



Cross Country Champs

Cross Country is regarded by many as the purest form of the running sports. It does not require a highly technical artificial track or the need to mix congested traffic with the participants of Road Racing. It is cheaper than trail & road running and does not limit the numbers of entrants.

The sport is a “grass roots” discipline catering for all ages and abilities and is seen by many top athletes and coaches as an excellent platform on which to build a high level of stamina for track athletes and speed for road runners. Many top athletes started their careers in Cross Country and still return to the Sport during the Track and Field “off-season” to build strength and stamina for the new season. Cross Country complements road and track running, so most top middle and long distance track runners, as well as the top road runners in the world, run Cross Country.



Nedbank Running Club Central Gauteng proudly assembled a resilient team on 7 September 2024, to represent the province at the 2024 ASA Cross Country Championships, hosted at the Vaal University of Technology. Their unwavering determination was a sight to behold.

The cross-country course is a 2 km loop that is undulating and tough. The athletes had to contend with grass, sand, and dust this year.

Our Nedbank athletes, including Kate Van Jaarsveld, Samantha Coetzer, Tristan Torr, and Keagan Botha, displayed remarkable resilience on the challenging 4 km and 2km courses.

Kate's victory in the 4km, 35-39 age category, despite narrowly missing the top three in last year's South Africa Cross Country Championships, is a testament to her determination and the spirit of our club.

Samantha Coetzer finished 8th overall in the senior ladies' event and picked up a gold medal in the team event.

Tristan Torr finished 15th overall in the under-23 age category and secured a silver medal in the team event.

Keagan Botha finished 16th in the junior men's 2km and narrowly missed out on a team medal.



Well done to all the athletes.



Any runner who belongs to an affiliated running club can enter the cross-country events.

You also get to see international athletes compete at these events, like Cian Oldknow, who competed in the 10km events, proving to be an incredible athlete, achieving a 2:30.29 at the Paris Olympics last month. She won the national 10km title, clocking 32:43.

Eight events occur around Gauteng, and an athlete must run in four out of eight leagues plus the CGA Championships and be a licensed athlete to be considered for selection to

represent CGA at the SA Championships. Entry fees for athletes are R20 / event, and spectators pay R30 / event.

The events start at 1 km and range to 10km. The age categories start at eight years old.

Come and join the Nedbank Running Club Central Gauteng, and we can advise you more on the cross-country events for 2025!

I hope to see many more Nedbank athletes at the cross-country events next year. If you or your children would like to find out more information, enter races or get involved, please reach out to me!



Coach Marco



Member of the Month - Ernest Dlamini

Ernest comes from a running family, his dad is a runner and so he naturally followed in his footsteps.

He completed his first marathon in 2016 but his proudest running achievement to date, is completing the 2024 Comrades Marathon in a blistering time of 08hr17mins. He jokes that he always has high time expectations so never gets to enjoy the views, but feels that The Two Oceans Marathon is probably his favourite to run.

Captains Report

My Three R's...

Hey Nedbank runners, and welcome to the September edition of the Captain's Corner! I am unsure if everyone knows me, but I am Andre, and I have three loves in my life and they all start with R: Running, reading, and my radical random cat. I could write a three thousand-page book about my love for my cat, but I want to discuss my other two loves this month. More specifically I will discuss a book I "read" and how you can use some of the lessons in that book to make you a better runner. Also, I will have a little section about the September stats because stats are fun!



Atomic habit by James Clear:

This book is all about making small habits (atomic) that make your life much, much better! Let's say you get 1% better every day for a year, you will be 370x better than you were a year ago. How impressive is that! The book then states that there are 4 systems in forming a habit and I will discuss them below:

1) Make it obvious: By the time you have turned 35, 90% of who you are is just your habits, so to be aware of habits is to know yourself. Write down your habits and what habits you want to change. Once you know what your habits are and what habits you want, you can become a little crazy and start talking to yourself by stating your intentions, So, for example, I say " Andre, you are a runner, so you need to pack your running kit on Thursday", once I do that enough I can add new habits by then saying " After you packed your running kit, you go to work, then after work drive to Founder's hill where you intend to run 7x1000m at a 4:00 min/km pace"

2) Make it attractive: No one in their right mind wants to wake up at 5:00 AM on a cold Saturday morning and run 25km, but maybe if you buy them a cup of coffee they might do it. So that is the first step pair difficult but needed habits with stuff you like doing. To make it even more attractive join a culture that lives for the habit you want to cultivate it. I want to be a runner and therefore I have joined this club. They might keep me around if I stop running but I don't want to test that, so I run. The final thing you can do to make a difficult habit easier is to do something you like just before the habit you don't like. I hate speed/hill sessions with a passion, but I like listening to music on my trips to the speed session, so that's what I do.

3) Make it easy: Reduce friction. Decrease the number of steps between you and your good habits. Let's say you want to run tomorrow, pack your running kit the night before. Once that is done prime your environment to your new habit, so if you want to run have posters of runners in your area and have running shoes all over the place. I have a pair of running shoes that live in my car! Automate, creating a training plan can get very difficult and time-consuming, so to avoid that I got a coach, Coach Marco, and now it is so much easier for me to run all the time, and I got a bonus by chatting to my coach!

4) Make it satisfying: A very powerful tool for this is tracking. Strava is amazing in this regard because you can see your progress and that can make it feel like you doing it for a purpose. Never miss twice, I get it sometimes your cat has an emergency, and you have to sort that out, but don't miss the habit you are trying to cultivate twice.

Stats:

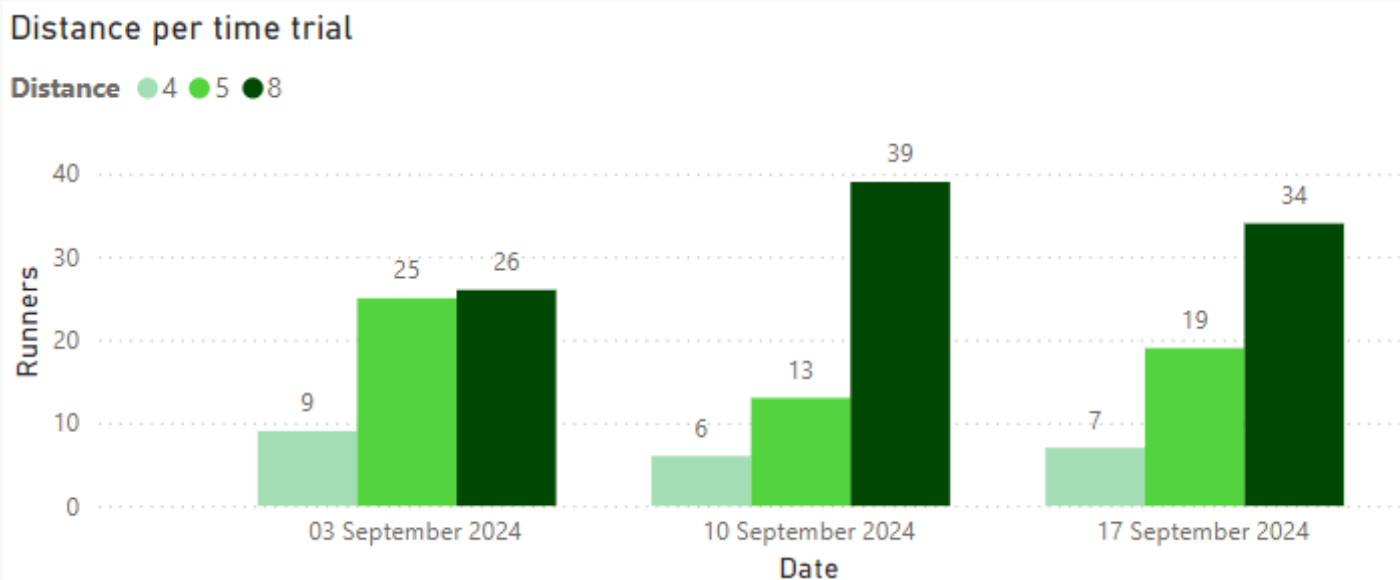
So stats are fun and also a bit of tracking! I will start putting this in my Captain's corner as I am sure you want to see progress. Here are the results for this month. I will start with the most improvement for the 8km in September: Well done Tristan Laros smashing his PB by 1min 57 seconds. That is incredible. I am sure he is taking my advice to heart. It is so good to see a guy who comes to the time trail so often starting to speed up, your sister better watch out! Also Well done to Robert Bode as you have bettered your PB 3x times in September and we only had three official time trials so that is epic. Good Work! Well done Dario for setting the fastest time in September of 28:48 in the men's section and Shanice for setting the fastest time for ladies at a time of 35:00 and Tristan Torr for running the old course at a time of 33:41.

Name	Distance	Time	PB Diff
Tristan Laros	8	0:42:40	-0:01:57
JD Deerling	8	0:31:06	-0:01:43
Andrew Goodfellow	8	0:44:52	-0:00:57
Sipho Matsimbi	8	0:41:02	-0:00:38
Dario Matteucci	8	0:28:48	-0:00:31
Dieter Zermatten	8	0:34:32	-0:00:23
Tristan Laros	8	0:43:37	-0:00:23
Esau Mkuphe	8	0:33:57	-0:00:17
Lotha Kekana	8	0:42:42	-0:00:16
Sipho Matsimbi	8	0:40:50	-0:00:12
Robert Bode	8	0:41:29	-0:00:11
Nicolas Steensma	8	0:35:17	-0:00:09
Robert Bode	8	0:41:22	-0:00:07
Robert Bode	8	0:41:16	-0:00:06
Esau Mkuphe	8	0:33:52	-0:00:05

Name	Distance	Time	PB Diff
Portia Ntsepe	5	0:29:39	-0:02:06
Francios Peens	5	0:29:39	-0:01:06
Ashleigh Erwee	5	0:40:56	-0:01:04
Shaun Smit	5	0:40:56	-0:01:04
Charles Nkosi	5	0:35:11	-0:00:59
Rochelle Fisher	5	0:28:23	-0:00:05
Gary French	5	0:27:02	-0:00:01

And now for the 5km. Well done Portia for smashing her 5km PB by 2 minutes 6 seconds and officially becoming part of the sub 30 minute 5km club. It is a great club to be part of and as a founding member I welcome you to it. Well done to Tristan Torr for being the fastest lady to run our 5km TT in September with a time of 21:50. Also not sure about the guys regarding this 5km TT as the PB for September was 24:01 set by Jose Bates who has just come back from an injury.

Now finally for the September overall stats:



We have an average of 59.33 people coming to the time trail per week in September up from 51.75 for August. In October the sun will be out and hopefully you guys as well, let's practice some atomic habits and come to time trail and get the numbers up to around 80. Please note some stats may be skewed as the collector was away most of September. I am working on it and making him do these things more often to help him get better at his atomic habits. Hope you had a good September and see you running lots in October.

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 - AUGUST**

1st: Andre Greyling - 26 points
2nd: Helga Lucas - 23 points
3rd: 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

October - 29th (Modders) & 30th (Sandton)
Halloween dress up TT

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

December - 11th (Modders) & 12th (Sandton)
Pub Run

Upcoming Races

SEPTEMBER

Sunday 29th

- Fred Morrison | 42.2km | 21.1km | 10km

OCTOBER

Saturday 5th

- Chamberlain Classic | 21.1km | 10km

Sunday 6th

- Fat Cats | 10km | 5km | 1.6km
- Midvaal Madmac | 42.2km | 15km | 5km
- Spar Woman's Race | 10km | 5km

Sunday 13th

- Tommy Malone Memorial | 15km

Saturday 19th

- CSIR | 21.1km | 10km | 5km
- Cape Town Marathon | 42.2km | 10km

Sunday 20th

- Diepkloof | 21.1km | 10km

Wednesday 23rd

- Benoni Northerns Night Race | 10km | 5km

Saturday 26th

- Irene Farm Race | 21.1km | 10km | 5km

Sunday 27th

- Thembisa Mile & 10km | 10km | 1.6km

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

<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

**Poplar on Park,
Riverclub**



Time Trial Roster - Modders

1st October - Tshepo & Jose
8th October - Naz & Tshepo
15th October - Gail Elliot-Wilson
& Lianne Zermatten
22nd October - Ofhani &
Mololijtie
29th October - Andrew & Helga

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!



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

MONDAY

Sandton Sports Club - 17h30

Meet next to the Nedbank Container

Hill Repeats



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 - 17h30

Meet in the parking lot

5 & 8km



THURSDAY

Founders Hill School, Modderfontein - 17h15

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

Hill / speed session



SATURDAY

Sandton - 6:30am; Modderfontein - 6:30am

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!