

JULY LINE UP



CELTIC HARRIERS

Denver - Serenity Run Update:

The Serenity Run continues to make a powerful impact, not just on the road but in hearts and minds. Over the past month, Denver has sparked meaningful conversations around the stigma of addiction and recovery—bringing awareness, hope, and active inspiration to those currently struggling. The initiative has raised approximately R60,000 so far, with donations still open. Media coverage has been widespread, with appearances on SuperSport, KFM, Cape Talk, The Athlete, Rapport, Tygerberg FM, News24, Huisgenoot, and more—amplifying the message far and wide.

21.1km & 42.2km Training Programs:

It has been three weeks since the start of our 21km and 42.2km training programs, and the momentum remains strong. We've seen a great turnout despite the rain, with runners showing up consistently. Strength training with Fadl on Wednesdays is helping build a solid foundation, while Saturday LSDs offer steady mileage across various paces, led by our committed pace leaders. Keep up the great work!



Celtic Harriers Presents: The Don Lock Memorial Run

JUL 17

Coming This October

This October, join Celtic Harriers as we proudly host a special run in honour of the late Don Lock — a true legend in our running community, remembered for his dedication, warmth, and unwavering spirit.

Let's come together to celebrate his legacy in the way he loved most — through unity, movement, and shared purpose.

Shout-outs:

Huge congrats to Paddy O'Brien on his podium finish at the Saldanha Bay Half Marathon—third in his 70+ age category! A true inspiration on and off the road.



[Website](#)



[Instagram link](#)



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Comrades 2025:

This year marked the 98th running of the Comrades Marathon, with Celtic Harriers once again flying the flag high. A total of 56 members entered the iconic down run with 49 making it to the start line. Of those, 40 crossed the finish line within the 12-hour cut-off, earning their medals and securing an impressive 88% success rate.

Standout Performances:

🏆 Sanele Moloi was the first Celtic home, clocking an impressive 7:55.

🏆 Kenneth Leballo, Mark Kalis, Constantinos Paizes, Matt Zinn, and Thoms Orpen who all claimed the coveted Bill Rowan Medal.

🏆 Tarryn Haikney, Kim Sonntag, Tara Tobin, and Sibongile Chafanza all earning their Robert Mtshali medals.

🏆 The incredible Denver Van Der Bergh who ran a 9:46 after running a jaw-dropping 1603 kms of light training prior to the event.

🏆 Simon Mukatuni and Nelly Khoza on achieving their 10th medal and joining the elite Green Number club.

🏆 Last man in from Celtics, in a time of 11h59, the never-say-die Russel Grebe who after his 4th attempt claimed his long-awaited medal.

Upcoming Road Races:

July Races – Road Running
Race Date Distance

Knysna Marathon 05 July 42KM / 21KM

Eersterivier 15KM 05 July 15KM

CT Festival of Running 12 July 50KM / 5KM
Relay

CT Festival of Running 13 July 21KM

TymeBank Langa 10KM 20 July 10KM / 6KM

Pinelands 10KM 27 July 10KM / 5KM

Upcoming Trail Races:

Run the Vines- Kloovenburg
Wines

05 July 17km / 10KM/ 5KM

Houtkapper Trail Run 06 July 27KM / 15KM /
9KM

Bastille Day Trail Run 12 July 10KM – 50KM

Delheim TrailFun Winter Series 12 July 5KM
-21KM

Run the Vines -Val Du Charron 26 July 3KM –
17KM



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July Birthdays:

🍰 Terry Smith 01/July
🍰 Julian Maggott 01/July
🍰 Blake Rimmer 01/July
🍰 Jessica Atsin 02/July
🍰 Caronne Jones 02/July
🍰 Zubeida Lippert 03/July
🍰 Reece Maharage 03/July
🍰 Tom Orpen 04/July
🍰 Matthew Wicht 04/July
🍰 Shadrach Scullard 07/July
🍰 Lauren Sims 09/July
🍰 Jessica Wahl 09/July
🍰 Grant Jardine 11/July
🍰 Anel Lewis 12/July
🍰 Carissa van Aarde 12/July
🍰 Dana Carelse 13/July
🍰 Rachelle Linderoth 15/July

🍰 Glenn Muller 21/July
🍰 Randall Sims 21/July
🍰 Russell Sims 21/July
🍰 Beryl Fouche 22/July
🍰 Nikki Parker 22/July
🍰 Pascalle Ortlepp 24/July
🍰 Francois Toerien 25/July
🍰 Lezl Swart 25/July
🍰 Liam Whitfield 26/July
🍰 Belinda Bailey 27/July
🍰 Gilbert Isaac 27/July
🍰 Yharni McBain 27/July
🍰 Alexandria Blanchard 27/July
🍰 Anrie Gibson 28/July
🍰 Sibongile Chafanza 29/July
🍰 Delia Stanfield 30/July
🍰 Clara Williams 30/July
🍰 Bradley Smith 31/July

Congratulations

New Kid on the Block (Well, Secretary!)
We're pleased to officially welcome Mr. Rohan Wickramasinghe as the new Club Secretary of Celtic Harriers, starting 1 July 2025.

Rohan has already been working alongside Mr. Glenn Muller behind the scenes to ensure a smooth handover, and Glenn will continue to support him in the background as needed.

The EXCO has every confidence in Rohan's ability to carry the baton forward and uphold the spirit and values of our club.

A heartfelt thank you to Glenn for his incredible service over the past five years. His dedication and steady guidance have played a key role in the club's success — and his presence will certainly be missed.

Here's to a seamless transition and exciting times ahead.

— The EXCO
Celtic Harriers Club



Funny Corner:

What do you call Cardi B on a treadmill?



Cardi O



[Website](#)



[Instagram link](#)