



Nedbank Running Club Cape Town Newsletter: February 2016

Dear NRCCT member,

What a magnificent start to the year! We want to welcome all of our new members as well as all of our old faces. We are very excited about all the new members that have joined our club for 2016. We would like to encourage those who haven't paid their fees yet to please do so, as soon as possible.

We would like to take the opportunity to congratulate all of our members who took part in the races during January 2016. We are also very proud of our men who won the Team prize at the Ocean Basket Bay to Bay race, the Brooks Hohenort and Dan Luyt.

Please be on the lookout for the Nedbank Green Gazebos and feather flags at some of the events. Unfortunately we cannot be at all of the events but we will try and accommodate our members where possible. Since the beginning of the year members have gotten to know each other and we sense a form of companionship, laughter and encouragement at the Gazebo's/ feather flags.

We are just informing those who were planning on running Mountain Mill / Model Sport Valentine's 10km Race scheduled for 13 February 2016 that it has been postponed until further notice. Worcester Athletic Club apologizes for any inconvenience caused.

What to do when there are no races scheduled?

We encourage our members to take part in the various Park Runs that are hosted every Saturday in different areas in Cape Town. Please contact us for your nearest location. You can also go onto Facebook and join the group '*Wietse Run*'; a group designed for organized long runs on Saturday

mornings. Starting point will be at Willowbridge, just at the bottom of Tygervally Mall. Please contact our club secretary, Aleska, she will provide you with the time table for Wietse's long run organized up until Comrades. (May 2016)

We are still waiting on the results for KFC Brackenfell that took place on the 27th of January 2016. It wasn't yet released by the 30th of January 2016. It will definitely be included in the March Newsletter.

A very important notice is that our Annual General Meeting will be taking place on the 25th of February 2016. Our new Committee will be chosen and we urge you to please be present for this event as your vote counts. We need your input and the best candidates for this important role that has to be fulfilled. There will also be drinks and dinner at the AGM. So come and enjoy this event with us at the Bellville High School's Club House at 18:30.

COMMITTEE MEMBERS



Alex de Abreu
Treasurer
072 264 7457



Chantel Simpson
Ladies Captain
083 629 8018



Robbie Lindsay
Men's Captain
082 202 3593



Aleska Slater
Secretary
083 414 9730

***Please note that we have a new e-mail address for all our correspondence:**

nedbankct@gmail.com

GENERAL

Club fees for 2016:

<u>MEMBERSHIP</u>	<u>ASA License</u>	<u>Total</u>	<u>After 1/7/2016</u>
• Senior member R160	R120	R280	R205
• Husband & Wife R270	R240	R510	R370
• Junior R 90	R50	R140	R120
• Nedbank Staff R100	R120	R220	R170

Any members doing cash deposits need to include a further R10 in order to cover banking costs.

No licenses will be given out without:

- New members: registration online completed on <http://asa.saclubs.co.za> **Select Western Province and Nedbank WP**
- Proof of Bank deposit / EFT or cash payment on day of registration

Banking Details:	Account Name	<i>Nedbank Running Club Cape Town</i>
	Account number	<i>1045017523</i>
	Branch code	<i>198765</i>
	Type	<i>Cheque</i>
	Reference	<i>Full name & Surname</i>

We will appreciate it if you are able to do an Electronic Fund Transfer (EFT) to our account – it saves a lot on banking costs.

TIME TRIAL

Please be reminded that the Committee Members have decided that this year we will be awarding the most devoted runner who attends and completes most of our Time Trial events throughout the year. We are looking forward to seeing you there! Time

Trial events will be organised by our Committee member Robbie Lindsay. We would also like to thank him for his effort.

CLOTHING PRICES (range on website):

- | | |
|--------------------------------|------|
| • Running Vest (male & female) | R200 |
| • Running short (Polly) | R260 |
| • Boxer short | R200 |
| • Crop Top | R475 |
| • Tracksuits | R700 |

We request and encourage all members to run Road Races, X-Country, Track & Trail Runs with the official Nedbank Clothing and to wear the ASA licenses on the front and back of your vest / crop top. Fines from race officials (WPA) will be forwarded to the guilty member(s) for payment.

Podium winners must ensure that they are dressed in proper Nedbank Running Club Clothing – wearing at least a boxer short and t-shirt.

UPCOMING EVENTS

- 06/2 Lion of Africa 5km, 10km, 21.1km
- 06/2 Drakenstein Correctional Freedom 5km, 10km, 27km
- 13/2 Koeberg 5km, 15km
- 13/2 Model Sport Valentine's 5km, 10km
- 14/2 Tygerberg 30km
- **21/2 Cape Peninsula Marathon 21.1km, 42.2km (Gazebo Event)**
- 27/2 Tyger Run 5km, 10km, 21.1km
- 02/3 Lighthouse 10km
- 05/3 Constantia Village K-WAY 5km, 15km
- 12/3 Century City 10km
- 13/3 ABAX Investments Milkwood 5km, 10km, 21.1km
- 19/3 Ravensmead 15km

- 21/3 Top form 5km, 10km

GAZEBO EVENTS 2016

There will be a Club Gazebo at the following road races where members can enjoy FREE refreshments.

- 21/2 Cape Peninsula 21.1km / 42.2km
- 26/3 Two Oceans 21.1km / 56km (Marquee tent)
- 23/4 West Coast 21.1km / 42.2km
- 2/5 Safari (SAD) 10km / 21.1km (Boland)
- 18/6 Eersterivier 15km
- 30/7 PPC 10km / 21.1km / 42.2km (Boland)
- 6/8 Brackenfell 21km
- 18/9 CTM 10km / 42.2km
- 9/10 KFM Gun Run 10km / 21.1km
- 12/11 Winelands 10km / 21.1km / 42.2km
- 10/12 AVBOB 15km

RACE RESULTS

OCEAN BASKET BAY TO BAY 30KM RACE – 2016/01/10							
POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
6	Matiso	B	28	M			01:45:59
16	Diko	Sityhilo	24	M			1:52:38
17	Makunga	Ncedo	23	M			1:52:40
31	Kopolo	Vakalisa	38	M			1:59:18
96	Hanekom	Pieter	46	M			2:15:16
110	Frans	Ursula	46	F			2:17:14

154	Lucas	Lorenzo	53	M			2:21:59
185	Lindsay	Robbie	60	M			2:23:51
228	Conradie	Paul	45	M			2:27:15
253	Engelbrecht	Anton	51	M			2:28:32
292	Jaftha	M	37	M			2:30:56
354	Strumpher	Dieter	30	M			2:34:03
450	Sadie	Frankie	36	M			2:38:55
458	Janse van Rensburg	Leon	23	M			2:39:12
553	Cunnama	Errol	60	M			2:42:23
586	Fortune	Faseegh	29	M			2:43:35
722	Bouwer	Lindie	30	F			2:47:55
885	Van Zyl	Bernice	26	F			2:52:23
947	Burke	Nicolas	29	M			2:53:53
1189	Combrink	Gerrie	40	M			2:58:48
1257	Glan	T	50	M			3:01:00
1354	Van der Walt	Jeanne	54	F			3:04:37
1386	Burke	R	27	F			3:05:48
1437	Knoesen	Rudi	41	M			3:06:57
1457	Sidone	Latasha	39	F			3:07:32
1543	Visser	Abraham	35	M			3:09:52
1658	Steyn	S	31	M			3:13:23
1769	Rademeyer	Maryke	27	F			3:16:15
1876	Pheiffer	Marinda	44	F			3:19:32
2065	Solomons	Rugaya	40	F			3:25:11
2255	Diedricks	Cindy	32	F			3:30:14
2299	Singh	Deborah	45	F			3:31:55
2369	Nortjé	Phyllis	42	F			3:34:25
2370	Nortjé	Lawrence	45	M			3:34:25
2420	Mbundo	Owen	43	M			3:36:16
2481	Maroun	V	41	F			3:39:27

OCEAN BASKET BAY TO BAY 15KM RACE – 2016/01/10

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
1	Qhina	Mthandazo	38	M	35	0167	0:50:10
29	Dyalvane	Phatisha		F	SEN		1:07:28
1353	Faro	Fidel	34	M	SEN	8134	1:54:17
1650	Maneul	Ivan		M	40	8394	2:01:47
1742	Ludeke	Henning	38	M	35	3020	2:04:49
2071	Geldenhuys	Charmaine	49	F	45	3477	2:17:58
2191	Bosman	Elaine	46	F	45	3488	2:28:27

BROOKS HOHENORT 15KM RACE – 2016/01/16

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
4	Qhina	Mathandazo	38	M	35	0167	0:49:54
6	Nxuseni	Phumlani		M	SEN	3490	0:51:17
7	Diko	Sityhilo	25	M	SEN	3499	0:51:33
19	Kopolo	Vakalisa		M	SEN	3474	0:56:55
82	Lucas	Lorenzo	53	M	50	3473	1:04:45
93	Engelbrecht	Anton	51	M	50	3451	1:05:55
99	Frans	Ursula		F	40	8351	1:06:17
124	Firlan	Tembelani	50	M	50	3008	1:08:01
188	Brits	Sanet	56	F	55	1215	1:10:45
411	Boonzaaier	Johan	54	M	50	8366	1:18:06
443	Sikinana	Norooi	40	F	40		1:19:02
560	Visser	AJ	35	M	35	25478	1:22:13
587	Sineli	Patrick	53	M	50	8352	1:23:01
616	Knoesen	Rudi	41	M	40	3542	1:23:49
618	Combrink	Gerrie	40	M	40	11375	1:23:49
915	Tlowana	Caroline	30	F	SEN	2985	1:29:38
1284	Mnyamana	Zikhona	32	F	SEN	3083	1:36:57
1953	Isaacs	Duncan	47	M	45	3068	1:49:41
2441	Ludeke	Henning	38	M	35	3020	2:07:05
2449	Mofolong	Nandumiso	31	F	SEN	3484	2:08:18

DAN LUYT 15KM RACE – 2016/01/20

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
2	Qhina	Mthandazo	38	M	35	0167	0:51:03
5	Makunga	Ncedo	23	M	SEN	3460	0:54:14
6	Kopolo	Vakalisa		M	SEN	3474	0:54:39
68	Kotze	Sam	59	M	55	3077	1:14:08
84	Jansen	Rowland	50	M	50	8350	1:15:00
215	Heinen	Sean	27	M	SEN	3527	1:24:47
249	Roos	P	55	M	55	2965	1:26:16
251		Christiaan	28	M	SEN	3022	1:26:18
324	Sidone	Latasha	39	F	35	3454	1:30:18
432	Knoesen	Rudi	41	M	40	3542	1:36:32
553	Nortjé	Lawrence	45	M	45	3045	1:43:36
554	Nortjé	Phyllis	42	F	40	3042	1:43:37
601	Slater	Aleska	28	F	SEN	3456	1:46:23

RED HILL MARATHON 42.2KM RACE – 2016/01/23

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
3	Diko	Sityhilo		M	SEN	3499	2:33:01
54	Frans	Ursula		F	40	8551	3:18:22
101	Janse van Rensburg	Christiaan		M	SEN	3667	3:31:38
102	Groenewald	F		M	40		3:32:11
115	Engelbrecht	Anton		M	50	3451	3:37:07
282	Nel	Elmien		F	40	1341	4:01:43
436	Sadie	Frankie		M	SEN	3002	4:20:02
511	Fourie	Braam		M	40	17604	4:28:20
561	Jansen	Rowland		M	50	8350	4:32:17
581	Gibb	Robert		M	SEN	3081	4:33:52
668	Diedricks	Cindy		F	SEN	8387	4:43:59
716	Spamer	Tanja		F	40	3001	4:47:28
734	Mbundu	Owen		M	40	8372	4:48:55
749	Visser	AJ		M	SEN	3463	4:50:34

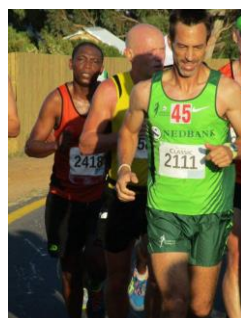
759	Roos	P		M	50	0836	4:51:23
803	Mayamana	Zilmana		F	SEN	3494	4:55:01
1033	Clarke	Michael		M	40	8370	5:36:11
1034	Clarke	Lena		F	SEN	8378	5:36:15

RED HILL 36.2KM RACE – 2016/01/23

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
5	Makunga	Ncedo		M	SEN	3460	2:22:24
38	Conradie	Paul		M	40	3040	2:50:57
45	Lucas	Lorenzo		M	50	3473	2:53:10
164	Cunnama	Errol		M	60	3475	3:24:47
415	Sidone	Latasha		F	SEN	3454	3:49:54
494	Knoesen	Rudi		M	40	3542	3:58:00
522	Combrink	Gerrie		M	40	3540	3:59:53
742	Nakidien	Shameeg		M	40	3487	4:20:25
789	Solomons	Rugaya		F	40	3080	4:24:14
863	Nortjé	Lawrence		M	40	3045	4:32:33
864	Nortjé	Phyllis		F	40	3042	4:32:34

***All of the Race Results are sent to us by WPA.**

PHOTO GALLERY



Please send all of your pictures taken at events to aleskas@yahoo.com

Nedbank Running Club - Administrative Head Office
Tel: (012) 541 0577
Fax: (012) 541 3752
www.nedbankrunningclub.co.za

MAKE
THINGS
HAPPEN


NEDBANK

IF YOU HAVE ANY OTHER QUESTIONS OR NEED CLARITY ON ANY TOPIC, COMPLAINTS, COMPLIMENTS OR CONSTRUCTIVE CRITISISM, YOU ARE WELCOME TO CONTACT ANY OF THE COMMITTEE MEMBERS- nedbankct@gmail.com



*"Let's take the Green Dream Machine
to new heights this year!"*