



A Heartfelt Thank You to Our 2024 Committee and a Warm Welcome to the 2025 Team

As we reflect on the past year, we want to extend a heartfelt thank you to our incredible 2024 committee members. Your dedication, hard work, and unwavering commitment to our running club have been truly exceptional. From organizing events and coordinating time trials to managing race gazebos and logistics, you have ensured that every runner feels supported. The countless hours you've given—often behind the scenes—have not gone unnoticed, and we are deeply grateful for your efforts. Your passion and sacrifice have kept our club running (literally and figuratively), and for that, we sincerely thank you.

Being a running club committee member is no small task. It requires leadership, teamwork, and a deep love for the sport and the club community. Responsibilities range from planning club events and training sessions to implementing safety protocols, fundraising, and fostering a welcoming, inclusive environment for all members. It takes a dedicated group of individuals to maintain and grow a running club, and last year's team has done an outstanding job in strengthening our club's sense of family and camaraderie.

As we step into 2025, we are excited to continue with our strong and committed committee team. A special welcome back to Coach Marco, whose experience and leadership will be a valuable addition once again. We also warmly welcome Robert Bode to the committee—we look forward to your fresh ideas and enthusiasm! With this dedicated team in place, we are confident that the club will continue to thrive and grow while staying true to our values of support, unity, and community.

Lastly, we extend a special thank you to the committee members who have decided to step down after 2024, Bradley, Bronwyn, Claire, Dwayne, Kirsten and Michael, your sacrifice, dedication, and hard work have left a lasting impact on the club, and we truly appreciate everything you have done. As you focus on your personal running goals, we wish you all the success on the road ahead—may you achieve new milestones and continue to inspire those around you!

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



Members of the Month - our dynamic Duo

Sam & Dieter Zermatten

This dynamic duo is the heart and soul of our club, giving their time, energy, and passion to make it what it is today.

Sam keeps everything running smoothly behind the scenes, managing memberships and admin, while Dieter leads the way as our dedicated captain—starting time trials, plotting routes, and keeping us all informed.

What makes them even more incredible is that they do all of this selflessly, regardless of their own running goals. Their commitment and dedication never waver, and we are beyond grateful for everything they do!

Thank you, Sam & Dieter—you truly make our club better!

Wishing you both an amazing year ahead, filled with personal achievements and success in your running goals for 2025!





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 - 6:00am; Modderfontein - 6:00am

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

Let's hear a cheers for our volunteers!

Our Cheer Championship has officially come to an end, and we are thrilled to announce our winners of the lucky draws:

Brenda Hopewell and Claire Steyn won the lucky draw vouchers (R3000 each).

3rd: Sam Zermatten (R500)

2nd: Andre Greyling (R1000)

1st: Bradley Diamond (R1500)

Missed out this time? A new chance to be crowned Cheer Champion is on the way!

Stay tuned—details will be shared soon on how you can take part in the 2025 round.



Save the Dates

March - Wednesday, 12th from 7pm at Taroko School, Modderfontein
Comrades Novice Roadshow with Lindsey Parry, the official Comrades Coach

March - Saturday, 29th from 1pm at Modderfontein Golf Course
Two Oceans Send-off Lunch

April - 15th (Modders) & 16th (Sandton)
Easter Bunny Time Trial

April - 22nd (Modders)
Coach Marco's 2 x 4km Relay Time Trial

Upcoming Races

MARCH

Saturday 1st

- Sunrise Monster | 32km | 21.1km | 10km | 5km
- TRACN4 Elands Marathon | 42.2km | 21.1km | 10km

Saturday 8th

- Kosmos 3-in-1 | 73.3 | 42.2km | 21.1km | 10km
- Pretoria Bobbies 3-in-1 | 21.1km | 10km | 5km

Sunday 9th

- Edenvale Marathon | 42.2km | 15km | 5km

Saturday 15th

- The Moo'se Road Race | 21.1km | 10km | 5km
- TROJAN Om Die Dam | 50km | 21.1km | 8km

Friday 21st

- Qhubeka AC Human Rights Day Race | 21.1km | 10km | 5km

Sunday 23rd

- Beyers Greenstone Run | 8km | 5km

Sunday 30th

- Johannesburg City Marathon | 42.2km | 21.1km | 10km

APRIL

Saturday 6th

- Totalsports Two Oceans Marathon | 56km
- Totalsport Two Oceans Half Marathon | 21.1km

Sunday 13th

- BNAC Marathon | 48km | 42.2km | 21.1km | 10km | 5km

Saturday 26th

- Loskop Marathon Series | 50km | 21.1km | 10km | 4.9km

Sunday 27th

- The Alan Robb Marathon 42.2km | 21.1km | 10km
- Vaal Triangle Marathon 42.2km | 21.1km | 10km | 5km

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

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
(once a month)

Poplar on Park,
Riverclub



Time Trial Roster - Modders

4th March- Tshepo Mashiloane,
Lianne Zermatten & Andrew Lucas

11th March- Tshepo Mashiloane, Jenny
Moore & Candice delacovia-Graver

18th March- Gail Elliot-Wilson &
Andre Greyling

25th March- Jenny Moore &
Celine Van Enter

Get involved in 2025!

Don't be shy, get involved and help us this year – we are only better together! We always need more hands for gazebo hosting and timekeeping. Your support, no matter how big or small, makes a huge difference. If you're keen to help, let us know

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.



Please click [here](#) if you are keen to Time Keep

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

Get to know our Safety Superhero's

Meet **Josh Goodchild**, our cycling Safety Superhero who rides alongside us each week! As a dedicated representative of the MNHW, Josh plays a vital role in ensuring the safety and well-being of all participants. His watchful presence and unwavering commitment make him an invaluable asset to our community.

To get to know Josh better, we've asked him three questions:

How long as you been volunteering at our weekly TT?

I've been volunteering for about 4.5 years.

When you not on duty, what is your favorite way of staying active?

When not on duty I stay active by gyming and attending Rovers doing various sea scouting activities (sailing ,rowing ,camping and hiking).

I am also currently studying for cyber security.

If you could switch with one of the runners for the day, what would be your strategy to finish the time trial?

My strategy to finish the time trial would be to set a rhythm and keep to it throughout the run.

Our safety team, including Josh, helps us on a donation basis, ensuring we have a safe and well-supported environment every week. We kindly ask all members to contribute regularly towards their fund so we can continue benefiting from their invaluable service. Every donation, big or small, helps keep our events safe for everyone. Let's show our appreciation and keep our Safety Superheroes rolling!



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!

New Year's Resolutions: Running Towards a Healthier You

As the calendar flips to a new year, many of us find ourselves reflecting on the past and setting goals for the future. For runners, both seasoned and new, the start of a new year is the perfect time to set resolutions that can enhance our health, performance, and overall well-being.

In this article, we'll explore the benefits of making running-related New Year's resolutions and provide practical tips to help you stick to them throughout the year.



The Benefits of Running Resolutions

1. Improved Physical Health

- **Cardiovascular Fitness:** Running is an excellent way to boost your cardiovascular health. Regular running strengthens the heart, improves circulation, and reduces the risk of heart disease.
- **Weight Management:** Running burns calories and helps maintain a healthy weight. It's an effective way to shed those extra holiday pounds and keep them off.
- **Muscle Strength and Endurance:** Running engages various muscle groups, enhancing strength and endurance. It also improves bone density, reducing the risk of osteoporosis.

1. Mental Health Benefits

- **Stress Relief:** Running is a natural stress reliever. The rhythmic motion and release of endorphins during a run can help reduce anxiety and improve mood.
- **Mental Clarity:** Many runners find that running provides a mental break from daily stresses, offering time for reflection and problem-solving.
- **Boosted Confidence:** Achieving running goals, whether it's completing a race or hitting a new personal best, can significantly boost self-esteem and confidence.

Tips for Setting and Keeping Running Resolutions

1. Create a Training Plan

- **Consistency:** Develop a weekly running schedule that fits your lifestyle. Consistency is key to building endurance and achieving your goals.
- **Variety:** Incorporate different types of runs into your plan, such as long runs, speed work, and recovery runs. This keeps training interesting and helps prevent burnout.
- **Rest and Recovery:** Don't forget to schedule rest days. Recovery is crucial for preventing injuries and allowing your body to adapt to the training load.
- **Get a coach:** If you cannot make your get one on your google or chat to Coach Marco, as he could give you tips or coach you if become a become of the community

2. Stay Motivated

- **Track Progress:** Use a running app or journal to log your runs and monitor your progress. Seeing improvements over time can be incredibly motivating.
- **Celebrate Milestones:** Celebrate your achievements, no matter how small. Reward yourself for reaching milestones, like completing your first 10K or running a new personal best.
- **Find Inspiration:** Follow running blogs, podcasts, or social media accounts that inspire you. Hearing about others' successes and challenges can keep you motivated.

3. Overcome Obstacles

- **Weather:** Don't let bad weather derail your training. Invest in appropriate gear for different conditions, like waterproof jackets for rain or thermal layers for cold weather.
- **Injuries:** Listen to your body and address any niggles before they become serious injuries. Cross-train with low-impact activities like swimming or cycling to maintain fitness while recovering.

4. Stay Accountable

- **Join a Club:** Being part of a running club, like the Nedbank Running Club, provides a support network and accountability. Regular group runs and events keep you engaged and committed.
- **Share Your Goals:** Tell friends, family or Captain 🙋 about your running resolutions. Their support and encouragement can be a powerful motivator.
- **Find a Running Buddy:** Partnering with a friend for runs can make training more enjoyable and help you stay on track. Buses coming Soon!

5. Embrace the Journey

- **Enjoy the Process:** Focus on the journey rather than just the end goal. Enjoy the sense of accomplishment that comes with each run and the improvements you see over time.
- **Stay Flexible:** Life happens, and sometimes you may need to adjust your goals. Be flexible and adapt your plan as needed without feeling discouraged.
- **Reflect and Adjust:** Regularly review your progress and adjust your goals if necessary. Reflect on what's working and what's not, and make changes to stay on track

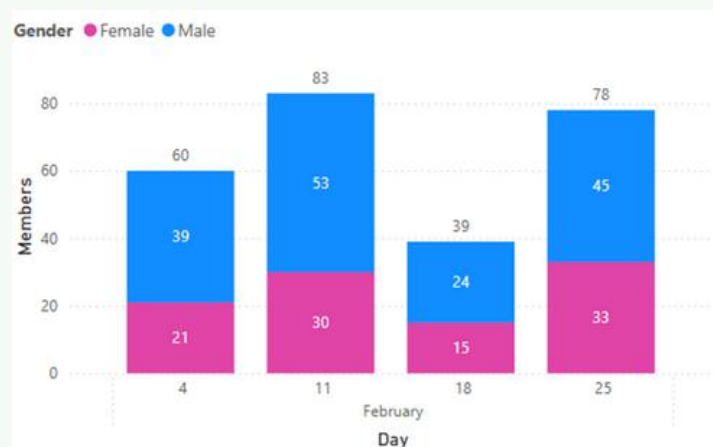
Conclusion

Setting New Year's resolutions related to running can be a powerful way to improve your physical and mental health, build social connections, and achieve personal goals. By creating a training plan, staying motivated, overcoming obstacles, and staying accountable, you can make your running resolutions a reality. Remember to enjoy the journey, celebrate your progress, and stay flexible. Here's to a year of successful running and personal growth!

Happy running and see you on the roads with the Nedbank Running Club Central Gauteng!

Captains February stats:

As I highlighted in my article, tracking progress is crucial for staying committed to your New Year's goals. That's why your incredible Captain (the best in the world, even Trump agrees!) keeps track of the stats. Here are the stats for February:



Man, vs Woman:

As a man, I must admit that women excel at most things, but not everything! Here are two areas where men shine: time trial attendance and using facts to back up their arguments. Check out Exhibit A to see the proof!

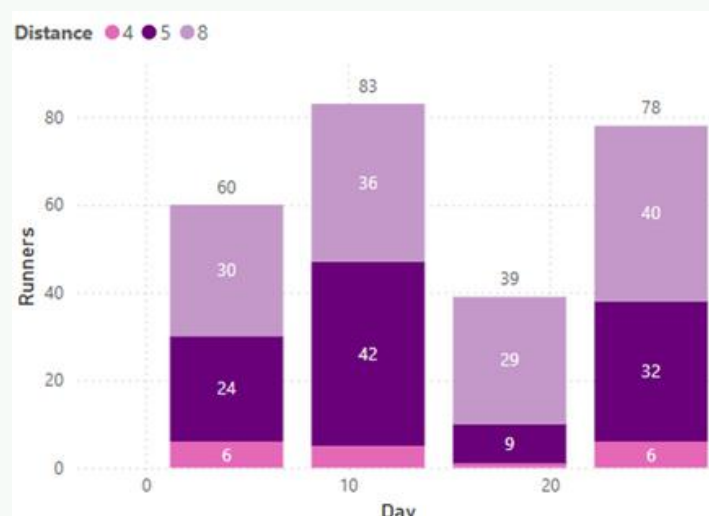
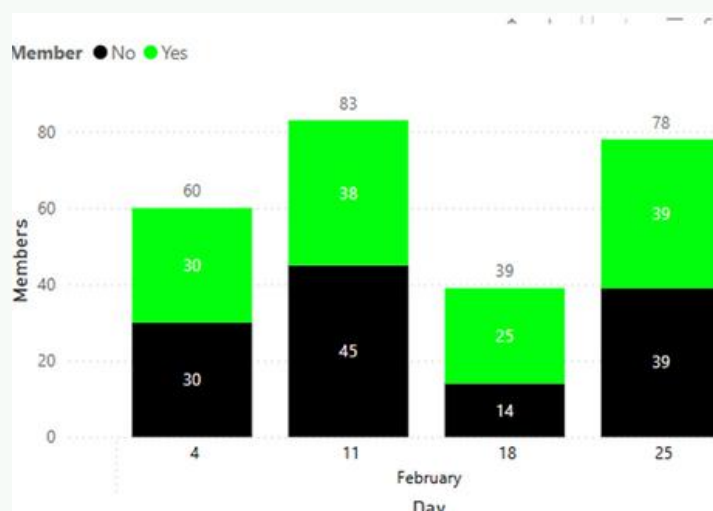
Women please do best and proof me wrong!

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:

- Member of the Month recognition!
- Permanent spot on the time trial attendance register, marked with a green man.
- Being part of an awesome community.
- Ultimate bragging rights!

Generally, it's an even split between members and non-members, but I can always dream of more members in my community of awesomeness!



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!

8km is our most popular distance, but the 5km is catching up—let's keep it growing! The 4km is perfect for runners' partners to enjoy a festive walk around Modderfontein. Join the 4km! Some of my best memories are from those walks, like the time I saved a damsel in distress with my pen. Yes, the pen is mightier than the sword!

Andre Greyling