

Good day, Team members. I hope this week is bringing you closer to your goals. What a sensational weekend we had at the Totalsports Two Oceans Marathon in Cape Town. Congratulations to Gerda Steyn and Shelmith Muriuki for being crowned 2025 champions discretely. They had a positive stretch and continued to inspire many athletes.

Our team was also there in lively and spirited Beatrice Letsunyane, Noluvuyo Sosibo, Kagiso Keatimilwe, and Thebe Mokone, who represented us supremely and moreover to their running career and thrive on their goals. In addition, Thebe Mokone obtained his blue number, which is another personal aim and objective. We didn't have our weekly timetrials yesterday (08/04/2025) due to an event that was within the bounds of CSIR. We will have our Easter Timetrial on the 15/04/2025 at 17H30. I can hardly wait for it and please be creative of the outfit of the evening. It will be an extravagant one.

May the light of God's love guide you through the week ahead. Have a blessed and peaceful week.

Way to go and catch you later.

Gabonewe Setshedi

Communications and Newsletter