



Hello, 2026 Committee!

Behind every legendary organisation, there is a crew of passionate individuals who work tirelessly to keep things running smoothly. Consider the team of 400 000 engineers who rocketed Neil Armstrong to the moon, or Gandalf and the 13 dwarves of Thorin's company who adventured alongside Baggins, or right here at home, the approximate 63 million South Africans who stand behind the Bokke!

At Nedbank Central Gauteng, this dream-team consists of 12 energetic members. Let's meet the 2026 committee:

Dieter Zermatten



CHAIRMAN

Real-life job: Pressbrake tooling

Running snack of choice: A delicious 1:0.8 ratio of maltodextrin to fructose

A running superpower I wish I had:

The 'Lifetime Extended Warranty'
The ability to run until I say I'm done, not when my body decides to 'retire' me.

Chelsea Müller



VICE CHAIRLADY

Real-life job: Educator

Running snack of choice:

Peanut butter croissant

A running superpower I wish I had:

To never feel tiredness or pain.

Helga Lucas



CLUB SECRETARY

Real-life job: Virtual

Administrator/Finance Manager/Compliance Officer - A.K.A. Jack of All Trades

Running snack of choice:

Bananas

A running superpower I wish I had:

The ability to wake-up and WANT to run EVERYDAY.

Rob Bode



**TREASURER &
FINANCIAL
ADMINISTRATOR**

Real-life job: Chief Financial Officer

Running snack of choice: The beer afterwards!

A running superpower I wish I had: To become lighter the further I run.

Andre Greyling



MODDER CLUB CAPTAIN

Real-life job: Manager in the Heavy Lift and Transport industry

Running snack of choice: Pizza - Preferably with pineapple.

A running superpower I wish I had: Social Sock Power - To get my running crew to wear the same socks or outfits for a run without having to communicate it first.

Dean Dodd



**MODDER TT
COORDINATOR &
VICE CLUB CAPTAIN**

Real-life job: Miracle Worker - A.K.A. Managing Director for a group of companies

Running snack of choice: Haribo gummy-bears

A running superpower I wish I had: A second breathe on command.

As the 'new kids on the committee block', as well as the members of the club, we'd be remiss if we didn't give a massive shout-out to the outgoing committee heroes, and to those serving another term - Thank you for the selfless hours you've dedicated to Nedbank Central Gauteng. We'll be sprinting down the trail you blazed.

Patrick Moore



**GAZEBO
COORDINATORS**

Jenny Moore

Real-life job: IT Ninja

Running snack of choice: 32Gi jellies or bars.

A running superpower I wish I had: The ability to harness my speed (or, as his wife phrases it - The ability to just slow down!).

Real-life job: Management Consultant

Running snack of choice: 32Gi Race Bar, or cake!

A running superpower I wish I had: The ability to make running up a hill feel like I am actually cruising down one.

Celine van Enter



**MODDER SOCIAL
EVENTS**

Real-life job: Travel and Events Specialist (It's in my blood!)

Running snack of choice: A classic banana - Simple, reliable and never lets me down.

A running superpower I wish I had: The ability to snap my fingers and be at the top of a hill.

Taolo Modisi



**SANDTON CLUB
CAPTAIN**

Real-life job: Investment Director and Managing Partner

Running snack of choice: Bananas and edamame beans.

A running superpower I wish I had: The ability to fly like a dragon in a challenging, long race.

Grant Hallowell



**SANDTON SOCIAL
EVENTS**

Real-life job: Chief Executive of a business consultant firm

Running snack of choice: Cranberry Fastbar

A running superpower I wish I had: The ability to get my heart rate back to normal at the top of a hill within a second.

Bron Diamond



**NEWSLETTER
COORDINATOR**

Real-life job: Educator

Running snack of choice: Whine gums... I mean, wine gums.

A running superpower I wish I had: The ability to blast awesome music in my head while running, to keep me motivated.

Here's to 2026 - The strides we'll take, the memories we'll make and the limits we'll shake.

We're looking forward to serving you, supporting you and celebrating you as you work towards your dreams as a valued member of the Green Team. Let's spring off the starting blocks into a year where the best is yet to come!

Kudos Corner



Have you got something to brag about?

Whether it's running your first race or finishing on a podium, we'd love to **SHOUT OUT** your 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 you at the event in question.
- Your submission must be accompanied by a link to official results 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!



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

www.nedbankrunningclub.co.za

COME RUN
WITH US.



Scan HERE



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

TUESDAY

Flamingo Shopping Centre, Modderfontein - 17h15

Meet across the road in the adjacent car park for registration; Run starts at 17h30



WEDNESDAY

Poplar on Park, Riverclub, Sandton - 17h15

Meet every Wednesday afternoon in the parking area for registration; Run starts at 17h30



THURSDAY

Founders Hill School, Modderfontein - 17h15

Hill / speed coaching session; Meet in the school car park

Poplar on Park, Riverclub, Sandton - 17h15

Hill / speed session; Meet in the parking area for registration; Run starts at 17h30



SATURDAY

Modderfontein - 6:00am

Routes, venues & distances are shared on the WhatsApp chats the Friday before



SUNDAY

Sandton - 6:00am

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!



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 for R60 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!

RUNNING ISN'T JUST A SPORT — IT'S A VIBE!



NEDBANK
RUNNING
CLUB

CLUB2CLUB



14 MARCH 2026

Grand Slam,
Edenvale



Nice on Poplar,
Riverclub

25km

MEMBERS: R145.00 | NON-MEMBERS: R195.00
INCLUDES 2 X WATER TABLES + A BREAKFAST BUN
WITH COFFEE AT NICE ON POPLAR AT THE FINISH

RSVP

here by *Monday, 9th*
March, to secure your
spot!



There will be water tables
along the route, but please
take the time to prepare and
carry your own run nutrition,
too!



[CLICK HERE TO
DOWNLOAD THE STRAVA
ROUTE](#)

RSVP

HERE BY **FRIDAY, 20
MARCH**, TO SECURE
YOUR SPOT!

Medi-Aktiv will be joining us
to share practical insight on
how to manage pain during
racing and ultras, and how to
recover smarter. They will also
bring their inflatable
compression boots for you to
test and experience firsthand

**SEATS ARE
LIMITED.**

**DON'T MISS THIS
CHANCE TO CHEER
ON OUR CHAMPS!**



JOIN US FOR OUR
TWO OCEANS SEND-OFF BREAKFAST

NEDBANK
RUNNING
CLUB



**NO PAIN
NO CHAMPAGNE**



Grand Slam Diner, Dowerglen
R180 Members | R220 Non-Members

**28
MARCH**

**SATURDAY
9AM**

**20
26**

Click here for the *2026 Race Calendar*



Upcoming Gazebos at races

March, Sunday 8th

- Edenvale Marathon | 42.2km | 10-miler | 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/>



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!

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.](#)

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.

Captain's Report

TIME TRIALS: Track, Train and Triumph



Time trials are an essential resource in every runner's toolbox. It's the weekly, all-out effort that gives you the opportunity to prepare mentally and physically, as well as to test your training progress on a consistent course that's a fraction of the distance of your target race.

How Our Time Trials Work

Modderfontein (Tuesday) & Sandton (Wednesday)

Our running club hosts two weekly Time Trials, each with its own unique system. Both offer 5km and 8km routes, but the way timing is recorded differs between venues. Here's everything you need to know so you can arrive prepared and enjoy a smooth, stress-free run.

Modderfontein Time Trial – Tuesdays

Location: Flamingo Shopping Centre

Arrival: 17:15 for a 17:30 start

Distances: 4km walk, 5km & 8km

Timing System: Electronic Tag System

A Step-by-Step Process:

Modderfontein uses our digital timing system, which ensures quick, accurate, and automated results.



1. Buy Your Timing Tag

- Cost: R100 once-off
- Purchase at the club gazebo on Tuesday.
- Please fill in your personal details correctly so your times link properly to your name.
- Record your name on the timekeepers' lists.

2. Run Your Chosen Route

- Attach your tag securely around your wrist.
- Complete your run (4km, 5 km or 8 km).

3. Scan Your Tag After the Run

- Go to the correct timing station:
 - 5 km runners → scanner marked '5'
 - 8 km runners → scanner marked '8'
- Hold your tag directly in front of the sensor.
 - Light starts blue, turns green once successful.
 - You'll hear a beep confirming your time is recorded.
- Check-off your name on the timekeepers' list, so we know you've returned safely.



4. Receive Your Results

- We aim to send results on Tuesday evening (though delays may happen).

Sandton Time Trial – Wednesdays

Location: Nice on Poplar

Arrival: 17:15 for a 17:30 start

Distances: 5 km & 8 km

Timing System: Classic 'Old School' Manual System

A Step-by-Step Process:

Sandton keeps things traditional with a friendly pen-and-paper timing system. Simple, social, and reliable.



1. Sign In Before the Run

- If you're **new**, write your name on the sign-in sheet.
- If you've **run here before**, your name will already appear on the regular runners' list — simply circle the distance you are running.

2. Run Your Chosen Route

- Head out on the 5 km or 8 km route with the group.

3. Write your time down after the run,

- Once you finish, go back to the timing sheet.
- Record your distance.
- This step is vital - We need to know that you've returned safely.

4. Results

- Times are compiled manually and shared afterward.

Apart from the training benefits, time trials are the perfect place to hang-out with the Nedbank crew, catch-up on the latest news, celebrate victories and participate in the regular challenges and shenanigans.

We can't wait to see you there!

