



Congratulations to our medal holders

June was men's health month and we are proud to shine the spotlight on our medal holders.

We extend our heartfelt congratulations to **Mthunzi Mthethwa** and **Lindile Gxalaba** who participated in the Comrades ultra marathon held on Sunday, 8 June 2025. These two men undertook a tough journey that tested their endurance, strength and dedication running from **Port Elizabeth** to **Durban**.

Their achievement shows us all the power of staying active, taking care of our health and pushing personal limits.

Congratulations gentlemen!

