



Nourish to Finish

From your first 10 km to the Comrades Marathon - fuelling matters. One of the most common reasons runners 'hit the wall' is not poor fitness, but under-fuelling. Over the past few years, sports nutrition research has evolved dramatically, with growing evidence showing that carbohydrate intake during endurance exercise improves performance, delays fatigue, helps maintain pace and may even improve recovery. Yet for many runners, stepping into a sports store and seeing shelves filled with products labelled foreign-sounding terms can feel completely overwhelming.

During exercise, the body relies heavily on stored carbohydrates, known as glycogen, which is stored in the muscles and liver. As runs become longer or more intense, these glycogen stores gradually become depleted. Once levels drop significantly, pace slows, effort feels harder, concentration declines, and runners experience the dreaded sensation of 'hitting the wall'. Sports gels are designed to provide rapidly absorbable carbohydrates during exercise in order to maintain energy availability and delay fatigue.

How many gels should I be consuming?

For most runners, gels are unnecessary during runs lasting less than 60 minutes. However, sessions exceeding 90 minutes generally benefit from carbohydrate intake, while marathon and ultra-distance runners should have a structured fuelling strategy in place. Current sports nutrition guidelines recommend approximately 30–60g of carbohydrate per hour for exercise lasting 1–2.5 hours, and up to 90g per hour for events exceeding 2.5–3 hours. Elite marathoners and ultra-endurance athletes may tolerate even higher intakes, using advanced carbohydrate blends combined with structured gut training.

Importantly, more carbohydrate is not always better. Intake should match both the intensity of the session and the runner's gastrointestinal tolerance. The amount of carbohydrate required during a hard race differs substantially from that needed during a controlled long run. This is why practising your race-day fuelling strategy during training is essential. Training the gut is just as important as training the legs. Regular use of gels during long runs allows the body to adapt to the taste, texture, carbohydrate concentration and overall intake.



What type of gel should I be consuming?

Traditional gels remain the most commonly used products on the market. These concentrated carbohydrate gels often contain maltodextrin, glucose, fructose, sodium and sometimes caffeine. Because they are highly concentrated, they generally need to be taken with water. Without adequate fluid intake, they may increase the risk of bloating, stomach cramps, nausea or diarrhoea. Popular examples include products from GU Energy, 32Gi, Hammer Nutrition, USN, and Nutritech.

Isotonic gels contain more water and are specifically designed to be consumed without additional fluids. They are often easier on the stomach and can be more convenient during races, particularly for runners prone to gastrointestinal symptoms. The downside is that they typically contain fewer carbohydrates per sachet, and are often bulkier to carry. Some examples include Science in Sport gels (SIS), USN and Powerbar.



Hydrogel technology is one of the newer developments in endurance nutrition and has become increasingly popular among elite marathon runners. These gels are designed to encapsulate carbohydrates within a gel matrix, theoretically improving stomach comfort and carbohydrate delivery at higher intake levels. Hydrogel products are often less sweet, and may be better tolerated by runners aiming for very high carbohydrate intakes of 80–100+ g per hour. However, they are considerably more expensive and are not always necessary for recreational athletes.

Maurten is currently one of the most recognised brands in this category. Hydrogels differ from isotonic gels because they use a specialised gel matrix technology rather than simply adding more water.

One of the biggest advances in sports nutrition has been the development of **dual-source carbohydrate blends**. Older gels relied mainly on glucose or maltodextrin, but the intestine can only absorb a limited amount of carbohydrate through a single transport pathway — approximately 60g per hour. Modern products combine glucose or maltodextrin with fructose, allowing the body to utilise multiple intestinal transporters and absorb greater amounts of carbohydrate more efficiently. This is why many newer products advertise ‘dual-source carbohydrates’ or specific ‘glucose-fructose ratios’.

Caffeine gels can also play a useful role during endurance events. Caffeine may improve alertness, reduce perceived effort, and enhance endurance performance, particularly later in races when fatigue becomes significant. However, caffeine is not suitable for everyone. Excessive intake may lead to jitters, anxiety, elevated heart rate and gastrointestinal upset.

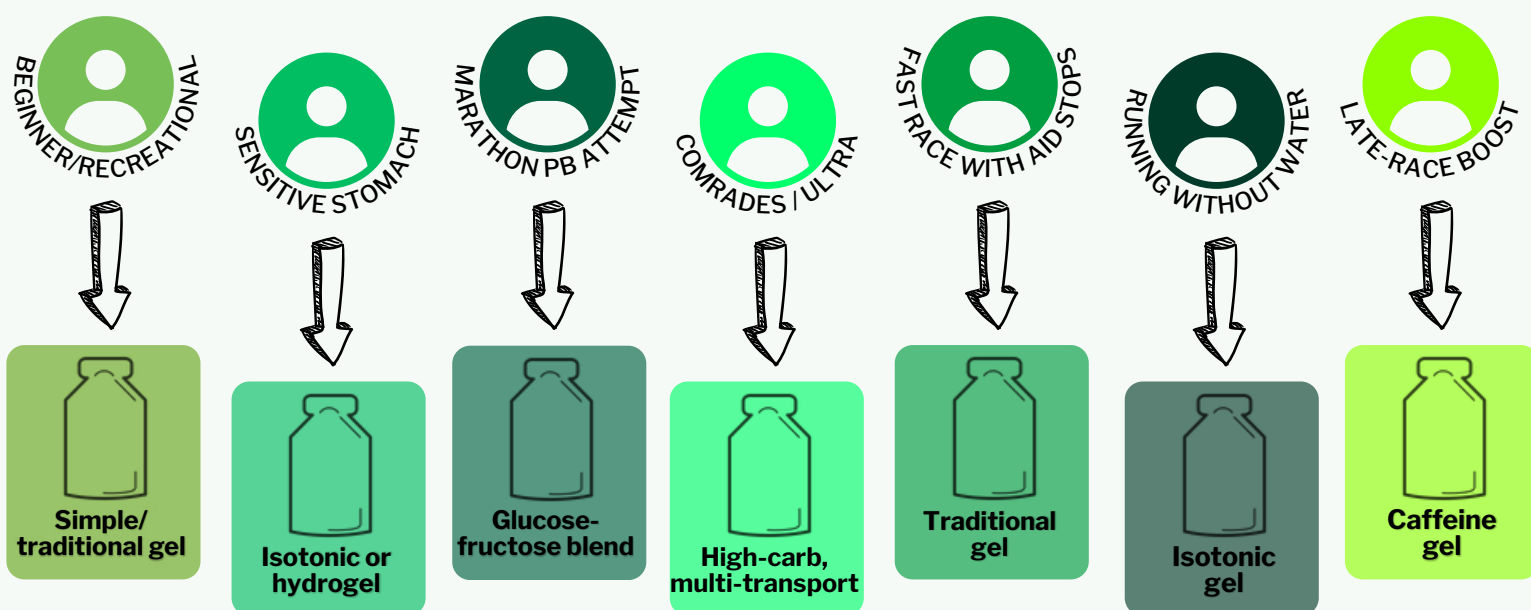
For many runners, a sensible approach is to use regular gels earlier in the race and reserve caffeine-containing products for the later stages when both mental and physical fatigue begin to set in.

Ultimately, the most important rule is simple: never try a new gel on race day. Your gut is trainable, and runners who consistently practise fuelling during training are more likely to tolerate higher carbohydrate intakes, experience fewer gastrointestinal problems and perform better on race day.



Long runs should be used to practise not only carbohydrate intake, but also hydration, sodium replacement, timing and the specific gel combinations that work best for your body.

Quick Gel Cheat-Sheet*



*This is not a strict table to follow in running, as fuelling strategies are highly individual and ultimately depend on what works best for your body and what you tolerate well during exercise.

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Gels are not the only fuel option

While energy gels are one of the most convenient and popular ways to consume carbohydrates during endurance exercise, they are certainly not the only option available to runners.

Many athletes successfully fuel using a combination of carbohydrate drink mixes, sports drinks, chews, bars, fruit, potatoes, sweets or other easily digestible foods. Carbohydrate drink mixes have become increasingly popular, particularly among marathon and ultra-distance runners aiming for higher carbohydrate intakes. These products allow athletes to consume carbohydrates and fluids simultaneously and may be easier to tolerate for some runners during longer events.



Solid foods can also play an important role, especially during ultra-endurance races such as Comrades or trail ultras where athletes are exercising for many hours. Foods like bananas, potatoes, rice cakes, sandwiches, sweets or energy bars may help reduce flavour fatigue and provide variety over prolonged periods.

Ultimately, the best fuelling strategy is highly individual. Some runners tolerate gels exceptionally well, while others prefer liquids or solid foods. .

The key principle remains the same: practice your nutrition during training, learn what your stomach tolerates, and ensure you are meeting your carbohydrate and hydration needs during exercise. For many runners, a combination approach, using gels alongside drinks or solid foods is often the most practical and sustainable strategy during long endurance events.

Hi everyone! I'm Marizanne,

a final-year medical student, qualified radiographer and Master's graduate in Sports Medicine with a passion for endurance sport and all things running.

When I'm not studying or in the hospital, you'll usually find me out on the road, training. Over the years, I've completed multiple marathons and ultra-marathons, including the iconic Two Oceans and Comrades Marathons - experiences that have deepened my interest in the science behind performance, nutrition and recovery.

Whether I'm training for my next event, studying or working in the hospital, I'm fascinated by the connection between health, performance, and endurance. Through 'Nourish to Finish', I'll be sharing practical, evidence-based insights on topics such as sports nutrition, hydration, recovery, training and the latest research relevant to runners.

My goal is to translate the science into information that is easy to understand and useful for runners of all levels, helping you make informed decisions and get the most out of your running journey.

RUNNING LIGHT ETIQUETTE

WEARING A HEAD LIGHT

Have light slightly pointed down
NOT straight ahead.



HAVE A HAND LIGHT

Hold light in hand and point light down to the ground just in front of your feet,
NOT straight in front of you.



TRY KEEP LIGHT AS STILL AS POSSIBLE.

Don't swing light back and forth or sideways.



REMEMBER TO BE CONSIDERATE

of those behind you, running next to you or coming towards you.



Navigating Winter Road Training Safely

Aside from the struggle of getting out of bed on a chilly, dark morning, winter road training comes with its own set of safety challenges.

By staying aware and preparing adequately, you can ensure your safety while remaining dedicated to your coaching plan:

- **If possible, try schedule training a bit later in the morning, closer to sunrise, to enhance visibility.**
Remember! Weekend long runs start at 6:30 during winter months.
- **Set out on evening runs earlier, to make the most of the daylight.**
- **Get to time trials by 17:15 to register, and start the run on time.**
- **Invest in comfortable, quality high-visibility accessories and a reliable headlamp.**
Remember to wear your gear and headlamp to time trials, or grab a high-visibility vest on the start line.
- **Look out for other runners, and practice running-light etiquette.**

Save the Date!

**TUESDAY,
23 JUNE**

KEEP A LOOK-OUT
ON SOCIALS AND
WHATSAPP
GROUPS FOR
MORE DETAILS!

SKA FELA MOYA!

COMRADES ACHES & PAINS PARTY

after Tuesday time trial at
BUONISSIMO.



Kudos Corner

Barry Chapman



**CAPE GATE VAAL MARATHON:
2ND MASTER**



**BNAC HALF-MARATHON:
2ND MASTER**

Jovan Marais



**URUN+ SKOSANA LEGEND
10KM:
4TH - JUNIOR MEN**

Kudos Corner



2

1

3

Lauren Kruger



**MONAGHAN FARM TRAIL RUN:
1ST LADY - 14.5KM EVENT**

Cheslin Van Wym



**RAC HALF-MARATHON:
9TH POSITION OVERALL**

Alex de Ryhove



**MEIRINGSPOORT:
10KM PB**

Cas Abell



**URUN+ SKOSANA LEGEND
10KM:
3RD - JUNIOR LADIES**

Estee Kotze



**URUN+ SKOSANA LEGEND
10KM:
3RD OVERALL - LADIES**

Fana Khubeka



**CAPE TOWN MARATHON:
2ND RACE EVENT COMPLETED**

Have you got something to brag about? Want to celebrate a fellow athlete?

Whether it's running your first race or finishing on a podium, we'd love to **SHOUT OUT** your - our your friends' - victories in our newsletter.

Please note:

- Submissions are exclusive to Nedbank CG members (full membership and social membership).
- You must provide a clear photograph of the athlete at the event in question.
- Your submission must be accompanied by a link to official results (Strava or official event timers) where your claim can be verified.
- Submissions made before the 25th of the month will be included in that month's newsletter. Any later submissions will be included the following month.

*Click here
to submit
your brag!*



**COME RUN
WITH US.**



Join Nedbank Central Gauteng by either clicking
the below link or scanning the QR code NOW:
www.nedbankrunningclub.co.za

Scan HERE

**One Club
Two Venues**

*Modderfontein
& Sandton*

**Make the most of your membership by joining our weekly runs at both venues,
or either, at your convenience!**

1 CLUB
2 VENUES **SANDTON**

WEEKLY SCHEDULE



WEDNESDAY

Weekly time trial

Poplar on Park, Sandton - 17:15

Meet in the parking area for registration & briefing.
Run starts at 17:30



THURSDAY

Hill/Speed sessions

Poplar on Park, Sandton - 17:15

Meet in the parking area for registration & briefing.
Run starts at 17:30



SUNDAY

Weekend long run

Poplar on Park, Sandton - 06:30

Routes, venues & distances shared on WhatsApp group
the Friday before.
Meet at 06:15 for registration & briefing.
Run starts at 06:30



STRAVA ROUTES:

TAP TO OPEN

3KM

5KM

8KM



TAP TO OPEN

JOIN OUR
SOCIALS TO
KEEP UP WITH
UPDATES

1 CLUB
2 VENUES **MODDERFONTEIN**

WEEKLY SCHEDULE



TUESDAY

Weekly time trial

Flamingo Shopping Centre - 17:15

Meet in the adjacent parking area for registration
& briefing.
Run starts at 17:30



THURSDAY

Hill/Speed sessions

Bossa Modderfontein parking - 17:15

Meet in the parking area for registration & briefing.
Run starts at 17:30



SATURDAY

Weekend long run

Modderfontein and surrounds - 06:30

Routes, venues & distances shared on WhatsApp group
the Friday before.
Meet at 06:15 for registration & briefing.
Run starts at 06:30



STRAVA ROUTES:

TAP TO OPEN

4KM

5KM

8KM



TAP TO OPEN

JOIN OUR
SOCIALS TO
KEEP UP WITH
UPDATES

Thank you to our sponsors!



THIRSTI



Get your Membership for 2026!

It's that time again, Green Team — let's gear up for another epic year of running, racing and representing our amazing club with pride!



NEW

Family Discount:

Sign up two or more members from the same household and get **10% off** your total fees!

2026 Membership Fees:		Benefits
Full Membership:	R600	✓ ASA License – your official license to race throughout 2026. ✓ Discounted entry to all club events ✓ Gazebo access at selected races ✓ Coach led Hills / Speed Training on Thursdays ✓ Group Training runs on Saturdays ✓ Incredible club support and team spirit – you'll never run alone in green!
Nedbank Employee Membership:	R550	
Juniors (Under 20 yrs):	R350	
Seniors (Over 60 yrs):	R350	
Social Members:	R365	✓ Same as above except no ASA License! <i>Please note that you will need to purchase a temporary license at each race and may not run in Nedbank kit</i>

SIGN UP

How to Renew or Join:

1. Download and complete the [ASA 2026 Licence Form](#)
2. Make payment according to your membership category
3. Email your completed form and proof of payment (use your name as the reference) to: info@nedbankrunningclubcg.co.za

Click here for the *2026 Race Calendar*



We Are **HIRING**

GAZEBO HOST

Are you a reliable, organized, and enthusiastic individual with a passion for supporting runners?

Our running club is seeking a dedicated Gazebo Host to be a vital part of our race day experience, ensuring our runners feel supported from start to finish.

To apply, please contact
Patrick Moore
📞 +27 82 629 7904

[Click here for the full job description.](#)

Upcoming Gazebos at races

July, Sunday 12th

- Rockies Gerald Fox Memorial Race | 21.1km | 10km

Please click here if you are keen to host a Gazebo

Like
& follow



<https://www.facebook.com/Nedbank-Running-Club-Central-Gauteng-Johannesburg-and-Soweto-150279161653752>



<https://www.instagram.com/nedbankrunningcg/>

Please click here
if you are keen
to assist with
time-keeping

MNHW Donations

Reminder: Support MNHW at Time Trials

Please remember to donate towards the incredible Modderfontein Neighbourhood Watch (MNHW) representatives who keep us safe at our weekly Time Trial events.

How to donate:

- Cash: Look out for the MNHW donation box at Time Trials.
- Card: Tap & go with the YOCO machine available at every TT.
- EFT: Transfer into the club account using 'MNHW' as your reference.

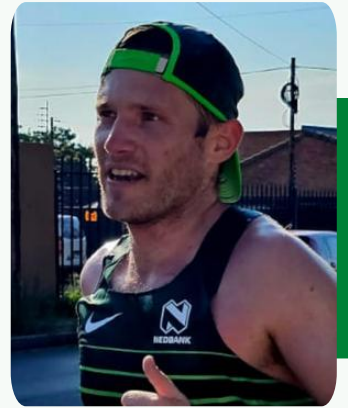


Every contribution—big or small—helps us give back to the team that looks after us week after week. Let's show our appreciation and keep their good work going!

Thank You!

Captain's Report

The Ultimate Guide to Seconding: How to Be a Roadside Hero



As race day approaches, runners spend months finalizing their training, obsessing over paces, and tapering. But behind almost every successful finisher is a dedicated, exhausted, and equally heroic support crew: the seconds.

Seconding a major race is a massive undertaking. It requires sharp logistics, deep patience, rapid problem-solving, and endless energy. Whether your runner is tackling a local marathon, a rugged trail ultra, or the legendary Comrades Marathon, you aren't just a spectator—you are the crew chief, the lifesaver, and the mental anchor.

1. Outsmarting the Ultimate Foe: Traffic & Logistics

From massive point-to-point road races, like Comrades, to local city marathons with extensive road closures, logistics can get messy, fast. If you get stuck in a gridlock, you miss your runner—which can be a massive procedural or psychological blow for them.

Master Your Tech:

- **Live Crowd-Sourced Maps:**

Do not rely on static route maps. Keep **Google Maps** or **Waze** running constantly. They track real-time traffic anomalies, and will reliably provide you with options to reroute down backroads to bypass bottlenecks caused by race-day closures.

- **Zello/Two-Way Radios:**

Cellular networks can take a massive beating on race day due to thousands of people concentrated in small spectator zones. Standard phone calls and WhatsApp messages often drop or delay. Using two-way radios or a walkie-talkie app, like **Zello** (which uses low data to mimic radio channels), can keep your support vehicle perfectly coordinated with other club members along the route.

- **The Golden Rule:**

Choose two or three key spots *max* to see your runner, depending on the race distance. Trying to catch them too many times is a recipe for getting trapped and missing them entirely. Pick your spots, get there early, and stay put.

Enjoying the Wait: You will spend hours waiting in or around your car. Instead of letting the frustration build, turn it into a vibe:

- **Pack a 'Seconding Festival' Kit:**

Bring camp chairs, a gas skottel or braai for breakfast, a flask of premium coffee, and a Bluetooth speaker.

- **Team Up:**

Coordinate with other seconders from the club. Setting up a collective 'club hot spot' makes the waiting incredibly social, shares the logistical burden, and ensures a massive wall of cheer when any club vest runs past.

2. The Roadside Medic & Fuel Depot: What to Pack

Your seconding kit needs to cater to exact nutritional requirements, unexpected medical emergencies, and comfort of your runners. You aren't just packing for the best-case scenario; you're packing for the "everything went wrong at the halfway mark" scenario.

For Your Athlete:

- **The Essentials:**

Their preferred energy gels, custom electrolyte mixes, and specific solid foods (baby food pouches, boiled potatoes, or Marmite sandwiches work wonders late in a long race).

- **The Emergency Medical Kit:**

Anti-chafing cream (Vaseline or body glide), wet wipes, deep heat or ice spray, paracetamol (avoid NSAIDs like ibuprofen, which strain the kidneys during endurance events), and plaster/blister kits.

- **The Reset Kit:**

A spare pair of socks, a damp cloth in a Ziplock bag to wipe salt crust from their face, and a fresh cap.

For Other Athletes - The Ubuntu Spirit: True running culture is defined by community. You will always encounter runners in absolute agony, who don't have a support crew nearby. Keep a separate 'community box' accessible to give away to anyone in need:

- **Ice-Cubes:**

A cooler box full of ice cubes (wrapped in small Ziplock bags) or sponges.

- **Basic Fuel & Hydration:**

Extra race cold drinks, water sachets, and salted potatoes or pretzels.

- **The 'Rescue' Pack:**

Extra petroleum jelly, plasters and safety pins (for torn race numbers).



3. The Psychology of Support: Keeping Them Motivated

When an athlete hits the wall, their brain screams at them to stop. Your job is to quiet that voice.

Be An Active Seconder: Don't just stand there holding a bottle. When you spot your runner, move with them if the space allows. Walk alongside them for a few meters (without pacing them illegally, of course) to look them in the eye.

- **Assess, Don't Just Ask:**

Instead of asking a vague, "How are you feeling?", look for signs. Are their shoulders tense? Are they shuffling? Is their skin covered in salt?

- **Direct Them:**

"Drink this now. Take this gel. Walk the next steep incline, then find your rhythm."
Sometimes, they are too tired to think; they need clear, gentle commands.

WHAT NOT TO SAY	WHAT TO SAY INSTEAD	WHY IT MATTERS
"You look exhausted."	"Your form looks solid. Keep it smooth."	Telling a runner they look terrible ruins their mental game. Focus on action instead.
"Only 20km to go!"	"Run to the next tree. Just focus on this hill."	Big numbers are terrifying late in a race. Break the distance down into smaller, manageable chunks.
"Hurry up, you're losing time."	"You are exactly where you need to be. Manage your pace from here."	Panic causes bad decisions and pacing disasters. Keep them grounded and calm.

4. Supporting All Involved: The Community Mindset

The energy you give out to the field returns to your runner tenfold. If you are supportive of everyone, the crowd vibes stay high.

- **Cheer for the Vests:**

Learn the colors of the major local running clubs. When you see a lonely runner struggling, call out their club name or read their name off their race bib. Hearing your own name shouted by a stranger provides a proven psychological and physical boost.

- **Respect the Officials and Locals:**

The volunteers, marshals, and local traffic police are working under immense pressure to keep the roads safe. A kind word, a thank you, or sharing a spare cup of coffee with a marshal goes a long way.

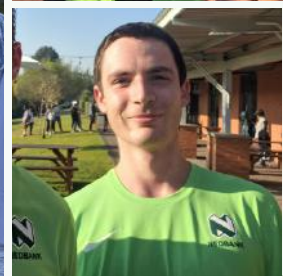
- **Leave No Trace:**

Ensure your seconding spot is cleaner when you leave than when you arrived. Bag all gel wrappers, cups, and litter. Protecting the route is a massive part of respecting the sport.



Seconding is tough on the feet, stressful on the mind, and requires a massive amount of heart—but when you see your runner cross that finish line and claim their medal, every single minute in traffic becomes completely worth it.

Good luck to all our club runners and the incredible crews backing them up on the road!



Seen in Green

