



# MONTHLY NEWSLETTER

**MAY 2025**

## RACES THIS MONTH:

**1 May 2025:**  
**Rhodes Quality Half  
Marathon, 10km and 5km**

**3 May 2025**  
**Cross Country Relay**

**4 May 2025:**  
**False Bay 50km**

**10 May 2025**  
**Cross Country League 1**

**11 May 2025:**  
**ABSA 10km**

**17 May 2025:**  
**Easterns 15km**

**24 May 2025:**  
**UWC 10km**

**25 May 2025**  
**Cross Country League 2**

## CHAIRPERSON'S MESSAGE:

April started off with a **BANG** with the Two Oceans Ultra Marathon and Half Marathon that took place on the on the 5<sup>th</sup> and 6<sup>th</sup> of April 2025 respectively.

We had 8 runners out of the 9 starters completed the grueling 56km Ultra Marathon that took place on the Saturday.

We also had 73 out of the 74 starters complete the Half Marathon on the Sunday.

There were also 5 members that received their Blue Numbers for the Half Marathon on Sunday which was followed by a wonderful celebratory breakfast after the Half Marathon at the Rygersdal Boardroom prepared by awesome Catering Team.

The month of May will see some of our members push for their Mileage in preparation for the Comrades Marathon on the 8<sup>th</sup> of June 2025 while most of us will try and battle the freezing cold to continue our training. 😊

Finally, we managed to source a new kit supplier to ensure we always have gear in stock. This will also bring some new and exciting surprises, all will be revealed in time. 😊

Have an amazing May month and well done again to all our members on their achievements for the month of April.

# RACE PARTICIPATION & EVENTS:

There was a total of 5 races during the month April 2025.

Our biggest attendance was for the Two Oceans Half Marathon.

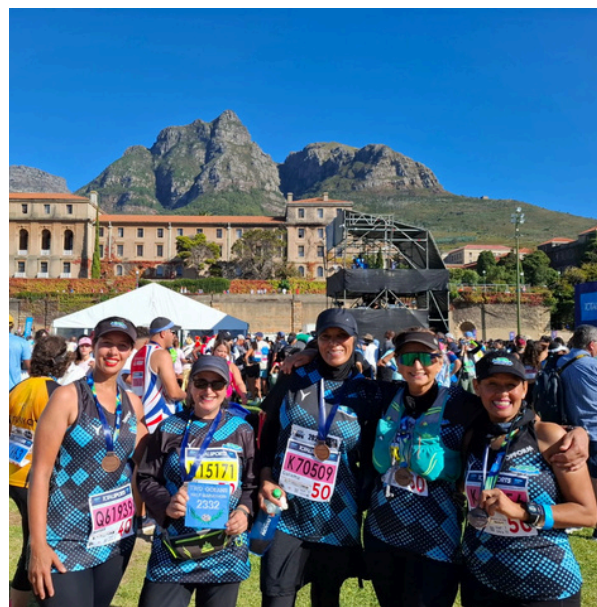
All 2025 results can be viewed on our Top Form Website from the following link:

<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 April had a few milestones:

**Onneile Mphephu** completed her first Two Half Marathon and it was a proud family moment. Well done Onneile and here is to many more Two Oceans Half Marathons.

Finally, there were 5 members achieved their blue numbers for the Two Oceans Half Marathon. They were:

1. Hilary Osborn
2. Magedie Theunissen
3. Leon Moralie
4. Rabia Mahmood
5. Shanaaz Mahomed

Well done to all on their amazing achievements.

