



May Line Up

Your monthly dose of pace, people & passion!



Before, during & after Two Oceans

Before Two Oceans the club organized a pasta evening filled with warmth, connection, and encouragement. The highlight of the night was a powerful talk by inspirational trail runner Landie Greyling, whose words lit a fire in every runner's heart. With delicious food, shared stories, and the spirit of support all around, it was the perfect way to prepare—together—for the challenge ahead.

Some interesting stats- 270 members registered for the Ultra and 21km resulting in 224 successfully crossing the finish line.

Special mention to Kenneth Leballo for sneaking in for an incredible silver with a time of 03:59:39. Ingrid Shaw and Madison Barefield with fantastic times to grab a Sainsbury medal each. Congratulations to Thomas Kirk, Sachin De Vasconcelos, Matthew Harris, Ramsey Collins, Mark Kalis, Matthew Zinn, Dean Smorenburg, Jahseed Msango, Reece Maharage, Bekithemba Jaceni, and Constantinos Paizes for completing their Ultra in under 5 hours. Inspirational achievement from Paul Leader for completing his 44th Ultra.

Runners reunited at the club for a post-race medal parade, proudly wearing their medals and sharing smiles, stories, and well-earned celebrations. With photos, food, drinks, and plenty of post-race chatter, it was a joyful evening of victories, lessons, and community spirit.

Denver Van Der Bergh

A recovering addict is preparing to run from Cape Town to Pietermaritzburg, an awe-inspiring 1850km, just in time to line up for the Comrades Marathon. His run, starting on 01 May will span 35 days and will average nearly 47KM a day. Through running, Denver's daring mission is to inspire hope in others and has set himself a target of raising R500 000.00 for the Ramot Treatment Centre. Celtic Harriers Club has pledged R10 for every km he completes, and members are encouraged to join him on the 1st of May at Rondebosch Common at 7am as he embarks on this incredible journey.



Our support club run to cheer on Denver for his Cape Town to Comrades journey was filled with encouragement and joy, and thanks to everyone who joined, we not only shared kilometers but also filled the donation box with clothing and non-perishables to support him on the road ahead.



Upcoming road races:

Rhodes Wellington Half
1-May
21KM / 10KM / 5KM
Balwin Properties False Bay
4-May
50KM
Absa Run Your City
11-May
10KM
Easterns 15KM
17-May
15KM / 5KM
UWC Fast and Flat
24-May
10KM / 7KM



Also exciting news:

Our Athletics sub-committee is busy drafting an exciting incentive programme, as well as finalizing coaches for various coaching programmes which will be made available to all runners.



Congratulations...

Hearty congratulations to the dynamic Henry Cleophas who has competed in 10 races this year (7 road running and 3 track and field) and podiumed at every race. Mr Cleophas has also been selected to represent Western Province at the upcoming South African Masters Athletics Championship that will be held in Oudsthoorn from 01 - 03 May. The Club wishes him well in his final preparations.



Birthdays....hip hip hooray!

Riad Daniels 02/May

Keitumetse Molamu 02/May

Zak Simmons 03/May

Andrew Hoyle 03/May

Michaela Ho 04/May

Bertram Leukes 04/May

Bevan Gossman 04/May

Mika Nobrega 04/May

Nobulali Marambana 05/May

Glynis Gossman 06/May

Jill Samukimba 07/May

Avril Paulse 07/May

Sandiswa Ndlebe 07/May

Leanne Miles 08/May

Rachel Brown 08/May

Jacques Swanepoel 08/May

Shirnel Van Breda 09/May

Sandra Smith 09/May

Deon Khan 09/May

Marvin Pietersen 11/May

Dean Smorenburg 11/May

Justice Mhizha 13/May

Refilwe Sekano 13/May

Madison Barefield 13/May

Clint Readhead 14/May

Gideon Malherbe 14/May

Tisetso Petje 14/May

Kenneth Leballo 15/May

Peter-John Veldhuizen 17/May

Marcel Rose 17/May

James Carolessen 18/May

Sarah Gammon 18/May

Gavin Snell 18/May

eah Molyneux 18/May

Justin Valentine 19/May

Denzil Abrahams 20/May

Heather Patterson 20/May

Jemma Gossman 20/May

Jennifer Githaiga 21/May

Pilela Majokweni 22/May

Brenden Taylor 22/May

Todd Sundstrom 23/May

Patrick Adamson 23/May

Peter Taylor 24/May

Monique Hendricks 26/May

Sofiyyah Makda 26/May

Miretha Abrahams 26/May

Greg Butters 27/May

Portia Ngaka 28/May

Genevieve Ronnie 29/May

Ken Andrew 30/May

Warren Hurd 30/May

Jeremy Foss 30/May

Tessa Hille 30/May

David Fraser 30/May

Alicia Back 30/May



Upcoming trail races:

Race	Date	Distance
Rhodes Wellington Trail	1-May	20.5KM / 14.5KM
Bellevue Wine Estate - Stellenbosch	11-May	21KM / 15KM / 10KM / 5KM
Meiringspoort Challenge	17-May	19.5KM / 9.5KM
Jonkershoek Mountain Challenge	17-May	38KM, 21.5KM / 12KM
MUT George	23-May	11KM - 163KM
Mooiplaas Wine Estate - Stellenbosch	24 May	21KM / 15KM / 10KM / 5KM
Vrede and Lust - Paarl	31-May	17KM / 10KM / 5KM
WPA X-Country League Challenge	Date	
Relay - Rondebosch Boys High	3-May	
League 1 - Velocity Silverstroomstrand	10-May	
League 2 - Lwandle Gordon's Bay	25-May	



Funny Corner:

Therapist: It seems like you have an acute phobia of marriage. Do you know the symptoms?

Patient: I can't say I do.

Therapist: Exactly. That's one of them.



Till next time Celtics!