

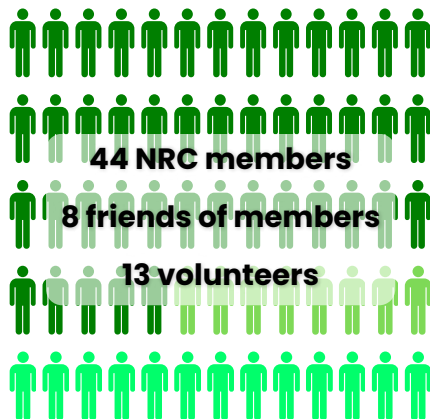


Club2Club 2026

One club. Two venues. It's a phrase that you'll hear repeated loudly and proudly around Nedbank Running Club Central Gauteng. This a feature that sets us apart, because it provides unique opportunity to our athletes to diversify their workouts. - Choosing sessions according to busy schedules, or doubling up to really maximize their membership.

On Saturday, the 14th of March, we bridged these venues in the most spectacular way: 52 runners embarked on an epic journey spanning 25km, starting from Grandslam in Edenvale, and crossing the finish line at Nice on Poplar in Sandton - It was the annual Club2Club long run!

Along the way, Nedbank athletes were supported by 13 energetic supporters stationed at well-equipped water tables. Thirsti water flowed, and banana bread, salty potatoes and Biogen gel sachets were among the fuels of the day, which left just enough room for the well-earned breakfast bun at Nice on Poplar. After a long, hilly run, it was time to recover, celebrate, commiserate and find out: *Who actually managed to land the gold coin in the pot at the second water station?*



Total distance covered:

1300KM

*That's from Grandslam.
Edenvale. to Table Mountain.
CT!*

We'd like to give an super shout-out to our volunteers who sacrificed their time and served so enthusiastically, to the well-organised committee members who pulled a memorable event together, and to every runner who achieved a special goal - be it longest run, fastest run or first Club2Club. We painted the streets green with pride!



Kudos Corner



2

1

3

Jackson Malu-Malu



Official 10km time:
45m30s

UAE Ajman Government Sports Tournament

I've always had a soft spot for night races, but it's been a long hiatus since my first one: the legendary Nike 10k through the streets of Joburg. I still remember the energy of running through Hillbrow back when Nike hosted those iconic events (I think they only did three before stopping). This race in Ajman was my first night-start since then, and while the scenery was different, the adrenaline was exactly the same. The course was flat, fast, and flowing. The route around Al Safia Park and the Al Zorah Natural Reserve was a runner's dream for a PB, though it kept us on our toes. The terrain was extremely flat and fast, winding along the mangrove

International
Race
Report!

lagoons. There were several sharp turns that required some nimble footwork, especially since the path was quite narrow (only about three runners abreast in the wider sections). We did a 360° turn at around the 7km mark to loop back toward the start/finish area. This was a highlight for me, as it gave us a front-row seat to see the absolute elites flying past in the opposite direction. The race was scheduled for 10:15 PM, but we eventually crossed the mats at 10:30 PM because there was a 1.5km race at 10pm, and the organisers waited for everyone from that start to finish. The men started in the first wave, with the ladies following two minutes later. Even with that head start, a lead group of three Kenyan women caught and passed me before the 4km mark. Their pace was pure poetry in motion. We all received vibrant pink t-shirts with our entries. While I loved the look, I didn't wear mine for the race - I'm a firm believer in the rule: "Never try anything new on race day." I stuck to my trusted gear. As you can see in my photo, I was smiling and posing for every camera I could find. I had an absolute blast. The weather this time of year in the UAE is racing perfection: cool, crisp, and low humidity. As for the nutrition? Carbo-loading for a 10pm ish start is a trap. I polished off a massive plate of chicken and rice in the afternoon, but by the time the starting gun went off, I was already hungry again. I've officially decided that night racing is just a strategic excuse to eat two full dinners in one day.

Craig Laros



LONGEST RUN:
CLUB2CLUB 25KM

Lauren Hawthorne



LONGEST RUN:
CLUB2CLUB 25KM

Anne Kruger



LONGEST RUN:
CLUB2CLUB 25KM



Kudos Corner



2

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Tshepo Mashiloane



**MARATHON PB:
TRACN4 ELANDS - 2H55M**

Candice Delacovia-Graver



**MARATHON PB:
TRACN4 ELANDS - 4H13M**

Jenny Moore



**HALF-MARATHON DEBUT:
TRACN4 ELANDS**

Tristan Torr



**FASTEST 10KM:
SPAR LADIES CT - 39M29S**

Yonica Pienaar-Meiring



**FIRST ELITE RUN:
SPAR LADIES CT - 48M14S**

N-J Kirkby



**MARATHON PB:
TOKYO MARATHON - 3H26M**

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!

Pencil this in!



Comrades Marathon Send-off

Milkbar, Sandton

**SUNDAY
30 MAY**

*Exciting
guest speaker!*

Are you ready for your next long-distance race?

When I started my Comrades journey, I told my husband: 'If I do this, then I am doing the Dullstroom run!' This is a MUST for every runner doing Comrades - The best time on the legs you can get. Dullstroom has the highest altitude in SA. and if you can survive the run there, Comrades is SOO much more manageable.

Yonica



This is such a special time for me, as my sister & I usually incorporate it as our sister-sister bonding weekend!

The Dullstroom Training Camp is a true test—55–60 km that builds confidence for race day. If you can do Dullstroom, you can do Comrades! Incredible support, great organization, and the best post-run “kuier” with friends.

Marizanne



It's tough, yes... but it's also one of the most important weekends of training you'll do. This weekend is a firm fixture on my training calendar and I highly recommend that you add it to yours!

Richard

1-3 MAY 2026

R1000 pp (2 nights sharing)



It gave me a lot of insight into what to expect leading up to Comrades and made me feel more prepared. The structure and coaching from Marco is so valuable and the crew that comes out to host the support gazebos are incredible. It really is a great way to learn more about yourself and other club members.

Warren



Celine

This training camp has been a non-negotiable part of my Comrades journey and I've attended it every year since 2022.

The elevation gain and even the heat conditions help mimic what you'll face on race day, and it's built my confidence in being able to handle the demands of long-distance running. But what really sets it apart is the camaraderie. The support from the club has been truly incredible.

Dullstroom is the ultimate high-altitude runcation. Always a memorable weekend; be it for the most important run in your Comrades lead up, a challenging twenty-something to test your mettle, or enjoying breakfast beers at a water table with friends! Pure thin-air magic.

Dieter



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

April, Sunday 19th

- BNAC Marathon | 48km | 42.2km | 21.1km | 10km | 5km

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 ROAD CODE: A Guide to Running & Walking Etiquette

Running is about more than just a PB; it's about the community we share the road with. Whether you're at a Tuesday Time Trial or a weekend race, following a few simple rules of etiquette ensures everyone has a 'lekker' time.



1. The 'Indicator' Rule: Pulling Over Safely

Just like driving, you shouldn't slam on the brakes in the fast lane. If you need to stop to tie a lace, check your watch, or transition to a walk:

- **Indicate, then move:**
Signal your intent and move to the side of the road or trail *before* slowing down.
- **Don't block the flow:**
Always allow others to pass safely. Never stop dead in the middle of a pack.

2. The Fluid Mechanics

More specifically, spitting and snorting. We get it—running gets things moving. But the incorrect move is not only unhygienic, it's inconsiderate. Remember: a volunteer has to clean up the route, and your fellow club members don't want a 'snot rocket' on their new shoes.

- **The universal rule:**
Spitting and 'farmer blows' should be a last resort. If you must do it, pull over to the extreme roadside and check your surroundings first. **Never spit behind you without looking!**

3. Safe(ty) and Sound

This is one of the most commonly complained-about and potentially dangerous hazards at club runs and races alike.

- **The headphone hazard:**
In a Time Trial or race, headphones are a major safety risk. You can't hear traffic, marshals, or the runner behind you. We'd love to see them outlawed for safety—keep the ears open and stay aware!
- **The speaker debate:**
While we love a good beat (and have our own club speaker!), be mindful. If you're running with a speaker, keep the volume at a level that doesn't drown out the surroundings for others. We want to be inclusive, but not intrusive.

4. Respect Your Mother (Earth)

The roads and trails are our playground - Let's keep it clean and green.

- **Littering is a hard NO:**

There is no excuse for dropping gel sachets or water bags. If there isn't a bin, tuck it in your pocket and throw it away later. Respect the volunteers who work hard to keep our routes pristine, and the runners who share the route with you.

5. Start Where You Finish

To avoid the 'bottleneck shuffle', be honest about your pace.

- **Seeding:**

Logically, a starting shoot is arranged from fastest athletes (elites) in the front, to slower runners and walkers towards the back. It is not safe or wise to start in a pack that you are not able to keep up with. Since most events are timed 'mat-to-mat', your clock only starts ticking once you cross the line - Starting further back just gives you a clearer path, and ensures that you stick to your pace plan.

6. The Nedbank Central Gauteng 'Lekker' Policy

At Nedbank Central Gauteng, our unofficial policy is simple: Just **BE LEKKER**.

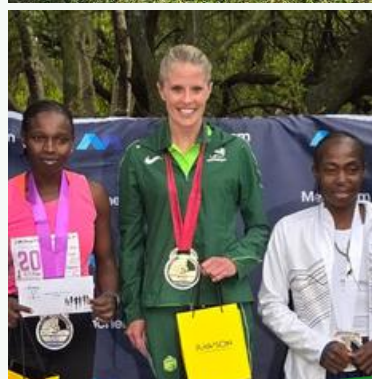
- **Friends are friendly:**

Whether it's a nod, a wave, or a 'howzit', acknowledge your fellow athletes, other walkers and runners, and the general public.

- **Thank the crew:**

The marshals, traffic officers and water station teams have sacrificed their time for you. A quick "Thank you, marshal!" goes a long way.





Seen in Green

