

# Newsletter



*Join the Run Revolution:  
Unlock your best with us!*

If you have been running with us for a while now, you'll know what an amazing club Nedbank Central Gauteng is. If you are new to our venues and like what you see, you'll undoubtedly gain so much by becoming a member of our dynamic club.

As we head to the tail-end of the year, you can be assured that Nedbank CG will continue to be one of the most sought-after clubs in the Central Gauteng region and now is your chance to either renew your current membership or sign up for the first time. At Nedbank, we believe that running is not just a sport but a way of life. Whether you are a beginner looking to start your running journey or an experienced runner aiming to improve your skills, our club is open to individuals of all fitness levels and ages.

Experience firsthand the energy and support that NRC offers. To get started, simply visit our website at [www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za) or reach out to us at [info@nedbankrunningclubcg.co.za](mailto:info@nedbankrunningclubcg.co.za). We would be thrilled to have you as part of our running community.



## Why you need to be a member of Nedbank CG

**Motivation and camaraderie:** Running with a group of like-minded individuals offers motivation, encouragement, and the opportunity to share experiences and goals. Our club fosters a supportive environment that will inspire and uplift you on your running journey.

**Structured training programmes:** Our experienced club coach can develop training programmes catered to different levels of running abilities. Whether you aspire to complete your first 5K or tackle a marathon, our training plans will help you reach your goals. Generic training plans for various races are also shared and club runs are structured to assist you in reaching the weekly milestones.

**Group runs and social activities:** We organize Nedbank RC Member only regular group runs, weekly time trials and hill / speed sessions, allowing our members to grow & develop their fitness in a safe and structured environment. Furthermore, we organize monthly social gatherings and events, offering opportunities to build lasting friendships and connections beyond running.



**Team spirit and participation in races:** We encourage our members to take part in local and regional races as a team, fostering a sense of camaraderie and promoting healthy competition.

From charity runs to marathons, together we can achieve amazing feats and celebrate our victories. Members are also entitled to food & beverages in the club gazebo at participating races.



**One Club, Two Venues:** With Nedbank Central Gauteng, you have the opportunity to join the weekly runs in either Sandton or Modderfontein. Your membership allows you to join the weekly runs at both venues, depending on your location and schedule. We encourage all our members to explore and join the activities, events and runs on offer in both suburbs, this enables you to run up to 5 times a week with our club.

**Reasonable Annual Membership Fees:** Nedbank CG fees are amongst the lowest in the country, yet we offer so much more than many other clubs. Below are our 2025 annual fees:



*Membership Drive Specials*

Renew your current membership or sign up for 2025 on **19th November at Modders TT or 20th November at Sandton TT and pay just R500,00!**

**2025 Membership Rates:**

- Full Membership - R575,00
- Social Membership - R350,00
- Nedbank Employees - R500,00
- Seniors (60+) - R300,00
- Juniors (U18) - R300,00
- Vest (Compulsory) - R399,00



**Member of the Month -**  
*Claire Steyn*

Like many of us, Claire's running journey started with Park Run but she's now gearing up for her very first marathon - Kaapsehoop this Saturday! Her bright smile, cheerful disposition and zest for all things running is what makes her our October member of the month. She's always on hand to volunteer at Time Trials, is often the friendly face greeting you at race day gazebo hosting and always has a kind and encouraging word. Good luck for your first Marathon Claire, we know you're going to surpass your own expectations!



Join Nedbank Central Gauteng by either clicking the below link or scanning the QR code NOW:

[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

COME RUN WITH US.



Scan HERE



One Club Two Venues

Sandton & Modderfontein

Make the most of your membership by joining our weekly runs at both venues. We look forward to hosting you at both Sandton & Modderfontein for your convenience.

### WEEKLY SCHEDULE

#### TUESDAY

Flamingo Shopping Centre, Modderfontein - 17h15  
Meet on the open roof top parking for registration; Run starts at 17h30 across the road in the adjacent car park



#### WEDNESDAY

Poplar on Park - 17h30  
Meet in the parking lot



#### THURSDAY

Founders Hill School, Modderfontein - 17h15  
Hill / speed coaching session; Meet in the school car park



#### SATURDAY

Sandton - 6:00am; Modderfontein - 6:00am  
Routes, venues & distances are shared on the WhatsApp chats the Friday before



Modders WhatsApp Chat



Sandton WhatsApp Chat



Social Pages



Thank You to our sponsors!



# Captains Report

## The Subtle Art...

Hey Nedbank runners and welcome to the October edition of the Captain's Corner! I enjoyed writing my article last month which was about creating good habits. Let me know if you have picked any interesting habits for October. Using these techniques, I picked up a few habits: I read daily, do strength often, and smile at strangers.

This month I have read a few books and would like to discuss one of the books I have just started as I love how the author writes. He writes like me, just a bit better and with more profanity. The author I am talking about is Mark Manson (MM) who wrote "The Subtle Art of Not Giving a Feather".

So, this article will talk about how to run with freedom not giving a feather) and obviously, I will finish off this article with stats because stats are sexy!

Spoiler alert I listen to MMs podcast (The Subtle Art) so while I am reading his book (not finished) I understand enough to get you to stop giving a feather about irrelevant things and focus on what is important i.e. running.

I will just discuss three points:

### Choose your feathers:

- 1) Do you want to be a Peregrine Falcon and fly fast?
- 2) Do you want to be a Brent goose and fly forever?
- 3) Or a penguin and use your feathers to fly in the water?

Trying to do everything burns you out and caring about everything makes you anxious! Pick your feathers according to your goals. This year I wanted to run fast in the short distance as well as run the comrades comfortably. After I completed the comrades, it took me months to run fast again, and I am still not as fast as I was pre-comrades. The lesson I learned from this is to focus on less.

### Ducks sink when they watch eagles fly:

Imagine you are a duck watching the eagles soar across the sky gracefully and powerfully gliding through the air, If you focus on those eagles soaring in the sky then you don't realize what you are capable of. You can fly and swim! So instead of caring too much about other people's feathers focus on developing yours. For a long time I wanted to run fast like other people, but then I realized I liked running at a comfortable pace and seeing what is going on, breathing in the fresh air, and doing jazz hands as I ran. I found I enjoy duck feathers.

### Realize others are focusing on their feathers and not yours:

Who do you think about the most? I bet you it is yourself! Guess what? Everyone else does the same, so don't give a feather about what others think about you because they are mostly thinking about themselves! Take this bit of knowledge and apply this in life. If you want to run to win marathons then do it, if you want to run to stay slightly fit then do it, and if you want to run because the sky is blue, then do it. Don't worry about what others think, if it makes you happy then do it and chances are people don't think about you running anyway.

I hope the above helps you run well and if not, I don't give a feather!



**Stats:** So stats are sexy and also a bit of tracking.

**October 8km stats:**

Well done Esau for improving the most in the month of October. I know it is difficult to see because my stats are a bit wobbly, but Esau dropped his PB by 1min 37 secs over 8km. That is good going. Also, well done JD Deerling for running the fastest time trial this month with a time of 30 minutes and 50 seconds. That is flying, must have some eagle feathers. Well done Tristan (again!) for being the fastest lady this month with a time of 34 minutes and 16 seconds.

Name	Distance	Time	PB Diff
Warren Graver	8	0:33:12	-0:52
Esau Mkuphe	8	0:31:45	-0:30
Bobby Kassner	8	0:37:35	-0:02
Esau Mkuphe	8	0:32:15	-0:01:37
Gail Elliot-Wilson	8	0:53:27	-0:00:35
Sipho Matsimbi	8	0:40:25	-0:00:25
Lawerance Mkuphe	8	0:35:18	-0:00:17
JD Deerling	8	0:30:50	-0:00:16

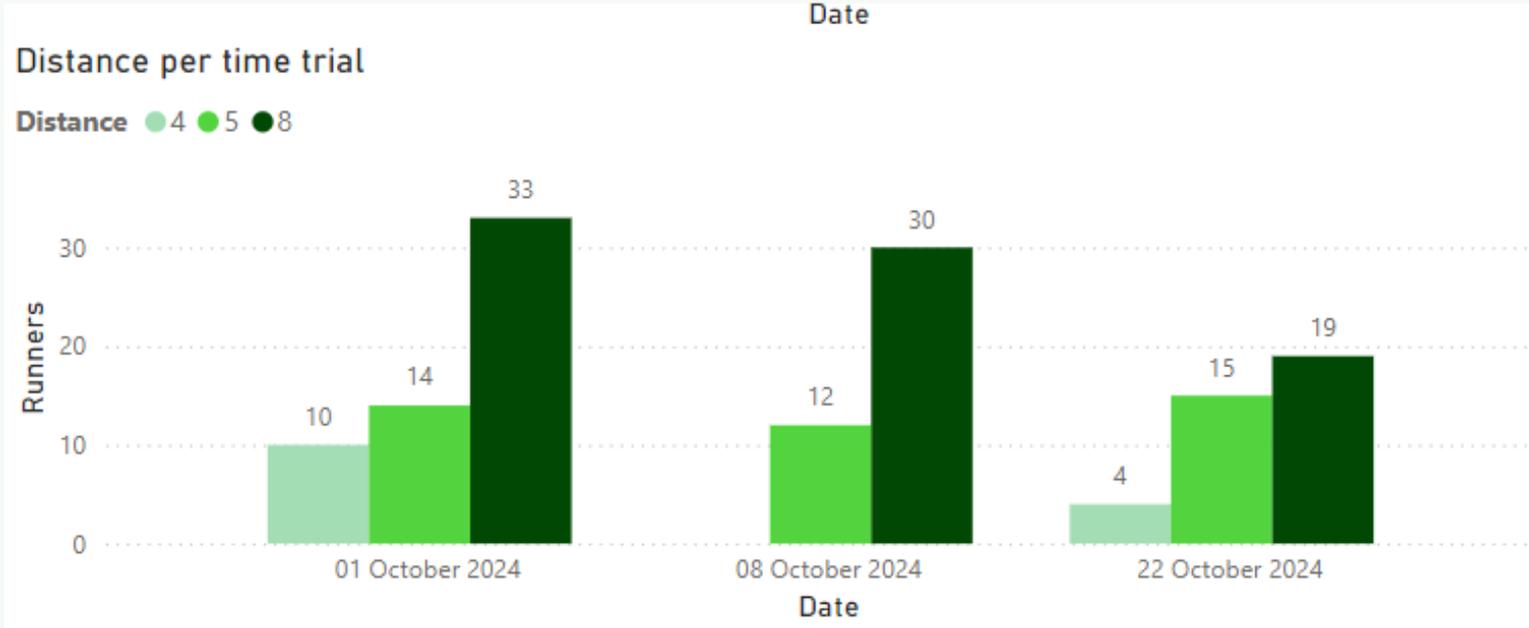
**October 5km stats:**

Well done Thevan George for running improving your 5km by the most, a whopping 3 minutes 25 seconds! Very impressive. Okay, Other impressive stats are the 3 fastest times were all ladies: well done Shanice Peens ( 21:33 ), Tristan Torr ( 22:45), and Chelsea Muller (25:13). Well done David Tsoeute for running the fastest men’s 5km (25:15) for the October month.

Name	Distance	Time	PB Diff
Rochelle Fisher	5	0:27:33	-0:50
Timothy Goodchild	5	0:35:08	-0:05
Thevan George	5	0:31:43	-0:03:25
Chelsea Muller	5	0:25:13	-0:00:05

**Attendance stats:**

And finally, please see the attendance stats for October. We have an average of 45.67 people coming to time trails every week of October. This is down from 59.33 people coming in September! I know rain kept some away but let’s give it all for the Halloween run week !



*Andre Greyling*

# Cheer Championship

## Let's hear a cheers for our volunteers!

We know that volunteering requires a particular kind of selflessness, and, as a proverbial high-five to all those who give of their time and energy, we've launched an exciting initiative: The Cheer Championships! For every volunteering effort made, points are earned. These points are converted into entries for the lucky draw to be held in December, to win a brand new pair of running shoes from Run-A-Way Sport! The points are allocated as follows:

**Time trial timekeeping: 1 point**

**Water table cheerleading: 2 points**

**Gazebo hosting: 3 points**

It's not too late, jump in now and start earning your points. Every single point counts - the **R3000 GRAND PRIZE VOUCHER** from **Run-A-Way Sport** could be yours!

**RUN-A-WAY  
SPORT**



Runners who give back

### CHEER CHAMPIONSHIP LEADERBOARD - SEPTEMBER/OCTOBER

1st: Andre Greyling/Brad Diamond - 29 points
2nd: Helga Lucas/Riaan Steyn - 24 points
3rd: Sam Zermatten/Dieter Zermatten/Andrew Lucas - 21 points

1 point = 1 entry

Points are converted into lucky draw entries to win a R3000 voucher from

**RUN-A-WAY  
SPORT**

1ST, 2ND & 3RD PLACE ARE GUARENTEED TO RECEIVE A VOUCHER PRIZE

CHECK OUT WHATSAPP GROUPS & MONTHLY NEWLETTERS FOR VOLUNTEERING OPPORTUNITIES & VOLUNTEER LEADERBOARD

# Save the Dates

**November - 19th (Modders) & 20th (Sandton)**  
Membership Drive **SPECIALS**

**November 30th, 3pm**  
Nedbank Running Club Central Gauteng Year-End Function

**December - 10th (Modders) & 11th (Sandton)**  
Pub Run

# Upcoming Races

## NOVEMBER

### Saturday 2nd

- Kaapsehoop Marathon | 42.2km | 21.1km | 10km

### Sunday 3rd

- Soweto Marathon | 42.2km | 21.1km | 10km

### Saturday 9th

- Jacaranda City Challenge | 42.2km | 21.1km | 10km | 5km

### Sunday 10th

- Alberton Half Marathon | 21.1km | 10km

### Saturday 16th

- Hollywood Bets | 10km | 5km
- Tom Jenkins | 21.1km | 10km | 5km

### Saturday 23rd

- Voortrekker Monument | 21.1km | 10km | 5km

### Sunday 24th

- RAC Touch One | 32km | 5km

### Saturday 30th

- Black Diamonds | 21.1km | 10km | 5km

## DECEMBER

### Saturday 7th

- Orlando Colour Out Cancer | 21.1km | 10km | 5km

### Friday 13th

- Wiggles & Wobblers Charity Hat Fun Run | 8km

### Monday 16th

- Lesedi Reconciliation Day | 21.1km | 10km | 5km

## JANUARY 2025

### Saturday 4th

- Varsity Kudus | 15km

### Sunday 12th

- Biogen | 21.1km | 5km

<https://www.roadrunning.co.za/region/gauteng>

[https://www.runnersguide.co.za/pages/calendar/60\\_days/60Days.aspx](https://www.runnersguide.co.za/pages/calendar/60_days/60Days.aspx)

## Follow Us



<https://www.facebook.com/Nedbank-Running-Club-Central-Gauteng-Johannesburg-and-Soweto-150279161653752>



<https://www.instagram.com/nedbankrunningcg/>



## Weekly Time Trials

**Tuesdays - 17h15**

(for registration)

**Flamingo**

**Shopping Centre,  
Modderfontein**

**Wednesdays - 17h30**

**Poplar on Park,  
Riverclub**



## Time Trial Roster - Modders

**5th November - Richard &  
Michelle**

**12th November - Gail Elliot-Wilson  
& Patricia Muller**

**19th November - NJ & Tristan**

**26th November - Dieter & Sam**

**3rd December - Patrick Lovell &  
Gayle Bates**

# Race Day Gazebo Hosting

With more and more races being added to the annual calendar, we'd like to have a bigger presence at each venue so we can support all our members to the best of our ability. We'd like to offer our hospitality gazebo at as many local races as possible so please get in touch with Brad & Bron Diamond to host the gazebos.

The success of these gazebo's is purely dependent on our members and your willingness to get involved and support your fellow runners & friends.

Here is an easy guide to hosting:

The day before the race:

- Collect the trailer, take it to the race venue & set up the gazebos;
- Collect the food & drinks from the relevant committee member;
- You may fill the cooler boxes with the refreshments and lock in the trailer overnight.

Race Day:

- On the way to the race venue, buy bags of ice to fill the cooler boxes;
- Arrive at the race at least 1 hour before the first race starts, open the trailer and store the runners belongings for safekeeping;
- Once the races start, set out the chairs, tables, cooler boxes & food platters. Fill the cooler boxes with ice;
- Keep an eye on the belongings in the trailer;
- As the runners start finishing, take some photos to share on the what's app chats, cheer them on and enjoy the atmosphere;
- Stagger the flow of the food and beverages so all runners get refreshments after their individual races;
- Once the race is over, assist committee members with cleaning up the site and re-packing the trailer for the next race;
- Return the trailer to storage.



Please click [here](#) to host a gazebo

# MNHW Donations



Please remember to donate towards the amazing MNHW (Modderfontein Neighbourhood Watch) representatives who keep us safe at the weekly Time Trial events in Modderfontein. Donations of any amount can be made via cash at the weekly Time Trials (look out for the MNHW box) or via EFT into the club account, using 'MNHW' as the payment reference.

*Thank You!*



# QUIZ

## & Year End Awards



Join us to celebrate the end of another fantastic year of running with Nedbank Running Club CG!

It's time to show off your knowledge of the sport & cheer on your fellow runners as we hand out exciting & well earned awards & prizes.

**MEMBERS - R270.00 PP**

**NON-MEMBERS - R320.00 PP**

**YOUR ATTENDANCE IS ONLY CONFIRMED  
ONCE PAYMENT HAS BEEN RECEIVED.**

**SATURDAY, 30TH NOVEMBER | 3PM SHARP**

**GLENDOWER GOLF CLUB, 20 MARAIS ROAD, DOWERGLEN**

**DRESS CODE: SMART CASUAL (COLLARED SHIRTS &  
TAILORED TROUSERS FOR MEN)**

*Gifts for all Nedbank members*



**RSVP HERE  
BY 15 NOVEMBER**

