

Hey, how is your afternoon going? I hope it is going well on this second week of spring and it is true that this season adds new life and new beauty to all that is.

We had a Quagga Eyethu Fitness Test Race on women's day (09/08/2025) and our team was well represented. It was a special day to our female runners who delighted on the festivities of the day.

I congratulate all the runners who achieved good results on their respective races. I love our teamwork that encourages communication and collaboration. Let us keep going and become stronger as a team.

Our yearly CSIR Road Race is within a walking distance and I have a feeling it will be big and better than last year. It is taking place on the 18th of October 2025. Keep an eye out on the updates and enlightenment.

Way to go, team, and catch you later

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Communications and Newsletter