



Echoes from Two Oceans 2026

The Two Oceans Ultra Marathon, along with its Half Marathon and Trail runs, represents a goal for many runners. For countless participants, it is a 'bucket-list' event that requires extensive training over several months, brings anxiety when trying to secure a spot in the ballot, and culminates in shared celebrations and commiserations with fellow Nedbank athletes at the finish line. It's truly a 'If you know, you know' kind of experience. Now, let's hear from the Two Oceans 2026 athletes who had the honour of participating this year...

Two Oceans 2026 has come and gone.

About 75 Nedbank Running Club CG runners flew down to Cape Town to compete in the 56km on Saturday and the 21.1km on Sunday.

The running weekend started on Saturday with the 56km, where we had 53 runners competing. The ultra started in good conditions, and most athletes were happy that the strong winds and rain from the previous week stayed away.

We had one silver medal, with Ernest Dlamini finishing in 3:56:58. Well done, Ernest! We had 13 runners achieve their Sainsbury medal, with the rest earning bronze and blue medals. Well done to Ilse Marais, Jeannie Henderson, Boipelo Orekgeng, and Estee Kotze for placing 3rd overall in the ladies' team category. Well done to everyone, especially all the novices and those who achieved their PBs. Congratulations as well to all who completed their 10th run and achieved their blue number.

The half marathon started on Sunday in almost perfect conditions, with 22 athletes representing the club. Notable achievements included Shanice Peens, who earned a silver medal in a time of 85:30, placing 12th overall female, and Rachel Woodburn, who also achieved a silver in 90:39 and placed 25th overall female. Well done to Shanice, Rachel, Acacia-Cailyn Abell, and Victoria Hully for placing 2nd overall in the female team category.

Well done, runners! Congratulations to all our novices. Thank you to everyone who supported our runners on 11 and 12 April 2026.

-Coach Marco

Two Oceans Ultra Blue Number runner and
NRC CG Coach





Although some years haven't felt it, it really is a privilege to run the Two Oceans Ultra. And this year was extra special, running in my yellow number.

This run I made sure to take it all in, starting with Marco was special, watching the sun rise over the ocean with the trains tooting their horns, the endless support from the crowds, and catching up with friends made on the road through the years.

And even though this was my blue number run, I can say with certainty that no two two oceans are ever the same. It is a race that delivers something new every year!

-Sally

Two Oceans Ultra run and Blue Number runner recipient 2026

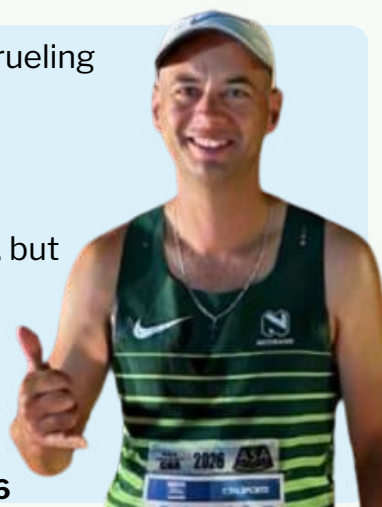
My first Two Oceans Ultra was breathtaking- from the stunning views to the grueling Chappies climb. Surprisingly, everything went well, despite the fact that I tried something new on race day! (PS: buy your fuel three weeks early).

Seeing familiar Nedbank faces mid-route was truly amazing and made a huge difference during the tough climbs. The final 10km was a battle with cramping, but hearing the stadium roar was emotionally rewarding.

Celebrating with Nedbank friends after they reached another milestone was very special. I'll definitely be back for more next year and hope many more of you undertake this amazing challenge!

-Darryn

Two Oceans Ultra Marathon debut 2026



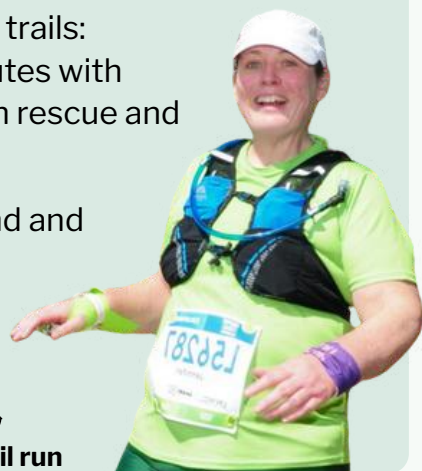
When you think Two Oceans Marathon, the immediate association is the Ultra with its incredible hills and ocean views. Or the Half that requires runners to conquer Southern Cross Drive. Not many people think of Trails, yet its been around for 13 years! The TOM has two incredible trail runs that offer a unique race experience - catering to the novice (like me) with a 16km trail, and for the mountain goats among us there is a far more challenging and technical 24km trail. And the best part about it? No ballot. Just enter early, because entries are limited to 500 / route.

Previous editions of the trail race have been plagued with poor planning, limited infrastructure and support - giving it a bad rep. 2026 saw a completely new experience on the trails: generous (and many) fueling stations along the routes; well sign-posted routes with marials at every turn; a safety-first support network with medics, mountain rescue and proper check-in posts to ensure no-one got left behind on the mountain.

I didn't plan to run the Trail. I entered because I had FOMO when my husband and my business partner both got entries for the road races, and I didn't. It was incredibly tough - mentally and physically. I learnt a lot about myself on that mountain. But I can't wait to go back in 2027, stronger and better prepared. I hope to see some of my NRC CG friends join me on the mountain for an incredible adventure.

-Jenny

Two Oceans Trail run



I did not initially receive an entry but chose to continue training, hopeful that I might secure a substitution entry—and fortunately, I did.

The evening before the race, we went to congratulate the ultra-runners. The route we drove closely mirrored the first 10 km of the half marathon; it suddenly dawned on me that I might not be as well prepared as I had thought.

We had booked accommodation close to the start, which allowed Shanice and me to walk there on race morning. This made for a far more relaxed experience, avoiding traffic, parking challenges, and the usual pre-race stress.

One of the highlights of the day was hearing my daughter's name announced over the PA system alongside the top women's entries—it was a truly special moment.

The first 10 km passed quickly, and I was pleasantly surprised by how strong I felt. However, I knew Southern Cross Drive was still ahead—and it certainly lived up to its reputation. Fortunately, the incredible support along the route and the various activations helped carry me through. Before long, I found myself on Rhodes Drive, tackling the infamous camber that everyone talks about, but only truly understands once experienced firsthand. Along this stretch, supporters offered an array of refreshments—Jägermeister, tequila, beer, wine, sweets, ice lollies, and more—which added to the unique atmosphere of the race.

At around the 18 km mark, Marco, Sally, and the rest of the club were waiting. Seeing them and receiving their encouragement gave me a much-needed boost for the final 3 km.

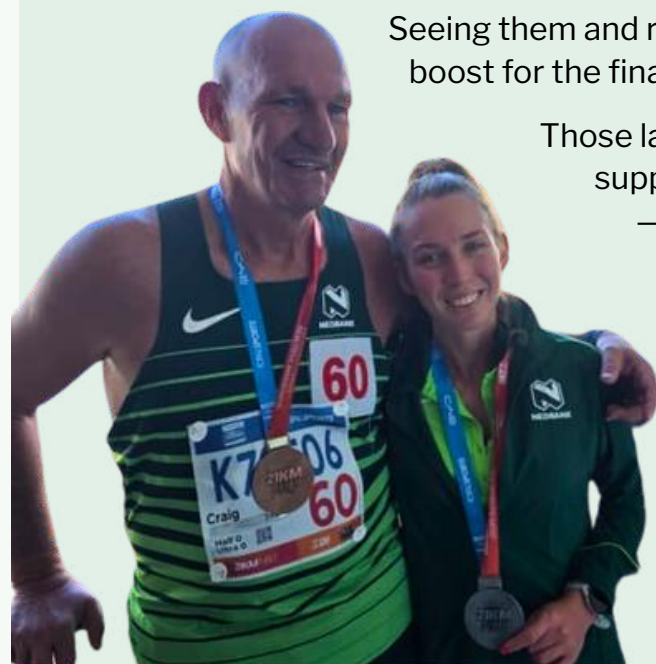
Those last kilometres were challenging, but once again, the support from fellow runners and even complete strangers—calling out my name, club, or age category—helped push me to the finish.

I was thrilled to beat my personal best by 15 minutes, an achievement I attribute largely to Marco, the club, and all the members who consistently show up for time trials, hill sessions, and Saturday long runs. To all of you—thank you.

It was an incredible experience, and I am now more determined than ever to take on the ultra.

-Craig

Two Oceans Half-Marathon debut run



Congratulations to every Two Oceans participant - Whether you conquered the gruelling Ultra Marathon, triumphed over the challenging Half Marathon, smashed the dusty climbs of the Trail run, or cheered your heart out on the sidelines, you are champions!

Nedbank CG is incredibly proud of you, and look forward to experiencing and supporting you in the challenges and further victories inspired by this iconic race.



Kudos Corner



2

1

3

Gilbert Gomes



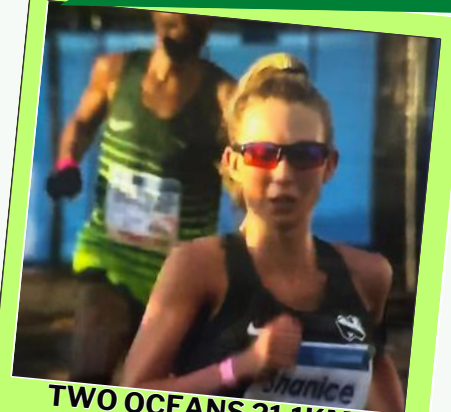
**TWO OCEANS ULTRA:
SUB 6HR RUN**

Ernest Dlamini



**TWO OCEANS ULTRA:
SUB 4HR RUN**

Shanice Peens



**TWO OCEANS 21.1KM:
PLACED 12TH LADY
OVERALL**

Andrew Lucas



**IRONMAN NM BAY:
IRONMAN TRIATHLON
DEBUT**

Candice Delacovia-Graver



**TWO OCEANS ULTRA:
ULTRA MARATHON DEBUT**

Dineo Sesoko



**TWO OCEANS 21.1KM:
3RD RACE COMPLETED**

Noma Camane



**TWO OCEANS 21.1KM:
5TH RACE COMPLETED**

*Noma completed the race
with her son, Kwande, who
is a novice runner.*

Lauren Kruger



**CAPE GATE VAAL
MARATHON:
PLACED 3RD LADY OVERALL**



Kudos Corner



2

1

3

Chelsea Newege



WEEKLY TIME TRIAL:
REGULAR PROGRESS IN
SPEED & DISTANCE

Tatum Lister-Strydom



TINMAN SPRINT TRIATHLON:
PLACED 7TH IN AGE CATEGORY

Bradley Diamond



LOSKOP ULTRA MARATHON:
50KM PB

Claire Steyn



LOSKOP ULTRA MARATHON:
ULTRA MARATHON DEBUT

*Claire was supported by
Gail Elliot-Wilson, who
ran her 6th Loskop Ultra
this year!*

Theo Swanopoel



LOSKOP ULTRA MARATHON:
PLACED IN 2ND AGE
CATEGORY

Buhle Mpofu



WEEKLY TIME TRIAL:
REGULAR PROGRESS IN
SPEED & DISTANCE

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 Modderfontein
Two Venues & 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

Save the Date!

Comrades entry?

SECURED!

Qualifier?

SMASHED!

Training plan?

SUSTAINING!

Now there's just one thing left to do....

RSVP AND SOAK UP THE CELEBRATION!

Click here by
Monday, 25th May,
to secure your
spot!



30 MAY 2026
START AT 1PM

COMRADES Send-off Lunch WITH THE RUNNING MANN

We're excited to have guest speaker Stuart Mann presenting:
"Stats, Stories & Bowel Movements: An Illustrated Guide to the Comrades Marathon"

Enjoy a good old South African braai lunch and a welcome drink, expect laughs, insights, and a few surprises along the way!

This event is for everyone, not just Comrades runners — whether you're running, supporting, or just keen to be part of the vibe.

Friends and family are more than welcome, so bring your crew and let's give our runners the send-off they deserve!

R250 MEMBERS / R300 NON-MEMBERS

RSVP



NEDBANK RUNNING CLUB



MAY WIN SHOES

WIN 1 OF 2 NIKE PEGASUS RUNNING SHOES

JOIN US THIS MAY AND STAND A CHANCE TO WIN A PAIR OF NIKE PEGASUS.

ATTEND A TIME TRIAL AT MODDERFONTEIN OR SANDTON IN MAY = 1 ENTRY

BECOME A MEMBER = INCREASE YOUR CHANCES (2 EXTRA ENTRIES)

1XPAIR FOR NRC-CG MODDERS
1XPAIR FOR NRC-CG SANDTON

DRAW AT THE END OF MAY

SHOW UP. RUN. WIN.

MAY WIN SHOES TERMS & CONDITIONS

Because it's lekker to play fair!

This promotion is run by Nedbank Running Club – Central Gauteng (NRC CG) and is open to all members (social and full).

The competition runs for May 2026, with the final draw taking place on the 2 & 3 June 2026

How to Enter:

Participants receive:

- One (1) entry per Time Trial (TT) attended in Modderfontein or Sandton during May 2026;
- Two (2) additional entries for new members registering from 20 April 2026 till 26 May 2026 and attending a Time Trial in May 2026.

Attendance must be physically verified by NRC CG to qualify.

Winner Selection:

Two winners will be selected:

- One (1) from Modderfontein participants
 - One (1) from Sandton participants
- Winners will be drawn at random from all valid entries per location.

General:

- Prizes (Nike Pegasus running shoes) are not transferable, exchangeable, or redeemable for cash.
- NRC CG reserves the right to verify entries, amend the competition rules, or disqualify participants in cases of non-compliance or suspected misuse.
- All decisions made by NRC CG are final and binding.
- By participating, individuals agree to these Terms & Conditions and any additional rules communicated by NRC CG.

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

May, Sunday 10th

- Modderfontein Half-Marathon | 21.1km

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

Harnessing the 'Highveld Edge' to Crush Your PBs

The world of marathon running has just been flipped on its head. Seeing that 1:59 barrier fall in London was the ultimate proof that, with the right engineering, the human body is capable of incredible things. But as we consider our own goals here at Nedbank Running Club CG, we don't need to look at London for inspiration—we just need to look at the roads beneath our feet.



Whether you are powering through the rolling hills of Modderfontein or navigating the suburban climbs around Riverclub in Sandton, you're already standing in the best 'training lab' in the world. Here is how to turn our local terrain into your secret weapon.

1. The Altitude Advantage: High-Performance Engineering

Living and training at roughly 1,600m–1,750m above sea level means we are constantly working with less oxygen. This forces the body to increase its red blood cell count and improve mitochondrial efficiency.

- **The PB Strategy**

When you train at altitude, but race at the coast, you essentially become a 'supercharged' version of yourself. Your muscles receive more oxygen per stride, making your goal marathon pace feel significantly more sustainable.

- **The NRCCG Tip:**

Don't fight the altitude during your hard intervals. Focus on the effort rather than the raw pace on the watch. Your lungs are doing double the work up here.

2. Hills: Strength in Disguise

If you've run out of Modderfontein or through the heart of Sandton, you'll know that Johannesburg isn't exactly flat. For an NRCCG athlete, that is a blessing. Every incline is a power session.

- **The Benefit:**

Hills are 'functional weightlifting'. They build explosive power in the glutes and calves, without the high-impact stress of flat-out track sprinting

- **The Technique:**

Use the local undulations to build 'climbing resilience'. By the time you hit a flat coastal course like Cape Town or Durban, the absence of our Jozi rollers will feel like a constant downhill.

3. Heat Adaptation: The Poor Man's Altitude Training

We know those mid-morning weekend runs in the Highveld sun can be brutal. However, heat training expands your plasma volume, which improves cardiovascular cooling.

- **The Science:**

Training in the heat teaches your body to regulate its temperature more efficiently. When you combine our altitude with the local heat, you are building a massive aerobic engine.

- **The Prep:**

Embrace the sweat on the road now, so that on race day, your body is a cooling machine.

4. Sample 'PB Crusher' Session during a Club Run

To increase your pace, you must practice running at a cadence your body isn't used to. Try this once a week on our home routes:

- **Warm-Up:**

2km easy through the Riverclub suburbs or around Modderfontein's Flamingo dam.

- **The Work:**

8km at 'Tempo' effort (where breathing is laboured, but controlled).

- **The Hill Twist:**

Find a 400m incline (*Speak to Coach Marco, he knows where all the hills are...*), and run 6 repetitions at 90% effort, focusing on high knees and driving arms.

- **Cool Down:**

2km easy back to the start.



We have the altitude to build the engine, the hills to build the power, and the heat to build the grit. We are Nedbank Running Club Central Gauteng—we don't just run; we out-work the environment.

Train hard in the thin air, respect the recovery, and when you finally stand on that coastal start line on a misty morning, you'll realize your PB didn't stand a chance.

See you on the hills. Green Team!



Seen in Green

