



Nedbank Running Club Cape Town Newsletter: June 2016

Dear NRCCT member,

So with *The Comrades Marathon* behind us we would like to congratulate all of our members who embarked on this journey. *NEDBANK Running Club* did very well overall and I think we can all be really proud of being part of the *Green Dream Machine*. Please be reminded that the entries for *The Cape Town Marathon 2016* are open.

We would like to thank those members who attended our *Breakfast Club Run* that was held on the 7th of May 2016. What a great opportunity to get to know some of the members other than on the road.

We have noticed an increase where members do not complete their race cards correctly. Remember these cards are used by the hosting clubs to send the results through to Western Province Athletics. If the race card is not completed in full, it could be the reason why results are faulty.

We want to remind you about clothing worn in winter over your licence. Teams are not eligible for the team prizes and are then disqualified if licences are not visible to race marshals.

We would like to urge you to please join the campaign against polluting Mother Nature. It happens all the time that runners throw their water sachets wherever they think fit. Please guys we want you to take action against this. #RunGreen #RunClean.



For all of those looking for a training programme for all distances, nutrition advice and other interesting information, please visit our national website www.nedbankrunningclub.co.za

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. **The next gazebo event will be on the 18th of June 2016 at the Eersterivier Run.**

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

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 rewarding 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 – 2016/05/26				
Pos	Surname	Name	Number of Time Trials	Time
1	Korir	Gilbert	2	00:20:42
2	Engelbrecht	Anton	2	00:21:05
3	Slater	Aleska	3	00:27:37
4	Cottle	Zelda	1	00:32:30
5	Dreyer	Brigette	1	00:33:30

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
- ¾ Tights R500
- Warm-up top (half zip) R500
- 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

- 05/6 Don Lock Memorial Run 8km, 15km
- 11/6 Mamre Run 5km, 21.1km

- 11/6 Napier Half Marathon 4km, 10km, 21.1km
- 16/6 Dave Spence Memorial Run 4.2km, 10km
- **18/6 Eersterivier Run (AVBOB) 5km, 10km, 15km**
- 19/6 K-WAY table Mountain Run 16km
- 25/6 KwikSpar Somerset Spookhill 5km, 15km
- 25/6 Boland Correctional Services Half Marathon 5km, 10km, 21.1km
- 09/7 Knysna Forest Marathon 21.1km, 42.2km
- 16/7 Elsie's River 5km, 10km
- 23/7 Fairbridge Mall Run 6km, 15km
- **30/7 PPC 10km, 21.1km, 42.2km (Boland)**
- 31/7 McKenna & Scott Pinelands Race 5km, 10km

GAZEBO EVENTS 2016

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

- 18/6 Eersterivier 15km
- 30/7 PPC 10km, 21.1km, 42.2km (Boland)
- 06/8 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

WEST COAST HALF MARATHON 21.1KM – 2016/04/23							
POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
4	Qhina	Mthandazo		M	SEN	2267	01:12:16
35	Engelbrecht	Anton		M	50-59	2270	01:37:09
36	Lindsay	Robbie		M	60-69	2266	01:37:09
202	Claassens	Lorette		F	SEN	2504	01:56:25
533	De Wit	Juliana		F	60-69	2846	02:19:47
689	Kopp	Robert		M	40-49	2263	02:32:32
690	De Klerk	Erika		F	40-49	2272	02:32:32

WEST COAST MARATHON 42.2KM – 2016/04/23							
POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
23	Nyombane	Lehlohonolo		M	SEN	551	02:57:13
42	Hanekom	Pieter		M	40-49	886	03:11:34
48	Frans	Ursula		F	40-49	342	03:14:58
49	Crous	Philip		M	SEN	892	03:14:59
116	Van der Merwe	Christo		M	SEN	353	03:37:32
119	Figlan	Thembelani		M	50-59	891	03:38:10
131	Ndlovu	Sandile		M	SEN	346	03:40:24
148	Groenewald	Jacques		M	40-49	343	03:43:51
237	Volschenk	Maritsa		F	SEN	897	03:57:24
300	Sadie	Frankie		M	SEN	889	04:03:12
342	Roos	Paul		M	50-59	349	04:10:01
357	Spamer	Tanja		F	40-49	339	04:11:20
437	Du Toit	Christo		M	SEN	895	04:19:07
440	Burke	Nicholas		M	SEN	344	04:19:24
441	Burke	Christopher		M	SEN	347	04:19:24
442	Burke	Rona		F	SEN	350	04:19:25

447	Sidone	Latasha		F	SEN	341	04:19:52
684	Walters	Koos		M	40-49	896	04:50:21
728	Pheiffer	Marinda		F	40-49	887	04:54:34
729	Slater	Aleska		F	SEN	348	04:54:37
731	Mapekula	Zintle		F	SEN	345	04:54:52
804	Singh	Deborah		F	40-49	352	04:59:35
832	Solomons	Rugaya		F	40-49	888	05:07:39
894	Jonas	Weziwe		F	40-49	894	05:24:36
899	Mtembu	Noloyiso		F	SEN	351	05:25:29

NANTES 10KM RACE – 2016/04/27

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
36	Le Roux	Jana	15	F	JUN	0277	00:38:26
87	Mgwebi	Mzukisi	36	M	35	12386	00:42:01
139	Fortune	Faseegh	28	M	SEN	3486	00:44:49
198	Damoyi	Headman	57	M	55	10926	00:47:06
238	Cupido	Charmaine	60	F	60	3510	00:48:24
436	Nakida	Shameeg		M	40	3487	00:52:56
571	Solomons	Rugaya	41	F	40	3520	00:55:20
1224	Mofokeng	Nondumiso		F	SEN	3484	01:05:42
1537	Manuel	Ivan	38	M	35	12377	01:11:57

SAFARI ROAD RACE 10KM – 2016/05/02

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
5	Kopolo	Vakalisa		M	OPEN	9966	00:31:26
13	Faro	Anton		M	OPEN	10029	00:33:18
31	Le Roux	Jana		F	JUN	9946	00:37:58
50	Goliath	Arrie		M	40+	10983	00:42:58
146	Griebenow	Nadine		F	OPEN	10175	00:52:14
548	De Abreu	Alex		M	OPEN	10384	01:07:19

588	Du Toit	Elna		F	50+	11032	01:08:39
751	Diederiks	Joanne		F	OPEN	9890	01:14:37
1114	Burger	Minette		F	40+	10574	01:25:54

SAFARI HALF MARATHON 21.1KM – 2016/05/02

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
4	Qhina	Mthandazo		M	OPEN	4778	01:10:05
9	Cupido	Alvino		M	OPEN	2636	01:12:29
15	Nyombane	Lohlohonolo		M	OPEN	5059	01:15:49
16	Makunga	Ncedo		M	OPEN	3357	01:15:53
72	Lucas	Lorenzo		M	50+	3587	01:27:36
89	Lindsay	Robbie		M	60+	3782	01:29:30
102	Ngubo	Sive		M	OPEN	3205	01:30:53
154	Fortune	Faseegh		M	OPEN	5099	01:34:38
175	Mgwebi	Mzukisi		M	OPEN	4842	01:36:05
334	Engelbrecht	Anton		M	50+	3814	01:43:42
336	Van Zyl	Bernice		F	OPEN	4462	01:43:43
347	Sadie	Frankie		M	OPEN	1227	01:43:58
538	Kotze	Sam		M	50+	2380	01:49:36
775	Rüster	Mario		M	OPEN	3997	01:54:51
872	Du Toit	Christo		M	OPEN	11031	01:57:02
930	Spamer	Tanja		F	40+	1153	01:57:58
1162	Sidone	Latasha		F	OPEN	3018	02:02:16
1173	Abrahams	Lionel		M	60+	5230	02:02:32
1268	Van der Walt	Jeanne		F	50+	4893	02:04:40
1406	Knoesen	Rudi		M	40+	2538	02:07:50
1407	Combrink	Gerrie		M	40+	4541	02:07:50
1468	Slater	Aleska		F	OPEN	3757	02:08:51
1502	Boonzaaier	Johan		M	50+	3280	02:09:30
1823	Singh	Deborah		F	40+	3655	02:16:27
1854	Naude	Colene		F	OPEN	3408	02:17:13
2060	Mtembu	Noloyiso		F	OPEN	3491	02:22:28
2074	Bain	Nicholas		M	OPEN	3191	02:22:54

2083	Beyers	Brian		M	OPEN	2877	02:23:19
2087	Jonas	Weziwe		F	40+	3529	02:23:37
2259	Van der Merwe	Olivia		F	50+	5026	02:27:42
2593	Gantana	Julinda		F	40+	3233	02:42:03
2715	Carstens	Matthys		M	50+	1140	02:48:17
2784	Basson	Theresa		F	40+	3356	02:52:19
3036	Manuel	Ivan		M	OPEN	3182	03:24:51

UCT MEMORIAL RACE 10KM – 2016/05/02

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
8	Shabalala	Phumlani	29	M	SEN	12392	00:33:33
10	Nxusani	Phumlani		M	SEN	3490	00:33:42
20	Ponco	Laban		M	SEN	3526	00:35:27
34	Mapukata	Sihle	39	M	SEN	12381	00:37:54
62	Ngqunge	Mandlenkosi	50	M	50	10959	00:40:02
81	Frans	Ursula		F	40	37	00:41:51
101	Simpson	Chantel	46	F	40	3500	00:42:55
264	Sikunana	Norooi	40	F	40	10952	00:49:52
267	Cleophas	Henry	67	M	60	12371	00:50:01
343	Cupido	Charmaine	60	F	60	3510	00:52:24
363	Diko	Sityhilo	25	M	SEN	3499	00:53:14
483	Tlowana	Caroline	31	F	SEN	3489	00:56:22
1004	Hartnick	Fredeline	48	F	40	10967	01:09:34

SLAVE ROUTE CHALLENGE 21.1KM – 2016/05/08

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
3	Qhina	Mthandazo		M	OPEN	2077	01:12:24
7	Kopolo	Vakalisa		M	OPEN	2005	01:15:14
8	Makunga	Ncedo		M	OPEN	2021	01:16:29
9	Diko	Sityhilo		M	OPEN	1963	01:16:50

12	Nyombane	Lehlohonolo		M	OPEN	2061	01:17:30
14	Fanteni	Buhle		M	JUN	2997	01:20:19
36	Oppel	Aldo		M	40+	1173	01:29:16
107	Mgwebi	Mzukisi		M	OPEN	1717	01:38:30
143	Figlan	Thembelani		M	50+	1978	01:40:31
205	Fortune	Faseegh		M	OPEN	1329	01:43:42
301	Bouwer	Lindie		F	OPEN	1940	01:48:08
722	Visser	Johann		M	OPEN	1299	01:59:08
826	Sineli	Patrick		M	50+	2094	02:01:41
992	Sidone	Latasha		F	OPEN	2674	02:05:27
1114	Pono	Nozibele		F	40+	1185	02:08:41
1302	Moloisane	Ruby		F	OPEN	2046	02:13:09
1472	Gibb	Jeanine		F	OPEN	2986	02:15:53
1736	Mtembu	Noloyiso		F	OPEN	2048	02:24:21
1841	Geldenduys	Charmaine		F	50+	1025	02:27:02
1933	Solomons	Rugaya		F	40+	2792	02:29:35
2015	Van der Merwe	Olivia		F	50+	1275	02:31:23
2078	Manuel	Ivan		M	OPEN	1119	02:33:01
2388	Hill	Kirsten		F	OPEN	415	02:44:59
2451	Diedrick	Cindy		F	OPEN	1962	02:47:17
2452	Mofokeng	Nondumiso		F	OPEN	1144	02:47:17

SLAVE ROUTE CHALLENGE 10KM – 2016/05/08

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
6	Nxusani	Phumlani		M	SEN	3490	00:34:18
9	Shabalala	Phumlani	29	M	SEN	12392	00:34:35
44	Chidzivo	Fortunate	29	F	SEN	12376	00:41:48
46	Dyalvane	Phatiswa	31	F	SEN	3523	00:42:02
68	Sikunana	Norooi	40	F	40+		00:44:54
70	De Villiers	Coriaan	44	F	40+	3545	00:45:01
161	Cupido	Charmaine	60	F	60+	3510	00:51:56
1603	Esau	Annabelle	53	F	50+	12356	01:19:46
2071	De Klerk	Erika		F	40+	3517	01:27:15

POWERTRADE HERFSPRAG 21.1KM – 2016/05/14

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
23	Lucas	Lorenzo	53	M	50+	3473	01:19:06
62	Christo	Du Toit	39	M	35+	3539	01:50:57

POWERTRADE HERFSPRAG 10KM – 2016/05/14

POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
106	Elna	Du Toit	57	F	55+	3537	01:07:18

FNB ONERUN 12KM – 2016/05/15

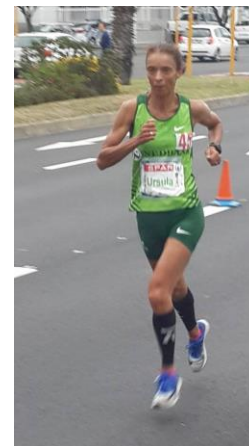
POS	SURNAME	NAME	AGE	SEX	CAT	LIC No.	TIME
16	Gongqa	Lungile		M	OPEN	22	00:36:32
30	Nxusani	Phumlani		M	OPEN	392	00:39:15
44	Nyombane	Lehlohonolo		M	OPEN	393	00:40:57
60	Ntsaluba	Penwell		M	40+	391	00:43:01
61	Chidzivo	Fortunate		F	OPEN	68	00:43:14
62	Lotter	Lena		F	OPEN	69	00:43:19
127	Noades	Belinda		F	40+	19	00:47:21
131	Le Roux	Jana		F	JUN	2220	00:47:31
145	Lindsay	Robbie		M	60+	29	00:48:07
305	Strümpher	Dieter		M	OPEN	1567	00:52:46
362	Abrahams	Fred		M	40+	101	00:53:47
409	Cunnama	Errol		M	60+	641	00:54:35
410	Janse van Rensburg	Leon		M	OPEN	282	00:54:36
445	Figlan	Thembelani		M	50+	207	00:55:17
495	Sineli	Patrick		M	50+	814	00:55:49
619	Cupido	Charmaine		F	60+	18	00:57:19
913	Conradie	Paul		M	40+	163	01:00:08

1110	Visser	Johann		M	OPEN	1638	01:01:50
1392	Sidone	Latasha		F	40+	1538	01:04:02
1470	Pienaar	Shaun		M	OPEN	9557	01:04:31
1948	Moloisane	Ruby		F	OPEN	3508	01:07:25
2750	McFarlane	Allister		M	40+	3468	01:11:48
4256	Simpson	Shaun		M	50+	3838	01:19:21
4362	De Klerk	Erika		F	40+	4642	01:19:58
4590	Hill	Kirsten		F	OPEN	4957	01:20:55
5314	McFarlane	Cindy		F	40+	5397	01:24:42
5442	Knoesen	Rudi		M	40+	1299	01:25:26
5443	Combrink	Gerrie		M	40+	1101	01:25:26
5448	Van der Merwe	Olivia		F	50+	2590	01:25:27
6225	Rienhardt	Eva		F	50+	7670	01:30:10
6579	Esau	Annabelle		F	50+	4750	01:32:46
7303	Diederiks	Joanne		F	OPEN	4679	01:38:51
7738	Burger	Minette		F	40+	10353	01:43:08

WPA apologises for any inconvenience regarding the results of *The SPAR Women's Challenge*; where none of the members were grouped according to their clubs making it impossible for us to allocate our club results.

***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

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!"*