



MONTHLY NEWSLETTER

JUNE 2025

RACES THIS MONTH:

1 June 2025:

**Slave Route Challenge 21km,
10km and 5km**

7 June 2025

Cross Country League 3

8 June 2025:

COMRADES MARATHON

16 June 2025

RCS Gugs 10km

22 June 2025:

Cross Country League 3

29 June 2025:

Zandvlei 15km

CHAIRPERSON'S MESSAGE:

The month of June is synonymous with the Comrades Marathon, which is regarded as the ultimate test for road runners in the South Africa.

This year we have 5 brave athletes that will be braving this tough grueling race and we will be pushing all 5 of them to the finish line.

The comrades send off took place on the 1st of June where the 5 participants received their Comrades gear.

We also launched the new club gear at the Comrades send off along with a brand new modern logo and a new gear supplier with better more breathable material.

On the races front, we had a huge turnout for the Rhodes Quality 21km and 10km races as well as the ABSA RYC 10km race. We also saw some brave souls participate in the tough False Bay 50km race.

As mentioned June is all about the Comrades Marathon, but once the Comrades gees (it never really does), we will again kickstart out training programs aimed at The Cape Town Marathon, 21km and reigniting the couch to 10km training.

These will be shared on the all platforms.

Once again, all the best to our Comrades runners and have a fantastic June. Don't forget to keep warm.

RACE PARTICIPATION & EVENTS:

There was a total of 5 road races and 2 cross country races during the month May 2025.

Our biggest attendance was for the ABSA RYC 10km race.

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 May had 2 milestones:

Kyle De Koker ran his first Ultra Marathon at the False Bay 50km race. Well done Kyle!!

Then **Brandon Jansen** ran his first race in Top Form colours. We look forward to him running many more races in our club colours.

The Next milestone will be the 5 super brave runners taking part in the Comrades Marathon. They are:

1. **Jerome Mentor**
2. **Russell Mehl**
3. **Anthea Ganger**
4. **Jaco Scheepers**
5. **Roxy Thompson**



MEMBER MILESTONES

Our Final milestone for the month of May 2025 goes out to our amazing Triathlete **Ahmed Zaid Mahomed**.

AZ achieved another podium finish in his Age Category at the Race2Hermanus Triathlon. This is after he suffered a horrific accident.

His story is as follows:

"On Monday, May 5th, I was involved in a horrific bike crash while training for the Durban Ironman, colliding with a stationary car parked in the cycling lane. The crash left me concussed, and I was hospitalized for a brain scan. I also suffered broken teeth and trauma to my knees and shoulders."

Recovery was two-fold - physical and mental. While my body needed time to heal, mentally I knew I had to get back on the bike and start competing within my capabilities. The Race2Hermanus Triathlon, just 13 days post-crash, was the perfect opportunity for a comeback. It took immense determination to get back on the start line, but I knew it had to be done."

The swim was tough due to limited ocean time, but my cycling went well - I suppose I had to prove to myself that I still had it. The run was uncomfortable with my knees not fully healed. After consulting with specialists and getting the green light, I pushed through and finished 3rd in my category. This strong comeback set me up for the Ironman three weeks later. It shows that with the right mindset, we can overcome even the toughest challenges."

