



## Nedbank Running Club Cape Town Newsletter: April 2016

Dear NRCCT member,

Wow! What a great year it has been so far! Congratulations to all of our members who took part in The Old Mutual Two Oceans Half- and Ultra Marathon 2016. Our club achieved great results and the event itself was a great success. We would like to thank *The Body 20 Team*, for the experience of relaxing and recovering from the run; *Future Life* for their yummy smoothie corner and *Biogen* for their generosity with their recovery and energy drinks.

Please take note that on the 7<sup>th</sup> of May 2016 we will be hosting a “*Breakfast 10km Club Run*” which will start at the V&A. We will meet promptly at 7am in front of the Cape Wheel across from Ferrymans Pub. The purpose of this Club Run is to welcome our new members and involve our social runners. Everyone is invited and afterwards we will all enjoy a nice breakfast at Spur where the club will subsidize half of each member's breakfast.



We would like to remind you as an ASA member to please go onto their website and update your information. You might think that is unnecessary and time-consuming, but certain things need to be in place, whether it is personal information that might have changed such as cellular phone numbers or addresses, medical aid information or your emergency contact details. Those are essential for us as a club to function to the best of our ability.

We would like to urge all of our members to please be safe and streetwise while you are training. Try to always stay in a group. There have been various incidents where runners who run on their own got into trouble. If possible get yourself a pepper spray bottle to run with.

Remember to 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.

If there is anyone that knows of a substitution for *The Comrades Marathon* taking place on the 29<sup>th</sup> of May 2016 please contact any of the two Club Captains; Chantel or Anton. We are urgently looking for an entry.

### **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)

Durbanville Athletic Club also host Club Run's on Sundays. Please go and '*like*' their page on Facebook for more information. The cost involved is R10 per runner and seconding will be every +/- 4km. They start promptly at 6am from Durbanville Golf Club.

"*The Friday 5km*" training runs were initiated as a lead up to the 2016 FNB Cape Town ONERUN. It is a great way to start the weekend and meet like-minded individuals. The goal is to help runners with their training while building excitement for the event. This takes place every Friday and is free and open to all runners. They start at 06:30 respectively in front of Hard Pressed Café, Portside, Bree Street, Cape Town AND outside the FNB Branch, Andringa Street, Stellenbosch.

Please take note of the WPA Championships, Coca-Cola League and Winter Team Challenge dates for 2016.

### WPA Championships

4 December 2015	ACSA 10km
16 April 2016	Leapfrog 21.1km
18 September 2016	Cape Town Marathon 42.2km
24 September 2016	Hewat 100km

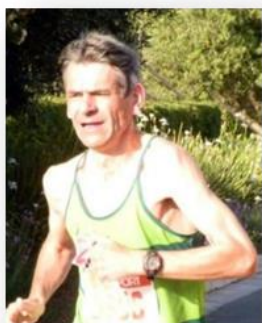
### Coca-Cola League

Nov '15	Edgemead Classic 10km
Dec '15	Beachcomber 15km
Jan '16	Hohenhort 15km
Feb '16	Tygerberg 30km
Mar '16	Top Form 10
Apr '16	Leapfrog 21km
May '16	Jive Slave Challenge
Jun '16	Don Lock
Jul '16	Fairbridge Mall 15km
Aug '16	Atlantis 21km + Khayelitsha 10km
Sep '16	None
Oct '16	Ommiedraai 10km
Nov '16	Mitchell's Plain (2017)
Dec '16	ACSA (2017)

### Winter Team Challenge

May '16	UWC 10km
Jun '16	Dave Spence 10km
Jul '16	McKenna Scott 10km
Sept '16	Medihelp 10km
Oct '16	Cape Gate 10km

## COMMITTEE MEMBERS 2016



Robbie Lindsay  
Chairman  
082 202 3593



Anton Engelbrecht  
Men's Captain  
082 901 2247



Chantel Simpson  
Ladies Captain  
083 629 8018



Alex de Abreu  
Treasurer  
072 264 7457



Aleska Slater  
Secretary  
083 414 9730

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

[nedbankct@gmail.com](mailto: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

<b>Banking Details:</b>	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 &amp; 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 every last Thursday of the month. We would also like to thank him for his effort.

Nedbank Running Club Cape Town: Time Trial – 2016/03/31				
Pos	Surname	Name	Number of Time Trials	Time
1	Nyombane	Lehlohonolo	1	00:21:58:23
2	Figlan	Thembelani	2	00:22:14:24
3	Sineli	Patrick	3	00:23:39:31
4	Sikunana	Norooi	2	00:24:44:50
5	Boonzaaier	Johan	2	00:25:27:30
6	Sidone	Latasha	1	00:26:20:11
7	Bouwer	Lindie	2	00:26:33:12
8	Adams	Goolam	1	00:28:02:27
9	Clarke	Michael	2	00:28:12:09
10	Pono	Nozibele	1	00:28:25:11
11	Kotze	Sam	1	00:28:25:11
12	Mtembu	Noloyiso	1	00:32:25:30
13	Manuel	Ivan	1	00:32:46:00
14	Slater	Aleska	2	00:32:46:00
15	De Abreu	Alex	1	00:38:12:11

## CLOTHING PRICES (range on website):

- Running Vest (male & female) R200
- Running short (Polly) R260
- Boxer short R260
- Running tights (female; short) R290
- Crop Top R475
- Tracksuits R780

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

- 02/4 Telkom Athletic Club Challenge 5km, 10km (walk), 10km
- 02/4 Laguna Mall 5km, 10km
- 09/4 Delta Draf 5km, 10km (Boland)
- 10/4 Central Athletics Challenge 5km, 10km
- 16/4 Leapfrog 5km, 10km, 21.1km
- 17/4 SPAR Women's Challenge 5km, 10km
- **23/4 Langebaan Country Estate Weskus Marathon 5km, 10km, 21.1km, 42.2km**
- 27/4 Nantes Run/Walk 5km, 10km
- 02/5 SAD (Safari Road Race) 5km, 10km, 21.1km (Boland)
- 02/5 UCT Memorial Race 10km
- 08/5 Jive Slave Route Challenge 5km, 10km, 21.1km
- 14/5 Powertrade Herfsprag Half Marathon 5k, 10km, 21.1km (De Doorns)
- 15/5 FNB Cape Town ONERUN 12km
- 22/5 Voet of the Wine Route 5km, 10km
- 28/5 UWC Fast & Flat 5km, 10km

## GAZEBO EVENTS 2016

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

- 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

TYGER RUN 10KM RACE – 2016/02/27							
POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
10	Nyombane	Lehlohonolo	25	M	OPEN		00:36:02
34	Frans	Ursula	47	F	40		00:41:44
51	De Villiers	Coriaan	44	F	40		00:44:17
55	Simpson	Chantel	46	F	40		00:44:29
103	Sogiba	Ivy	27	F	OPEN		00:49:45
127	Cupido	Charmaine	60	F	60		00:51:10
158	Visser	Johann	35	M	OPEN		00:53:02
167	Griebenow	Nadine	28	F	OPEN		00:53:37
689	De Klerk	Erika	45	F	40		01:07:53
855	Vhangani	Lusani	28	F	OPEN		01:12:05

TYGER RUN 21.1KM RACE – 2016/02/27							
POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
4	Korir	Gilbert	31	M	OPEN		01:17:20
7	Laban	Ponco	31	M	OPEN		01:19:01
11	Chidzivo	Fortunate	28	F	OPEN		01:21:26
33	Simae	Bulelwa	38	F	OPEN		01:28:55
34	Engelbrecht	Anton	51	M	50		01:28:56



38	Lucas	Lorenzo	53	M	50		01:31:38
58	Strümpher	Dieter	31	M	OPEN		01:35:41
75	Janse van Rensburg	Leon	23	M	OPEN		01:38:25
126	Sineli	Patrick	52	M	50		01:43:38
137	Abrahams	Fred	46	M	40		01:44:30
239	Cordier	Louis	22	M	OPEN		01:51:44
366	Spamer	Tanja	46	F	40		01:57:08
470	Tlowana	Caroline	30	F	OPEN		02:03:03
471	Combrink	Gerrie	40	M	40		02:03:03
721	Nortjé	Phyllis	42	F	40		02:17:15
722	Nortjé	Lawrence	45	M	40		02:17:16
727	Clarke	Michael		M	40		02:17:33
832	Isaacs	Duncan	47	M	40		02:24:19
852	Clarke	Lena	37	F	OPEN		02:25:14
897	Hill	Kirsten	24	F	OPEN		02:28:02
989	Mtembu	Noloyiso	36	F	OPEN		02:36:44
1066	Mofokeng	Nondumiso	31	F	OPEN		02:47:25
1106	Esau	Annabelle	53	F	50		02:56:50
1138	Abrahams	Lionel	66	M	60		03:10:31

## LIGHTHOUSE 10KM RACE – 2016/03/02

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
14	Shweni	Xolani	30	M	SEN	12366	00:34:45
28	Simae	Bulelwa	38	F	35	0032	00:37:32
54	Mandla		49	M	45	8357	00:40:08
56	Lindsay	Robbie	60	M	60	3464	00:40:14
58	Ngcubo	Elphas		M	SEN		00:40:23
102	Sineli	Patrick		M	50	10927	00:44:03
151	Sikunana	Norooi	40	F	40	10952	00:45:50
281	Sogiba	Ivy	27	F	SEN	3478	00:49:19
285	Cupido	Charmaine	60	F	60	3510	00:49:24
385	Griebenow	Nadine	28	F	SEN	3501	00:52:01
430	Sierra	Arthur	36	M	35	3470	00:53:13

633	Slater	Aleska	28	F	SEN	3456	00:56:58
845	Rienhardt	Eva	53	F	50	3524	01:00:47
1098	Vhangani	Lusani	28	F	SEN	10935	01:08:03
1101	McFarlane	Cindy	42	F	40	12350	01:08:09

### CONSTANTIA VILLAGE K-WAY 15KM RACE – 2016/03/05

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
61	Steele	Nolan	23	M	SEN	12370	00:59:50
79	Engelbrecht	Anton	51	M	50	3451	01:01:58
202	Kotze	Sam	59	M	55	3497	01:10:22
280	Heinen	Sean	27	M	SEN	3527	01:13:09
359	Cupido	Charmaine	60	F	60	3510	01:15:32
427	Kendall	Gary		M	40	21191	01:17:50
469	Visser	AJ	35	M	35	3463	01:18:59
570	Knoesen	Rudi	42	M	40	3542	01:21:55
650	Tlowana	Caroline	31	F	SEN	3489	01:23:38
1891	Simons	Tracey	54	F	50	3544	01:44:52
2153	Burke	Harriet	30	F	SEN	10946	01:49:55

### CENTURY CITY 10KM RACE – 2016/03/12

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
6	Qhina	Mthandazo	38	M	35	0034	00:30:57
11	Nxusani	Phumlani		M	SEN	3490	00:32:04
14	Kopolo	Vakalisa		M	SEN	3474	00:33:09
17	Korir	Gilbert	31	M	SEN	3498	00:33:29
36	Chidzivo	Fortunate	29	F	SEN	1095	00:35:59
43	Mtsawuba	Penwell		M	40		00:36:47
49	Simae	Bulelwa	38	F	35	0032	00:37:05
67	Engelbrecht	Anton	51	M	50	3451	00:38:31
99	Lindsay	Robbie	61	M	60	3464	00:40:34
163	Figlan	Thembelani		M	50		00:43:12
203	Heinen	Sean	27	M	SEN	3527	00:44:37
296	Kotze	Sam	59	M	55	3497	00:47:12

383	Cupido	Charmaine	60	F	60	3510	00:49:19
411	Damoyi	Headman	57	M	55	10926	00:49:51
469	Sidone	Latasha	39	F	35	3454	00:51:06
470	Tlowana	Caroline	31	F	SEN	3489	00:51:08
486	Knoesen	Rudi	42	M	40	3542	00:51:21
492	Visser	AJ	35	M	35	3463	00:51:30
500	Griebenou	Nadine	28	F	SEN	3501	00:51:41
1000	Rossouw	Martin	27	M	SEN	3480	00:59:10
1027	Isaacs	Duncan	47	M	45	3514	00:59:31
1432	Bain	Nicholas	35	M	35	12368	01:06:22
1520	Simons	Tracey	54	F	50	3544	01:08:10
1688	Mofokeng	Nondomiso		F	SEN	3484	01:11:39
1746	Weideman	Carol	31	F	SEN	3492	01:12:44

### ABAX MILKWOOD 10KM RACE – 2016/03/13

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
8	Simpson	Chantel	46	F	40+	3500	00:43:42
48	Cupido	Charmaine	60	F	60+	3510	00:52:18

### ABAX MILKWOOD 21.1KM RACE – 2016/03/13

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
3	Diko	Sityhilo	25	M	SEN		01:14:10
4	Nxusani	Phumlani		M	SEN		01:16:04
58	De Villiers	Coriaan	44	F	40+	3545	01:38:13
397	Visser	Johann	35	M	SEN	3463	02:02:58
885	Mtembu	Noloyiso	36	F	SEN	3543	02:38:08

### RAVENSMEAD 15KM RACE – 2016/03/19

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
8	Kopolo	Vakalisa		M	SEN	3474	00:49:38
19	Mapukata	Sihle	39	M	35	1238	00:52:42

22	Nyombane	Lehlohonold	25	M	SEN	10933	00:54:04
49	Diko	Sityhilo	25	M	SEN	3499	00:59:11
67	Lindsay	Robbie	61	M	60	3464	01:02:22
170	Jansen	Rowland	50	M	50	3550	01:12:00
176	Kotze	Sam	59	M	55	3437	01:12:27
213	Moagi	Davis	46	M	45	10928	01:15:10
240	Swanepoel	Rebekah	18	F	JUN	4690	01:16:49
296	Tlowana	Caroline	31	F	SEN	3489	01:20:23
371	Sidone	Latasha	39	F	35	3454	01:24:04
603	Bain	Nicholas	35	F	35	12368	01:38:30
693	Gantana	Julinda	46	F	45	10948	01:46:21
723	Mofokeng	Nondomiso		F	SEN	3484	01:49:04
778	Esau	Annabelle		F	50	12356	01:54:12

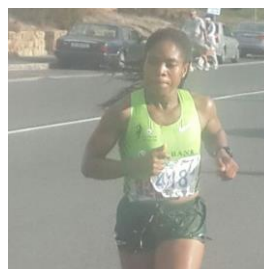
## TOP FORM 10KM – 2016/03/21

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
12	Nyombane	Lehlohonolo	25	M	SEN	10933	00:34:30
72		Phatiswa	30	F	SEN	3523	00:40:21
84	Fortune	Faseegh	30	M	SEN	3488	00:41:24
257	Cupido	Charmaine	60	F	60	3510	00:48:26
267	Boonzaaier	Johan	54	M	50	3521	00:48:49
470	Sidone	Latasha	39	F	35	3454	00:53:17
1288	Rienhardt	Eva	53	F	50	3524	01:06:35
1289	Isaacs	Duncan	48	M	45	3514	01:06:36

**Please note that the *The Old Mutual Two Oceans Half- and Ultra Marathon* results will be in next month's newsletter.**

**\*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](mailto:aleskas@yahoo.com)



**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](mailto:nedbankct@gmail.com)**



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