



AmoBeadibeadi

**PIETERMARITZBURG:**

12 STRANACK STREET
PIETERMARITZBURG 3201
TEL. 033-3941031
www.communitychest.org.za

DURBAN:

146 FLORIDA ROAD
DURBAN 4000
TEL. 031-3033890
www.giving.org.za

July 2019

Team work makes the dream work!



This was evidenced on Sunday, 9th June 2019 when staff and volunteers from the Community Chest banded together to operate a Comrades Marathon refreshment station.

The team of just over 80 volunteers started at 4:00am. Despite the dark, cold morning, an air of excitement prevailed when they braved the task of setting up the station on Fairfield avenue, a mere 4km before the finish.

Coke, Water, Mahewu and Energade were some of the items that volunteers offered to runners as they made their way passed the station.

In addition, a team of volunteers set up a First Aid station and provided care to runners in need.

After the last runner passed the station, volunteers thoroughly cleaned up an area spanning a few kilometres. It was a day of equal parts hard work, fun and a sense of camaraderie! Thank you to the team of staff and volunteers who shared their time and energy with us!

Community Chest looks forward to being on the road again, for the next Comrades Marathon.



**The Durban and Pietermaritzburg Community Chests
together are one of the Comrades Marathon's official charities for 2018-2020.**



Race4charity



Mike Cowling



Barry Holland



Catherine Hopkins



Thulani Makhatini



Roger Comish



Thembela Ngcengi



**Thank you to our
Superheroes who
together raised
R 396 415
for the
Community Chest
through
Race4Charity**

- Mike Cowling
- Barry Holland
- Catherine Hopkins
- Thulani Makhatini
- Roger Comish
- Thembela Ngcengi
- Sma Gxeyane
- Lungile Dlamini
- Mohammed Shabeer Hassan
- Lauren Williams
- Tsepiso Lekitlane
- Nicole D Van Der Merwe
- Candice Mahlare
- Trent Bauer
- David Williams
- Nato Amaral
- Anthony Gounden
- Anders Eliasson
- Immaculate Jwili
- Nosisa Phoswa
- Shaun Vorster
- Lilian Els
- Thembinkosi Simelane
- Raniel Misra
- Busisiwe Xulu
- Nontuthuko Mashimane
- Khanyisile Mthembu
- Poobalan Soobramoney Govender
- Jared Van Der Merwe
- Khanyiso Ndlovu
- Meegan Osti
- Stephen Barker
- David Tay
- Gillian Wilson
- Godfrey Chaane
- Ross Cameron
- Theshni Appasamy

E & OE



Gerda Steyn - Winner of the Woman's race



David Tay



Poobalan Soobramoney Govender



Bongumusa Mthembu
2nd position overall



Mohammed Shabeer Hassan



Refreshment station - Table 43



Nosisa Phoswa



Nontuthuko Mashimane,
our Comrades Marathon
Ambassador, attired for a
Superhero finish



Zama Mabaso (Deputy
Director, Community Chest
Dbn) with Richard Rangiah
(Director, Community Chest
PMB)



Mala Maharaj (Community
Chest PMB) and
Volunteer Roy Naidoo

*Thank you to the following
companies and volunteers who
assisted at the Refreshment station*

- Astra Travel
- Barloworld Ford Pietermaritzburg
- Comrades Marathon Association
- Fairfield Dairy
- Keyline Graphics
- Murchisons
- Panbake
- Parklane Spar
- Sunshine Bakery
- Sykes Signs

PICTURED LEFT - Thank you to the team at Fairfield Dairy for your continued support in setting up our Refreshment station. We could not have done it without you!

Special thanks to international and local runners for their donation of Running shoes which will be distributed to those in need within the communities of Pietermaritzburg & Durban.



Roxanne Thomas (Comrades Marathon Association), Non-tuthuko Mashimane (Community Chest Comrades Marathon Ambassador), Thandi Mshengu & Zanele Ntombela

Assisted runners project

The PMB Community Chest also took on the responsibility and privilege to manage over 550 assisted runners during the weekend of the Comrades Marathon at YMCA Hall. These runners were provided with warm meals as well as a safe and warm space to sleep before and after the Race. They were ably taken care of by a group of dedicated women and men better known as "The Precious Team".

On Monday, a day after the Race, PMB Community Chest facilitated the distribution of 766 mattresses and 800 blankets to 35 not-for-profits organisations supported by the Community Chest.



Runners get some rest ahead of the race that awaits them.



Jane Gumbi (Gezebuso Pre-school) with Richard Rangiah, Director Community Chest PMB



With 130 Comrades Marathon medals between them, the three Superheroes support the Community Chest.

**Barry Holland - 47 medals
Mike Cowling - 42 medals
David Williams - 41 medals**



Brazilian Ambassador - Nato Amaral dedicates his race to the Community Chest



Together with his fellow Brazilian runners, 2 legacies were made to the Community Chest. One was "In memory of Comrades Marathon runner, Zeze Nascimento of Brazil" and the second was done with the sales on Comrades Route Closure Boards entitled "Zilma Rodrigues da Silva, in recognition for her

extraordinary support to Brazil Team". Nato Amaral has truly made a difference to many South African children in need. Pictured above - Angie Narayanan, (Community Chest PMB), Nato Amaral and Gordon McDonald (Executive Director, Community Chest DBN)



Brother and sister duo - Nicole and Jared Van Der Merwe



Khanyisile Mthembu



Cheryl Winn, Chairlady of the Comrades Marathon Association, with Director, Gordon McDonald



Keletso Totlthanyo (General Manager) with Delaine Cools (Media and Communications) of the Comrades Marathon Association



Busisiwe Xulu



Lauren Williams



Our 'talking t-shirt' proved to be a popular seller at the Expo. Also on sale were beanies, runner belts & key rings.



Lilian Els



Trent Bauer



Shaun Vorster



Lungile Dlamini



Anders Eliasson

Thank you to these runners who donated R 100 or more

- Thirushen Odayar
- Thembi Nhlapo
- Princess Mark
- Khaya Sibeko
- Caroline Matimela
- Jean Nxumalo
- Melanie Coetzee
- Xolani Mhlanzi
- Thembisa Msomi
- Priscilla Madlala
- Ruben Meyer

Special thanks to those runners who have made donations to the Community Chest with their entry forms.