



## COUCHIES GRADUATION

Huge congratulations to our Couch to 10km graduates who completed their first 10km at the UWC Fast and Flat race this May! Under the guidance of Nigel Rinquest, this year's program saw incredible commitment and growth.

A big shout-out to the Class of 2025 Couchies: Chris, Jenn, Marion, Caitlin, Sylvana, Kerisha, Lali, Gail, Cath, Alex and Chrissy –your hard work paid off and we're so proud of you!

The club came out in full support, with a sea of green and white at the finish line to cheer you on.

## COMRADES SEND-OFF

On the 31<sup>st</sup> of May, the club came together for a special Comrades Marathon Send-Off. More than just a gathering, it was a heartfelt celebration of support, positivity, and camaraderie as we rallied around our fellow runners preparing to take on the iconic Comrades Marathon this June.

It was a chance to step outside of our usual club runs and connect in a more personal way—sharing words of encouragement, stories from the road, and soaking in the vibrant energy of the running community.

Best of luck to all our Comrades runners—your club is behind you every step of the way!

CONGRATULATIONS ON YOUR 10KM GRADUATION

# COUCHIES



## JUNE LINE UP

### Road Running Races

- 01 June – Slave Route Challenge 21KM / 10KM / 5KM
- 08 June – Comrades Marathon 90KM
- 14 June – Saldanha Bay Half Marathon – 21KM / 10KM / 5KM
- 16 June – RCS Gugs Youth Day Race 10KM / 4.2KM
- 21 June – Mamre 21KM / 10KM / 5KM  
Zandvlei Boyes Drive (RACE POSTPONED)

### WPA Cross-Country League

- 07 June – League 3 – Venue TBC
- 22 June – League 4 Midas Spartans @ Youngsfield Base

### Trail Races

- 14 June – Table Mountain Beast 50KM / 30KM / 16KM
- 16 June – Middelvlei Estate 21KM / 15KM / 10KM / 5KM
- 22 June – Totalsports VOB Table Mountain 16KM





## Update on Denver's Serenity Run:

One of our most inspiring runners is on his Serenity Run—a powerful journey from Cape Town to Pietermaritzburg, ending with the Comrades Marathon. As a recovering addict, he's running not just for distance, but for healing and purpose.

In his latest update, he described the relentless hills and how the Serenity Prayer helps him to draw strength through the toughest climbs. Each day, he runs with resilience, humility, and a spirit that inspires us all.

With support along the way and cheers from home, he's showing us the true meaning of perseverance and grace.





We're so proud—keep going, one strong step at a time.



## Masters Athletes Shining on Track, Road, and Cross Country!

We're proud to celebrate the incredible achievements of two of our seasoned masters athletes, Henry Cleophas and Johannes Jacobs, who continue to inspire with their dedication, strength, and exceptional performances across a range of events.

At the recent SA Masters Athletics Championships, Henry Cleophas showcased his versatility and endurance, bringing home an impressive four medals:

-  Silver in the 400m
-  Silver in the 800m
-  Gold in the 1500m
-  Gold in the 2000m Steeplechase

He didn't stop there! On 17 May, Henry dominated the Easterns 15km Road Race, securing 1st place in the M70+ category. What a phenomenal effort! Meanwhile, Johannes Jacobs has been blazing his own trail on the cross country and road race circuits. At the first cross country event at Silwerstroomstrand, he clinched 1st place in the 70+ category. Then, at UWC's 10km race, which also served as the Western Province 10km Champs, Johannes placed 3rd overall in the 70+ category, proudly earning a bronze medal.

Continuing his consistent form, he followed up with a 2nd place finish in the 70+ category at Cross Country Event No. 2 this past Sunday.

We salute Henry and Johannes for their remarkable accomplishments. Their passion, perseverance, and sportsmanship are a true testament to lifelong athleticism. Keep flying the flag high, champs!





# JUNE BIRTHDAYS

Mandy Pearson 1-Jun	Ian McDonald 18-Jun
Helena Davids 1-Jun	Warren Du Toit 19-Jun
Juanita Davids 2-Jun	Ian Glass 20-Jun
Jerome Davies 3-Jun	Issy Margolin 20-Jun
Ivan Jonker 5-Jun	Jarryd Verne 21-Jun
Eugene Tinker 6-Jun	Travis Taylor 21-Jun
Bianca Tovey 6-Jun	Elizabeth Nyoni 23-Jun
Olwakho Magugela 7-Jun	Law Mugadhuyi 23-Jun
Mulanga Mukatuni 7-Jun	Alisha Mackintosh 23-Jun
Akbar Khan 8-Jun	Komeshan Naidoo 23-Jun
Keelyn Jardien 9-Jun	Samantha Kriger 23-Jun
Nicholas Limbert 9-Jun	Peta Horn 24-Jun
Barry Matthew 9-Jun	Winston Case 24-Jun
Gerry Posthumus 12-Jun	Mervin Smith 25-Jun
Elizabet Dimitrova 13-Jun	Sebenzile Ngobeni 26-Jun
Byron Zeelie 13-Jun	June Roman 27-Jun
Donavan Martin 13-Jun	Sabrina Stammers 28-Jun
Murray Ortlepp 15-Jun	Nishaat Tajbhai 28-Jun
Kieron Connolly 15-Jun	Glynis Humphreys Daniels 28-Jun
Zuhayr Hargey 16-Jun	Simonn Shawyer 28-Jun
Llewellyn Jacobs 16-Jun	Pippa Readhead 29-Jun
Terrence Chifamba 17-Jun	Denise du Plessis 29-Jun
	Hilton Kearns 29-Jun

## FUNNY CORNER

Why don't runners ever get into arguments?  
Because they always take the high road—unless it's a hill workout, then all bets are off!

Why don't marathon runners ever tell secrets?  
Because they know how to go the distance—but never spill the beans! 🏃♀️🤔🍲