



MONTHLY NEWSLETTER

APRIL 2025

RACES THIS MONTH:

5th April 2025:
**Two Oceans Ultra
Marathon**

6th April 2025
**Two Oceans Half
Marathon**

12th April 2025:
**Ravensmead 15km &
10km**

13th March 2025
Spookhill 15km

21st April 2025:
Velocity 21km

27th April 2025:
Langa 10km

CHAIRPERSON'S MESSAGE:

March 2025 saw our Muslim members observe the month of Ramadan and our Christian members observe the start of Lent. It are these occurrences which brings our members closer together as both promotes the importance of charity, reflection and respect to one another.

With the spirit of charity being promoted even more, Top Form sponsored an entire pot of food towards the Empowering Eats food drive during the month.

Top Form will strive to continue to do charity drives on a monthly basis and also plan for members to assist with volunteering at these food drives.

There were also six races that took place during the month of March 2025 with the Weskus 42km and 21km races being the most entered by club members with some trying to achieve better qualifying times for the Two Oceans Ultra Marathon.

We also saw some new members participated in their first event in the our Top form Gear

March also saw the Cape Argus Cycle Tour and we had 3 members that participated in the event to raise funds for their charity.

April brings the much anticipated Two Oceans Ultra and Half Marathons where we have 12 Ultra Marathon participants and a huge 79 Half Marathon participants from the club.

The club hosted a fun filled pasta evening on Friday 28th of March 2025 at our clubhouse in Chukker Road.

Finally, the Club will be hosting a Huge Breakfast spread after the Half Marathon race at the Rygersdal Boardroom for all members. More details will be shared on the Top Form Member chat.

Have a lekker April and good luck to all our members.

RACE PARTICIPATION & EVENTS:

There was a total of 6 races during the month March 2025.

Our biggest attendance was for the Weskus 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 month of March had a few milestones:

Jerome Mentor achieved his permanent number at the Weskus Marathon. Talk about a sucker for the Black Mamba hill. Well done to our Club Captain and we wish him well on his journey for many more permanent numbers.

Anthea Ganger, Debbie Manuels and Theo Ganger all completed the Cape Argus Cycle Tour in aid of their Charity, Hillsong. Well done to them for this amazing endeavour.

