

Hi everybody,

The running calendar is having a bit of a slump, (1) Due to the high cost of races, and (2) league races having been cancelled. This has resulted in decreased attendance of races. The saying goes "Always look on the bright side of life".

We're waiting for AGN to release schedule of league races (and hopefully our race planned for early February is granted league race status). Having shuffled 21k Chamberlain Capital classic, I was encouraged by other runners anticipating taking part in our race – commenting on the band and the community spirit. Last year's race was badly impacted by the weather, hopefully that will not be the case next year. As this is our only fundraising event, all members are encouraged to avail themselves to ensure a successful event.

Year-end function is planned for November 18th. Suggestions for a "theme" is welcome. All suggestions will be put in a draw, one drawn will be used and the rest will be kept for future events. The function will incorporate "Aches and Pains", but next year this will happen not later than 2 weeks after the Comrades.

Comrades will in future always be on the 2nd Sunday in June (unless CMA changes it), so we can pinpoint a date early ie. 15th or 22nd June depending on when all runners are back home.

Members, please send information of race participation to statistician (Earl) for preparation of awards.

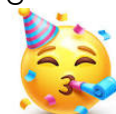


CELEBRATIONS!



Congratulations to Mosima on winning Maselelo half marathon in Hammanskraal.

We are super proud of you - Is this the beginning of more to come?



Stephen did well in coming 4th in the 15km

Big Walk, Well Done!



Moral of the story, take the opportunity to participate in races when you're visiting. I once lost out on a R1 000 prize because I wasn't wearing my age category tag. It was really mine for the taking as I was the only one in my category and not expecting a prize

I was the last runner home



Welcome to Benita Damon -

Hope you enjoy a new adventure,
and congratulations on completing
your 1st 21k race



Welcome back to Christian –

roll on league races, our points are
coming!!





Happy Birthday

3 September: Enzo Da Gama

4 September: Patrick Mohlala

11 September:

Deon Adriaanse & Sereme Mtsoane

18 September: Ezra Mokuena



It's never easy and we pray for strenght to face the days ahead without them

Stay safe, stay hydrated – this heat is serious!

See you on the road – Angi

PS: R5.00 challenge: I'm at R150.00 😊