

MONTHLY NEWSLETTER

DECEMBER 2025

RACES THIS MONTH:

06 & 07 December 2025:
Robben Island Memorial

07 December 2025
AVBOB 15km

09 December 2025
Sundowner 10km

13 December 2025:
SportsSA 10km

16 December 2025:
Gugulethu 10km

21 December 2025:
Central Athletics 10km

26 December 2025:
Tokai Manor 16km and 8km

31 December 2025:
Runners Memorial 8km

CHAIRPERSON'S MESSAGE:

And so the Wind Blows.....

With all the hype in the build up to Cape Town Marathon, Mother Nature had a different plan in mind resulting in CTM being cancelled at the last moment. I will also take this opportunity to say that the same wind resulted in the November Newsletter not being issued and being blown away 😊.

The months of October and November was jam packed with the biggest race attendance being the Ommiedraai and ARD 10km races.

The ARD 10km race also saw our Beginners graduate (now members) with flyers colours with our coach to 10km program.

With CTM also being cancelled, many of our members decided to go for PB's during these two months or try and source a marathon entry for the Winelands Marathon to calm their qualification nerves. Some members even went all the way to run the Vlake Marathon. Now that is dedication.

As we step into the month of December and start winding down (or try to), I want to wish all of our members a wonderful festive period. Be safe on the roads and make the most of the time off and time with your families.

All the best for your races in December and have a great one! 😊

RACE PARTICIPATION & EVENTS:

Our biggest attendance was for the Ommiedraai and ARD 10km Road Race

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

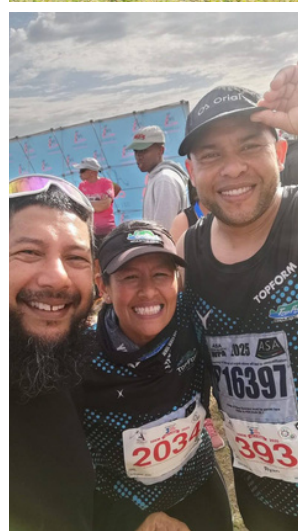
<https://topformathletic.co.za/membership/race-results-2025/>

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 months of October and November saw quite a few milestones achieved!!

Firstly, congratulations to **Ahmed Zaid Mahomed** who achieved a podium finish (3rd place) in his age category at the Winelands Half Marathon with a time of 1:37:06 (blitz winning). Well done on flying the Top Form Flag high

Seond on the list is **Mymoena Sondag** who achieved two PB's (overachieving). Her first one was at the Cape Town 10km Peace Run and she then followed it up with a Pb at the Landmarks 21km. Well done Mymoena!

Our next PB star is **Jamal Ahmed**, who went all the way to Vlakte to qualify for the Two Oceans and Comrades Marathons and got a PB in the process. Well Done!



MEMBER MILESTONES

Our next milestone (or rather milestones) goes to our speedster **Kyle De Koker**, who decided to show off and achieve 3 PB's. One for a 10km, one for a 15km and the final one for a 21km. Talk about stealing the show with speed. We can't wait for Kyle to get even faster and achieve much more.

Next (see, I told you there was quite a few), one the more experienced runners, **Nasrulla Enus**, achieved his 50th Park Run. Well done Nasrulla and keep it going!

Moving onto the more trail side of things, we want to congratulate **Khadieja Karjieber** on completing her first UTCT 23km race with extremely tough climbs and conditions! Well done and may you have many more mountainous adventures



MEMBER MILESTONES

Our last set of Milestones (finally), goes to our amazing and dedicate beginners (now members) who graduated from the couch to 10km program at the ARD 10km race.

Well done to:

- **Avril Jossie**
- **Jahaan Isaacs**
- **Rabiya Dalwai**
- **Jayde Kallis**

Well done to these 4 amazing ladies who was dedicated and pushed themselves to complete a 10km race.

Expect to see even more from these ladies!

