

Newsletter



Short stories from a long race

I started running as a hobby with short lazy distances and developed further from there. A friend and colleague of mine suggested we enter Soweto marathon and it was my first. I then joined a running club and that was the start of many. My first Comrades was supposed to be in 2019 but because Covid happened I couldn't and my first was in 2022, a down run with the time of 10:45. My second which was the following year in 2023 and I finished in a time of 10:30.

Preparation for 2024 was very challenging where I had to deal with an ankle injury. It took me completely out of my training programme, I missed some training runs, if I managed to run at all, I will be running on SASSA pace as we normally call it when one is running a slow pace. I decided to seek professional help and consulted a Biokineticist which also took long because in-between my sessions with the Dr, there were some marathons I had to run trying to improve my seeding. That also derailed my healing progress.

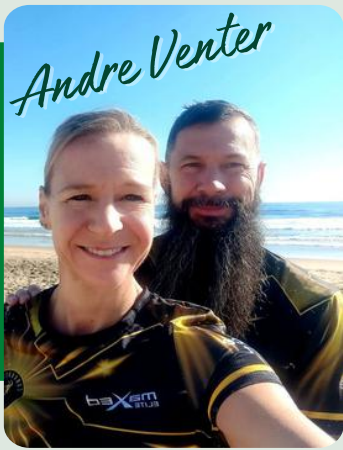
I went to run Two Oceans Marathon with that discomfort but with the goal to finish and not to chase time or sub something. I should have pulled out of Two Oceans and forfeit my entry, but my instinct told me otherwise. I told myself that I'd bail out if I feel the need but miraculously, I successfully finished with time 06:44. Mental strength and proper support played a vital role.....

2024 my first up-run, scary thought knowing that my fitness was not 100%. I remember on the starting line we were discussing the estimated times to finish, and my response was I lined up for a sub-finish, no specifics. I managed to get my PB of 10:20 which I never thought possible, and I was so proud with that considering I was a novice on an up-run and me not fully recovered. I have learnt so much in this journey, including the importance of consulting a professional when injured, carbo loading, correct diet, nutrition, cross training, resting etc.

Now I feel like I have run so many comrades but its only 3 in my bag..lol. My motto was "my own race, my own pace" Can't wait for 2025's Ultimate Human Race to break my own record again with the better time.



George Kabini



As a young André many many years ago, growing up we always had the TV on the 16th of June, watching with my family and grandparents.

I was always in awe watching the runners and the pure courage of completing such a mammoth task, I always wondered what it would like to do something like that.

Years passed, life carried on and that left my mind, 2017 I started running after a cycling incident that changed my outlook of cycling safely in South Africa.

When I started running(trail) I remembered and thought oh wait, I can possibly try this race called the Ultimate Human Race, 2018 I signed up for it, I qualified and was in, not really knowing what I was in for, under prepared and not even a year's worth of running in my legs, I set out that cold morning from PMB to DBN, the first 6 hours ticked by rather quickly then the real race started, I suffered and staggered in on 11h31mins vowing to never do that again, until....

I met Celine, this woman is so strong mentally, she said she's in for the Up Run, I was ummmmm, okay me too (biting nails), we trained many many hours together, we qualified and we were in, (again)

Collecting our race numbers that Friday morning I was still very nervous but knew I just needed to focus on the task at hand and not worry and trust the training,

We woke up real early and were off to the start, all seemed to be in our favour the parking, the weather, the getting to the line even being able to start hand in hand.

A few moments later, we were off in the dark, We ran and we walked and we ran some more, hills after hills, and some more hills, 10h21mins later we crossed that finish line hand in hand again, this changed my outlook of this race to a more positive one, a decent PB in the bag, nothing I would change in that entire day.

I may be hooked, Comrades 2025 we will see you again...

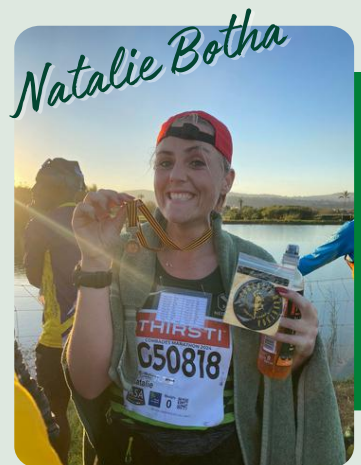
From Parkrun to Marathons: A Journey of Perseverance and Passion

It all began in 2015 with a simple Saturday ritual. My family and friends would gather at the park for a casual 5km walk, motivated by the promise of a delicious breakfast at a non-franchise restaurant. My dad had us hooked, and I would eagerly stroll with my mom, dreaming about the meal waiting for us. From 2015 to 2020, my joy was in driving to various breakfast spots, savoring every moment.

In 2020, my life took an unexpected turn when I was diagnosed with epilepsy. My car keys were taken away, and I found myself spending more time on my feet. In 2022, I underwent brain surgery to remove the part of my brain causing the seizures. This recovery period was challenging, but it also marked the beginning of a new chapter.

It should be noted that I am not a natural athlete, but that didn't stop a new passion from arising. I needed an outlet as I was no longer allowed to drive myself anywhere, which led me to running. I can still remember my dad saying, "Natalie, put on your shoes and go for a run." He routinely said this to me whenever he could see the recovery starting to feel too hard. It all started with walk/running a few kilometers with my dad, maybe more walking than running. However, this eventually led me toward the Nedbank Running Club.

The social aspect and the support from fellow runners made me look forward to each Tuesday's time trial. Coach Marco welcomed me to join the Thursday and Saturday runs, and soon, I was hooked. I was amazed that I was able to complete a 10km run, and from there, I continued to challenge myself. I found not just a running community but a new family. From 5km to 10km, I continually pushed my limits, driven by the desire to see how far I could go.



With Coach Marco's guidance, I trained hard and completed my first Two Oceans Marathon in 2023, more or less a year after my last brain surgery. The adrenaline rush was indescribable, and it was worth every bit of training.

But I wasn't done yet. I was intent on proving to myself that anything is possible, which led to the Comrades. With the guidance and encouragement from Coach Marco, I was not only able to complete the Two Oceans Marathon again in a personal best time but also tackle the Comrades Marathon.

Running changed me. It turned me into a capable person who could face challenges head-on, always with a smile. Despite losing many memories due to my surgeries, running became my constant, my source of strength. The spectators' cheers during races reminded me of the community's support, and it has led me to crave the feeling of pushing my limits.

With Coach Marco's meticulous training plans and unwavering support, I put in the work, followed his instructions to the letter, and crossed the finish line of the Comrades Marathon. Now, I proudly wear this beautiful medal around my neck, a testament to the incredible journey I've been on.

To my fellow Nedbank Running Club members and aspiring runners: remember, it all starts with that first step. Put on your tackies and get to the start line. Whether it's a 5km walk or a marathon, the journey is what matters. Let's continue to inspire each other, one run at a time. Together, we can achieve greatness.

My Comrades journey originally started about 7yrs ago. My sister and her husband had run back to back Comrades with Jeppe running club and they convinced me that running Comrades is the thing to do "to be considered a runner" and after growing up and always wanting to complete it, I decided to enter in the November of that year.

My first marathon for qualifying was the Edenvale Marathon and a week later I had entered Om Die Dam Ultra as I had been told you should be doing an ultra as training for Comrades.... I didn't have a clue about training programs, rest & recovery, pacing, or nutrition - lesson learnt! I got to 44km and hit the wall hard. I got severely nauseous and sick, I refused to carry on any further and called my wife Candice who was at the finish waiting for me, to come pick me up off the route - never mind (as she pointed out intently on the call) I could have walked the rest, and still finished and with a decent time (and quicker than it took her to get to the car and navigate the route to me)...



From that experience I resigned to the thought that I would never manage Comrades. And a DNS was against my name.

Fast forwards to December 2023, we were having a family lunch on Christmas Day. After an indulgent afternoon of eating and drinking, we thought it would be a good idea to all take a turn on a fancy smart scale....

It was at that moment that mentally I suffered a midlife crisis, I clocked in at 91kg and was notified I was "obese" by this super intelligent bathroom scale.

At that point the realisation that my lifestyle had caught up with me and I needed to make a change. I had always believed the fastest and healthiest way to loose weight was by running - it had worked in the past - it should work for me again.

An old pair of New Balance running shoes made their first appearance out the cupboard in quite a while.

I had seen on the Greenstone Community Facebook page that Nedbank Running Club was hosting time trials at Flamingo Shopping Centre and decided to see what it was about.

At my first Time Trial run, I met Tristan Torr who tried her best to convince me to come again the following week and continue coming. I was shocked at the majority of runners doing the 8km route and I was knackered just on the 5km. After participating in the 5km time trial for a month or so and I was peer pressured 😊 into upgrading to the 8km and also the majority of the friendly welcoming members twisted my arm to join Marco's Thursday Sessions for Hills/ Speed - it was at these sessions I discovered how many runners had entered and were training for Two Oceans - and that's when I decided to enter Two Oceans as well!

This was one of my first stepping stones to getting to Comrades...

A few of the newly made running friends were happy to share a lot of their knowledge when I was asking for advice and helped me understand what I should be doing with training to get Oceans ready. The running members are great with hype and massively encouraged the idea of tackling Comrades after my initial failed attempt. I was following a generic "plan" and kind of doing my own thing like I had done before when I signed up for Comrades when entries opened up.

Training had increased to Marathon training as I was aiming for qualifying for Oceans and Comrades at the Drakensburg Marathon in the November, just to ensure I was in - I could always better my time for my seeding along the way.

Drakensburg was an experience... it wasn't great, but it wasn't terrible either... I knew it could have been better, and it got myself and Cands thinking, and after discussions on the drive home, we agreed that a coach was very needed to make sure a DNS didn't happen again for Comrades and to help with proper structure in a training program to achieve both Two Oceans and Comrades in 2024.

With all the recommendations, I signed up with Coach Marco to give me the best possible chance at achieving my goals and at putting in place a strategy to get to the start and make it to the finish more importantly.

Understanding the need for training volume and the commitment that it was going to take for Comrades; Candice (who believed she was never a runner) resigned to the fact that my long runs had increased, and training sessions were also turning into fun socials as well, so she entered Two Oceans 21km as her first Half Marathon and also signed up for coaching in support of me and the Comrades goal.

Her philosophy had become "if you can't beat them, join them"

We were JHB based over December and so were a key group of runners that we enjoyed running with, the training felt easy and made December in JHB feel worthwhile, this really helped solidify a solid base with a running routine and keeping it fun as well.

With the volume picking up after Jan for Oceans and the intensity also increasing a bit more than I initially expected - it was also a balancing act of work, travel, family and now a lot of running.

One of the best and worst moments during the training was the come back at Om Die Dam, I was determined to finish this race. I felt absolutely terrible on the run nauseous and sick again, but I finished - namely because I made sure Candice wasn't there to pick me up so I knew I didn't have an exit strategy and had to mentally and physically get through it alone.

At Oceans - which was my first Oceans race, Marco's time prediction based on his training was spot on and this was the confidence and security I needed to help with the doubts and mixed emotions I was still experiencing with the thoughts of finishing my first Comrades later in the year.

Two Oceans was an amazing experience, Marco's Coaching and experience along with the Comrades runners who also did Oceans with me played an invaluable role in helping me with all their time, experience and advice (namely Dillon, Richard and Clayton), I finally felt like I could trust the process and the training, and it would fall into place for Comrades....

Comrades was the most incredible race in terms of scale, of number of runners, of supporters, of distance, of level of intense difficulty...

No amount of training, advice, or explanation could have prepared me for Comrades - only experiencing it yourself can justify it - it is truly humbling but also exposing.... exposing you to yourself and your sense of mental and physical strength which you are capable of, for pushing yourself and your limits.

My Comrades Race didn't go 100% to plan, starting with a rehabbed injury and more so as I cramped early on from 30km and I wasn't expecting the hills even though I knew about them and everyone tells you about them and you "train" for them. The UP run was a beast.

But my sense of accomplishment was massive after finishing - I know I have matured and grown mentally & personally and as a runner. Years ago I would have tapped out and not carried on when it got too tough, but not now.

The more time passes since the finish of Comrades and the more the pain fades, the more I am inclined to say I might do it again.

But for now I have completed 1 Comrades and that's what I set out to do and I did it!

And on aside note and a plus side as well, thanks to running I'm now much lighter (15kg exactly), much happier and healthier!

The midlife crisis averted and a scary life goal achieved! 😊

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!

The points are allocated as follows:

- **Time trial timekeeping:** 1 point
- **Water table cheerleading:** 2 points
- **Gazebo hosting:** 3 points

Keep a look-out on WhatsApp groups, newsletters and social media for opportunities to volunteer and for the monthly scoreboard. Every person who has volunteered (member or not!) is in the running for that esteemed prize.

Join the team whose giving-hands are as strong as their quads - Lace up your volunteering spirit and let's keep Nedbank Running Club CG on track and running smoothly. We can't wait to get know you behind those reflective running sunnies and pizazzy green vest!

Time trial timekeeper: It's thanks to these volunteers that we have a log of times to refer to when bragging to our friends about our latest 5km PB. Volunteers are expected to arrive 20-30 minutes before TT starts, collect the clipboard from the TT captain and record the names and distances of the participants who arrive. As the TT kicks off, these volunteers start the timing clock and then record runners' times as they complete their distance. After the last runner returns, timekeepers will check that all runners have come in and recorded their efforts, and return the lists to the captain. There are two timekeeping positions at each venue available every week.

Gazebo hosting: Anyone would be instantly perked up by the oasis of a shady club gazebo, a refreshing drink and a pat on the back from a proud friend after a gruelling race. And that's where gazebo hosting volunteers shine:

These volunteers arrive an hour before the race starts, and store runners' belongings in the trailer for safekeeping.

Before runners come in, they set out chairs, stock up cooler boxes and set out the platters.

During the race, gazebo hosters become cheerleaders as they shout for and take photos of runners as they come through the finish shoot, and serve Nedbank runners who have come to the gazebo afterwards. This is a volunteer position that requires more time commitment, but it's a fantastic opportunity to spend a morning with club friends or rope in family members who are waiting for their valiant runners to complete their race.



Water table assistance: There is nothing quite like hearing your name being shouted out as you endeavour up a particularly strenuous hill, knowing that your Nedbank Club friends are waiting for you, with a sachet of ice-cold water, at the top. Occasionally, water tables or 'not-catered' gazebos are set up along a route. The volunteer responsibilities of this duty are simple: Give the Nedbank runners a reason to smile through the pain and push on with obnoxiously-loud cheering, fist-pumping and shouts of incontestable 'YOU'VE-GOT-THIS!', usually accompanied with a skilful hand-off of a water sachet at frightening speeds.

**It's not too late,
jump in now and
start earning your
points. Every
single point
counts - the
R3000
GRAND PRIZE
VOUCHER
could be yours!**

Runners who
give back

CHEER CHAMPIONSHIP LEADERBOARD - JUNE

1st: Riaan Steyn - 13 points

2nd: Andre Greyling &
Brad Diamond - 12 points

3rd: Helga Lucas &
Sam Zermatten - 10 points

1 point = 1 entry

Points are converted
into lucky draw entries
to win a brand new pair
of running shoes.

CHECK OUT WHATSAPP GROUPS
& MONTHLY NEWLETTERS FOR
VOLUNTEERING OPPORTUNITIES
& VOLUNTEER LEADERBOARD

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 link to host a gazebo:
[Hosting Form](#)



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!



Member of the Month - *Gayle Bates*

When Gayle's husband Josè invited her to a Nedbank Running Club social function, she could never have imagined where that evening would take her. Easily one of the most happy, social and bubbly members in our running family, Gayle is a huge inspiration to all those around her. Her infectious laugh, her passion & dedication has made our runs all the more enjoyable. A self-claimed social runner, Gayle is always willing to jump in and host gazebos & water tables, but she's also

recently completed her first marathon and has more running goals lined up - because she signed one of Coach Marco's infamous serviettes.

Thank you for all you bring to The Nedbank Running Club family liefie!

Winter Charity Drive

Please support our Winter Charity Drive. Collections will be taking place at both Sandton & Modders runs, every week during July.



UBUHLE BEZWE BOYS CHARITY DRIVE

WEEK 1
1ST-7TH
JULY

Roll on
deodorant

Aerosol
deodorant

Bath Towels

Face Cloths

WEEK 2
8TH-14TH
JULY

Toothpaste

Tooth
Brushes

Body Lotion

WEEK 3
15TH-21ST
JULY

Socks -
Age 10-18

Underware -
Age 10-18

Hair
Brushes

WEEK 4
22ND-28TH
JULY

Trousers/
Pants -
Age 10-18

T-shirts -
Age 10-18

Sweaters -
Age 10-18

WEEK 5
29TH-31ST
JULY

Soap

Electric
Hair
Clipping
Machine

Please help support over 100 boys from four different orphanages in Thembisa by donating any of the above listed items each week, at your weekly runs.

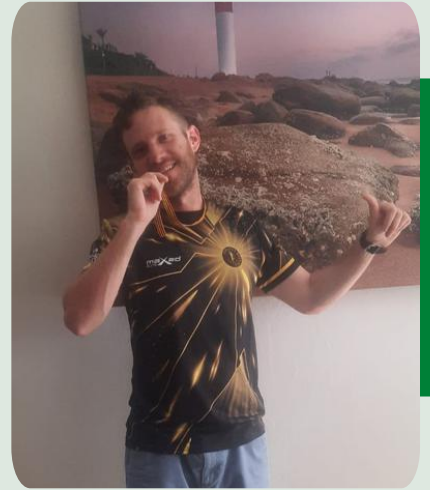
Please hand the items to your running captains and we will arrange a drop-off at uBuhle Bezwe home.

Thank you - your generosity and support is highly appreciated!

Captains Report

Comrades - The Peoples Race

Why comrades, why do people decide to run from Durban to Pietermaritzburg, some 80-odd km, in this day in age when you have cars, trains, and tricycles? Why would some 20,000 people decide and even pay to take on this journey? It has grown from 32 participants in 1921 to 20 600 entrants (18 884 started and 17 313 finished) in 2024. This year was the 97th marathon and my 1st (probably 1 of many 😞). This article has been created as I would like to share my journey, experience, and tips on the race. I hope this article gives you enough information and excitement to decide whether Comrades is a race for you!



The Journey: What possessed me to do 1500 km of training (from November 1st 2023) to be ready for a 90km run through KZN? I honestly don't know but I will just write down what I think it could be:

So back in the '90s, I was a very impressionable kid who went to school as kids did in those days. Every year at this school there was an assembly where we would send off our principal, and we wished him luck for his Comrades run. I didn't know much about Comrades then, but I knew it was in Durban, and being from Johannesburg, it must end in Johannesburg therefore I deduced Johannesburg was 90km from Durban. I couldn't understand why it took my dad 6 hours to drive to Durban, for holidays, and yet my principal could run it in 11 hours. I was just a kid, and my aunt and uncle did it every year as well. So, a lot of influential people in my youth did Comrades so maybe they planted a seed.

Fast forward to May 2022 (don't worry about the years in between, that is a story for another time) on an icy Tuesday. I just moved back to Johannesburg and my friend wanted to run, so I suggested Modderfontein, I told him to meet me at 33 High Street as that is where I thought the run started. I was at the wrong place but luckily the Captain and Coach Marco are good at finding stragglers and putting them in the right place. Then I started running at the club every Tuesday and then started going to speed/hill training on Thursday where I ran through the winter. During the hill/speed training, the coach would split us up into two groups: Comrades' runners, and everyone else. The Comrades people got, at least in my mind, "special treatment" and then maybe another seed was planted. If I want to be part of this club and get "special treatment" I must run Comrades.

After that winter I decided I was a runner and I made it part of my identity so when I met people I would say "I am a runner" because as you know if you say you are something you are more likely to be that thing. When people found out I was a runner, they would ask me if I had run The Comrades Marathon. Most people would laugh and carry on, but this created an identity crisis, how can I call myself a runner when I haven't run Comrades? Maybe this is a possible reason.

Not sure which one of these reasons is the real reason or if it is a combination of these reasons but this year, I decided I must do it. At first, I wanted to do it in 2023 but was politely told to wait a while as my legs were new to running. I agree with this advice, I promise you, you don't have to rush and there will always be enough crazy people running it. Even if I must enter again so there are enough entrants for you to enter, I will.

My experience:

As with most races, you must wake up and the crack of dawn. In winter, it is cold! The cold doesn't last long because as soon as you get into your batch you are just surrounded by people, and all these people are like you and just excited to be there. I left the hotel around 4:00 to be there at 4:30 which is an ample amount of time as the race starts at 5:30. Then in the pit you just meet all kinds of interesting people, and you hear the anthem, cock crow, and then you go. For the first 3 km, I danced more than I ran because that is the vibe during the race. For the first hour, I ran in the dark, but it wasn't an issue. I did catch a cat's eye but luckily, I could get my balance back with my feet instead of my face. I had a run 8km, walk 1 km strategy which was working well. Even though I was climbing for the first 30km it still went by very quickly, with a big smile on my face and the thought "I can't believe I am doing this 😊" racing through my head.

I was happy at this point, and I was still smiling every time I passed a board that said, "Smile if you not wearing underwear". After 30km I got to my parents and had my mandatory hug (Okay 2 😊), and was feeling slight pain in my knee but otherwise really chirpy and high spirited, the thought "I can't believe I am doing this 😊" was still a loud and proud chorus running through my head. Everything was going super duper until I got to the marathon mark. It took me 5 hours and I could feel a sharp pain in my knee (ITB). Running up hills didn't hurt too much but running down hurt like something I shouldn't say. The chorus of "I can't believe I am doing this 😊" quickly became "I can't believe I am doing this 😞". I knew my target time was out of reach and seriously considered giving up because the end was so far. I knew I couldn't quit because: firstly I wouldn't be able to forgive myself; secondly, I thought everyone I knew and loved would disown me; and thirdly, I couldn't get my back-to-back if I didn't finish my first. Look people wouldn't disown me but I knew I came all this way and grew so much I couldn't just give up. So I made a pact with myself, I would get to Coach Marco's table and find out if he would let me quit. That became my new goal.

So, with my new goal set, I shuffled along at my new top speed of 8:00 min/km and just soaked up the experience that is Comrades. I would just chat to random people, and ask them what's their number? What was their reason to do it? And just thank the supporters. Occasionally, someone I knew would find me and they would try to make me run faster. I would run a km or 2, have a bit of a chat, and send them off, I just needed to get to Marco.

I eventually got to 57 km where I thought Marco was 😊, then I got to 58km where I thought Marco was 😞?, then I got to 59km where I thought Marco 🙄 was? And then I got to 60km - where was Marco 🙄🙄? I missed him! Oh well, so asking him to give up was no longer an option (when I saw him after the race he told me that giving up was never an option!) By that time, I was too far in to give up, so I just decided to go for it. I remember I had over 3 hours and 30 minutes to do 20 km and I got a bit worried because that seemed so far, so I just kept going forward and making deals with myself to get me to the end.

After a long day out, I finished 11:42! I now must go for my back-to-back, and then I must get a way better up run time, and then I must do the 100th Comrades, and then I must get my green number, and then maybe I can stop?

Tips:

- Don't enter Comrades! It is addictive and you will hurt yourself, but you will have achieved something that not many people do, even the people who consider themselves runners. Also, you will have more respect for yourself because you achieved something hard, and you can do hard things!
- Be prepared to do the training. I had a horrible run, but it is more because of an injury than fatigue. I don't think I was tired, but just in proper pain. I was stiff for a day or two after that and I will be running as soon as I get the go-ahead from the physiotherapist. Without training, I would probably be in hospital or dead. It is not a joke, be fit and train.
- If you run it, give yourself goals during the race and be kind to yourself for just attempting it, it means you have what most other people don't, but just keep going. Make it an adventure. There are so many people there to push you forward.
- Don't skip strength!
- On the race get a plan to skip toilets, maybe run faster so you don't have to use a toilet.
- Enjoy every moment of Comrades. You will go to dark places, you will swear at people who tell you to start running and then you will start running to make sure they don't hit you, enjoy that moment. Enjoy the pain, enjoy the fans, and enjoy being outside.



I hope you enjoyed this article and that inspires you to do whatever you want to do. Comrades is a truly amazing race and if you want to do it, I will train with you! If you don't want to do Comrades that is also fine, because there are more important things in life, but it is a great experience. I don't know anyone who says it is super kak, maybe just a little kak.

Andre Greyling

Upcoming Races

JULY

Saturday 6th

- Garsfontein Ice Breaker | 21.1km | 10km | 5km

Sunday 7th

- Gallopers | 15km | 5km

Sunday 14th

- Gerald Fox Memorial Road Race | 21.1km | 10km | 5km

Saturday 20th

- Mandela Day Walk & Run | 21.1km | 10km | 5km

Sunday 21st

- Run the North - Northgate Road Race | 10km | 5km

Sunday 28th

- Randburg Harriers Challenge | 21.1km | 10km | 5km

AUGUST

Saturday 3rd

- Impact Run | 21.1km | 10km | 5km

Sunday 11th

- Old Eds Road Race | 21.1km | 10km | 5km

Saturday 17th

- Totalsports Women's Race | 10km | 5km

Sunday 18th

- Waterfall City Half Marathon | 21.1km | 10km | 5km

Saturday 24th

- Clearwater Mall Race | 10km | 5km

Sunday 25th

- Wanderers Road Race | 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

**Poplar on Park,
Riverclub**



Time Trial Roster - Modders

2nd July - Andre G & Patrick W

9th July - Warren & Candice

16th July - Ross, Julie & Jackson

23rd July - Helga Lucas & Riaan

Steyn

30th July - Gail E-W, Brad & Bron



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

www.nedbankrunningclub.co.za

COME RUN WITH US.



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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



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 - 6:30am; Modderfontein - 6:30am
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!

