

# Newsletter



*Thank You for Your Unwavering Support:  
Celebrating Our Nedbank Running Club  
Central Gauteng Family!*

We are thrilled to take a moment to express our heartfelt thanks to each of you who participated in our recent membership drive for the Nedbank Running Club Central Gauteng. Your enthusiasm and commitment to joining our vibrant running community have exceeded our expectations, and we are excited to welcome many new faces to our family.

Over the past few weeks, we have witnessed a remarkable surge in interest and passion for running, and it's all thanks to your support. We're pleased to report that during this membership drive, we signed up in excess of 140 new members! Each one of you brings a unique spirit and energy that strengthens our club and inspires others to lace up their running shoes.



At Nedbank Running Club Central Gauteng, we strive to foster an inclusive and supportive environment where runners of all levels can thrive. Whether you're a seasoned marathoner or just starting your fitness journey, our club is dedicated to helping you reach new heights, both personally and athletically. Your participation not only enhances our community but also contributes to the collective motivation that drives us all forward.


As we embark on this new season, we encourage each of you to take advantage of the opportunities that come with your membership.

From organized training sessions and social runs to social & formal events, the Nedbank Running Club Central Gauteng offers a plethora of activities designed to enrich your running experience.

We would also like to remind you to stay connected with us through our social media, What's App channels and our website to keep up to date with the latest news, events, and training sessions. We have an exciting calendar ahead, filled with races and initiatives that we can't wait to share with you!



Once again, thank you for your tremendous support and enthusiasm. Together, we are building not just a running club, but a community where every runner feels valued, motivated, and empowered. We look forward to seeing you at our upcoming events and out on the road.

Take advantage of the last few days of our 2025 Membership Drive, see rates below 

	2025 MEMBERSHIP	BLACK FRIDAY
FULL	R 575	R 525
NEDBANK EMPLOYEES	R 525	R 500
SENIORS 60+	R 325	R 300
JUNIORS U18	R 325	R 300

**Please send your proof of payment to [info@nedbankrunningclubcg.co.za](mailto:info@nedbankrunningclubcg.co.za) along with your 2025 ASA form.**



*Black Friday rates run from 21st - 30th November 2024*

***Important Information About 2025 License Numbers***

Please note that 2025 license numbers are typically issued to clubs towards the end of February 2025. Unfortunately, we have no control over the timing of license issuance by Central Gauteng Athletics. In the meantime, 2024 license numbers will remain valid until the 2025 licenses have been issued. We will notify you as soon as we receive the 2025 license numbers. Thank you for your understanding.

## Member of the Month - *Promise Msitshana*

Promise started running in 2022, accompanying his sister on early morning jogs. He was initially a couch potato, but after meeting fellow runners on the road, they encouraged him to register for the Boroughs of Bedfordview 15km race. After that he was hooked and decided to join Nedbank shortly after. His greatest achievement is finishing the Vaal Cape Gate Marathon in a blistering time of 2h38, firmly securing his qualifiers and seedings for both Two Oceans and Comrades. However, his favourite race still remains the Boroughs of Bedfordview...the race that started it all.





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

[www.nedbankrunningclub.co.za](http://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



#### WEDNESDAY

Poplar on Park - 17h30  
Meet in the parking lot



#### THURSDAY

Founders Hill School, Modderfontein - 17h15  
Hill / speed coaching session; Meet in the school car park



#### SATURDAY

Sandton - 6:00am; Modderfontein - 6:00am  
Routes, venues & distances are shared on the WhatsApp chats the Friday before



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 come to an end and we can't wait to announce the winners at the year-end function on Saturday.

We've had an amazing response to this initiative and would like to share our heart-felt thanks to all who have made a difference this year, by volunteering their time in various capacities.

Our volunteers are the true heroes of our club - THANK YOU to each person who chipped in and did their bit to make NRCGC a better club!



Runners who give back

NEDBANK RUNNING CLUB

### CHEER CHAMPIONSHIP PRIZES

- 1st: R1500 voucher
- 2nd: R1000 voucher
- 3rd: R500 voucher
- 2 lucky draws worth R3000 each

A special thanks to **RUN-A-WAY SPORT** for sponsoring these awesome prizes



# PUB RUN

5:30PM  
10 DEC 2024

DYNAMITE DISTILLERY  
31 HIGH ST, MODDERFONTEIN

MEMBERS - R150,00  
NON MEMBERS - R200,00  
ELVES UNDER 18 - R125,00

PRIZES FOR BEST DRESSED

RSVP BY 1ST DEC  
LIMITED SPACES AVAILABLE

NEDBANK RUNNING CLUB

Get ready for the most anticipated event of the year...our annual PUB RUN!!!

An event not to be missed, you need to RSVP on the link below and pay to secure your space - spaces are limited so don't hesitate too long.

This event promises to be the most fun you'll have all year so get your outfits ready and come join us for our last run of 2024!

If you'd like to host a car bar, please click the volunteer link below...as always it's the car bars who have the most fun.

We can't wait to see you there for an evening filled with festive cheer, food, drink, music & prizes.

Pub run RSVP -

<https://forms.gle/pd2cfH2ALVzpn68Q7>

Volunteers -

<https://forms.gle/E98eHbTRehy3D2TQA>

# Upcoming Races

## DECEMBER

### Saturday 7th

- Orlando Colour Out Cancer | 21.1km | 10km | 5km

### Friday 13th

- Wiggles & Wobblers Charity Hat Fun Run | 8km

### Monday 16th

- Lesedi Reconciliation Day | 21.1km | 10km | 5km
- Wiggles & Wobblers Charity Run | 8km

## JANUARY 2025

### Saturday 4th

- Varsity Kudus | 15km

### Sunday 12th

- Biogen | 21.1km | 5km

### Sunday 19th

- Springs Striders | 32km | 15km | 5km

### Sunday 26th

- Johnson Crane | 42.2km | 21.1km | 10km | 5km

## FEBRAURY 2025

### Sunday 2nd

- aQuelle Joburg North City | 42.2km | 21.1km | 10km | 5km

### Sunday 9th

- Balwin Sport Jeppe Marathon | 42.2km | 21.1km | 10km | 5km
- Westgate 10km | 10km

### Friday 14th

- Randburg Harriers Valentine's Run | 10km

### Sunday 16th

- Pirates 21 | 21.1km

### Sunday 23rd

- Cape Gate Vaal 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](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

**3rd December - Patrick Lovell & Gayle Bates**

The last runs for the year will be  
our Annual Pub Runs -  
Modderfontein 10th December  
and Sandton 11th December.

See you all back in 2025!

# 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!*