



Good day all,

This cold is *serious*.

Please stay warm and safe. For the brave one's training – wrap up well!

Congratulations

To all the finishers of the Comrades Ultra Marathon! Your incredible determination, perseverance, and unwavering spirit have carried you through the grueling miles, and you have emerged as champions. It is truly a remarkable feat, and you should be immensely proud of your accomplishment.

To those who couldn't finish this year, remember that participation alone is already a significant achievement. The race itself is an arduous journey that demands everything from its participants. Even though the finish line may have eluded you this time, do not let it diminish your efforts and the progress you've made. The fact that you had the courage to start and give your best is commendable.



League Races

The league race for 22 July 2023 was cancelled, hopefully the outstanding races will still take place. A reminder to please attend if you can.

19 August: Phobians 15 @ Pretoria Boys High School

30 September: Ford 3-in-1 road race, Spring Race @ Ford Motor Company

14 October: Agape road race @ Oos Moot High School, Waverley

25 November: Voortrekker Monument @ The Voortrekker Monument

2 December: Black Diamonds Enjoja Race @ WonderPark Shopping Mall



Entries are open, so make sure to get into the draw.

2024 is the 25th running of the 21K.



SPAR Womans Challenge

Ladies! The race is on 5 August and you can select between a 5km Fun Run or 10km Run/Walk – please do not delay to get an entry and enjoy an event with +- 25 000 other woman.

Harrismith Mountain Race

Anyone in the mood for a challenge?



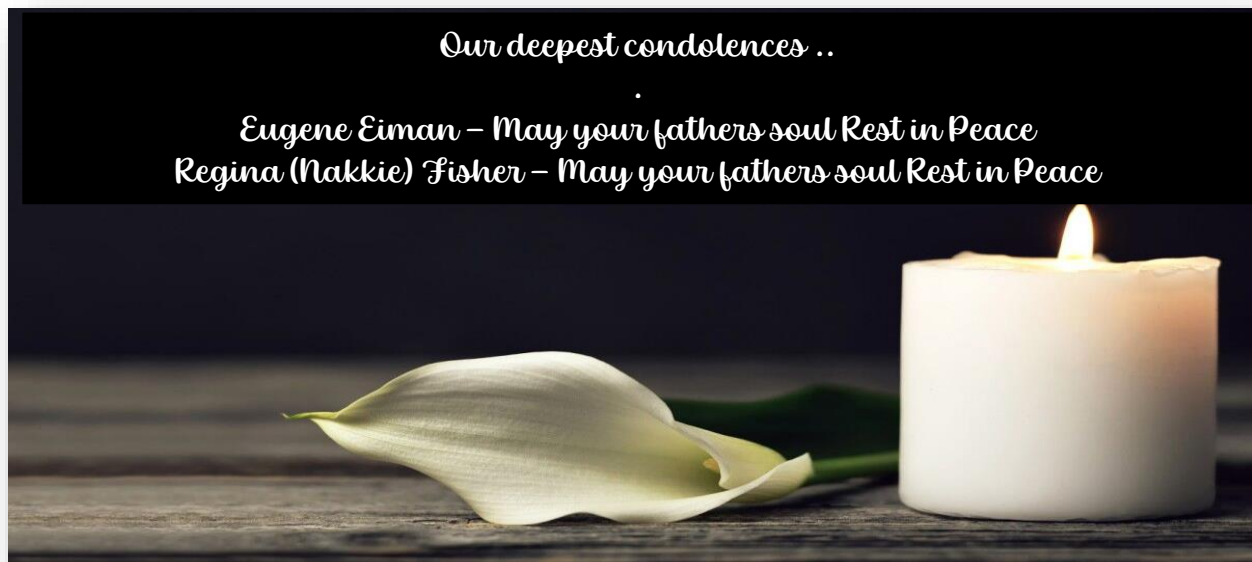
Harrismith Mountain Race is being presented for the 100th time on 14 October 2023. Just be warned, this race is run up the Platberg mountain on a single track and there is some serious climbing to be done. Previously there was only a 15km, however they have since added a 30km. Some advice: Rather stick to the 15km, the last time I ran it the cut-off was 2h45. So you can imagine that it's tough – BUT a lot of fun. The race starts a little late because it gets cold on the mountain (and if we're lucky – it might rain!). Harrismith is +- 300km, so you can go in and out or sleep over the night before.

Fundraisers

Please support fundraising efforts in the community. If we support others they will in turn support us when we have an event. You can make use of the newsletter for these notifications.

Kindly note that when taking part in races not sanctioned by AGN, members participate at their own risk and will not be covered. We therefore also request that you do not run in your club kit.

Condolences



Happy Birthday

8 July: Harry Mankge

14 July: Sophie Mashao

18 July: Leverne Prinsloo

23 July: Fatima Afrikaner

24 July: Yule van Bresies

26 July: Lucilla Barnes

29 July: Michael Lawrence

30 July: Thomas Barret



In closing ..

The newsletters is open to all members for contributions. Please send any interesting or amazing information to include in our next edition.

Until then.... Good bye, Angi