing Liquid + All Purpose Cleaner + Thick Bleach 750 ml Assorted
BUY ALL FOR 65⁰⁰ per combo
WITH Rewards CARD

Super BUNDLE DEAL
Home Care By SPAR Thin Bleach 750 ml Assorted
BUY ANY 2 FOR 25⁰⁰
WITH Rewards CARD

Home Care By SPAR
All Purpose Cleaner 750 ml Assorted
22⁹⁹ each
WITH Rewards CARD

Pro-Wash
Liquid Everyday or Heavy Duty 1.5 litre
52⁹⁹ each
WITH Rewards CARD

Mortein
Multi Insect Killer 300 ml Assorted
34⁹⁹ each
WITH Rewards CARD

Super Pet Deals

SPAR
WOOF Dry Dog Food (Excl. Puppy) 8 kg Assorted
159⁹⁹ each
WITH Rewards CARD

SPAR
pro-balance Dry Dog Food (Incl. Plus Range) 8 kg Assorted
249⁹⁹ each
WITH Rewards CARD

SPAR
Purr-fect Dry Cat Pellets 2 kg Assorted
79⁹⁹ each
WITH Rewards CARD

BOSS
Canned Dog Food 775 g / 820 g Assorted
34⁹⁹ each
WITH Rewards CARD

TOP CAT
Cat Food 800 g Assorted
34⁹⁹ each
WITH Rewards CARD

Super BUNDLE DEAL
Whiskas Cat Food In Jelly or Gravy 85 g Assorted
BUY ANY 4 FOR 50⁰⁰
WITH Rewards CARD

YOU CAN DO IT ALL, RIGHT HERE AT SPAR

Pay your bills in a flash
DStv, Lesaka EasyPay, AVON

Top up your chances
Blu VOUCHER, HOLLYWOOD bets, betway bucks

Pre-paid entertainment vouchers
NETFLIX, Voucher, Google Play, App Store Card, PlayStation, OTT

Top up pre-paid electricity

Buy data, airtime and social bundles
MTN, CellC, vodacom, Telkom, mobile

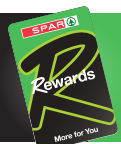
Doing more with your money at SPAR

Experience a world of easy top-up options. Now available in-store at SPAR

Ts & Cs apply. For updated terms and conditions, please go to www.spar.co.za

mobile
MOVE WITH MORE!
1GB R38
VALID FOR 30 DAYS

SPAR
Rewards
More for You



SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.
Maximum 10 SPAR Rewards deals per product, per customer on all **SAVE EXTRA** products. While stocks last. Ts & Cs apply.

SPAR: KIBLER PARK • BAILLIE PARK • BEDFORDVIEW • BLAIRGOWRIE • CRAIGHALL • DORINGKRUIJ • FAIRLANDS • FERNDAL VILLAGE • FOURWAY GARDENS • GEELHOUT • HARRISMITH • HENNEMAN • HEUWELSIG • KINGFISHER • LADYBRAND • LANGENHOVEN PARK • MACYS • MEDITAS • MEIRINGSPARK • MIEDRPAK • NORTHCLIFF • OKULIP • PINESLOPES • RADIOKOP • RANDPARK RIDGE • RIDGEWAY GARDENS • RIVERVIEW • SANDRINGHAM • STEPHENSON STREET • STRUBENS VALLEY • SUNWARD PARK • SUPER A NORWOOD • TUSCANY • TYRONE • WALKERVILLE

SUPERSPAR: 2ND AVENUE • ALJOS • ARTEMIS • ATLAS MALL • BEL AIR • VC • BRACKENGATE • BROADACRES • CARLSWALD • CROWTHORNE • EAGLE CANYON • ERMELO • EURO • FIVE STAR • FLORIDA JUNCTION • FLORIDA MARKET • THE WEDGE • FONTANA THE ZONE ROSEBANK • GLEN ACRES • GORDON ROAD • HIGHLAND • HOBART • KANONKOP • KARAGLEN • KENILWORTH • M.C.C. • MAGALIES • MEYERSDAL • MIDWATER • MINI MARKET • MOOI NOOI • NORTHWOLD • OLIVEDALE • PALM COURT • PALMS SANDS • PARKRAND • POLOFIELDS • POTCHEFSTROOM • RANT 'N DAL • RETAIL CROSSING • ROBERTSBROOK • RUISSIG • RUSTENBURG SQUARE • RYNFIELD • SAFARI • SASOLBURG • SAVEWAYS • SECUNDA • NORTH POINT • SPRINGBOK • ST MICHAEL'S • STANDERTON • STEVE'S BLACKHEATH • SUNNINGHILL • THE ANGELO • THE FALLS • THE SQUARE • TREVENNA MONUMENT • VAALPARK • VORNA VALLEY • WESTWOOD • WONDERPARK • XAVIER • MEYERTON • LANSERIA • KS GARDENIA,

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