



MONTHLY NEWSLETTER

SEPTEMBER 2025

RACES THIS MONTH:

06 September 2025:
Tekkie Challenge 16km & 10km

07 September 2025
KAC 10km

13 September 2025:
Otsurance Gun Run 10km

14 September 2025:
Otsurance Gun Run 21km

20 September 2025:
Voet van Afrika 42km, 21km and 10km

21 September 2025:
Chapmans Peak 21km

24 September 2024
Nantes 10km Race

27 September 2025:
Goodwood 10km

28 September 2025:
Voet of the Wone 21km & 10km

CHAIRPERSON'S MESSAGE:

Spring has arrived!

The month of August 2025 was a feast for the long distance runners, especially those training for the Sanlam Cape Town Marathon taking place in October 2025, with both the John Korasie 30km Race and Blouberg Marathon being the key races for the month.

The Puffer Race, which is a major on the Western Cape Trail Race calendar also took place in the month of August and we had one amazing member that completed the race.

On the more administrative side of the things, the club was proud to launch the new club tracksuit during the month of August and the feedback and demand has been exceptional.

We also want to make members aware that on the 24th September 2024, at the Nantes 10km race, **the club will be running together**. This is an initiative that we have done every year at the Nantes race, so please join us.

All the best to our runners who will be continue their training for the Sanlam Cape Town marathon as well as those who have targeted other milestones in the near future.

RACE PARTICIPATION & EVENTS:

There was a total of 7 road races during the month August 2025.

Our biggest attendance was for the John Korasie 30km 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 August saw two road and one trail milestone.

Firstly, congratulations to **Brandon Jansen** (ONCE AGAIN) who achieved a blistering PB at the John Korasie 30km Race. Brandon has been consistently improving and his journey to the Sanlam Cape Town Marathon has nothing short of inspirational.

Then, a congratulations to **Michael Peterson** who achieved a super fast PB at the Elsies River 10km Race. Michael also celebrated his birthday in August and what better way to celebrate your birthday and a PB than to run the Blouberg Marathon.

Finally, a huge congratulation to **Shameem Blommetjie** who completed the grueling Puffer trail Race. Well Done Shameem and we looking forward to your next trail adventures.

