

## **Nedbank Running Club news-20 September to 28 September 2014**

We did have several Future Life promotions during this last week and it was great to see how many runners supported this initiatives.

We want to thank our partner-Future Life for their support and their brilliant representatives and dieticians from which our athletes did get a lot of information on healthy eating habits as well as on how to improve their performances by way of the correct fuelling methods that was introduced to them.

Futurelife Promotional Talk and Time Trial held at Nedbank Running Club Durban had a Great turnout on the 23<sup>rd</sup> of September 2014.

**Eric Ngubane, Nick Bester, Suzelle Nel and Dave Flood**



**Start of the Time Trial**



**32Gi refueling station after the Time Trial**



**Futurelife Talk done by Suzelle Nell**



**Comrades Talk by Bruce Fordyce**



**Bongumusa Mthembu, Nick Bester, Colin Thomas and Bruce Fordyce  
3 Comrades winners and 5 x 2<sup>nd</sup> places between them.**



#### **Time Trial results 23 September 2014**

##### **5KM**

16.32 Thembelani Malunda; 16.52 Phumlani Masuku; 16.55 Phumlani Masuku; 17.05 Robert Ngubane; 17.10 Phumlani Mdladla; 17.12 Mangayile; 17.46 Michael Ndlovu; 17.53 Musa Ramhelile; 17.55 Cebo Mkhize; 17.58 Silvester; 18.00 Mdu Khumalo; 18.00 Hlomayi; 18.53 Richard Harrison; 19.00 Joseph Myoki; 19.00 Wiseman Ndebele; 19.05 Boy Goge; 19.26 Scelo Majola; 19.47 Wilfred Konje; 20.00 Sherpard; 20.15 Siboniso Cele; 20.38 Steve Bolton; 20.51 Nkululeko Shenge; 21.00 Nebaleng Letsele; 21.00 Simphiwe Ngema; 21.40 Bheki Mbatha; 21.50 Mlondi Bhengu; 21.51 Pat Mhlongo; 22.13 Emmanuel Burgent; 22.50 Sfiso Mpanza; 23.00 Sipho Mbanjwqa ; 23.46 Musa Mabodla; 25.00 Nomthty Mabodla; 25.21 Clair Sjoblam; 25.40 Bongani Tshabalala; 25.50 Nonhlsnhla Zondi; 26.00 Henk Vos; 26.40 Charmain Shandu; 26.48 Mbali Shozi; 26.50 Mano Naidoo; 27.45 Lucy Nxumalo; 27.56 Candice Herbster; 28.11 Ibonga 28.30 I Mkhize; 29.51 J Nhlosi; 30.35 Samke Masuku; 31.56 Luxila

##### **8 KM**

32.04 Danielle Adlam  
32.32 Cary-Ann Smith

**Futurelife Promotional Talk and Time Trial held at Nedbank Running Club Cape Town – 25 September 2014**



**Jason from 32GI at the fuelling station**



**Bridgitte La Mont rom Future Life presenting the hamper to the winner**



**Member of the month-Charmaine Cupido and Chantelle Simpson**



## **Race results –National**

**PetroSA Marathon - 27 September 2014**

**21km**

Open 2 Sibusiso Nzima 1:03:05; 3 Ettienne Plaatjies 1:03:50; 4 Xolisa Tyali 1:04:40

**Ettienne Plaatjies, Sibusiso Nzima & Xolisa Tyali**



**Township to township 42km - 27 September 2014**

**21km**

**Women**

Open3 Fikile Mbuthuma 1:28

Veterans 1 Hleziphi Ncayiyana

**42km**

Leneo Chaka 2:59

**Men**

**Senior team prize**

Mthembeni Nzama 2.32; Nkosinath Duma 2.37; Robert Ngubane 2.39

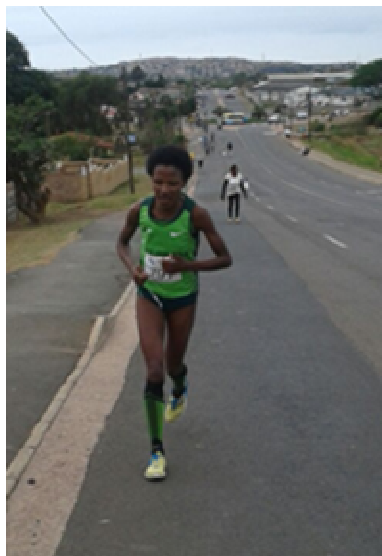
**Veteran team prize**

Dumisani Mtaung 2.46; Andries Notununu 2.58; Stanley Makhamba 2.58

Fikile Mbuthuma & Hleziphi Ncayiyana



Leneo Chaka



**PAM GOLDING SPRING HEALTH 10km & 3 km - 27 September 2014**

**10KM**

1 ELFONZO PIETERSE 32:21; 2 DULLAN SOLOMONS 35:25; 3 AUSCHTEN OCTOBER 35:43

**REDBERRY FARM TRAIL Run 8km – 28 September 2014**

**8km**

1 ELFONZO PIETERSE 34:08; 3 AUSCHTEN OCTOBER 42:11

**Schweizer-Reneke - 27 September 2014**

**12km**

1 Thabang Mosiako; 2 Stofel Sebuaseng; 3 Mpho Kgaswane

**20km**

1 Petrus Motsumi; 2 Donald Meleane; 3 Lebo mojaki

**Susna Du Plessis-1<sup>st</sup> veteran**



**Pio Mpolokeng, David Manja, Joel Monne**



**Boland 10km Championships – 27 September**

**Ileana Dreyer 1st, Clairiece Slingsers 2nd en Sharlan Boer 3rd**



**Nedbank Running Club Soweto Development athletes perform well throughout the season – 24 September 2014**

Nedbank Running Club Soweto has just finished another successful cross country season with great results to show. Our athletes are a little bit exhausted now but they are happy with the success the past year.

Nedbank Green Dream Team Athlete, Xolisa Tyali was at the time trial to inspire and motivate the athletes and this after he had ran a 10km race the morning finishing 3rd in 30:37 and team mate Sibusiso Nzima was second in the same race running 30:08.

Start of the Time Trial



Development runners receiving their incentives-Future Life



Regards  
Siyaya Khoza-Chairman Nedbank Soweto Running Club



## Nedbank Running Club George Spring Time Trial – 16 September 2014

The Spring Time Trial was about fun and games and the runners were asked to dress in green. There was a prize for the best dressed runner.

**The winners were Johanna Claassen and Natalie Smith**



### Time Trial Results

#### **5km**

1 AUSCHTON OCTOBER 17:26; 2 DARRYL SOLOMONS 17:32; 3 JACOBUS BOSHOF 19:09; 4 ANDRE VAN GEND 19:09; 5 TIM TOOVEY 19:52; 6 HANNES LABUSCHAGNE 20:24; 7 CHARMAINE LAMPRECHT 21:48; 8 LEANDER CLASSEN 22:23; 9 HELGARD MULLER 22:34; 10 ALBERT VILJOEN 22:35; 11 PETER DEISTER 22:56; 12 ANNEMARIE VAN DER WESTHUIZEN 23:24; 13 WILLEM LUBBE 25:10; 14 CHANTE MEYER 25:25; 15 PHILIP STEYN 25:34; 16 ANKIA WEPENER 25:35  
17 DEREK SMITH 25:57; 18 DERICK BRUCE 26:46; 19 JENNIFER BARBOUR 27:11; 20 JOHAN PRETORIUS 27:12; 21 MARI NEETHLING 27:37; 22 THIA LANDSBERG 28:00; 23 ANZELLE TERBLANCHE 28:43; 24 DALE CORNELSON 28:48; 25 KARIN LAING 29:33; 26 LERITA CORNELSON 29:51; 27 ANNA-MART GOOSEN 30:28; 28 SANDY DU TOIT 32:30; 29 NICO MULLER 32:31;

#### **3km**

1 DULLAN SOLOMONS 9:21; 2 BRADLEY CARELSE 10:56; 3 JEROME FERLAND 11:39; 4 MARIANO PIETERSEN 13:05; 5 JOHANNA CLAASSEN 13:12; 6 NICO FERREIRA 14:30; 7 LAETITIA VOSLOO 15:20; 8 RONEL SWART 16:11; 9 EDITH BRINK 16:26; 10 DEBBIE STRYDOM 16:34; 11 LUMARI LA GRANGE 16:38; 12 TANIA FERREIRA 17:24; 13 ANEL BEDEKER 17:37; 14 MARISKA BEDEKER 17:40  
15 ATTIE BEDEKER 17:40; 16 BIANCA LUBBE 18:25; 17 GLENDA STEVENS 18:31; 18 ADANDA SWART 20:18; 19 CHARLENE PRETORIUS 22:20; 20 CAROL ANN STEYN 22:21; 21 ALDINE SCHOEMAN 24:27; 22 NATALE SMITH 31:50

**Nedbank Running Club Bloem Achilles hosted the Webbers & Vic Theron 10km spring race 27/09/2014**

There was a huge dominance of Nedbank runners in the Webbers & Vic Theron 10km spring race that took place on Saturday 27 September 2014. The surprise of the day was when 16 years old girl Puleng Matlosa of Nedbank Running Club Bloem Achilles Development took 3<sup>rd</sup> position overall in the woman`s category and finish 1<sup>st</sup> position in the junior girls in a time of 42:38. This was only her third 10km race ever.

**Paulina Njeya 1st 37:06 & Puleng Matlosa 3rd 42:38 (Nedbank Bloem Achilles Development Athlete)**



**Velaphi Qwalane also from Nedbank Running Club Bloem Achilles Development won the boys junior category, finish time 33:14**



**Nedbank Bloem Achilles Development Junior boys top 3**

1. Velaphi Qwalane 33:14
2. Nope Molojane 33:34
3. Vuyani Malaku 35:05

**Nedbank Running Club Bloem Achilles Development Junior Athletes Team at Webbers & Vic Theron 10km spring race on Saturday**



Story by: Leonard Jingose (Development Coach)