



MONTHLY NEWSLETTER

MARCH 2025

RACES THIS MONTH:

1st March 2025:
Century City 10km

8th March 2025
Constantia Village 15km

15th March 2025:
**Weskus 42km, 21km, &
10km**

16th March 2025
Tygerberg 30km

21st March 2025:
Tyger Run 15km

23rd March 2025:
**SAPS 10km (To Be
Confirmed)**

30th March 2025:
Spar Women's 10km

CHAIRPERSON'S MESSAGE:

We are proud to officially launch our new monthly newsletter where we celebrate amazing achievements of our members as well as inform our members of key events that are planning to take place in the month to come.

January and February was jam packed with so much activity. Not only did we host our annual Bay to Bay and Top Form 10km Races, we also threw in our 2024 awards evening in there as well.

Both races were a huge success in terms of numbers entered and the reviews were just as amazing. Added onto that was a media launch for Bay to Bay where we hosted Gerda Steyn.

A huge thanks goes out to all the members that played a pivotal role in making these races a success as well as the sacrifices they had to make.

Our Awards evening saw Faseegh Fortune and Anthea Ganger walk away with the Top Male and Top Female Athlete for the year.

March sees our members observing the month of Ramadan as well as Lent. We wish all our members a month of peace, joy and spiritual growth.

Finally, the executives are looking at hosting a joint Iftaar/AGM/Pasta Evening during the month of March. Details of this event will be shared once agreed and finalised.

RACE PARTICIPATION:

There was a total of 10 races (including Bay to Bay and Top Form 10km) during the months of January and February 2025.

Our biggest attendance were for the Hohenhort 15km race and the Peninsula 42km and 21km races.

All 2025 results can be viewed on our Top Form Website from the following link:

<https://topformathletic.co.za/membership/race-results-2025/>

Please ensure that your results have been captured correctly as the yearly awards get accounted for from these results.

the Facebook to all our pictures from these races can also be found on our website or from the link below:

<https://www.facebook.com/groups/931554533585927/media/albums>



MEMBER MILESTONES

The months of January and February saw quite a few milestones for some of our members:

Ahmed-Zaid Mahomed achieved back to back podiums at the Firgrove 10km and Milkwood 10km races in his age category. Well done on this amazing achievement and for flying the Top Form flag high.

Masnoona Allie ran her first 15km race at Hohenhort on the 11th of January. She was one of the members that joined our Couch to 10km Programme last year. Well done Masnoona and we know there is more to come from you.

Both **Mymoena Sondag** and **Shabnum Ally** ran their first 15km races in January and then followed it up with their first 21km race in February. Talk about taking it to the next level. These two were also part of the Couch to 10km Programme from last year.

Well done to **Jamal Ahmed** who achieved a Personal Best time of 2:03:35 at the Firgrove 21km Race. Keep up the good work Jamal.

Well done to **Roxy Thompson** who achieved a sub 4:50 at the Peninsula Marathon and qualified for the Comrades Marathon in June this year. This is amazing achievement considering she came back from an injury in October last year.

Well done to **Ashiq Parker** and **Khadija Karjiker** who all made their comebacks to half marathons at the Peninsula 21km Race.

Finally, a special mention to **Rabia Mahmood** who also made her return to Half Marathons but has also been taking her training to the next level. Keep up the great work Rabia!

