



MONTHLY NEWSLETTER

AUGUST 2025

RACES THIS MONTH:

02 August 2025:
Elsies River 10km

09 August 2025
TotalSports Women's 10km

10 August 2025:
John Korasie 30km

24 August 2025
Bonteheuwel 10km

30 August 2025:
Blouberg Marathon

31 August 2025:
Blouberg Half Marathon & 10km

CHAIRPERSON'S MESSAGE:

Commeth July, Commeth the Rain!

July saw the commencement of Cape Town Marathon training along with heavy rain. Some members braved the wet weather and continued to pile on the miles in search of their targets.

July also featured the Cape Town Festival of Running races, in particular the 5km Relay race. Top Form had 3 teams participate in the 5km relay, which is a fun and great way to push each other.

The Cape Festival of Running was also out most attended race for the month of July.

On a more concerning side, races have become increasingly popular and the ability to enter a race on the day is slowly fading away. Try and prioritise upfront which race you want to do for the month and enter as soon as possible to avoid the possibility of the race being sold out.

From a different sporting angle, we had some members push themselves even further by participating in the Cape Town Hyrox event. Well done to all the members that participated in the even.

Then our super triathlete (this time Duathlete 🏊), Ahmed Zaid Mahomed represented Western Province at the SA Duathlon Championships and successfully Qualified to represent South Africa at the World Championships next year!

Finally, we wish Kyle de Koker well during the Teacher's Union Athletics during the month of August 2025.

Have a wonderful August members and see you on the road or for a koe'sister 😊

RACE PARTICIPATION & EVENTS:

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

Our biggest attendance was for the Cape Town Festival of Running Races.

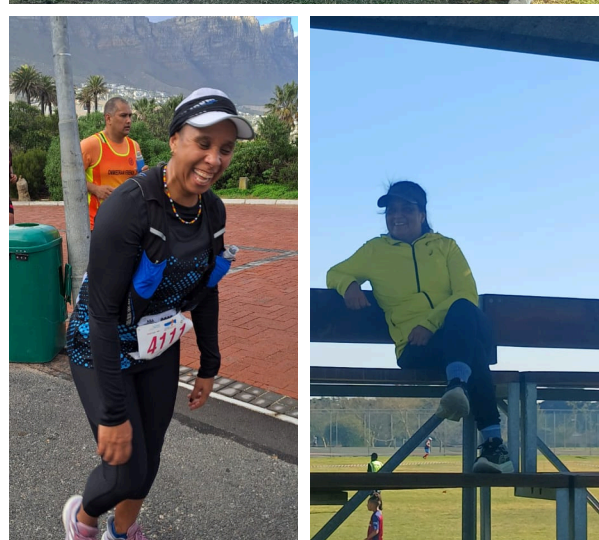
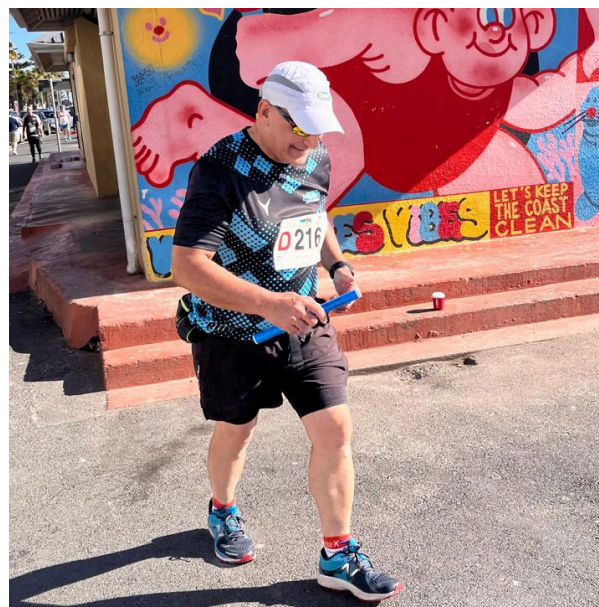
All 2025 results can be viewed on our Top Form Website from the following link:

<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

July had milestones across many sporting formats.

Firstly, congratulations to **Brandon Jansen** who achieved a blistering PB at the Pinelands 10km Race. Brandon has been training extremely hard and we wish him well on his training for Cape Town Marathon.

Then, a huge congratulations to the Power Couple of **Goolam and Rehana Jaffer** on completing the Victoria Falls Marathon in Zimbabwe. May their journey for many more International marathons continue.

Congratulations to our International athlete, **Ahmed Zaid Mahomed**, who podiumed at the SA Duathlon Championships and qualified to represent South Africa at the INTERNATIONAL championships next year. Well done AZ and may the International achievements continue.



MEMBER MILESTONES

Our final milestone for the month of July goes to our crazy members that participated at the Cape Town Hyrox event whereby they pushed their bodies across many types of fitness exercises combined with 1km laps.

Talk about taking it to the next level.

