

A cheerful hello to you team members. It's been a cheerful week up to so far, and I hope you're all great and thriving.

Our weekly timetrials on Tuesday (01/04/2025) turned out great, and let's keep up the pace and direct the momentum.

On Saturday (29/03/2025) our teammates conquered the Overkruin Beast Race and personally a memorable and enjoyable moment for me and having said that a pat on the back to Noluvuyo Sosibo who hosted us flawlessly we've enjoyed the food.

Here are the results from Overkruin Beast Race:

15 KM

1. Beatrice Letsunyane : 01:47:41
2. James Da Silva : 01:50:35
3. Annemarie Fourie : 02:14:33
4. Ken Swettenham : 02:20:12

32 KM

1. Nick Jansen Van Rensburg : 03:12:50
2. Gabonewe Setshedi : 03:14:19
3. Willem Fourie : 03:27:58
4. Matimba Helment : 04:09:01

Way to go, team, and catch you later.

Gabonewe Setshedi

Communications and Newsletter