



The Road to TTOM 2025

A Journey of Commitment, Community, and Achievement

The journey to the Totalsports Two Oceans Marathon (TTOM) 2025 began in true tradition—at the TTOM 2024 after-party—where runners symbolically signed the “serviette,” sealing their commitment for the next year’s race. As every seasoned club member knows, once the serviette is signed, the decision is final—you’re in!

For the **Nedbank Running Club Central Gauteng (CG)**, preparations officially kicked off in **September 2024** with the launch of the Pre-Oceans Ultra program. This structured plan was designed specifically for athletes who, at that stage, had not yet completed a half marathon. It laid a solid endurance foundation ahead of the main training phase, which commenced in **October 2024**.

The first official qualifier in our program was the **Cape Town Marathon**, where many runners secured their seeding for TTOM. Others qualified later in 2024, and a few determined athletes made the cut at the very last possible opportunity—**Elands Marathon**, just before entries closed.

Throughout the season, our training numbers remained strong. This consistent turnout created an environment of mutual motivation and accountability. Most of our ultra-distance athletes completed **two marathons between January and March 2025**, providing critical race conditioning ahead of the demanding 56 km Ultra.

As always, the Nedbank Running Club CG functioned like a close-knit family. Our away races became memorable weekends—tough efforts on the road followed by well-deserved relaxation, camaraderie, and celebratory beers with fellow runners and supporters. These shared experiences are the heart of what makes our club so special.

In classic tradition, we held a pasta party send-off on 29 March 2025—a final celebration before the taper. Spirits were high as 92 club athletes prepared to travel to Cape Town, ready to take on the Ultra on Saturday and the Half Marathon on Sunday.

TTOM 2025: Race Weekend Highlights

Saturday, 5 April – The 56km Ultra

We had 65 athletes line up at the start of the 56 km Ultra, greeted by ideal race conditions. Thankfully, the gale-force winds and rain that had battered the Cape the week prior subsided just in time.

The standout performance of the day came from **Dario Matteucci**, who clinched a **silver medal** in an outstanding time of **3:59:23**—on his **first-ever TTOM Ultra**. An incredible debut—well done, Dario!

We also proudly celebrate:

- **16 Sainsbury medalists**
- Numerous personal bests
- Several bronze and blue medal finishers
- Runners who achieved their **10th TTOM** and earned the coveted **Blue Number**

Saturday evening saw the team gather at a well-known venue in **Constantia** to celebrate their accomplishments. Sore legs were no match for the joy and pride that filled the room. Laughter, storytelling, and shared memories marked a perfect end to a memorable day—though it was an early night for the half marathoners!

Sunday, 6 April – The 21.1km Half Marathon

The weekend concluded with the Half Marathon in nearly perfect running conditions. **25 athletes** from the club toed the line, representing Nedbank CG with pride.

Outstanding performances included:

- **Samantha Coetzer** – 12th female in **83:02**
- **Shanice Peens** – 18th female in **84:48**
- **Rachel Woodburn** – 37th female in **90:33**
- In the men's race, **Scott Fisher** and **Tshepo Mashiloane** both earned **silver medals**

A special mention goes to all our **novice runners**, many of whom crossed the finish line with personal milestones and unforgettable experiences.

Thank you to every supporter, volunteer, coach, and family member who cheered, paced, and believed in our runners across the TTOM weekend. Your support made this journey possible.

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

Please send your proof of payment to 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

Bradley Diamond

Bradley Diamond's running journey began with a parkrun invite—his friend didn't show, but he ran anyway. Struggling through a solo 5K in 54 mins, Bradley nearly wrote running off completely—but curiosity and determination pulled him back the following week, and he's been lacing up ever since.

Now 11 years into his running journey, Bradley has crushed multiple PB's and most recently conquered the Two Oceans Ultra Marathon. His favorite race is the Jeppe Half Marathon and dreams of tackling the New York Marathon.

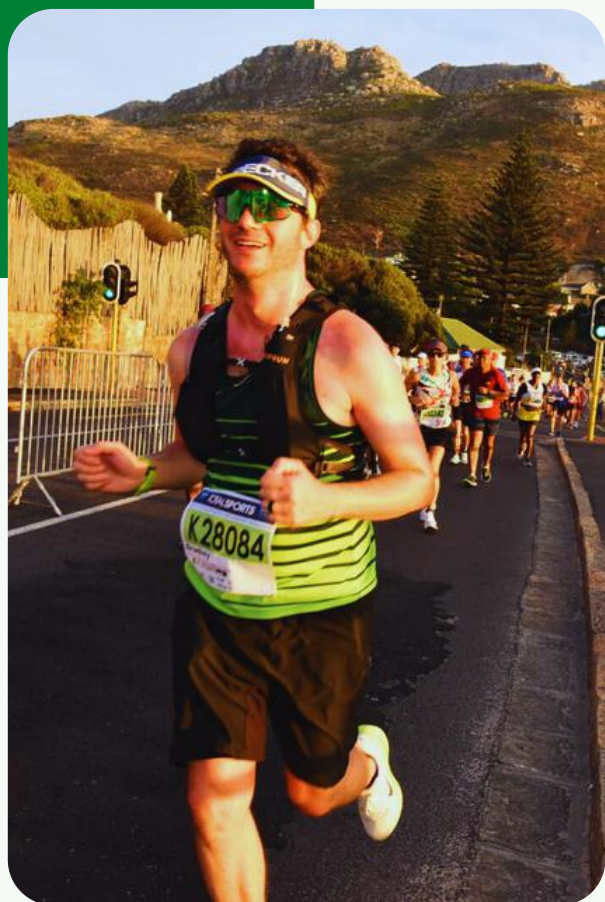
A spontaneous invite to a Nedbank TT led to lasting friendships, running growth, and, as he says, "looking good in green."

Off the track, he's into hiking, woodworking, culinary adventures, and is an unapologetic coffee snob.

His advice for new runners?
Focus on enjoying the process before chasing speed or distance.

Bradley, we are so lucky to have you with us and we appreciate all that you do for the Nedbank Running club.

Wishing you all the best for your running goals this year – We know you'll continue to achieve amazing things!





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

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



Time Trial

WEDNESDAY

Poplar on Park

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

5 & 8km



Time Trial

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*

NEDBANK
RUNNING
CLUB

CHEER CHAMPIONSHIP LEADERBOARD - APRIL

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

2nd: Dieter & Sam Zermatten:
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 NEWLETTERS FOR VOLUNTEERING OPPORTUNITIES & VOLUNTEER LEADERBOARD

Save the Dates

May - 9th to 11th May
Dullstroom Training Camp for Comrades

May - 17th (Modders)
Coach Marco's 2 x 4km Relay

May - 24th
Comrades Send-off Lunch

Time to Register!

🏃🔥 **Get Ready for an Epic 2 x 4km Relay Event!** 🔥🏃

Join us for an electrifying 2 x 4km relay—a perfect blend of fun, teamwork, and fierce competition! Whether you're a club member or not, bring your friends, family, and colleagues along for an unforgettable morning of racing.

**SIGN UP BY CLICKING
HERE!**



**Registration
closes on
8th May 2025**

★ How It Works:

- 🏆 Random Draw Teams – Meet new people and mix it up!
- ⚡ Balanced Pairing – A faster runner teams up with a slower one for fair competition.
- 🏃 Each runner must complete their 4km leg before passing the “baton.”
- 📍 A clearly marked transition zone for smooth handovers.
- 🕒 Official timekeeper to track results.
- 💧 Water stations provided—stay hydrated!

To cover the event expenses , a nominal fee of R20 for members, and R30 for non-members, payable in cash on the day.

This is your chance to push your limits, bond with your team, and experience the thrill of relay racing.

So, lace up, sign up, and let's make this event legendary! 🏃🔥



Coach Marco

**SPECIAL
OFFER**



Post-Relay Runner's Breakfast Special!

Calling all 2x4 Relay runners! You've put in the hard work—now it's time to refuel.

Join us at **Bossa Modderfontein** after the relay - Order any breakfast and enjoy a complimentary Stella dumpie, mimosa, juice, or bottomless filter coffee on the house! 🍷

Whether you're celebrating a PB or just showed up for the fun, come relax, refuel, and toast to a run well done. You ran. You earned this. ❤️



Upcoming Races

MAY

Sunday 4th May

- Colgate | 32km | 15km | 6km

Saturday 10th May

- Jackie Mekler Memorial Race | 25km | 10km

Sunday 11th May

- Modderfontein Half Marathon | 21.1km | 10km | 5km

JUNE

Sunday 8th June

- Comrades Marathon | 90km

<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)

WHAT ARE MY RESPONSIBILITIES AS A

race day gazebo hoster

Before the race:

- On the way to the race, buy bags of ice to fill the cooler boxes.
- Arrive at the race 1 hour before start time, and store runners' belongings in the trailer for safekeeping.

During the race:

- Set out chairs, tables, cooler boxes and platters. Fill the cooler boxes with ice.
- Keep an eye on belongings in the trailer.
- Cheer for and take photos of runners coming through the finish shoot to share on WhatsApp groups.
- Stagger food and drink supplies so that all runners can have refreshments.

After the race:

- Assist the relevant committee member with tidying up and packing the trailer.

Please click [here](#) if you are keen to host a Gazebo

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

(once a month)

**Poplar on Park,
Riverclub**



Time Trial Roster - Modders

**6th May- Tristan Torr &
Tshepho Mashiloane**

**13th May- Tristan Torr &
Tshepho Mashiloane**

**20th May- Tristan Torr &
Tshepho Mashiloane**

**27th May- Ofhani Rapetswane &
Tshepho Mashiloane**

Running for a Dream

Dreams are they important? Can having a direction help or hinder you to get somewhere. In this article I will talk about:

- The power of dreams.
- How to use setting goals to achieve your dreams.
- Your dreams. I surveyed some of our runners about their dreams, and some comments are very funny, and I would like to share how our club thinks about there dreams and what dreams do they have.

I hope this article inspires you to get some running dreams and then motivates you to set goals to achieve these dreams.



The Power of dreams:

I have been running since 2016, but it wasn't until I joined a community where I could share my dreams and watch others achieve theirs that my running and general well-being truly improved. To put this in perspective, in 2017, I trained for and ran my first half marathon, finishing in about 2 hours and 30 minutes. This was before the days of Strava and smartwatches, so the exact time escapes me. Now, even on a bad day, I can run a half marathon in under 2 hours. I've also completed two Oceans Ultras and one Comrades Marathon. What does the research say. Strava and other reputable running websites have conducted surveys, and I want to take a closer look.

What sparked this evolution? Yes, I've trained more, become fitter, older, and more experienced. But it all started with the audacity to dream—a simple dream to meet people and share a fun activity. Having a dream, no matter how small, opens doors. It allows you to meet people on your journey, achieve new things, and build confidence. This confidence enables you to take on more challenges, like writing this article, and gain more experiences. After all, what is life but a collection of experiences?

Setting Goals to achieve dreams:

Dreams and visions set the direction for where you want to go, but goals provide the actionable steps to get there. When you have a dream, it's essential to set goals. For example, if you dream of running an ultra-marathon, write down specific actions that will lead you there. Set a goal to run 30 km a week and stick to it. Following a training program can also be incredibly helpful, as it provides a structured plan that someone else has already designed for you.

This brings us to the importance of making your goals SMART: Specific, Measurable, Accountable, Realistic, and Time-bound. Well-defined goals are more likely to be achieved. Research shows that you are 1.2 to 1.4 times more likely to achieve your goals if you write them down, and twice as likely if they are specific rather than vague. Once you've written your goals, stick them on your fridge or tell someone who will remind you constantly. It's crucial to keep your goals visible because "out of sight, out of mind" is a real phenomenon.

Tracking your progress is equally important. It helps maintain focus, provides motivation, and allows for necessary adjustments, all of which contribute to a higher completion rate. Do you track your goals regularly? If so, how does it impact your progress?

I For instance, one study found that individuals who wrote down their goals and sent weekly progress reports to a friend achieved 76% of their goals, compared to 43% for those who did not. According to the "12-Week Year" methodology, to achieve your goals and live an awesome life, you should aim to accomplish 85% of your weekly goals. So, write down your weekly goals and track them diligently!

The Power of Dreams: A Runner's Journey

Now for the fun part! I conducted a survey among 23 of my running buddies to uncover their running dreams, and I must say, I'm blown away by how ambitious you all are. Your dreams are inspiring, and I'm here to cheer you on every step of the way. Let's dive into the exciting goals you've set:

- **Marathon Dreams:** Out of 23 runners, 19 dream of running at least one marathon. Jackson and Koketso are aiming high with a goal of running over 100 marathons each, while Yonica has her sights set on 50. You all are incredible, and I'm here to support you in achieving these amazing goals!
- **Two Oceans Aspirations:** A whopping 15 of you dream of running the Two Oceans Marathon (whether it's the 21km or the 56km). This is fantastic, and it's no wonder—it's often called the most beautiful ultra marathon in the world. Yonica, Nthabeleng, and Sam Coetzer are even aiming for the prestigious blue number (10 runs). Good luck to all of you!
- **Comrades Marathon Goals:** We have 12 dreamers among us who want to conquer the Comrades Marathon. Some of you are aiming for just one or two runs, which is perfectly sane. Remember, doing both the up and down runs is a must, and 2 is half way to 10! Pieter, you're aiming for 20 Comrades—wow! Your motto of "if not, why not" is truly inspiring. I wish you the best in achieving a sub-6-hour finish.
- **Other Running Dreams:** Many of you have set your sights on running countless 21km races. This is a great distance, and spending 2 hours on the road is just right. Keep dreaming big!
- **Fun Comments:** Here are some of the best comments from the survey:

Comrades

"Only crazy people run Comrades, seriously." - Jenny.

"I've run two too many." - Henri.

"I won't say how many Comrades I'll do because I don't need the universe throwing plot twists my way." - Claire.

Marathons

"Gosh, maybe 10 marathons. I'm starting to question my life choices and sanity." - Claire.

"As few as possible." - Henri.

"I don't keep count; I just use them to get entries into Oceans." - Retha

Other Goals:

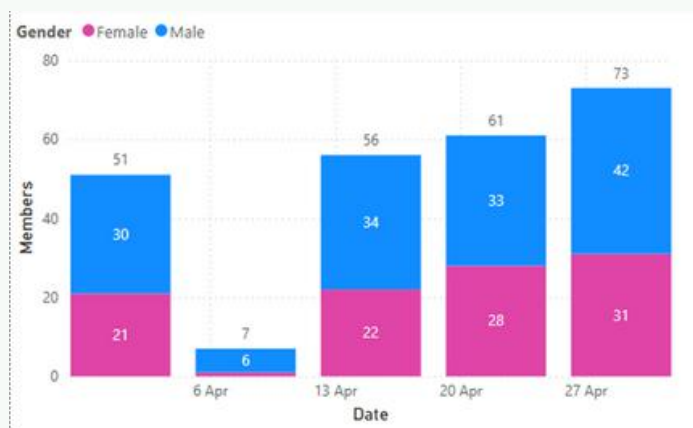
"I want to complete all the majors." - NJ.

"I want to run to stay healthy and be able to run until I die one day." - Retha.

"My running goal is to not be intimidated by other runners, renew my running number, and actually use it." - Jenna.

Captains April stats:

My article dreams people. An important factor to achieve your dreams is consistency, so let's check your progress for the April month



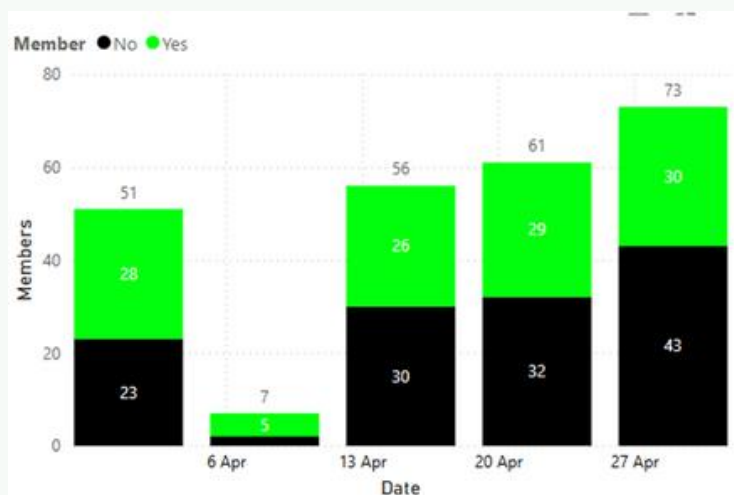
Man, vs Woman:

April has been rather dominated by men. Ladies, you are welcome to come and will have many men to protect you on the streets of Modderfontein.

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:

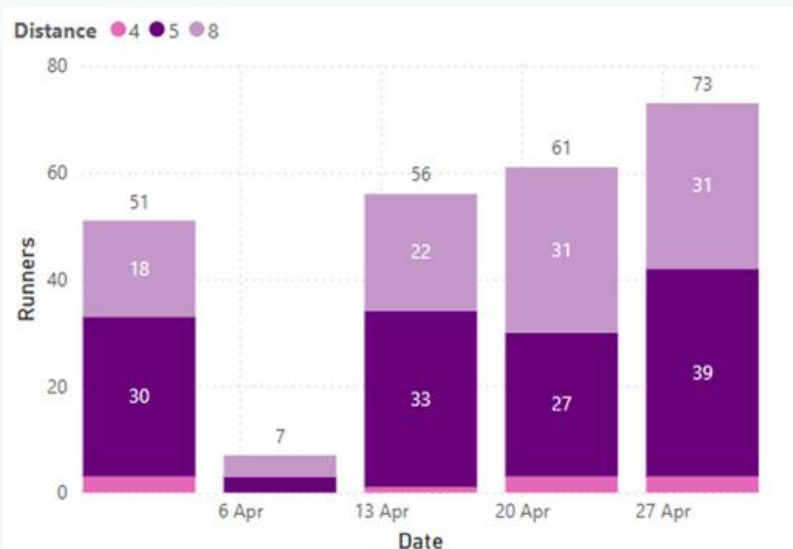
This month, it was more non-members than members. Just note Vitality series is coming soon (August onwards) and that is when a membership will be worthwhile, you will have some comrades club member runners supporting you at those races.



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, from pro athletes to social runners like me. So, come join us and be part of the fun!

It looks like the 5km is becoming the more popular distance. Please note we have changed the 8km so maybe give that a go. Also 5km is good in the winter days to avoid the darkness, but running with the moon at your back is also fun, so the 8km is also an option.



Captains March stats:

My article spoke about cats and dogs, and do you what these animals like? Stats. Therefore, as animal lovers please find the stats for March. Please show your pets!



Man, vs Woman:

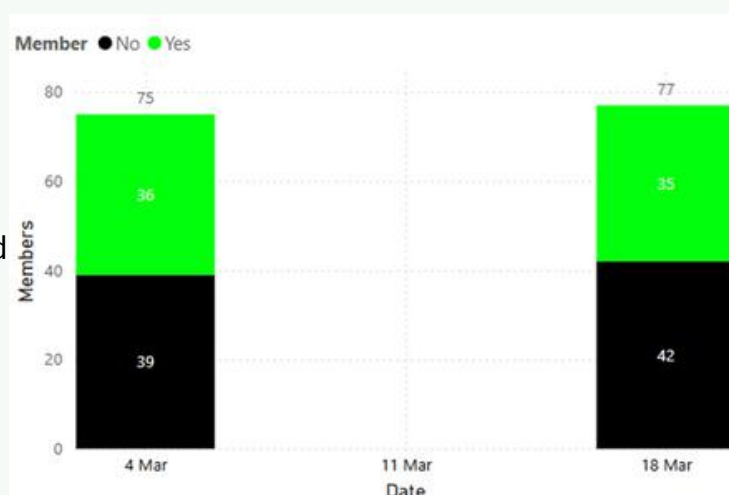
So March is rather dominating by men. This is not a boys club it is a people club. Ladies please come! I will even talk to you and show you my chatterbox. Just warn me, I might need to build one.

If you just wanna come for the vibes, good people and the runs you are most welcome. Running is fun, come, you will see!

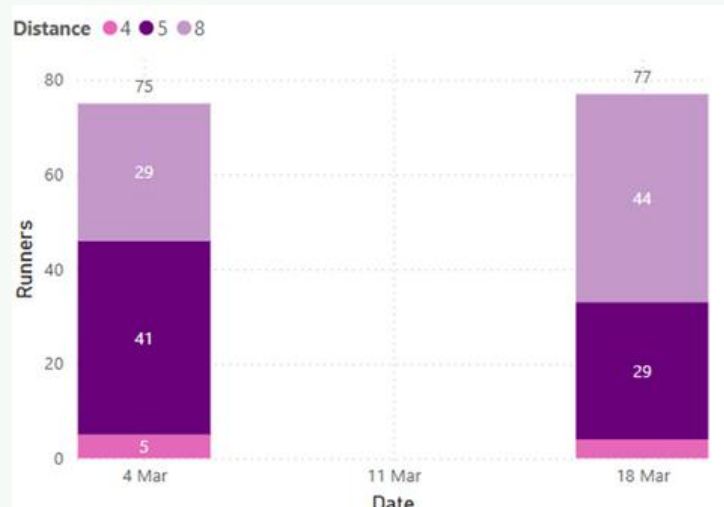
Members vs Non-Members:

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, for the 2 weeks that we could run we had more non-members 🌟. This is fine we are the only club where we won't chase non-members away or pressurize them to become members. Yes, membership has it's perks, but anyone is welcome.



We want everyone to have a good life believe fitness is key for this to happen.



Distance:

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These distances make our club accessible to everyone, from pro athletes to social runners like me. So, come join us and be part of the fun!

Again, the sample group is small due to it raining two TT occasions.

There is split between 8km and 5km. Either way it is fine.

I would encourage 5km specialist to try the 8km as you can only get stronger.

Andre Greyling