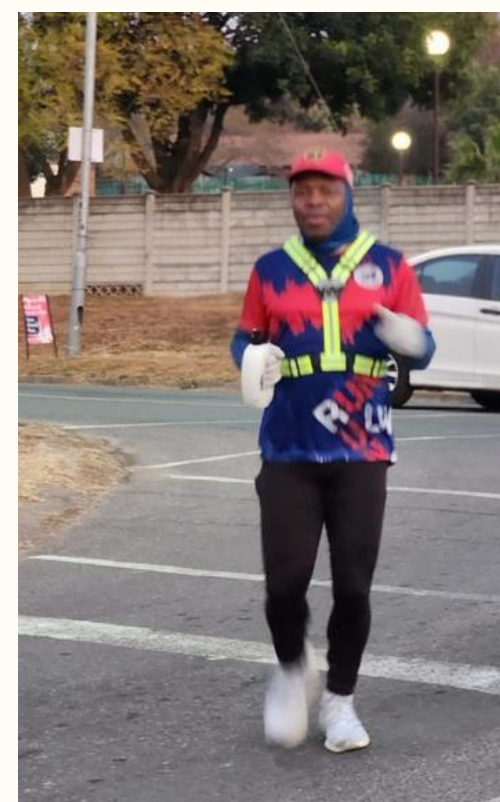
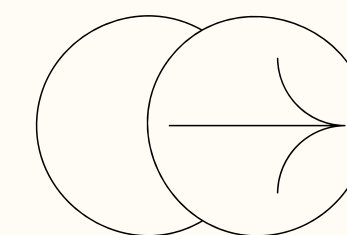




EXECUTIVE COMMITTEE 2024/25

Meet Our Team



Meet the people who will be working together with you
to improve your overall fitness levels while maintaining
healthy lifestyles!!!



Introducing Our Team



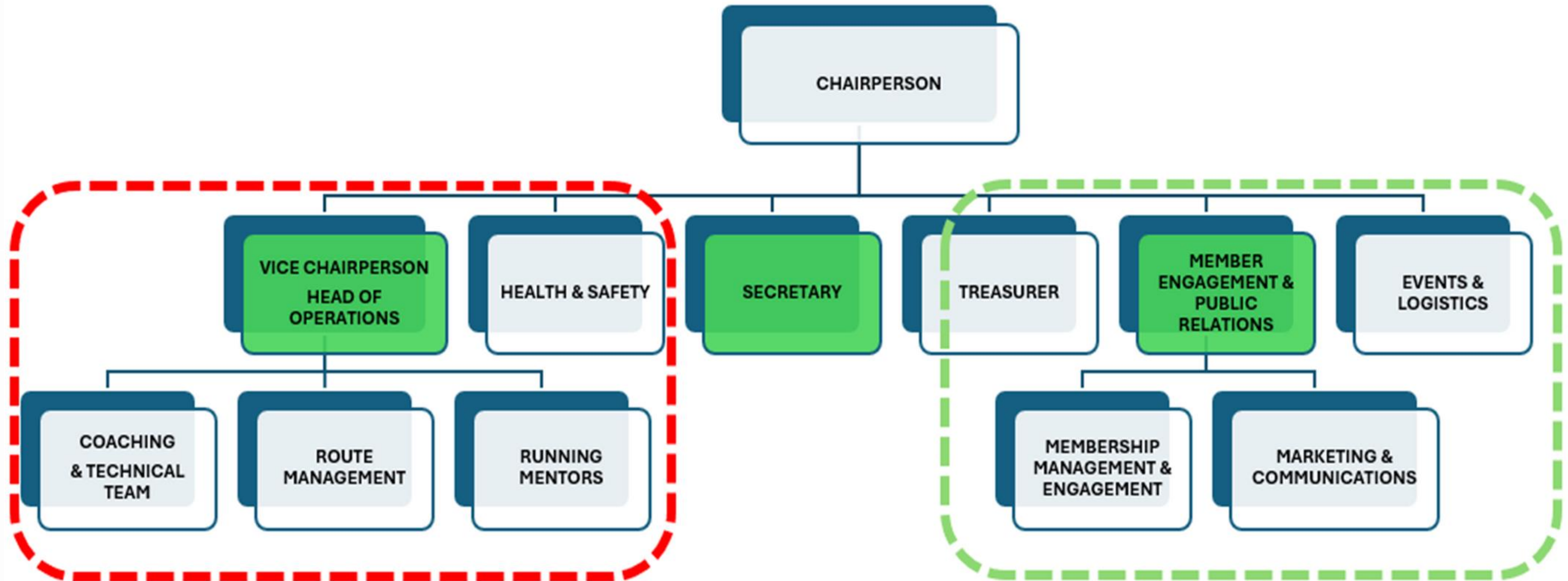
OUR MANDATE

Provide a safe and inspiring environment in which like-minded individuals train together for the love of running.

OUR STORY

Our Training Group is all about family and living a healthy lifestyle. We encourage our members to stay active through different exercise forms such as running, walking, cycling or spending time at the gym – **HOWEVER, OUR PRIMARY FOCUS IS RUNNING.**

Our Team's Structure



Our Team

Members



HONEY SHANGASE

CHAIRPERSON



SIBUSISO HLATSHWAYO

VICE CHAIRPERSON
HEAD OF OPERATIONS



ANDREW MAHERRY

SECRETARY-GENERAL



MMATHAPELO MDLALOSE

HEALTH & SAFETY



ITUMELENG SIWEYA

TREASURER



SIMO METEDAD

EVENTS & LOGISTICS



KEBA MOTHIBI

MEMBER ENGAGEMENT &
PUBLIC RELATIONS

Get to know me!



HONEY

Why do you run?

Running is therapy for me.

How long have you been running?

It has been six years.

When did you join Stallions?

I joined in August 2018 after giving birth to my firstborn.

What is your role & responsibility within the committee?

To provide leadership, making sure that the main objectives of the Stallions is achieved.

What have been your accomplishments since you joined stallions?

I ran my first marathon four months after joining Stallions. Four months after my first marathon, I ran Two Oceans, and I lost 35kg during that period.

CHAIRPERSON

Specialties



Feel free to approach my office if you ever find yourself in need of these specific things:

LEADERSHIP	STRATEGIC DIRECTION AND OVERSIGHT	UPHOLDING THE STALLION’S CONSTITUTION
I provide guidance and direction to all members.	I formulate both long and short-term plans in line with the Stallions vision and mission.	I enforce good governance and promote compliance with our constitution and code of conduct.

Get to know me!



SIBUSISO

Why do you run?

I run for life! 😊

How long have you been running?

Not much longer than I've been with the Stallions.

When did you join Stallions?

I joined Stallions in Jan 2020.

What is your role & responsibility within the committee?

I am the Vice Chairperson and the Head of Operations.

What have been your accomplishments since you joined stallions?

Comrades Marathon finisher!

VICE CHAIRPERSON

Specialties



Feel free to approach my office if you ever find yourself in need of these specific things:

TECHNICAL MANAGEMENT	COACHING & MENTORSHIP	ROUTE MANAGEMENT
We provide technical knowledge of running and living a healthy lifestyle, ensuring that all members achieve our primary objectives.	We ensure the correct implementation and execution of Stallion’s core activities and designed programs and manage deviations from agreed principles.	We design safe routes aligned with our running program.

Get to know me!



MAHERRY

Why do you run?

To stay fit whilst having fun.

How long have you been running?

From the late '90s.

When did you join Stallions?

I forgot 😂 2016/2017?; the inception year.

What is your role & responsibility within the committee?

Secretary General – my role is to ensure good administration and governance of the Stallions Training Group.

What have been your accomplishments since you joined stallions?

I Improved running and setting PBs on various distances.

Secretary-General

Specialties



Feel free to approach my office if you ever find yourself in need of these specific things:

GOVERNANCE & COMPLIANCE	ADMINISTRATION	STAKEHOLDER MANAGEMENT
I implement all constitutional requirements.	I act as a central point of contact for Stallion’s administration, information and communication.	I work in partnership with all stakeholders, both inside and outside the Stallions Training Group.

Get to know me!



ITUMELENG

Why do you run?

Health and Fun

How long have
you been running?

More than 10yrs, but short distances 10km

When did you join
Stallions?

I joined Stallions in 2022

What is your role &
responsibility within the
committee?

Treasurer. I manage the finances of the
Stallions.

What have been your
accomplishments since
you joined stallions?

I ran my first marathon in 2023 and
finished in 5:15

TREASURER

Specialties



Feel free to approach my office if you ever find yourself in need of these specific things:

FINANCIAL MANAGEMENT	FUNDRAISING	PROCUREMENT
I manage the finances of the Stallions.	I oversee campaigns and events intended to bring in donations and sponsorship to fund activities of the Stallions.	I oversee the purchasing process, ensuring the acquisition of goods and services necessary for Stallion's operations.

Get to know me!



SIMO

Why do you run?

Social, health and fitness reasons

How long have you been running?

Since 2016

When did you join Stallions?

I joined Stallions in 2018.

What is your role & responsibility within the committee?

Events organizing, great at engaging with people, recruiting, and engaging with people

What have been your accomplishments since you joined stallions?

Ran my 21km pb at 2:38

EVENTS & LOGISTICS

Specialties



Feel free to approach my office if you ever find yourself in need of these specific things:

EVENTS	WATERPOINT SUPPORT	LOGISTICS
I plan and organize events from concept to execution.	I coordinate long runs (Training and Races) waterpoint support.	I integrate the planning and control of moving goods, equipment and people to arrive at the event site on time and in the most efficient and cost-effective manner.

Get to know me!



Why do you run?

I am driven by a passion for fitness and maintaining good health. Initially, I took up running as a way to stay fit but soon found the ultimate challenge in the Comrades Marathon.

How long have you been running?

I am a dedicated runner who has been part of the running community for over five years.

When did you join Stallions?

I joined the Stallions Training Group in 2021

What is your role & responsibility within the committee?

I play a vital role in Member Engagement and Public Relations, fostering connections and promoting the group's values.

What have been your accomplishments since you joined stallions?

I have successfully completed both the iconic Two Oceans Marathon in Cape Town and the renowned Comrades Marathon in Durban.

MEMBER ENGAGEMENT & PUBLIC RELATIONS



Specialties

Feel free to approach my office if you ever find yourself in need of these specific things:

MEMBER ENGAGEMENT	COMMUNICATION	MARKETING
I am known for key traits like good listening skills, patience, and a willingness to share knowledge with fellow runners.	I keep everyone informed, internally and externally.	I plan, create, and execute marketing campaigns to expand the Stallion's brand and reach more potential members.

Get to know me!



MMATHAPULO

Why do you run?

Mostly to keep fit and for weight loss.

How long have you been running?

I started running 23 yrs ago

When did you join Stallions?

I joined Stallions in 2016/17.

What is your role & responsibility within the committee?

I am responsible for developing and implementing a Health and Safety Policy for our runners

What have been your accomplishments since you joined stallions?

I have started to understand the science of running marathons and the effort of the training required.

HEALTH & SAFETY

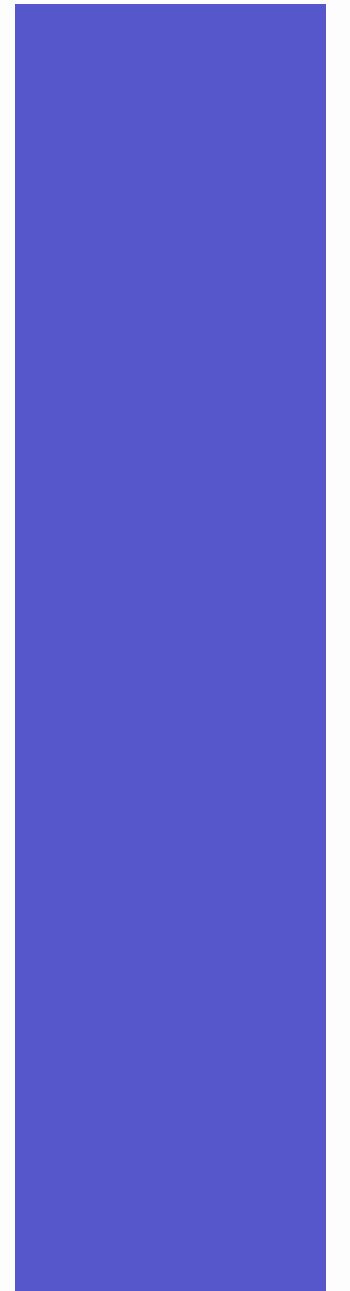
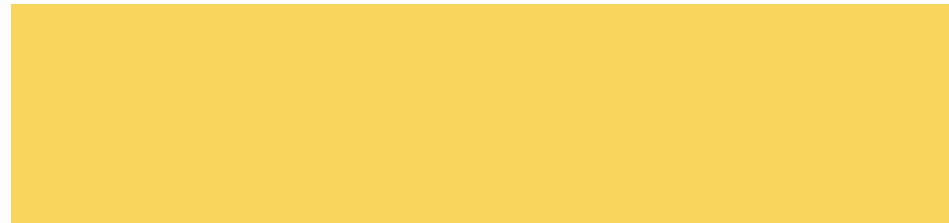
Specialties



Feel free to approach my office if you ever find yourself in need of these specific things:

HEALTH	SAFETY	NUTRITIONS
I ensure all members and other involved parties are aware of the Health and Safety Policy and how to adhere to the health and safety/emergency procedures.	I manage hazards and remove/minimize/isolate hazards by carrying out risk assessments.	I provide assistance and resources to help runners improve dietary habits, manage health conditions, and enhance overall wellness.

Our team understands that we cannot please all our members all the time.
However, if the majority is happy, we are happy.



Fun Facts About Our Team

We value work-life balance,
learn about our team behind
the scenes!

HONEY

I get depressed when I don't run a Marathon race
at least twice a month.

SIBU

I love classic cars!

MAHERRY

I am the winner of the 2015 Comrades
Marathon but in reverse.

ITUMELENG

I can't walk slow.

KEBA

Outside of running, I love to dance, although, in a
humorous twist, I admit not being very good at it!

SIMO

I run faster when I play Netball than when I am
running.

MMATHAPELO

I enjoy jokes, laughing out loud, 🎵 music,
dancing just indulging in good vibes with
friends and hubby.



**Our team is
pleased
to meet you!**

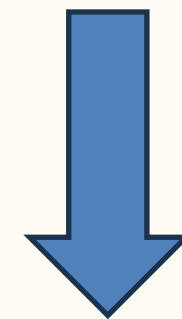


Get to Know Us More!

26 OCTOBER 2024



Why?



See below



STALLIONS 1st LEKGOTLA

Join us for an important Stallions Strategy meeting where we will discuss the vision & mission of the Stallions, upcoming projects and strategic plans.

26 OCTOBER 2024

Moving from good to great.....together!!!

