



NEDBANK RUNNING CLUB

173 Van Niekerk Street
Rosslyn, 0200

P.O. Box 58010
Karenpark, 0118

Tel: (012) 541-0577
(012) 541 3752
Fax: (012) 541-1261

E-mail: nbsport@lantic.net

Website: www.nedbankrunningclub.co.za

WELCOME TO THE NEDBANK RUNNING CLUB
GAUTENG NORTH - TSHWANE

Dear Runner

It's our pleasure to welcome you to the Nedbank Running Club in Pretoria – a club committed to your personal fitness goals and training needs. Since its launch in January 2008, the Nedbank Running Club (NRC) has experienced exceptional growth in its individual membership and has established twelve clubs and two development clubs across the country. The club is managed by Nick Bester (former winner of the 1991 Comrades Marathon) – CEO (NB Sport Development), Debbie Fourie Club Chairman and Adriaan Cronje – Club Administrator and official (NB Sport Development).

Each of the clubs provides facilitated training programmes that include fun runs, time trails and motivational support to their running community. By having joined Nedbank, you will have access to:

- Time Trial every week (Thursdays) *
- Braai (First Thursday of the month) *
- One Club Tent Race per month (Refreshments will be available at the club tent after the race)

Everyone is welcome to join all activities – it's not exclusively held for the faster athletes! We provide professional advice on dieting, racing and training programmes for all distances from road running to cross-country – and from beginners to experienced runners.

*** Time Trails are held at CBC Old Boys Club, George Storrar Drive in Groenkloof.**

Fees:

Joining and registration (ASA License included) R 220-00

Clothing	Ladies Vest	R 95-00	Ladies Crop Top	R 130-00
	Ladies Short	R 95-00	Running Tight	R 130-00
	Men's Vest	R 95-00	¾ Length Tights Green	R 220-00
	Men's Short	R 95-00	Ankle Length Tights Green	R 240-00
	Boxer shorts - Unisex	R 100-00	Tracksuits	R 520-00
	Sublimated Short Sleeve T-Shirts	R 180-00	Golf Shirts	R 210-00
	Sublimated Long Sleeve T-Shirts	R 230-00	Running Briefs	R 200-00
	Cotton T-Shirts	R 60-00	Caps	NA

→ Fill in the A.S.A. registration form and fax us the deposit slip for joining + registration and the clothes according to attached pricelist.

→ If you need us to post the clothes and number to you, add R25-00 for postage, alternatively you can collect them from the time trial.

Banking details: NEDBANK, Castle Walk (BRANCH CODE: 151745); ACCOUNT NAME: Nedbank Running Club North Gauteng; ACC: 1517064872

Banking details for clothing: ABSA BANK: (BRANCH CODE: 632005); ACCOUNT NAME: NB Sport Development ACC: 4047867439

MAKE THINGS HAPPEN

NEDBANK