



## *Winter Warriors run through the chill*

As the crisp air settles in and daylight hours fade, it's tempting to hang up our running shoes and cozy up indoors. Winter running has its own kind of magic — quiet roads, sharper focus, and a chance to build resilience that pays off when racing season returns. With the right approach, gear, and mindset, winter can become your strongest season yet.

### **Safety First: Navigating the Dark**

Shorter days mean more runners are hitting the road in low-light conditions. Safety becomes a top priority — not only for visibility but also for your own awareness. Stick to well-lit routes, run with a group, and always let someone know your planned route and expected return time.

### **Dress for Success: Gear to Keep You Warm**

Layering is key. Start with a moisture-wicking base layer to keep sweat off your skin, add an insulating layer like a thermal top, and finish with a wind- or water-resistant jacket. Don't forget gloves, a beanie or buff, and thermal socks — cold extremities can quickly ruin a good run.

### **Be Seen: Reflective Belts & Headlamps**

Visibility saves lives. Reflective gear ensures that motorists, fellow runners, and our security team can see you clearly from a distance. Reflective belts and vests are lightweight, affordable, and easy to wear over any running kit. A reliable headlamp is essential for those dark early mornings or evening runs — especially with our route's streetlights currently out. Look for a headlamp with a brightness of 300 to 600 lumens, which offers a strong beam to light your way and make you highly visible. Choose one with an adjustable, comfortable strap and long battery life for peace of mind.

A big warm **Thank you to Jonsson Workwear at Stoneridge Shopping Centre** for donating 100 x VIZI reflective belts to our club! Grab yours at TT on Tuesdays.

Summer bodies — and stronger, faster runners — are made in winter. So lace up, layer smart, light your way, and join us in embracing the chill.

# Winter Charity Drive

Let's come together and support the Ubhle Bezwe Orphanage This Winter

As the winter chill sets in across Johannesburg, we're reaching out to our incredible community of runners to help keep the children at Ubhle Bezwe Orphanage warm and cared for.

Ubhle Bezwe, based in Tembisa, is home to vulnerable children who rely on the generosity of others to meet their basic needs. With winter approaching fast, we're launching a weekly donation drive to collect essential items that will make a real difference in their lives.

Whether you're a member of our running club or not, your donation can bring warmth and comfort to a child this winter.

**Drop-off** at Modderfontein Time Trial every Tuesday evening and Sandton Time Trial at the monthly scheduled date. Weekly reminders will be shared through our WhatsApp channels.

**Each week, we'll focus on a specific item:**

- Week 1, 3<sup>rd</sup> June:** Blankets
- Week 2, 10<sup>th</sup> June:** Non-perishables (e.g. tinned soup, beans, etc.)
- Week 3, 17<sup>th</sup> June:** Warm clothing (jackets, jerseys, etc.)
- Week 4, 24<sup>th</sup> June:** Socks and winter accessories (hats, gloves, scarves)

Donations can be new or gently used (pre-loved) – as long as they're clean and in good condition, they'll be gratefully received.

Let's lace up not just for fitness, but for a greater cause.



PLEASE  
DONATE



# Comrades Down Run 2025

## NEDBANK RUNNING CLUB SUPPORT AT DRUMMOND & FINISH LINE MARQUEE

### DRUMMOND HALFWAY SUPPORT POINT

This year, we'll have a Nedbank RC support station at Drummond (approx 44km), just after the THIRSTI Water Point.

#### Important Zip Lock Bag Info:

- Drop-off on Saturday, 7 June between 9:00am–12:00pm at the THIRSTI stand at the Comrades Expo. No bags will be accepted after 12:00pm.
- Only clearly marked ZIP LOCK BAGS will be accepted (no tog bags or large bags).
- Label your bag with your Name & Surname
- Find your bag after the THIRSTI Water Point at Drummond, under the THIRSTI gazebo.
- Uncollected bags will be discarded – we cannot be held responsible.

#### Drummond Halfway Location



*We're excited to support all our athletes taking on Comrades 2025!*



### FINISH LINE HOSPITALITY MARQUEE – PEOPLE'S PARK

After your amazing run, head to our Nedbank RC Marquee at People's Park, located just before the finish line on the left (Tier 1 – marked in pink on the finish map).

#### Enjoy:

- Massages
- Food & drinks
- Great sponsor goodies from Biogen, Futurelife & Thirsti
- Vouchers for food and drinks.

**THIRSTI™**

#### Dress Code Reminder:

**Please wear official Nedbank/Nike Green Club Kit (vest/crop top/t-shirt with green shorts/tights). Black shorts/tights are not approved and not registered club kit with ASA.**

*Still Haven't Joined Us as a Member?  
What are you waiting for?*

**Please send your proof of payment to [info@nedbankrunningclubcg.co.za](mailto:info@nedbankrunningclubcg.co.za) along with your 2025 ASA form.**

	2025 MEMBERSHIP
FULL	R 575
NEDBANK EMPLOYEES	R 525
SENIORS 60+	R 325
JUNIORS U18	R 325

## Member of the Month

### *Louise Leech*

This month, we're thrilled to shine the spotlight on Louise — a dedicated runner whose quiet determination and inspiring journey remind us why we love this sport.

Louise first laced up nearly three decades ago when she decided to change her life. "I turned off my television and started walking," she says. "Walking led to jogging.." And the rest, as they say, is history.

One of her proudest running achievements is finishing a 10km in just one hour earlier this year — a milestone that reflects both her discipline and progress.

When she's not running, Louise enjoys yoga, building websites, and spending time in the veld training her dogs — a wonderful balance of movement, mindfulness, and creativity.



Louise joined the Nedbank Sandton Time Trial runs in November 2023 and found herself re-inspired by the friendships she formed. "Once I started entering races again, joining the club seemed the next logical step — and you need to be a member of a club to get a red number!"

Here's to Louise — a runner, a motivator, and a valued member of our Nedbank Running Club family. Keep running strong!



OHMURRKA AG FRANKEN RIGHTS DAY RACE  
21KM, 10KM & 5KM FUN RUN  
UNITY IN DIVERSITY 2025



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

5 & 8km



### WEDNESDAY

Poplar on Park

Meet once per month - dates to be advised in advance on the WhatsApp chats

5 & 8km



### THURSDAY

Founders Hill School, Modderfontein - 17h15

Hill / speed coaching session; Meet in the school car park

Hill / speed session



### SATURDAY

Sandton - 06:30am; Modderfontein - 06:30am

Routes, venues & distances are shared on the WhatsApp chats the Friday before

Club runs



Modders WhatsApp Chat



Sandton WhatsApp Chat



Social Pages



Thank You to our sponsors!



# Cheer Championship

Runners who  
*give back*



## CHEER CHAMPIONSHIP LEADERBOARD - MAY

**1st:** Candice Delacovia-Graver & Gail Elliot-Wilson:  
7 points

**2nd:** Dieter & Sam Zermatten,  
Tshepo Mashiloane:  
6 points

**3rd:** Gayle Bates & Andrew Lucas:  
5 points

1 point = 1 entry

Points are converted  
into lucky draw entries  
to win a prize!

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

# Save the Dates

**June - 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>**

Winter Charity Drive Collections at TT in Modderfontein

**June - 24<sup>th</sup> June**

Comrades Aches & Pains TT 4km Walk

# Upcoming Races

## JUNE

### Sunday 8th June

- Comrades Marathon | 89.98km

## JULY

### Saturday 5th July

- Garsfontein Ice Breaker | 10km | 15km | 21.1km
- Knysna Forest Marathon | 21.1km | 42.2km

### Sunday 6<sup>th</sup> July

- Gallopers | 15km

### Sunday 13<sup>th</sup> July

- ABSA Run your City Durban | 10km
- Gerald Fox Memorial | 10km | 21.1km

### Sunday 27<sup>th</sup> July

- Randburg Harriers Challenge | 21km | 10km | 5km

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

<https://www.runnersguide.co.za/pages/calendar/60days/60Days.aspx>

## Follow Us



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



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

### WHAT ARE MY RESPONSIBILITIES AS A

## time trial timer keeper

#### Before the time trial:

- Confirm availability with the time trial captain.
- Arrive by 17:05, and collect the clipboard and pen.
- Record the names and distances of the participants who arrive - One volunteer for either distance (5km/8km).

#### During the time trial:

- Take photos of participants starting.
- Start the timing clock (Please consider bringing your cellphone as a back-up timer).
- Fill in participants' times as they finish. Remember, participants are responsible for giving you their time.

#### After the time trial:

- Check that all participants have arrived by verifying that all times have been filled in.
- Return the equipment to the time trial captain.
- Post any photos taken on the social media group.



## Weekly Time Trials

**Tuesdays - 17h15**

(for registration)

**Flamingo**

**Shopping Centre,**

**Modderfontein**

**Wednesdays - 17h30**

(once a month)

**Poplar on Park,**

**Riverclub**



## Time Trial Roster - Modders

**3<sup>rd</sup> June** - Paddy Lovell, Helga Lucas  
& Estee Kotze

**10<sup>th</sup> June** - Amber Banks, Benjamin  
Banks & NJ Kirkby

**17<sup>th</sup> June** - Gail Elliot-Wilson,  
Shannon de Ryhove & Claire Steyn

**24<sup>th</sup> June** - Samantha and Dieter  
Zermatten & Ofhani Rapetswane

Please click here if you are keen  
to Time Keep!

# Get to know our Rising Stars!

## Meet Kai Hattingh – A Young Talent on the Rise

At just 14 yrs, Kai Hattingh is quickly making a name for herself on our running scene. Sponsored by Nedbank CG, Kai's journey into the world of athletics began humbly—what started as a fun jog with friends in 2023 soon turned into a passion that now drives her daily.

“I just started running for fun,” Kai shares. “But the more I did it, the more I loved it.”

Kai made her 10K debut at the Randburg Harriers 10K race in February, where she clocked an impressive **41:52**, placing 3<sup>rd</sup> (see image of Kai on the podium at The Alan Robb Race that took place on Sunday, April 27, 2025)

“It was my first 10K and definitely my best race so far,” she says with pride.

Looking ahead, Kai will be lining up for major events like the SPAR Women's 10K in Durban on 22<sup>nd</sup> June and the ABSA Run Your City Durban 10K on 13<sup>th</sup> July. She's focused, determined, and aiming high.

With her focus, energy, and love for running, the future looks bright for Kai. The Nedbank CG Running Club is proud to support her journey—and we can't wait to cheer her on at the next starting line.



## 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!*

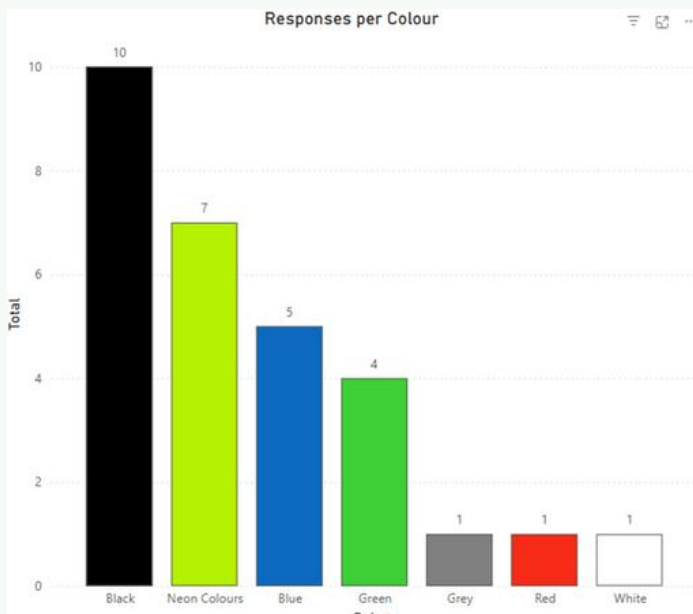


# Captains Report

## Running in Colour: What Your Favourite Running Hue Says About You



Running isn't just a sport — it's a statement. From the crunch of gravel beneath your shoes to the rhythm of your breath, everything becomes part of your self-expression. But nothing quite shouts your style like the colour you wear when you hit the burbs, TT, and long runs. We surveyed 29 runners at our club to find out what colours get their heart racing, and here's what we discovered:



### ♥ **Black (10 votes)**

**Why it's great:** Black is timeless. It's sleek, versatile, and forgiving on sweat marks — perfect for runners who want to focus on performance without the fuss. It absorbs light, which can be warming on colder days and helps conceal wear and tear on gear.

**Fun fact:** Black isn't technically a colour — it's the absence of visible light. In fashion, it's been associated with sophistication and power since the days of Coco Chanel.

**Personality match:** People who gravitate toward black often exude confidence and prefer control and consistency. They're likely serious about their goals and keep their cool under pressure.

### What Our Runners Said:

The black-loving runners in our club had plenty to say — and with good reason. Here's what some of them shared:

- *'I have a lot of socks that goes with the colours.'*
- *'Black is the most practical colour for too many reasons.'*
- *'Black, because it's slimming, obvs.'*
- *'It doesn't show the sweat marks, and you don't have to think about matching :)'*
- *'Makes me feel bad-ass (oh and also hides the sweat marks).'*
- *'My crew wears black and people buy me black shirts, and black feels cool.'*

There's a clear theme here: black is practical, flattering, cool (literally and figuratively), and goes with just about everything. Whether it's about matching socks or feeling like a total badass, black brings confidence and ease to every run.

### ♥ **Blue (5 votes)**

**Why it's great:** Blue is calm and steady — just like a strong, even pace. It's associated with coolness, which is why many runners love wearing it on hot days. Lighter shades reflect heat, and darker ones bring a stylish edge.

# Captains Report

**Fun fact:** Blue is the most popular "favourite colour" globally. It was also the last primary colour to be named in many ancient languages, often associated with the divine or infinite.

**Personality match:** Lovers of blue are typically loyal, dependable, and thoughtful. They bring focus to the run and may be the calming influence in a pack of high-energy runners.

## What Our Runners Said:

Blue brought out some thoughtful and nostalgic responses:

- *'Maybe because there weren't so many colour choices a few years ago 😊'*
- *'I like to be easily visible on the road :)'*
- *'It's a colour that sparks joy for me when running.'*
- *'Blue is my favourite colour and neon colour and just cool to run in.'*

Blue, for these runners, is part tradition, part joy, and part visibility — a cool and calming companion for any distance.

## ♥ Green (4 votes)

**Why it's great:** Green blends beautifully with nature, making it the ideal colour for trail runners or anyone who wants to feel grounded during their run. It's easy on the eyes and symbolizes balance and renewal — perfect for that post-run high.

**Fun fact:** Green is the most restful colour for the human eye. Hospitals and studios often use green rooms to help people relax before high-stress situations.

**Personality match:** Green wearers often value growth, harmony, and health. They're mindful runners, in tune with their bodies and the world around them.

## What Our Runners Said:

Green came with some enthusiastic club pride and personal stories:

- *'I just love green 😊 Bonus that it's my running club colours too.'*
- *'I love my club!'*
- *'Green for the best team! Nedbank rules.'*
- *'My real favourite running colour is pink – but it wasn't an option. So I chose green as the next best one... I really think we need more pink out there!'*
- *'I have realised that when I run in their colour I don't get as warm as another colour.'*

For some, green is about team spirit; for others, it's a practical, comfortable choice — and sometimes it's just the second-best to a love of pink.

## 🌈 Neon Colours (7 votes)

**Why they're great:** Neon is the life of the running party! These high-visibility colours — from blazing yellow to electric pink — are not only safety-conscious, especially in low light, but they also scream energy and confidence.

**Fun fact:** The term "neon" comes from the Greek word for "new." Neon signs were first introduced in Paris in 1910 and caused such a stir they were nicknamed "liquid fire."

# Captains Report

**Personality match:** Neon lovers are extroverted, adventurous, and fun. They're the cheerleaders of the running world, often seen leading the charge with a smile and maybe even a playlist.

## What Our Runners Said:

This was one of the most expressive groups — bold and bright in every way:

- *'Neon, so I don't die an early death by car accident.'*
- *'Running is my happy place and so I choose to wear bright happy colours.'*
- *'Bright colours are visible for every road user and they give me life.'*
- *'Always liked green and neon because I grew up in the 80s'*
- *'I love bright, vibrant colours.'*
- *'The fastest thing in the universe is light. So bright colours must make you faster. It's just logical.'*

For neon lovers, it's about safety, nostalgia, joy, and pure speed — neon is their power colour.

## ● White (1 vote)

**Why it's great:** White is fresh and clean — and it reflects heat, making it an ideal choice for hot summer runs. Though it shows dirt, white gear can be a bold statement: "I run hard, and I'm not afraid to show it."

**Fun fact:** White contains all wavelengths of visible light. In many cultures, it symbolizes purity and new beginnings — very on-theme for someone starting a new training cycle.

**Personality match:** Runners who wear white are often optimistic, organized, and thoughtful. They bring a sense of clarity and calm to the chaos of competition.

## ● Red (1 vote)

**Why it's great:** Red is bold, fast, and fierce. It's been shown to increase adrenaline and energy — great for speed workouts or race day. It's also easy to spot in a crowd, making it ideal for spectators to cheer you on.

**Fun fact:** Red is the first colour babies can see, usually around the age of two weeks. It's also been shown to stimulate appetite — and maybe a hunger for victory?

**Personality match:** Red wearers are passionate, competitive, and driven. They thrive on intensity and aren't afraid to push the limits.

## ● Grey (1 vote)

**Why it's great:** Understated and cool, grey is a practical choice. It doesn't fade easily, it matches anything, and it can signal quiet determination. Perfect for runners who want to fly under the radar while crushing personal bests.

**Fun fact:** Grey matter in the brain is responsible for processing information. Smart choice, right?

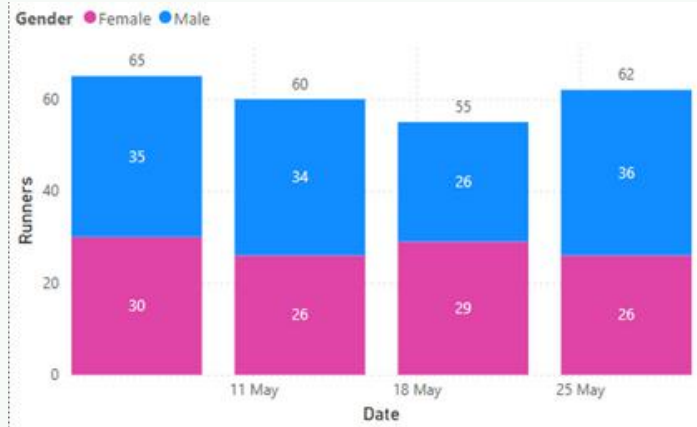
**Personality match:** Grey enthusiasts are composed, analytical, and understated. They're in it for the long game — no frills, just results.

Whether you're dressed in the bold blaze of neon or the quiet strength of black, your running gear reflects more than just your fashion sense — it reflects your running soul. So lace up, wear your colours proud, and hit the road like the vibrant, unstoppable force you are.

# Captains Report

## Captains May stats:

My article was about colours people, and I didn't bother to put that stat into this sheet as it is winter so I assume you are all wearing your Neon Best!!!



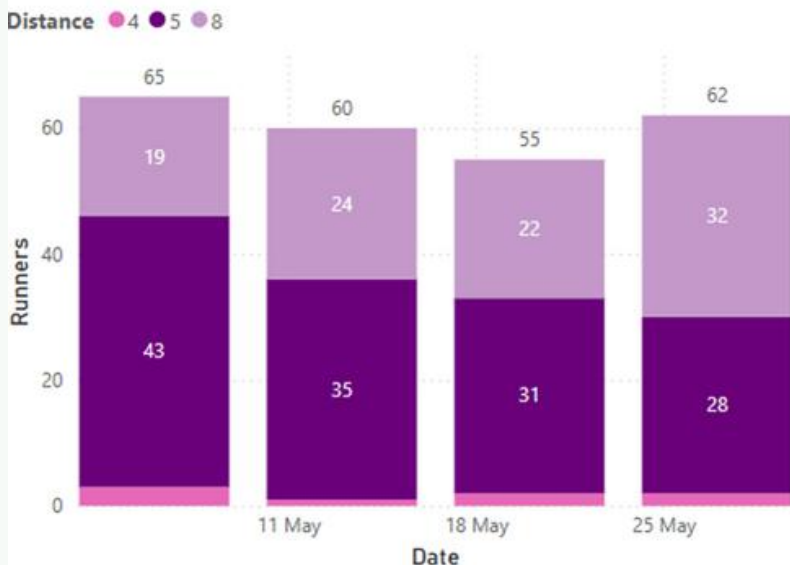
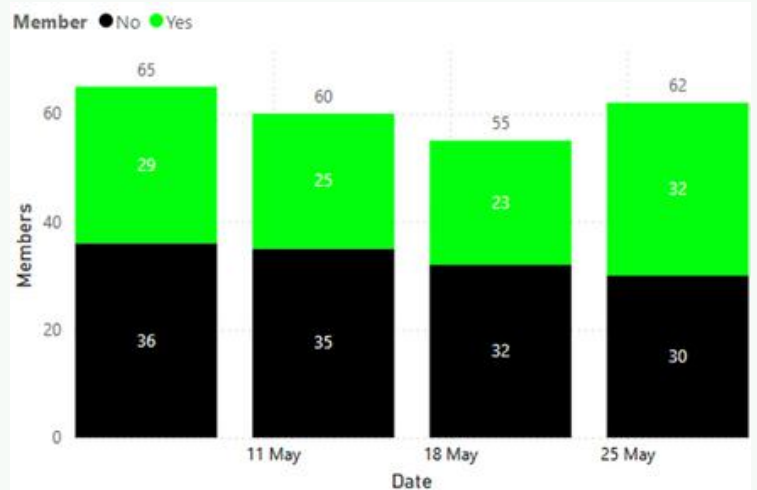
## Man, vs Woman:

I think it is going to snow soon as the ladies beat the gents in attendance on the 20<sup>th</sup> May. The guys are competitive because they came back to hold onto their title of most attendance for May. Just note on average 32.4 gents attend time trial which is 2 above the most ladies for the month.

## Members vs Non-Members:

Please note, we are an inclusive club that welcomes both members and non-members to join our time trials. But being a member comes with some fantastic perks!

This month, it was more non-members than members. Just note Winter drive is coming up soon and becoming a member in winter will be awesome. Also stats can lie, and on the 27<sup>th</sup> May we had more members which is cool.



## Distance:

At our TT, we offer 3 different distances! We basically have the most options, better than any other club in SA—go ahead, Google it! 🏃♂️ 🏃♀️

These distances make our club accessible to everyone. Walking is even allowed!

Very interesting trend as the month went on less 5km runners ran and more 8km runners appeared. Could it be that our 5km runners are getting stronger and starting on their 8km journey?