

Volunteering for the Two Oceans Marathon

By [Khanyisa Lubambo](#), issued by [False Bay College](#)

14 May 2015

The sense of excitement one gets from being a False Bay TVET College (FBC) volunteer for the annual Two Ocean's Marathon event is akin to the joy of receiving an unexpected gift.

Even though it is tough getting up in the early hours from a warm bed to set off for a day of volunteering, this is quickly compensated by the feeling of goodwill and festive spirit that is part of the Two Oceans experience. As you hand out Coke, Powerade and water to thirsty runners, the joy of giving is a powerful reward.

Being part of the volunteering experience is the next best thing to participating as a runner. The common goal of creating and experiencing a happy ambience is the same for the athletes, supporters and volunteers alike.



False Bay College staff volunteer for the Two Oceans Marathon



False Bay College staff volunteer for the Two Oceans Marathon

I have come to believe that the good feeling of being a volunteer is so infectious. It is the kind of elation that you want to experience time and again. Added to this, is that it is a day well spent and one that is over in the blink of an eye. What you have gained in the spirit of community is a sense of pride and joy in your contribution and putting a smile on the many sweaty faces determined to make it to the finishing line.

The Two Oceans Marathon is such a pivotal event for both the country and for the City of Cape Town. It offers the opportunity for patriotism and the spirit of Ubuntu for all who believe in building this beautiful nation.

The FBC Volunteers were phenomenal. I extend a big Thank You to all who participated.

ABOUT THE AUTHOR

Khanyisa Lubambo is Events Coordinator at False Bay College.

- " **First TVET College accredited to offer Boatbuilder and Repairer qualification** 11 Dec 2023
- " **Seascape Marine Services propels educational excellence with generous inboard engine donation** 5 Dec 2023
- " **False Bay TVET College CfERI students rank at the regional entrepreneurship competition!** 25 Aug 2023
- " **Western Cape Tourism, Hospitality, and Chef Expo showcases the possibilities in these growing sectors** 23 Aug 2023
- " **Western Cape Tourism, Hospitality and Chef Expo 2023** 8 Aug 2023

False Bay College



False Bay College offers quality, accredited, vocational, occupational and skills programmes in a range of fields, designed with Industry to meet the skills shortages of South Africa.

[Profile](#) | [News](#) | [Contact](#) | [Twitter](#) | [Facebook](#) | [RSS Feed](#)