

Nedbank Running Club criteria for athletes to be included in the Green Dream Team: A-TEAM

- Achieve top 3 positions in national Road Running Championships-SA. 10KM, 21KM and 42km.
- Achieve top 10 positions in national events especially-Comrades, Nedbank and Two Oceans 56km.
- Achieve top 3 positions in national prominent Road events-Soweto Marathon, CT Marathon, Mandela Marathon, Durban marathon, ABSA 10km, Two Oceans 21km., Ladies Spar races, City2City etc.
- Selected based on National / International performance and potential.
- Media Friendly-be visible on social media, in the printed media, magazines as well as on TV and Radio.
- Athletes must be visible through social media by promoting his/her sponsors, training and racing updates. -twitter, Facebook, Instagram, blogs.
- Limited to a pre-determined number of athletes
- Special branded clothing / Biogen / Nike / Thirsti /Nike Training & Racing shoes.
- Entries to predetermined races.
- Travel & accommodation to identified races
- Monthly retainers to help with running expenses
- Free membership & licensing
- Incentives to podium finishes in certain pre-determined National & Provincial races-see website.

Nedbank Running Club criteria for athletes support Provincial podium and development athletes: B-TEAM

- Achieving top 3 positions in Provincial events and races on a regular basis
- Biogen / Nike / Thirsti Water /Nike Trainers & Racers via NB Sport or Club.
- Incentives to podium finish in certain pre-determined National & Provincial races
- Entries to races within the Province or Province(s) in close proximity (within reason)
- Travel expenses to races / club activities (within reason)
- Free membership & licensing (if not licensed by Province)
- Free running kit and podium wear (within reason)

What is expected from top Green Dream Team and Provincial Athletes?

- Be a representative and role model for Nedbank Running Club
- Dressed in Nedbank Clothing as prescribed in and off the podium
- Plan their races for the calendar year
- Inform the club of races he/she wants to at the beginning of the month / quarter (pre-entries at least a week before closing date and enter-on-the-day 3 days before the event)
- Inform the club when he /she is sick or injured and entry can be substituted in certain races
- Plan races & transport with the team in a cost-effective manner
- If not coached, to follow a proper program preparing them adequately for the race distance & give feedback to the club
- Participate in relays (X-Country and other) in order to give the club high level exposure
- Communicate with chairman and /or respective team captains (trouble shooting)
- To be involved with club activities (Time Trials / Club Runs / Monthly functions) & development of athletes
- Earn an income outside running in order to make a living
- Use retainer for running expenses
- To help identify & attract talent to the team.



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