

Good morning Team. Last night (02/12/2025) we celebrated our year end function and awards. Congratulations on a phenomenal year. It is inspiring to see how your commitment, positive mindset, and mutual encouragement have translated into such outstanding results.

Best wishes to our big winners, Nick Janse Van Rensburg and Beatrice Letsunyane as they have attained numerous accolades. It is not just the miles you have logged, but the mental toughness and resilience you have built with every step. Your commitment to pushing through discomfort is truly inspiring.

Well done on a fantastic season. Running is our "meditation in motion" helping us find clarity, reduce stress, and boost our mood. This year, you have all committed to a healthy mind as much as a healthy body.

This club is more than a team, it is a supportive community where we build each other up. The camaraderie and shared sense of belonging we foster is just as important as any race time. Here is to us.

I hope you have a wonderful holiday full of rest and relaxation. Remember to be kind to yourself and say "no" when you need a break.

Way to go, and, catch you later.

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Communications and Newsletter