



CELTIC HARRIERS

SEPTEMBER LINE-UP



Don Lock Race:

Celtic Harriers Club will be hosting the 64th running of the Don Lock Memorial Race on Sunday, 26 October 2025. This is a Coca-Cola league race and we are expecting about 2000 runners. We are excited to confirm that we have the support of our incredible sponsors, including Ford, Asics, Dairymaid, Tia's Muesli, and the Sweatshop. Volunteers needed. If you have not yet signed up to volunteer, now is the time and be part of the team that will make this race a resounding success.



Looking back...

In July, the club hosted a successful Adidas activation that brought great energy and excitement to our regular run. Adidas representatives set up a gazebo showcasing their latest range of running shoes, giving members the opportunity to test out the newest models on the road. After the run, everyone enjoyed refreshing drinks and delicious boerie rolls, which made for the perfect post-run treat. The event was a fantastic mix of running, gear testing, and great conversation, with plenty of laughter and camaraderie shared among club members.

Balwin Sport Peninsula Marathon:

Preparations are well underway to open online entries this September. Celtic Harriers Club is proud to announce that we will once again be hosting the 58th running of the Balwin Sport Peninsula Marathon on Sunday, 15 February 2026. We will be sharing exciting updates and announcements over the coming months.





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Upcoming road races:

- 06 Sep
Tekkie Challenge 16km / 10km/ 5km
- 07 Sep
Khayelitsha 10km / 5km
- 14 Sep
Outsurance Gun Run 21km/10km/5km
- 19-20 Sep
Voet van Afrika Bredasdorp 42km/21km/10/4
- 21 Sep
Chapman's Peak Half Marathon 21km
- 24 Sep
Nantes 10km/5km
- 27 Sep
Goodwood Harriers 10km/5km
- 27 Sep
Laingsburg Karoo Marathon 42km/10km/4
- 28 Sep
Voet of the Vine 21km/10/5



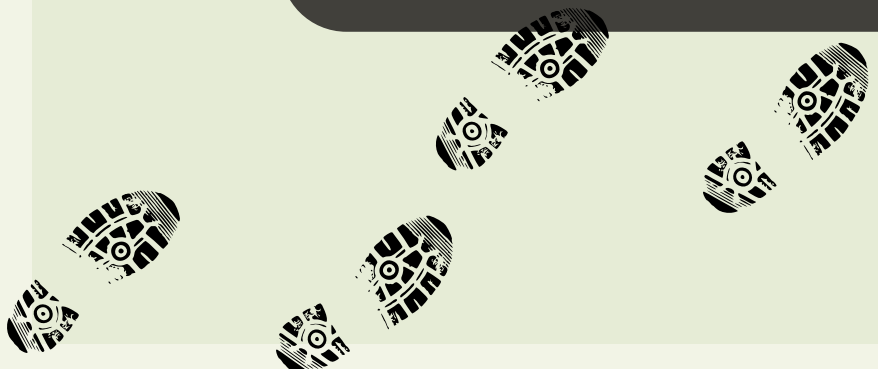
Shoutout to:

Johannes Jacobs delivered another impressive performance at the Elsies 10km race, securing 2nd place in the Grandmasters 70+ category with a time of 51 minutes. Hot on his heels was Henry Cleophas, who claimed 3rd in the same category, finishing in 53 minutes. Just last month, Johannes showcased his strong form by taking 1st place at the Pinelands 10km, crossing the line in a swift 48 minutes. On his heels was Paddy O'Brien with 3rd place for his age group 70+ with a time of 58mins. Congratulations to these runners for their consistent and commendable performances!

Johannes Jacobs also placed 3rd at the Blouberg Half Marathon in the 70+ Western Province Champs.

Trail races:

- 06 Sep
Franschoek Beast at La Roche 75/55/35/25km/16/6
- 07 Sep
Morgenhof Wine Estate 10/5km
- 14 Sep
Outsurance Gun Run Trail 17km
- 19-20 Sep
Voet van Afrika Bredasdorp 28km/14km
- 24 Sep
The Gratitude Run - Dornier Wines 20/10/5km
- 24 Sep
Neethlingshoof Estate TrailFun Series 21km- 5km
- 27 Sep
Table Mountain Challenge 40km/27km/15km
- 27 Sep
Hessequa Heritage Trail Run 16km / 5km





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Spotlight: Junior Club Runners on the Rise

This month we celebrate three of our talented junior athletes who continue to shine on the track and cross-country circuit:

🏆 Eden Kouter (17)

- **3x WPA Cross-Country Team Member + Track & Field qualifier**
- **Recently placed 14th at the Western Cape Cross-Country Championship (40 competitors across 4 districts)**
- **Next up: Representing WPA at the ASA National Cross-Country Championship in Middleburg on Sept 6, 2025**

🏆 Awanda Mgxotwa (17)

- **Proudly represented the WP Schools' Team for the first time this year**
- **Strong finish at the Western Cape Cross-Country Championship: 29th place in a competitive field of 40**
- **Continues to excel in both cross-country and track events for the club**

🏆 Tebogo Sangiki (16)

- **New to the sport in 2025, already showing incredible promise**
- **Selected for the WP Schools' Team after a standout season**
- **Placed 20th at the Western Cape Cross-Country Championship, his first major event**

Well done to Eden, Awanda, and Tebogo for their outstanding performances and dedication. The future looks bright for these rising stars! A special thank you to Coach Claudius Vyvers for his hard work, motivation, and commitment in guiding these young athletes toward success.



Marathon training programs:

Block 3 Alert! 🏃‍♂️🏃‍♀️

Team, we've hit Block 3 & Week 13—
incredible effort so far! 🌟 Big kudos to
everyone hanging in with training and
racing along the way—well done! 🙌

This block turns up the challenge: higher
mileage, longer LSDs, and 5 tough weeks
before taper. Stay strong, stay focused—
we've got this! 💪

Message from the EXCO:

The committee regrets to inform members of the resignation of three members of our Executive Committee (Exco), namely co-captain Randall Sims and additional members Glynis Gossmann and Helena Davids due to personal commitments. We would like to extend our heartfelt thanks to each of them for their tireless efforts, dedication, and commitment. They have each graciously agreed to continue assisting on existing initiatives in an unofficial capacity. We thank them for their continued support and service to our members.



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September birthdays:

- Marco De Frietas 01 September
- Johannes Jacobs 02 September
- Liezel Morkel 02 September
- Craig February 03 September
- Kerri Howell 03 September
- Ornella Kasongo 03 September
- Gareth Rasmussen 06 September
- Ann Margolin 07 September
- Caitlin Troup 08 September
- Matthew Kettles 08 September
- Patrick Borwick 08 September
- Stefan Maharage 09 September
- Rhonda Oliver 09 September
- Wade Johannes 10 September
- Matthew Molyneux 10 September
- Aelyn Anirudhe 10 September
- Noah Kriger 12 September
- Randall Van Oudsthoorn 12 September
- Rolf Aebischer 13 September
- Mvuyisi Mbono 13 September
- Emma Carrington 13 September
- Craig Hendricks 13 September
- James Searle 14 September
- Fiona Strydom 15 September
- Matthew Zinn 16 September
- Steven Borwick 17 September
- Sylvana Barthus 17 September
- Glenda Monson 18 September
- Werner Uys 18 September
- Elizabeth Lombard 22 September
- Felicia Makondo 22 September
- Kate Foss 23 September
- Karen Worsley 24 September
- Megan Pietersen 24 September
- Helen Warner 24 September
- Tara Tobin 24 September
- Xolisa Nkaule 25 September
- Llewellyn Paulse 27 September
- Lorna Mulder 29 September
- Taboka Ndhlovu 29 September
- Trent Clarke 30 September
- Peter John Jacobs 30 September



Spotlight:

Cross-country was never something I'd imagined doing when I rekindled my running journey. That changed thanks to Bertram Leukes — the oom who first introduced me to Celtic Harriers and opened the door for me to take my running further. He encouraged me to give cross-country a try after seeing potential in me, and I'm so grateful he did.

It has been an exciting season since then, with a few podium finishes and steady improvements in my race times. In my first cross-country race in Atlantis, I crossed the finishing line with a time of 48:22. My personal best is now 46:20, achieved on the grounds of UWC!

Training alongside Llewellyn has been a game-changer — his pacing and encouragement has helped me consistently beat my personal bests.

Each race has been an opportunity to test my limits, and I'm looking forward to building on this momentum for the rest of the season. Thank you to everyone at the club for the support - the warm smiles, hugs, firm handshakes, and motivation - it makes every kilometer worth it! - Miretha Abrahams

