

Good morning, team, on this beautiful, rainy day. What a compelling and spellbinding weekend we had. Our team performed superbly at the **Totalsports Two Oceans Marathon** and the **Green Mile Race**. We even saw two of our teammates finish on the podium: **Lavhelesani Managa** took second place in the 16-mile senior category, and **Elaine Wentzel** placed third in the 50–59 age group for the 8-mile race. They truly did us proud—hats off to them.

The world's most beautiful race in Cape Town was equally frantic and explosive. Our teammates achieved fantastic results and clearly had a ball in the Mother City. I am incredibly proud of what we've accomplished together, you've truly raised the bar for what great teamwork looks like.

I am so excited for the time trials tomorrow as they're all about setting the tone for the next race. Remember, we are stronger together. Whether it's a personal best or a tough race, we win together and we grow together. Go team!

Have a blessed day and a wonderful week ahead!

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Communications and Newsletter