



Mindfulness and Mental Toughness in Running

When it comes to running, physical endurance often takes center stage. However, what separates a good runner from a great one is not just their physical strength but also their mental fortitude. Mindfulness and mental toughness are two powerful tools that can help runners push past their limits and achieve new levels of performance.

Mindfulness refers to the practice of staying present and fully engaged in the moment. For runners, this means being aware of your breath, your body, and your surroundings while running, rather than letting your mind wander or get lost in negative thoughts. By focusing on the present moment, you can reduce stress, enhance your concentration, and make running feel less like a chore and more like an enjoyable experience.

Mental toughness is the ability to push through discomfort, keep a positive attitude and keep going when your body tells you to stop. It's a combination of resilience, determination, and focus, all essential traits for runners looking to go the extra mile—both literally and metaphorically.

Integrating mindfulness with mental toughness can create a powerful synergy for runners. By strengthening both, you'll improve not just your running performance, but your overall running experience.

Whether you're training for a marathon or simply striving to improve your daily runs, consider adding mindfulness techniques and mental toughness exercises to your routine.

*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

Gail Elliott-Wilson

Gail has been a dedicated runner for 25 years.

Not only does she embody quiet strength and humility, achieving remarkable feats like completing the Comrades Marathon and securing 2nd place in the veteran female category at the Mumbai Marathon. She's also known for her generous spirit.

Gail is always the first to volunteer, whether it's giving up her Sunday to host a gazebo, or running a long distance simply to support another runner. Gail's gentle nature and wealth of incredible experiences make her an inspiring presence in our club, never seen without a smile!

Gail, 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!

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

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

Runners who
give back



CHEER CHAMPIONSHIP LEADERBOARD - MARCH

1st: Candice Delacovia-Graver:
7 points

2nd: Dieter Zermatten, Sam
Zermatten, & Gail Elliot-Wilson:
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

April - 15th (Modders)
Run & Pint

April - 19th (Modders)
Easter Club Run

April - 26th (Modders)
Run & Brew

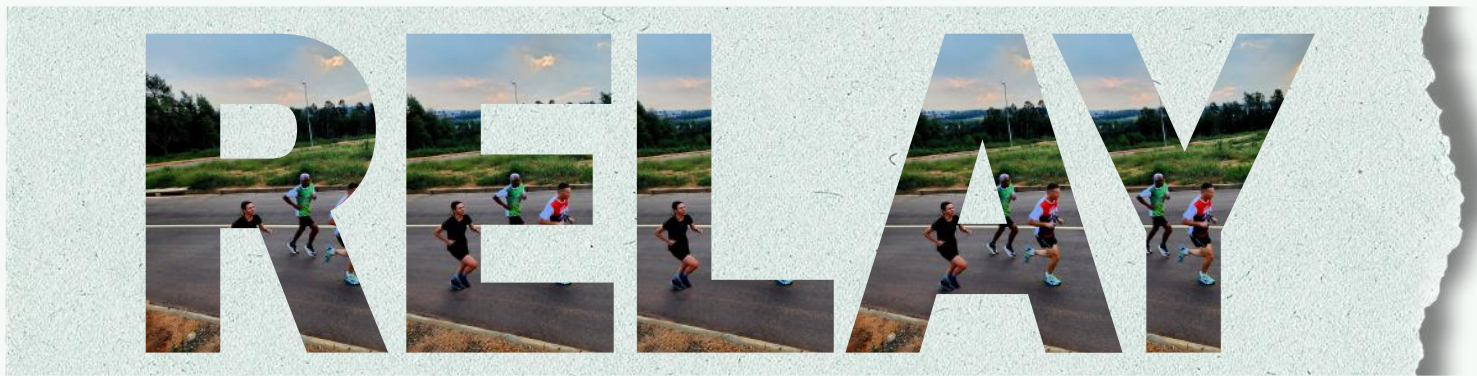
Look what's coming soon!

🏃🔥 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 afternoon of racing.

🌟 Why You Can't Miss This:

- ✓ A thrilling race format that keeps everyone engaged
- ✓ A chance to connect with fellow runners in a dynamic team event
- ✓ Strengthen our running community while making amazing memories
- ✓ A small entry fee covers race setup and ensures a top-notch experience



🌟 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! 🏃🔥

Further details will be shared soon...

Coach Marco



Upcoming Races

APRIL

Saturday 5th

- Totalsports Two Oceans Marathon | 56km

Sunday 6th

- 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

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



<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

1st April - Ross & Julie Hughes

8th April - Shanice Peens & Chris Botha

15th April - Chelsea Muller & Simon Levin

22nd April - Gail Elliot-Wilson & Sally Bevington

29th April - Jenny Moore & Andre Greyling

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 **Fernando Zulu**, the guardian of our runners every Tuesday afternoon for our weekly time trial! With a heart for safety and a passion for community, Fernando volunteers his time each week, ensuring runners feel secure while they train. His dedication, offered purely for donations, makes him a true unsung hero of our running family.

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

How long as you been volunteering at our weekly TT?

I have been volunteering about 5 years now.

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

When am not on duty, I keep myself busy by going to Bible study, cycling, gym and work.

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

My goal is to finish the time trial and keep to it throughout the run.

Our safety team, including Fernando, helps us on a donation basis, ensuring we have a safe and well-supported environment every week. 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!

Cats vs Dogs

I have always known that running is for a certain kind of person. This person comes in many forms from calm and upbeat to dedicated and firm, but what they all have in common is that they are happy! Happy people normally own pets, but I have always wondered what pet are runners actually attracted to.

The obvious answer would be dog, but I will delve further because I have found a sub-group of runners (me included) that are cat owners. This article will explore the following:



1. **What does the research say.** Strava and other reputable running websites have conducted surveys, and I want to take a closer look.
2. **What are the benefits of owning cat as runner.** Note I only discuss the benefits of owning cat as runner because there are only benefits.
3. **What are the benefits of owning dog as runner.** Note I only discuss the benefits of owning dog as runner because dogs are runners spirit animal.
4. **What does our crazy flock of runners/Flamingos prefer between cats and dogs.**

1. What does the research say:

Strava (2020): Strava users seems to be a dog preferable runner platform with 53% of users say they own dogs, and they even go far as to list the top 5 dog breeds:

1. Labrador Retriever (11%)
2. German Shepherd (8%)
3. Australian Shepherd (6%)
4. Golden Retriever (5%)
5. French Bulldog (4%)

It would be barking mad to run with your Frenchie but good luck. For cat lovers it is rather ruff because only 24% of users have cats.

Runner's World Survey (2019): For cat owners is also not a purr-fact website as they list only 26% of users own cats, while you better sit if you are dog owner because they only record 44% of their users as dog owners. Still it is substantial enough to list their top 5 dog breeds:

1. Labrador Retriever (14%)
2. German Shepherd (8%)
3. Golden Retriever (6%)
4. Australian Shepherd (5%)
5. Border Collie (4%)

Running USA Survey (2018): American runners are also pro dog with 42% of their users' owning dogs and 25% own cats. 71% of dog-owning runners reported running with their dogs at least occasionally. It looks like the following from the research:

- About half of the running population own dogs.
- 2. Only 1 in 4 runners are smart and own cats.

I found this interesting and wanted to share it with you. Let me know what you think about this next time we run, also maybe share it on your next long run with your bus. Tell them about your pets and why you think they are the best pets in the world, and if you don't have a pet yet maybe look at the below to determine what creature suits you more:

2. Benefits of Owning a Cat as a Runner

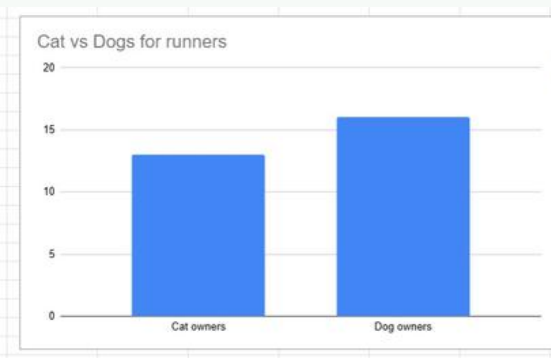
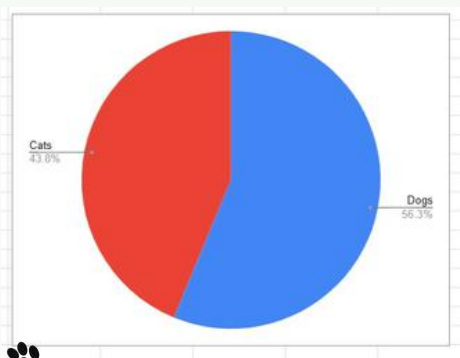
I could go on forever about the joys of owning a cat—their adorable faces and cute little paws! But here are just three key benefits:

- **Low Maintenance:** As a runner, you're often out and about. With some toys or a garden full of mice and birds, your cat can entertain itself. One of our members goes on holiday for 10 weeks, leaving his cat in the backyard, and it's always fine when he returns!
- **Company:** Training for long events can make your social life a bit one-dimensional. After a long run, there's nothing better than cuddling up on the couch with your cat. It's a perfect way to unwind and enjoy some diverse company.
- **Rewarding:** After giving your all in a run, you just want to go home and feel loved. Cats may show their love differently, often with low-energy scratches, but it's still love. My cat even brings me gifts like field mice, ensuring I get a little cool-down exercise by catching and disposing of them!

3. Benefits of Owning a Dog as a Runner

While I'm not a dog owner, I do borrow my sister's dog sometimes, and here are three benefits I've noticed:

- **Running Partner:** It's great to have a running buddy, even if they have four legs and need frequent pee breaks. Just remember not to run them too far—5km is usually enough.
- **Unconditional Love:** Unlike cats, dogs love you no matter what. After a tough run, coming home to a dog that's thrilled to see you is amazing. Did you know dogs have more facial expressions than chimpanzees and show the whites of their eyes? These traits, learned from humans, make their love feel very real.
- **Company:** Dogs are social creatures and will be social with you if you're part of their pack. Plus, taking a dog to the park can be a great way to meet new people and strike up conversations.



Captains Report

4. What does our Flock of running Flamingos say:

Firstly, I would like you guys very much for answering my survey that I put out on Monday night. I didn't expect 18 answers within an hour of putting the pole up and 25 by Tuesday afternoon. It shows that this community of runners is a very special group of people that are willing to contribute (in small and big ways) to the growth and prosperity of the people in this club. Thank you.

Here are the results for our community of runners:

So, we are above average with our cat owners as 50.0% people surveyed in our club own a cat, and obviously on average people own dogs more than cats not everyone can be a spinster like me.

So 61.54% of our people own dogs, which means we are above average. I also saw someone here has dust bunnies, which I thought was something you eat when you are slower than me. Dust bunny owner please let me know what they actually are. Also Someone here owns a canary, but I am upset she owns a dog instead of a cat because Sylvester and Tweety would be cool names, maybe the dog is a bull dog then it is sort of acceptable.

Also note we are currently sitting on 1.04 per person surveyed and 0.81 cats per person surveyed which is a random fact and do what you will with it, maybe adopt a cat?

Also, fun fact it looks like long distance (ultras) runners' own cats, this proves that they are low maintenance or at least we think they are...

In Conclusion

Pets are amazing and regardless of what pet you have; you are awesome because you are:

1) a runner: and 2) someone who has given a home to a creature. If you don't I hope you have learned about enough benefits to get one or at least to chat to runner about their furry friend. If you can't get one for whatever reason at least you aware and maybe one day you will be able to give a pet a good home.

Thank you again for helping me get some information about cats vs dogs and reading my article. I believe you people are special regardless of if you are a pet owner or not.

Hope March was a good month and let's march into April and not be fools! If you still need to enter comrades please remember to do so at 10:00AM 1st of April.

Meet Peanut Butter



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.

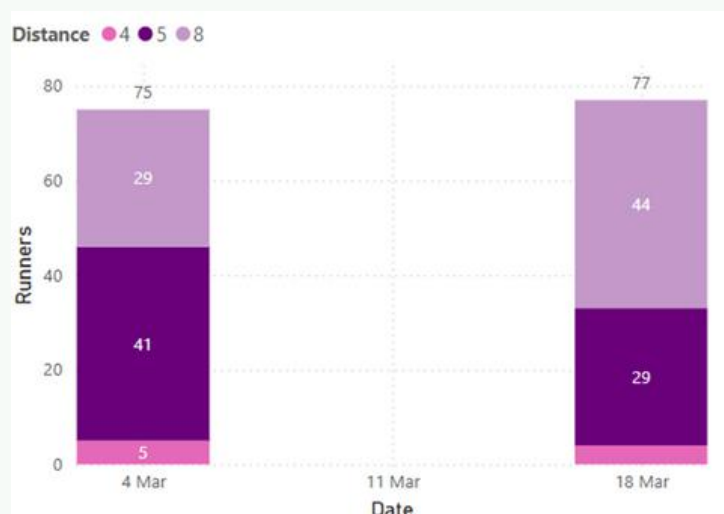
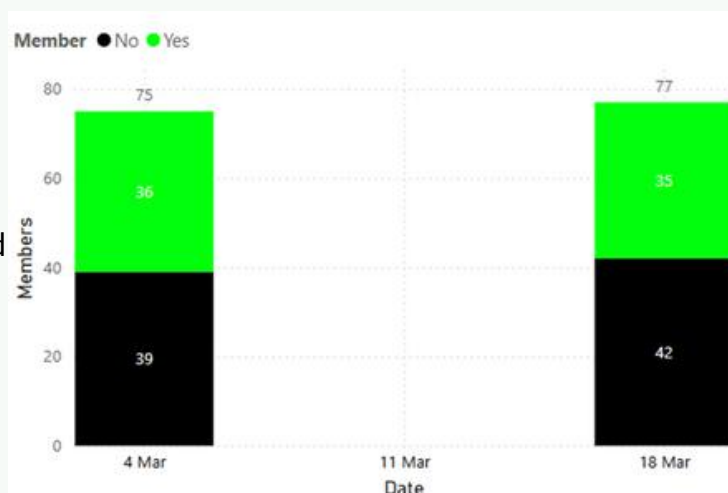
If you just wanna come for the vibes, good people and the runs you are most welcome. Running is fun, come, you will see!

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:

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!

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