

Weekly News Round-Up | 2 – 8 March 2026

It was a successful and exciting week for the Green Team, with strong performances across road racing, track events, and youth championships. Our athletes once again represented the club with pride and determination.

Constantia Village 15km | 7 March

Congratulations to all our members who participated in the Constantia Village 15km. The club produced several excellent performances, including podium finishes and multiple Top 10 placings in the women's race.

Highlights included a 2nd place finish for Zintle Xiniwe in the Open Women's category, a category win for Elmé Middlemost in the W40–49 division, and a 2nd place finish for Charmaine Cupido in the W70–79 category. The team also secured the Ladies Team Prize, showcasing the strength and depth of our women's squad.

Well done to everyone who took part and proudly represented the Green Team.

Historic Performance – Anthony Grendon

A special congratulations to Anthony Grendon, who achieved an outstanding milestone at the Wildeklawer Fast Track Series by setting a new South African Masters Athletics and African record in the M65–69 1500m.

Despite challenging weather conditions, Anthony delivered a remarkable performance with the support of fellow Masters athletes who assisted with pacing and race preparation. He narrowly missed the world record and plans to attempt it again later this year.

We are incredibly proud to have Anthony as part of the Green Team.

Wildeklawer Fast Track Series

Congratulations to Kobie Griffiths, who delivered a superb performance in the 800m, finishing 8th in a highly competitive senior field.

Well done, Kobie — a fantastic achievement.

WPA Sub-Youth, Youth, Junior & U23 Championships

Our development athletes enjoyed an exceptional weekend at the Western Province Championships, bringing home an impressive 14 medals under the guidance of Coach Ashley Smith (*Keano Qwili not coached by Coach Ashley).

The athletes showed great determination in difficult weather conditions, competing tactically and proudly representing the club across multiple age categories and events.

A big congratulations to the entire development squad and Coach Ashley for this outstanding achievement.

👁️ Looking Ahead

This week we will be featuring Gilbert Korir and Maureen Baloyi in our Meet the Team series.

Our committee meeting will take place on 12 March. Members are welcome to submit any queries, suggestions, or feedback by emailing nedbankct@gmail.com ahead of the meeting.

We are also excited to share that the club continues to grow, with several new elite athletes joining the Green Team in the coming weeks — [#watchthisspace](#)

Thank you to all our athletes, coaches, and supporters who continue to represent the Green Team with pride. We look forward to another great week of running ahead 

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