

August  
2026

# THE Green Gazette



WOMEN'S  
MONTH  
EDITION

www.nedbankrunningclub.co.za



## Who Run the World...? GIRLS!

*Throughout August, we have honored women for all they contribute, all they embody, and all they have accomplished.*

But one might wonder, "Who are women, truly?". It's a question we, as women, ponder ourselves daily—sometimes out of identity-seeking frustration, and at other times, in quiet, appreciative awe. It's a conundrum that has been tackled, and often misunderstood, by many men seeking to simplify their lives.

The beautiful, chaotic reality is that this question may never have a definitive answer. Women are in a perpetual state of growth, continually evolving into versions of themselves—those needed by others, for survival or, ideally, to flourish.

***In celebration of this journey, we have explored the insights of remarkable women from Nedbank Running Club CG to deepen our understanding of***

## Women: The people who...

### ... Chase Excellence:

After completing my first 10km race, I realised I could be good at running, but that I would need to make a few changes and sacrifices in my life if I wanted to go further in the sport. To this day, I am thankful for that race being the eye opener I needed, because when I run, I am the happiest version of me. I am completely and undoubtedly my happiest self, even during the hardest, most humbling of runs.

Nothing beats the most beautifully ordinary moment of having a view of the sun rising or setting, and the only sound being my feet hitting the tar.

***It is difficult to consider what would remain if my opportunities to compete would be taken away, because I am naturally a competitive person. But I do believe that the part of me that enjoys running so much and has fun with every run would remain. Because when it comes down to it, that is actually the whole point, is just to have fun in the moment and stress out about the time or position.***



### ... Selflessly Raise the Future:

The version of me that shows up to the run is someone that is arriving to learn. I feel so humble in the company that I'm in - every single person teaches me something new, from our elite runners to the beginners, I feel blessed and I show up with gratitude.

My current chapter is *breakthrough*. I know I want to run, I know I can run, but I have massive goals that I have set for myself, and I have to breakthrough a barrier that I've only dreamed of passing. Now, my mind and my body need to align to the goal I've set. Running keeps introducing me to ME!

The most beautifully ordinary moment I've experienced is the setting a pace on a long run and sticking to it. Appreciating my body's strength and my mind at peace, I love a long run with the club and watching people push the limits.

**Running for myself has taught me that it's me against me. I have to put my best foot forward in everything I do, from being a mom, to a daughter, to a friend and a runner. It's all me. I've also realised running has provided me with a confidence in myself in all aspects of my life. It shines through.**



### ... Fall, Rise and Run Again:

Running has given me the courage to set big goals, work relentlessly towards them and continually push myself to become the best version of myself. But after two stress fractures and two years of setbacks, I'm in a chapter I'd call 'Back to Basics', where I've been forced to slow down and appreciate movement in all its forms.

I show up never knowing when running could be taken away again, which has taught me not to take the little things for granted. Running gave me an identity, and despite everything, I keep choosing it. It will always be my go-to.

**The part of me that returned - even before my fitness did - is a positive mindset. Rebuilding is incredibly hard, and learning to trust my body again requires patience, I know this from build back from my first fracture last year. I was incredibly hard on myself at the start, but before the fitness returned, I had to believe in myself again. I've had to learn to trust the process. I'm so far from where I was two years ago, and from where I want to be, and while that can be discouraging, my last rebuild taught me that progress isn't always about pace or distance. Sometimes, it's simply having the mindset to start again - and I'm ready to start again, no matter how long it takes.**



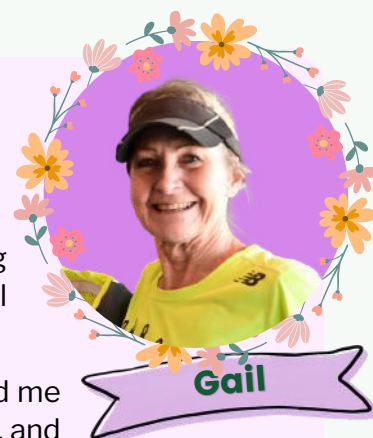
### ... Seek Their Own Adventure:

A life-changing run for me was the Karoo Ultra 80km. It taught me mental positivity, inner strength, and the true value of support

Right now, I feel that I'm in the final chapter of my running career: 'Seeking Something Different'. I now prefer quiet adventures, unique terrains, and beautiful scenery over crowded road races

Someone who unexpectedly shaped my running story is my friend, Anlia. She roped me into Comrades (which was never on my agenda), taught me to 'lace up and show up', and inspired the running and walking adventures I'm aiming for now.

**I love that running keeps introducing me to the most amazing people and interesting places.**



## ... Make Room for Everything that Matters:

Running has introduced me to a part of myself that I don't always see in everyday life. I'm often trying to be super organised, always prepared and in control; juggling work with a lot of travel, family expectations, and my own standards I believe I should be meeting; honestly, I almost never feel like I'm balancing it all.

Running keeps introducing me to new, admirable people, amazing new perspectives and a reminder that we are all capable of more than we sometimes believe we are.

**In the middle of a normal week, finding space for myself isn't always easy. Running gives me a small amount of permission to put the obstacles and responsibilities down for a very short while. Even when I don't feel particularly motivated or confident, getting to my run gives me a small sense of control. I've learnt that making time for myself doesn't mean I have everything figured out, sorted and handled. Sometimes it simply means choosing to show up for myself, even when the rest of life feels out of control. Running isn't necessarily my perfectly protected self-care time — sometimes it's the only little piece of space I manage to claim.**



## ... Find Joy in Every Stride:

I cannot pinpoint just one person who has shaped my running. It's a whole community. There have been—and still are—very special individuals who encouragingly ensure that my Brooks tekkies touch the ground on that final timing mat. I'm forever grateful.

The most beautiful moments in running are always the pitter-patter of running shoes along the road and the occasional show tune or greatest hit in which we know the lyrics and mix in our own creative licence.

**Running keeps introducing me to new places, people and pastries.**

**We tell ourselves - and others - that we run for our 'health, fitness and Discovery points'. But the real reasons are free therapy sessions, weekends away in beautiful places, and an excuse to try that delicious, buttery pastry we read about on Instagram. Running introduces us to amazing people, beautiful places and moreish confectioneries—best enjoyed over a cup of coffee (or a cuppa tea).**



## ... Dare to Lead the Way:

I've always been a purpose and impact driven individual, which carries through everything I do, including in my active lifestyle.

My father who was a highly disciplined individual in his active lifestyle and his career. He showed me that being disciplined in both his career and active lifestyle go hand in hand in improving your wellbeing.

Running keeps introducing me to people from all walks of life, many of them I would never have ordinarily engaged with. I am also grateful that the sport has opened my eyes to how community service is important in providing through sports and fitness. In addition I have been inspired by many people's running journeys and there have been others that have helped and inspired me to grow in mine.

**Running and being a Club Captain allows me to give back to my community with something I do for leisure. It also allows me to be of service and show up for others in ways I can't do in my career in finance, by building others, including myself, through an active lifestyle.**





**Tatum**

## ... Discover What They're Capable Of:

Through running, I've discovered that I can do hard things even when I really, really don't feel like it. Running isn't always glamorous, but it's pushed me way out of my comfy little bubble. I've learned that I can show up and be disciplined even when my mood is saying absolutely not. I still love a good cushioned shoe though, don't get me wrong!

Something I've had to let go of is the idea that a run only 'counts' if it's fast. I used to feel embarrassed about running slowly, like being slow somehow made me less of a real runner. Easy runs are meant to be easy, and they're just as important as the hard ones. Honestly, getting comfortable with that has made running so much more enjoyable.

**A piece of advice that I'm starting to understand is that you've got to go slow to go fast. When I started running again, I wanted to be fast immediately, despite having not run in years. I wanted to improve quickly and take on more before my body had a chance to adapt. I'm starting to understand that endurance takes time, and there's no point rushing something that you want to be able to do for years. I'm learning to enjoy where I am now, rather than constantly chasing the next goal.**

## ... Turn Knowledge Into a Helping Hand:

Two Oceans Ultra in 2024, which I completed alongside my sister, will always stand out. We even chopped off our hair the day before, even though you never do something 'new' on race day. We both ran an amazing time! Running 56 km together was an incredible experience of sisterhood, shared suffering, laughter and encouragement. Crossing that finish line together was something I'll never forget - it reminded me that some of the best running memories are about who you share them with.

Running has introduced me to a version of myself I don't think I would have found anywhere else. I've always known I'm stubborn and determined, but running has shown me just how far those qualities can take me. It has taught me resilience, patience and, most importantly, that I'm capable of far more than I sometimes give myself credit for. It has also taught me that strength isn't always about pushing harder - sometimes it's about slowing down, trusting yourself and simply continuing to put one foot in front of the other.

**My sister, Yonica Pienaar-Meiring, is someone who has been an 'educator' to me. Watching her run an incredible Comrades this year, after doing so much of her training on her own, was incredibly inspiring. I was on the sidelines, witnessing her push through the highs and lows, and it reminded me that so much of running happens when nobody is watching. Watching her made me realise just how much strength can come from quietly committing to something and seeing it through, even when the journey is mostly your own. Watching her finish made me incredibly proud, but also reminded me why I love this sport so much.**



**Marizanne**

## ... Know that the Journey Never Ends:

My running journey began late in life -

My first marathon, 3 years ago, at 63, was something my younger self could never have imagined doing. Crossing that finish line changed how I saw myself - resilient and capable of stepping up to a challenge.

**Running has given me a sense of self worth. It's not always about speed, but showing up and setting new goals.**



**Lianne**

# Why Women Run

- Amy Davis

This month we celebrate, from green to pink,  
The lovely Nedbank ladies, stronger than you think!

We lace up our shoes and head for the road,  
Escaping husbands, laundry, and the household load!

Why do we run? Let us count the ways,  
To survive life's madness and busy days.  
Because we can, because we're tough,  
And sometimes sitting still is simply not enough!

We run because Celine says, "Just one more lap!"  
Then suddenly we're sprinting, caught in a trap.  
Coach Marco promises fitness, speed, and glory,  
While we're halfway, we start to question the story!

We run so we can eat what we like, guilt-free,  
Cupcakes, biscuits, and banana bread with our tea.  
The finish line snacks are our secret motivation,  
Definitely worthy of a standing ovation!



We run to have fun and share a smile,  
To chat complete nonsense mile after mile.

To laugh so hard we forget the pain,  
And somehow agree to do it all again!

We run to support each other through thick and thin,  
Celebrating every finish, every loss, every win.  
A sisterhood built on sweat and cheer,  
Encouraging each other year after year.

We run for the medals... well, maybe not quite,  
But an extra bottle of wine sounds perfectly right!  
A reward for the kilometres, effort, and race,  
And for putting up with Marco's Training Peaks pace!

So here's to the women, remarkable and keen,  
The queens of the road in pink and in green.  
Strong, funny, determined, and always a dream,  
The beautiful ladies of the Nedbank running team!

So, here's to the strong, magical women who run among us - May we know them. May we be them. May we raise them. May we learn from their experiences. May we support the journeys they're on. May we always be in awe of them.

*To the wonderful women of Nedbank CG:  
Thank you for all the ways you lead, care, inspire and give back. We're  
honoured that call our running club your sanctuary.*

## Women's Month Time Trial

On Tuesday, 4<sup>th</sup> August, the lovely ladies of Nedbank CG were celebrated at a special edition Women's Month time trial.

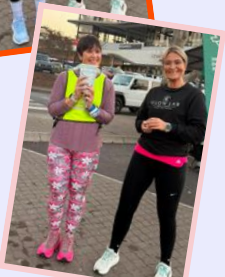
Athletes looked chic in their shades of pink, purple and red, while four lucky ladies won prizes from Glow Lab Wellness.

After conquering the time trial route, our superior sportswomen (*okay... and men*) were treated to cupcakes, warm drinks and the type of camaraderie that only woman can truly convey.

**A special thanks to Jo from Glow Lab Wellness for the amazing lucky draw prizes!**

You can find Glow Lab's wellness products through their Instagram page by clicking here:

**GLOW LAB**  
— WELLNESS —  
NOURISH. GLOW. TRANSFORM



# Couch Society



Every runner remembers their first step — and how daunting it felt. That's exactly why we started

## THE Couch Society

to create a safe, comfortable space where brand-new runners can learn to run, surrounded by people who genuinely want them to succeed.

# 25

**SOCIETY MEMBERS**

This year marks our very first class! We have a full couch — 25 Society Members have signed up to go from the couch to the start line. You'll spot them around the club in their green Couch Society shirts, so please give them a warm NRC welcome whenever you see one. A friendly hello goes further than you'd think.

They won't be doing it alone. 21 volunteer Run Buddies have generously committed to running alongside our members, encouraging them through every session of the programme. Look out for them in their white Couch Society shirts — and be sure to give them a well-earned high-five. What they're giving these new runners is something special.

# 21

**RUN BUDDIES**

# 10

**WEEKS OF TRAINING**

Over 10 weeks, our members follow a structured programme, built and guided by the expert hand of Coach Marco. It's designed to meet people exactly where they are and build them up, step by step, week by week. And it all leads to one big day. The Class of 2026 will graduate at the PPS Alberton 10km race — crossing their first-ever 10km finish line with the whole club behind them.

## HERE'S HOW YOU CAN PLAY A ROLE:

### RUN WITH THEM



enter the 10km and share the road on their big day.

### CHEER THEM ON



join our roadside supporter zone and make some noise.

### JOIN THE CELEBRATION



join the gazebo team welcoming our graduates home.



**COME RUN  
WITH US.**



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)

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 - 06:00**

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 - 06:00**

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

**NOTE  
SEASON  
TIME  
CHANGE!**

*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 | <ul style="list-style-type: none"> <li>✓ ASA License – your official license to race throughout 2026.</li> <li>✓ Discounted entry to all club events</li> <li>✓ Gazebo access at selected races</li> <li>✓ Coach led Hills / Speed Training on Thursdays</li> <li>✓ Group Training runs on Saturdays</li> <li>✓ Incredible club support and team spirit – you'll never run alone in green!</li> </ul> |
| Nedbank Employee Membership: | R550 |                                                                                                                                                                                                                                                                                                                                                                                                       |
| Juniors (Under 20 yrs):      | R350 |                                                                                                                                                                                                                                                                                                                                                                                                       |
| Seniors (Over 60 yrs):       | R350 |                                                                                                                                                                                                                                                                                                                                                                                                       |
| Social Members:              | R365 |                                                                                                                                                                                                                                                                                                                                                                                                       |
|                              |      | <ul style="list-style-type: none"> <li>✓ Same as above except no ASA License!</li> </ul> <p><i>Please note that you will need to purchase a temporary license at each race and may <b>not</b> run in Nedbank kit</i></p>                                                                                                                                                                              |

**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](mailto:info@nedbankrunningclubcg.co.za)

Click here for the  
**2026 Race Calendar**



Hip-hip hooray for our Old Eds & Wanderers Road Race gazebo volunteers:



Michelle,  
Malasooka,  
Sam, Sally &  
Andrew

## Upcoming Gazebos at races

**September, Sunday 20<sup>th</sup>**

- Balwin Run Series Jeppe - 10km | 21.1km | 42.2km

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

*A special edition by*

Shannon  
de Ryhove

## Being a Female Runner: A Lesson in the Art of Hardcore

*Anyone can run. But being a female runner? That takes things to a whole different level of hardcore.*



There are several things that female runners need to contend with that our male counterparts simply know nothing about. Or, at the very least, things that men generally don't have to think about while they're worrying about their pace, their Strava segment or whether they can squeeze in another gel.

**We, on the other hand, have a few *additional* things to consider...**

### The Toilet Situation

Yes, everyone needs to use the toilet. But when it comes to long runs – and especially on race day – the toilet situation is considerably more complicated for women.

Anyone who has stood in a porta-loo queue at a race knows this. The queue for the women's toilets can be approximately the length of the race itself, while the men's queue seems to move at the speed of an Olympic sprint.

And then there is the fact that men have the option of simply finding a convenient tree, wall or sufficiently secluded bush and getting on with it. No fuss. No drama. No complicated negotiations with nature.

For women, it's considerably more involved. Our options are generally to hold it (uncomfortable), expose ourselves (even more uncomfortable) or desperately search for a patch of vegetation that provides enough privacy without simultaneously containing a branch that appears to have been specifically designed to poke you in the nether regions.



And if you've ever tried the latter while wearing running tights, you know that this is not an elegant process.

## The Period Situation

Men will never fully understand the all-consuming mental gymnastics that can go into running while on your period.

Is my pad or tampon leaking? Can anyone see? Why does my running kit suddenly feel like it was designed by someone who has never encountered a female body? Where, exactly, am I going to put a spare sanitary product?



Of course, there is absolutely nothing shameful about having a period. It is a completely normal bodily function. But that doesn't necessarily mean we want to broadcast the details of our menstrual cycle to everyone we pass on the road.

Thankfully, runners have become increasingly creative about carrying emergency supplies. Hydration vests have handy little pockets, waistbands have stretchy interiors and many running clothes now come with pockets that can accommodate anything from a key to an entire emergency period-management kit.

*And then there is the actual running part...*

Running on your period is rarely as simple – and often not as pain-free – as we'd like it to be. Cramps, fatigue and generally feeling like your uterus has declared war on you can make an ordinary run feel considerably more challenging.

So, next time you see a woman struggling a little more than usual, consider that she may be dealing with something you know absolutely nothing about.

**And give her an extra high five for showing up and pushing through anyway.**

## The Safety Situation

This is probably the biggest one.

It is never advisable for a woman to run by herself, unless she is lucky enough to be running somewhere genuinely secure. And yes, it probably isn't particularly safe for a man to run alone either, but the risks are generally different – and, unfortunately, women have considerably more to worry about.



We think about where we're running, what time we're running, whether there are other people around, whether our phones are charged and whether we have told someone where we're going.

Even running in a group of women doesn't mean you can switch off completely. There's always that little part of your brain doing a risk assessment in the background.

And then there is the self-defence equipment.

### **Karate, anyone?**

Some women carry pepper spray. Of course, this comes with its own very important consideration: making sure you know how to use it and, perhaps more importantly, that the nozzle is pointing in the other direction. Because nothing says "I am prepared for an attack" quite like accidentally pepper-spraying yourself.



### **So, yes, we're pretty hardcore!**

None of these situations are exclusively female issues (apart from the period situation, obviously). Men also need toilets, men can also be victims of crime and everyone has had a run where their body decides to throw a tantrum for no apparent reason.

But they do highlight just how much extra mental and physical baggage many female runners carry while doing something that, on the surface, is simply putting one foot in front of the other.

We think about where the toilets are. We carry emergency sanitary products. We plan our routes around safety. We carry phones, pepper spray and enough miscellaneous equipment to qualify as a small mobile survival unit.

### *And then we run.*

So, to my fellow female runners:  
**I am ridiculously proud of you.**

You have a lot to think about, a lot to contend with and, occasionally, a lot to endure – and yet here you are, pounding the pavements, chasing PBs, running races, getting stronger and doing amazing things.



**Here's to you, you gorgeous, slightly sweaty, highly organised, tree-inspecting warriors.**

*Go out there and continue being awesome.*



## Hi! I'm Shannon,

My Nedbank friends call me 'the Golden Retriever' of our little group.

I've been running since around 2014, completing my first half marathon in 2015 before an injury led to a long break, with only occasional runs between 2017 and 2020.

The pandemic got me running more regularly, and I became a consistent runner in November 2024 when I joined Nedbank Running Club. I love chatting on the run, don't mind a good uphill, and am now training for my first marathon.

## Kudos Corner



Joel Moore



WANDERERS ROAD RACE:  
10KM PERSONAL BEST

Acacia-Cailyn Abell



SKUKUZA HALF-MARATHON  
1<sup>ST</sup> PLACE JUNIOR

Promise Msitshana



OLD EDS ROAD RACE 21KM:  
12<sup>TH</sup> PLACE OVERALL

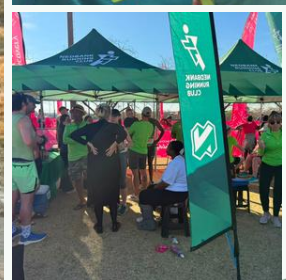
*Have you got something to brag about? Want to celebrate a fellow athlete?*

Whether it's running your first race or finishing on a podium, we'd love to **SHOUT OUT** your - or 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 25<sup>th</sup> 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!*



# Seen in Green

