

NEDBANK
RUNNING
CLUB



10KM ROAD RACE

Taroko Trail Park | Modderfontein
10th September 2023 | 7am

**Together with our valued sponsors,
we are excited and proud to launch our
inaugural 10km road race.**

OFFICIAL DIGI MAG



CENTRAL GAUTENG
ATHLETICS

CGA Approved Race



NEDBANK



THIRSTI



Bavaria
MALT

STONEHILL CROSSING MALL

Pick n Pay
STONEHILL CROSSING

fahrenheit
Seafood & Grill

gozone
WATER

SUZUKI

FOOD
LOVER'S
MARKET



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THANKS FROM OUR COMMITTEE

We united to organise this thrilling road race as a group of passionate individuals with a shared love for running.

Collaborating with the community, we meticulously planned every aspect, from the route to participant registration.

Nedbank Running Club 10km Road Race calls on you to bring energy and camaraderie among like-minded runners!

**Runners
who know
*the road
by heart.***





WELCOME FROM YOUR RACE DIRECTOR

Good day! My name is Marco Josephs, or coachMarco – I am the race organiser for this event. Welcome!

This will be our inaugural hosting of our 10km road race, starting and finishing at Taroko Trail Park in Modderfontein.

Our race may start and finish in a Trail Park, but this is a 100% ROAD RACE! We have a fast and exciting 10km course waiting for you. This is definitely a race for personal bests.

We have three cool water tables, along the route and they will provide you with all your fluid requirements on the race. Your last 3km is a nice downhill finish, in the reserve on tar roads and lined with beautiful tree and nature. We have prepared an excellent and safe race for all to enjoy.

There are great prizes, including cash and vouchers, so make sure you run fast! The top three in the various categories will receive prizes.

We will be working with our normal charity, Ubuhle Bezwe Children Care Centre. The children's home was established in 2002 to help disadvantaged children and to address issues of children who had nowhere to go in the afternoon and had no food at home. Come on, let's support them!

Thank you to our sponsors, Stonehill Shopping Centre, Fahrenheit Seafood & Grill and Food Lovers Market. We must also thank our water tables sponsors, Taroko School and coachMarco. All these sponsors allow us to host the race and we are incredibly grateful to have all of them onboard.

We also would like to thank our National sponsors, Nike, Futurelife, Biogen, Thirsti Water and Bavaria.

Thank you to all our wonderful volunteers – without you, this race could not take place!

if you volunteered ONE hour or HUNDREDS of hours you have helped to move the project forward and helped make the race happen.

OK – Let's get this race started!





**NEDBANK
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CGA Approved Race



10KM ROAD RACE

**Taroko Trail Park | Modderfontein
10th September 2023 | 7am**

Together with our valued sponsors, we are excited and proud to launch our inaugural 10km road race.



**Medal to
all finishers**



**Free T-shirt
to the first
500 entrants**



**3 water
tables**

**Entries are OPEN and everyone welcome -
fantastic cash prizes & vouchers up for grabs.**

Online registration link: <http://onreg.com/nedbankten2023>

Entry fee: R190 | Grand master (60+): R130 | Temporary licence: R60

The above fees exclude service charge | Limited to 2000 entries



**CENTRAL GAUTENG
ATHLETICS
CGA Approved Race**



STONEHILL CROSSING MALL



THIRSTI

**Pick n Pay
STONEHILL CROSSING**

**fahrenheit
Seafood & Grill**



**gozone
WATER**



SUZUKI

**FOOD
LOVER'S
MARKET**

**Bavaria
MALT**



Race rules:

1. The event is held under the rules of ASA and CGA.
2. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
3. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
4. Licensed athletes must wear club colours and their 2023 license number back and front, on the upper body of the garment and the issued race number worn on the front of vest without concealing the sponsors names. Licensed athletes who do not wear their 2023 license numbers must purchase a temporary license on the day or face disqualification.
5. Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
6. Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
7. No seconding allowed.
8. International Athletes must provide a clearance letter (from their country of origin) to the organizers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
9. Walkers competing for Walkers prizes (if any) must wear Walker tags on the front and back of their running vest and adhere to IAAF rule 230.
10. No blades, cyclist or mechanically operated devices allowed in the race.
11. No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission has been granted from the race organiser. All such participants MUST start at the back of the field.
12. No animals/pets are allowed to participate.
13. Only South African athletes are eligible for team prizes. The domicile rule applies.
14. All instructions from traffic and race officials must be obeyed at all times.
15. Proof of age for prize winners is required and must be presented to the referees before prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
16. Only those who have completed all the information required in the race entry/number are eligible for prizes.
17. No refunds.
18. No earphones, iPods and the like allowed and contravention of IAAF rule 144.2b, may lead to disqualification.
19. Athletes may not run with another athlete's race number unless by prior arrangement with the race organizer.
20. The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
21. Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
22. Licenced athletes not wearing club colours may face disqualification.
23. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
24. Objections/disputes must be lodged within 30 minutes before and after prize giving in writing to the chief referee accompanied by R500.00 which is refundable if the appeal is upheld.
25. No athletes should be denied his prize money if he/she has entered a race, and allowed to start without an electronic chip, providing that the referees have spotted him/her at each and every check point. This implies that the athlete has ran the entire race and won fairly.
26. Foreign athletes are not allowed to run with a ASA Provincial license and are required to purchase a temporary license or face disqualification. (Refer to IAAF rule 4.)
27. Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalized citizens of RSA.
28. Age requirements are race/distance dependent: 10km - Minimum age is 14 years.

Race Timing and Results

The race will be timed by Peak Timing using a timing chip attached to participant's race number. All distances will be timed gun to mat. Results will be available <https://peaktiming.co.za/results>

Race Support and Facilities

Plenty of safe parking space will be available at Taroko Trail Park.
Water points will be available every 3 km.

Race Pack Collection

- Race packs can be collected at the below location and times:
- Friday, 08 September 2023, between 16h00 – 19h00 at the Stonehill Crossing Shopping Centre, Greenstone Hill
 - Saturday 09 September 2023, between 09h00 – 16h00 at the Stonehill Crossing Shopping Centre, Greenstone Hill
 - Race day, 10 September 2023, between 05h00 – 06H30 at Taroko Trail park, Modderfontein

Entries Closing Date

Online entries close on 03 September 2023.

Prize Giving

8:30am - Taroko Trail Park on race day.

Race enquiries: Samantha +27 72 777 2003 (WhatsApp only) | Chelsea +27 82 447 4110 (WhatsApp only)

Email: nedbankrunningclubcg@gmail.com

Proudly supporting



Prizes to the value of...

	Juniors		Overall		Veterans		Masters		60 +	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
1 st	R1000,00	R1000,00	R3000,00	R3000,00	R1500,00	R1500,00	R1500,00	R1500,00	R1500,00	R1500,00
2 nd	R600,00	R600,00	R2000,00	R2000,00	R1000,00	R1000,00	R1000,00	R1000,00	R1000,00	R1000,00
3 rd	R400,00	R400,00	R1000,00	R1000,00	R600,00	R600,00	R600,00	R600,00	R600,00	R600,00



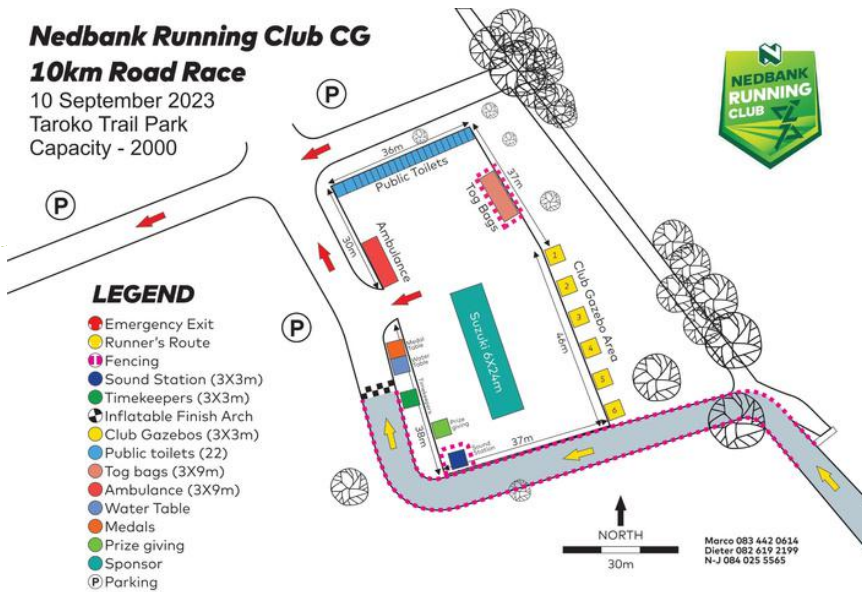
VENUE MAP

TAROKO

TRAIL PARK



Nedbank Running Club CG
10km Road Race
 10 September 2023
 Taroko Trail Park
 Capacity - 2000



Parking

Secure parking is available at no extra charge

Services available at the venue:

Toilet facilities;
Food & drinks at the Farmers;
Market opening at 8am;
Kid friendly;
Trail Wolf Cycle Shop

Tog bag area:

There will be a tog bag area for athletes who may need this facility.

Race Pack Collection:

Friday 8 September between 16:00 - 19:00
at Stonehill Crossing Shopping Centre
Saturday 9 September between 09:00 - 16:00
at Stonehill Crossing Shopping Centre
Race Day between 05:00 - 06:30
at Taroko Trail Park

Club Tents:

There will be a demarcated area for clubs to put up Gazebos for their athletes.



Our motto "START TO FINISH" ensures a top class service that results in delighted clients and repeat business; and most importantly events that are passionately perfected by our professionalism. Peak Timing has a variety of technologies at its disposal to provide the best solution for each event.



ROUTE MAP

Route Description by our Club Captain, Dieter Zermatten

The starting point is situated a few hundred meters away from the car park entrance. The route commences by heading south on Laneshaw Road towards Busamed Hospital. This initial section is flat, allowing the participants to spread out before encountering a sharp right turn, leading them up to the first significant hill on Marlboro Road.

Once you make a right turn into Longlake Boulevard, you can relish a smooth downhill stretch, guiding you towards the first water table.

Continue under the Gautrain Bridge, and by this point, you should feel warmed up and perfectly hydrated to take on the challenge of Longlake Hill. After conquering the climb, turn left into Centenary Road and immerse yourself in another well-deserved downhill segment.

As you cross the small bridge, you'll begin ascending towards the second water table. Make sure to replenish your fluids, as the steepest part of the route eagerly awaits on Maxwell Road. Once you turn left again, savour a moment to catch your breath while embarking on a run down a tree-lined private road. Anticipate some rolling hills before reaching the reserve's old entrance.

While by now participants would have naturally spread out, keep your attention on the road, as a few gentle speed bumps and uneven surfaces grace the reserve's terrain.

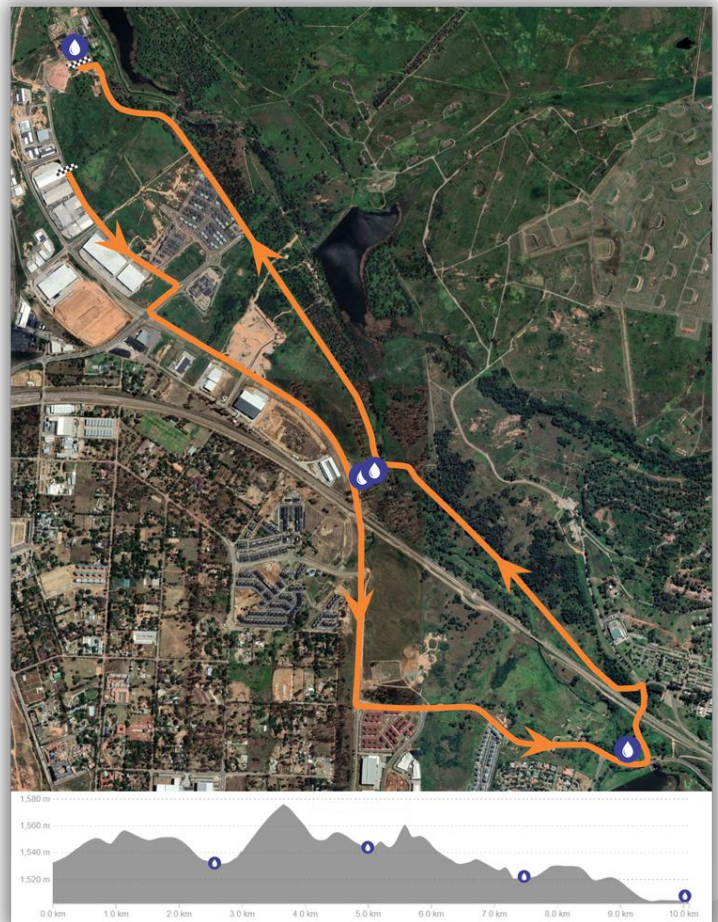
Appreciating the beauty of nature, you'll be astonished at how rapidly the finish line draws near!

Water tables:

There will be three water tables on the route provided by Coach Marco, Taroko School and FGrill Fahrenheit.

Prize Giving:

Prize giving will be held at 08:30



STONEHILL CROSSING MALL



Stonehill Crossing Mall, formerly known as Greenstone Crescent Shopping Mall, is part of the AJP Group of Companies comprising of various malls and retail outlets that have been serving our communities since 1994.

Stonehill Crossing Mall has chosen to support the local running Race as part of our commitment to community engagement, promoting health and well-being, and fostering a sense of unity within the local area.

By supporting the running race, we recognise the importance of physical activity and the positive impact it can have on individuals and communities. Running events encourage people of all ages and fitness levels to participate, promoting an active lifestyle and overall well-being. We believe in the power of sports to bring people together, build connections, and create a sense of camaraderie among participants. This allows us to contribute to the development of our community.

By aligning with the race, we demonstrate our dedication to supporting local initiatives and fostering a vibrant community spirit.

Our involvement in the running race allows us to enhance our brand visibility and engage with our target audience in a meaningful way.

Overall, supporting the local running race aligns with our values, offers an opportunity to promote a healthy lifestyle, and strengthens our connection with the local community.

We are proud to be part of the event and we look forward to contributing to its success.

**MADE POSSIBLE BY
OUR RACE SPONSORS**





MADE POSSIBLE BY OUR RACE SPONSORS



The Fahrenheit Group of Restaurants has been providing an extraordinary "Fire Inspired" dining experience to the Gauteng market since its establishment in 2007.

We proudly operate flagship restaurants under the brand name "Fahrenheit Seafood and Grill" in 3 convenient locations: Edenvale, Benoni and Alberton.

Our Vision is to share exceptional flavours across South Africa - consistent in quality and service.

We strive to be an integral part of the communities where our stores are located. We actively engage in various programmes that promote social upliftment such as supporting school and club sporting activities.

Additionally, we support certain charity organisations.

Many of our key personnel are passionate about sports and general well-being. Our team includes accomplished Comrades Marathon finishers as well as basketball and soccer players.

It is our pleasure to partner with the Nedbank Running Club. Through this collaboration, we aim to pursue shared goals and foster synergies.

www.fahrenheitrestaurant.co.za





**MADE POSSIBLE BY
OUR RACE SPONSORS**

At Food Lover's Market you can enjoy everything your household needs under one roof.

Our purpose is to delight shoppers far and wide with our one-of-a-kind theatre of food experience and the best in fresh produce.

We understand the importance of quality and value, which is why we offer the best in fresh at unbeatable prices. Whether you're in the mood for local seasonal fruits, crisp vegetables, juicy meats, sensational seafood or a freshly baked artisan bakery delight, we have everything you need to create a delicious meal.

30 years later, our passion for excellence continues and our family will continue to bring your family the best in fresh for the best value. We look forward to being your go-to shopping destination for years to come.

We are a proud sponsor of the Nedbank Running Club 10km Road Race, helping our community run towards fitness and health.



**VISIT US
IN STORE OR
VIEW ONLINE
FOR OUR
WEEKLY
SPECIALS!**





Way of Life!



MADE POSSIBLE BY OUR RACE SPONSORS

The new pride and joy of Supergroup Dealerships is Suzuki Edenvale.

Suzuki Edenvale is the 3rd Suzuki franchise for Supergroup, and it is situated in Greenstone behind a few other Supergroup dealers.

This is brand new building designed from the start to be a state-of-the-art Suzuki dealer with 8 different levels and with a new vehicle showroom with a view like non other.

The workshop has space for 12 lifts and is fitted with brand new equipment ready to look after our local customers.

The pre-owned stand will be covered with a beautiful, tiled floor and in night-time be showing off the pre-owned stock with LED lights.

The management team is young and very dynamic with lots of Suzuki experience and is looking forward to running this new Suzuki dealer.

We have been operational from April, and we are very excited to make this dealer a success from the start.

Suzuki SA is also planning for an exciting year with a few new models. Suzuki Sa is now firmly one of the top 3 brands in South-Africa.

If you are in the market, come to Suzuki Edenvale.





MEET OUR CHARITY

Our Mission is to help. Help the community and improve the quality of our society by lending a helping hand where we can to help create a better tomorrow for our people and society as a whole.

Our mission is to be on the ground, in the front line of this battle of making the world a better place. In truth, our mission in life is to be of service to mankind. Essentially our Vision, Mission and Goal is to help all the children who need help and to help the parents who are unable to love, care, protect and raise their children.

UBUHLE BEZWE CHILD CARE CENTER (REMEDIAL SCHOOL) was founded in 2002 by Nompumelelo Barbra Mthimkulu, who was a professional nurse providing voluntary services to help disadvantaged children and providing day care services to senior citizens. Ubhle Bezwe is situated in the township of Tembisa, Gauteng.

We are a Registered NPO but do not receive any government funding. We survive through the generous donations of corporations, individuals, other NPOs and churches.

"Counting down to this inaugural run on the 10th of September has gotten us reflective of Nedbank Running Club's patronage to Ubhle Bezwe. What we had thought might be a once-off donation has become an ongoing partnership. From their Easter Run that ensures that every Easter Monday the kids indulge in Easter eggs, to various donations of clothes, toys, blankets and books throughout the year including the runners handing down their previously loved running shoes. We cannot leave out their famous Christmas Run which allows us to give our children gifts using the donations we receive from the runners.

We are grateful for the generosity displayed by the club, the runners in their individual capacities including those that have introduced Ubhle Bezwe to their corporate companies and churches.

Bring on the 10th of September already!" - Xoli Madlala - Ubhle Bezwe Helper



THANKS TO OUR CLUB SPONSORS



The Nedbank running club was the brainchild of former Comrades Marathon winner Nick Bester where the club was officially formed towards the end of 2007 and the first official runners starting in 2008.

"What better than a bank that serves the entire country and can offer wellness to not only its clients but also its staff and make a difference in the development of the sport," recalls Bester. It has been a partnership of longevity as now in 2023, Nedbank are still the title sponsor of the team which has dominated big events all over the country and seen numerous Comrades victories in the famous green colours.

"We collaborate with an amazing team at Nedbank that has become more than just a sponsor, but we are like one big family now," says Bester.

Whilst the team dominates events up front and is known as a stable for many of the countries and Africa's best athletes, the team also has an extraordinarily strong social aspect and in all, there are over 5000 Nedbank running club athletes registered around the country. There are also Nedbank running clubs officially registered in Lesotho, Kenya, Zimbabwe, and Ethiopia. With the size of the team and the number of elite athletes, sponsors play a critical role in ensuring that the athletes are provided with the best of the best to give them that extra advantage. This is where the clubs sub sponsors under the Nedbank umbrella fall in.

"We are so grateful that besides Nedbank being the naming sponsor of the club, we are fortunate to have top brands such as THIRSTI water, Biogen, Future Life, Nike and Bavaria on board to provide our athletes with world class product which we provide the athletes," says Bester. With cost of living and equipment a costly thing to budget for, the sponsors of the team take this burden off the athletes. "The runners don't need to worry about where they'll be able to get money to buy new shoes or get supplements because thanks to our sponsors, we can provide them with the necessary, so all the athletes need to do is focus on their training without additional worries," said Bester.



THANKS TO OUR CLUB SPONSORS



As a leading sport brand worldwide, Nike provide Nedbank running club athletes with the best footwear on the market from training shoes to racing shoes. This year, Nedbank running club athlete Tete Dijana set a new 50km world record at the Nedbank Runified Breaking Barriers 50km wearing the Nike Alphafly next%2 and followed that up with defending his title at Comrades in the latest Nike Vaporfly next%3.

Futurelife understand the importance of nutrition in achieving healthy and happy lives and offer the athletes smart food and nutrition to keep them going through the day. It is a proudly South African brand that aim to truly transform and improve the health and wellbeing of citizens.

Biogen is a South African based Sports and Wellness brand, founded in 2004 that has quickly grown to one of the premium wellness brands in the country, with a strong focus on safe and responsible sports nutrition use. Their supplements are used widely by Nedbank running club athletes to aid with recovery as well as keep their bodies in check. Biogen`s energy products is the fuel for the dominant Green Dream Team`s success in road races across the country and internationally.

THIRSTI water is the official hydration partner to the Nedbank running club. Sourced from two majestic locations, THIRSTI spring water is rich in mineral goodness and naturally filtered to keep the exact taste that nature intended.

Bavaria is a popular non-alcoholic 0% malt beer and is a proud sponsor of the Nedbank running club. Attending any race around the country where you will find the green Nedbank hospitality gazebos at bigger events, you will often find many of the runners sharing their battle stories from the race over an ice-cold Bavaria malt.

"The club would not be what it is today without the continued support of our valuable sponsors to the team," says Bester. "We are very close knit and see each other all as family and we look forward to many more years together."

Nick Bester
National Manager
Nedbank Running Club
and 1991 Comrades Champion





MEET THE CLUB

Nedbank Running Club Central Gauteng (NRC CG) was established in 2012 as the club grew since its creation in 2008. The club quickly grew from strength to strength and grew to one of the bigger branches under the NRC flag. NRC CG was established, and is up until today still based in Sandton. Due to the size of the area and the huge running community residing in the Johannesburg / Gauteng region, the club had to look at options of expanding its footprint and accommodating existing and potential members. This led to the start of the Modderfontein branch in the Edenvale area, as well as the Central Gauteng Development team based in Soweto. NRC CG is thus one club with multiple venues.

The club grew with its offering of weekly time trials and supporting runners at local races (as part of its mandate) and national races like Comrades. This was obviously also fueled by the success in the bigger races by the elites as well as being underpinned by good governance and committed committee members.

Although NRC CG have podium runners, and on occasion was also the base of SA and International record holders; NRC CG predominantly consists of social runners. If anyone's understanding of social runners are of people trotting along without any running goals, they are seriously mistaken. Runners, all have personal ambitions that drive them to reach their best and it is our responsibility / duty as a club to create an environment where everyone feels safe, welcome, included and is supported to pursue their goals whatever that may be.

The club recognized that, like the rest of the world, our offering needs to be suited for the new world in which we found ourselves post the pandemic years. Security, structure, accessibility and support for all irrespective, of a runner's pace and goals are the key elements identified and which we could not compromise on. Partnering with and supporting other stakeholders is key to building relationships and delivering on our mandate of growing the club. By implementing and delivering these we believed we could grow the club into the future and maybe assist in unearthing future champions. We believe in incorporating new ideas and for change / innovation to be introduced to keep our members engaged and challenged.

More information about our club is on our website www.nedbankrunningclub.co.za

**#MORETHANACLUB
#NEDBANKCGA10KM**



Thank You



NRC encourages all its branches to host its own race, in its respective regions to grow not only the club, but also the values and the principles of the club.

To this end NRC CG has successfully applied to host its first race on 10 September 2023.

We have been planning around delivering a high-quality and a well-coordinated event and are busy laying the foundation for what we are hoping to become an iconic event that most runners would look forward to in coming years in the running calendar.

The initial event is purposely kept to only a 10km race, to enable the club to deliver an event worth hosting. We are aware that this decision was limiting the number of potential participants, but we wanted to be great hosts and deliver an outstanding event and not overcommit and under perform. The plan is to include a 21km race and build on the current platform / base and leverage off the partnerships established, during this inaugural year.

We are confident that participants will have a great experience and that we will see most if not all of you return in 2024.

**CURIOUS TO KNOW MORE ABOUT NEDBANK
CENTRAL GAUTENG (CG),
THEN SIMPLY SCAN OUR QR CODE BELOW!**





THANK YOU FROM OUR COMMITTEE

With humility and sincere gratitude Nedbank Running Club Central Gauteng (NRC CG) THANK all stakeholders, role players, contributors, volunteers, sponsors for assisting in putting this event together and enabling us to deliver as planned and promised.

To our national club sponsors that continuously support us across the country and throughout the year, we are and remain grateful for the assistance and for choosing Nedbank Running Club as a partner.

With your support we are able to stand out as a running club and brand of choice for not only elite runners, but social runners that have achieved running goals through a community that shows interest and care.

It goes without saying that our race sponsors have absolutely realised a long-time goal for our club and your generosity and partnership have alleviated some of the challenges and planning that comes with an event such as this.

We are thankful and very appreciative of your willingness to walk this journey with us and putting this event together.

Your patience, the dialogue, suggestions, and compromises are truly appreciated, and we absolutely share any successes and praise with you as we look forward to the journey ahead.

Finally, and on behalf of the Race and NRC CG Committees, we thank our members for their willingness to raise their hands to assist in different capacities to ensure we are able to deliver this event.

You are appreciated and without you this club does not function and cannot exist. You are all a tribute to, and a testament of the values of the club and this is clear for all to see.

**Jose Bates
Nedbank Central Gauteng
Club Chairman**

