



MONTHLY NEWSLETTER

JULY 2025

RACES THIS MONTH:

05 July 2025:

**Knysna Forest 42km and
21km**

05 July 2025

Eersterivier 15km

06 July 2025:

Cross Country League 5

12 July 2025

**Festival of Running 50km and
5km Relay**

13 July 2025:

Festival of Running 21km

19 July 2025:

Cross Country League 6

27 July 2025:

Pinelands 10km

CHAIRPERSON'S MESSAGE:

The month of June started with a huge turnout at the Slave Route Challenge, which is always a highlight in the running calendar. The power of a free koesister can make many a runner do crazy things 😊

The week after, many of us glued to our screens as we watched amazing athletes persevere and grind for 90km at the Comrades Marathon.

In addition we were also tracking many of our friends and members ensuring they were on track to cross that finish line. In the end, after a few nail biting moments, we caught glimpses of four of our amazing runners overcome and conquer the tough and grueling Comrades Marathon.

To all our runners that was at that start line, we salute you for the sacrifices, training and dedication it took to get at that start line.

During the month of June, we also had a Coffee Run where by the club partnered with Vitacare Pharmacy to raise awareness and funds for the Al-Waagha Institute for the Deaf. Even though it was pouring, there was a great turnout in support of this cause.

Have a wonderful month of July as the club will try and kickstart some training programs and club training runs again.

Keep warm and see you on the road (maybe with a koesister or two).

RACE PARTICIPATION & EVENTS:

There was a total of 3 road races and 2 cross country races during the month June 2025.

Our biggest attendance was for the Slave Route Challenge 21km and 10km races.

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

<https://topformathetic.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 June milestones is dedicated to our 4 Comrades Finishers:

1. **Jerome Mentor** - 19th Finish
2. **Anthea Ganger** - 2nd Finish
3. **Jaco Scheepers** - 1st Finish
4. **Roxy Thompson** - 1st Finish

We are extremely proud by their true grit and drive. May they inspire many of our members to want to participate in the Comrades Marathon in years to come.

