CENTURYCITY
Athletic Club

Century City Athletic Club

# Club news · October 2026

October 2026

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# Century City Athletic Club

October 2026 · Club newsletter

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### Important things to look out for this month

- **Buy your Year end function tickets (Read well it requires you to respond with menu choices)**
- **Our Ballsy run happening in a purple speedo**
- **Our League results and upcoming League races**
- **Second Tuesday Time-Trial - bring your arm band**

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## Chairman's Corner: September 2026

Robin Lary · Chairperson

## As we say goodbye to another incredible month, I'm filled with pride for what our club continues to achieve, both on and off the road. September was a month that truly reflected the spirit of our running and walking community, which is commitment, friendship, courage, improvement and a bunch of fun along the way.

The month started with strong support at the League races, where our members showed up and proudly representing our black and gold colours. Whether chasing podium positions, PBs, league points or simply crossing another finish line, every member contributed to the energy and visibility of our club. As we head into the final league races of the season, there's a real sense of excitement and anticipation about what we can still achieve together. We're targeting a top 10 finish and I encourage everyone to enter the remaining League races. We need to get 60+ club members participating to help secure our position.

One of the highlights of September was seeing so many members achieve personal milestones. We celebrated numerous PBs across all distances, welcomed several first time race distances to the start line and witnessed members stepping outside their comfort zones to tackle new

distances, tough races and tackling their goals. These achievements remind us that success in running is not always measured by a podium finish, but often by the courage to begin, consistency and the determination to keep going.

Closer to home, our weekly club activities continue to shine. Our regular time trial and speed sessions are very well supported and continue to produce great results. It's been particularly rewarding to see runners of all abilities embracing structured training and getting the rewards through improved performances and growing confidence. Equally encouraging is seeing our walking community thriving, proving once again that our club is a welcoming place for everyone, regardless of pace or experience.

September also brought us together socially. Our Spring Pizza & Sip evening was another wonderful reminder that our club is about much more than running or walking. Events like these strengthen the friendships that make our community special and create the sense of belonging that keeps members coming back week after week.

Throughout the month we celebrated many birthdays, supported one another at races, assisted with number collections, navigated unexpected challenges and continued building a club culture that puts people first. It's this willingness to help, encourage and cheer for one another that sets our club apart.

Looking ahead, there's huge excitement around the launch of our very first Couch to 5km programme in October. This represents an important milestone for our club as we expand opportunities for new runners and walkers to start their fitness journey in a supportive environment. We believe this programme will become a key feeder into our already successful Couch to 10km programme and help introduce even more people to the joy of being part of our running family.

As always, thank you to every member, volunteer at races, committee member, supporter, walker, runner and family member who contributes to making this club what it is. Whether you participated in a race, attended a club run, volunteered your time or simply encouraged someone else along the way, you played a role in our success.

Let's carry this momentum into October, finish the league season strongly, welcome our newest members through Couch to 5km and continue building a club that is known not only for its

performances but also for its heart.

See you on the road, at the clubhouse, and on the start line.

**Robin Lary**
**Chairman**

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## The Word of Vice

Steven Akester · Vice Chairperson

### Invite friends to join the club

As we get closer to the end of the year we reduce our club annual membership fees proportionally. Invite some friends to join and test. We want to grow the club and build a strong community club. Get your friends involved, its a great way to socialize and meet people.
Its late for a licensed entry so let them just join for our fantastic 5K Startup package.




Enter here

## Membership Officer

Catherine Ronaasen · Membership Officer

### A few website updates, photo requests & keeping the CCAC spirit alive

It’s great to see our new website up, with Steve continuing to find ways to improve things each year.

One of the latest improvements is the new, easier **Members Area profile sign-in and registration**. It works in a similar way to our old “token” system - simply request a link to be sent to the email address linked to your club profile. Once you’re in, you can also link your Google/Gmail account for one-click access in future.

**A small request for next year:** please take a moment to upload a photo of yourself to your profile. It would be great to have photos of everyone, particularly for birthday wishes, and it also helps new members put faces to names.

### And while we’re talking photos…

We have a long-standing tradition of getting group photos at races, and the club kit makes it wonderfully easy to spot each other.

So, before or after your next race, have a look around for your fellow CCAC runners, get everyone together and grab a few **“club family” photos**. Share them in the WhatsApp groups too, they’re always great to look back on.

### Club Spirit on the Road

And finally, a little reminder about one of our informal club traditions.

When you’re racing in your Century City club colours, **always greet a fellow club member - whether you’re passing them or being passed.**

A quick “Hi Century!”, “Morning!” or even a shout-out by name can go a long way. That small gesture might be just the lift someone needs in the middle of a tough race.

Let’s keep the **CCAC spirit** alive out there!

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## Club Night at the oscars

Lavelle Cloete · Club Events




28 November 2026 at The Italian Club Milnerton. Arrival 15:30; programme 16:30. Members R200, non-members R350. After payment, use each ticket QR link to RSVP and choose the three-course menu by 7 November.

Buy your tickets here

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## 🏃‍♀️🖤💛 COCA-COLA LEAGUE UPDATE #10 — LET'S FINISH STRONG! 💛🖤🏃‍♀️

Manuela Patterson · League Captain

## COCA COLA ROAD RUNNING LEAGUE 2026

| Position after 9 events | Club | Club Size | RAW TOTAL | BEST 11 scores ADJUSTED TOTAL |
|---|---|---|---|---|
| 1 | Kuilsriver | 171 | 882 | 792 |
| 2 | Goodwood Harriers | 244 | 858 | 768 |
| 3 | ARD | 298 | 822 | 752 |
| 4 | Pinelands | 457 | 836 | 748 |
| 5 | Edgemead | 655 | 828 | 744 |
| 6 | Totalsports Langa | 249 | 772 | 710 |
| 7 | Hewat | 51 | 756 | 682 |
| 8 | Atlantis | 37 | 748 | 678 |
| 9 | Brackenfell | 239 | 666 | 666 |
| 10 | Bellville Road | 443 | 659 | 637 |
| 11 | Century City | 282 | 690 | 636 |
| 12 | Ravensmead | 71 | 614 | 614 |
| 13 | Parliament | 70 | 646 | 590 |
| 14 | RCS Gugulethu | 649 | 610 | 558 |
| 15 | Durbanville | 739 | 588 | 556 |
| 16 | Sanlam | 188 | 582 | 530 |
| 17 | Eskom | 51 | 554 | 529 |
| 18 | Easterns Kraaifontein | 116 | 518 | 518 |
| 19 | Itheko | 702 | 522 | 502 |
| 20 | Ommiedraai | 504 | 506 | 466 |

💛🖤 **TEAM, WE'RE SO CLOSE — LET'S MAKE OUR MOVE!** 🖤💛

🔥 The latest Coca-Cola League results are out, and we're sitting at **NO. 11 — just ONE POINT away from NO. 10!** 🔥

Three races remain. Three opportunities to make a difference. Every runner counts, every point matters, and together we can climb that log!

🏃 **31 OCTOBER** — Jetour 10km, Cape Gate
🏃 **22 NOVEMBER** — Phoenix 5km, Killarney Race Track
🏃 **16 DECEMBER** — Gugulethu 10km

💥 Let's pull together, get those numbers up and show up in force! Wear your gold and black with pride and let's make a MASSIVE move up the log!

**ONE POINT. ONE TEAM. ONE GOAL — TOP 10!**

**💛🖤 WE CAN DO THIS! LET'S DO THIS! 🖤💛**

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# Time Trial Tuesday

Bruce Barratt · Team Leader

### Every Second Tuesday of every month is Time Trial.

Start your day with warmups, Hydrate well that day and bring along your Wrist Tag.

Enhance your training at Century City Athletic Club with our NFC Wrist Tag, designed to seamlessly track your performance. The tags are used to test speed and other metrics by connecting to NFC readers that accurately record your run times and progress. Perfect for runners committed to running with purpose, this sleek accessory lets you monitor and improve your results without interrupting your stride. Stay focused on your goals while enjoying stylish, cutting-edge technology that supports your athletic journey.




https://www.centurycityathletics.co.za/shop.php?view=product&id=15

## Important Strava update

Osiame Ramofolo · Team Captain

### Import your Strava history

1. On the Strava website, open **Settings** → **My Account** → **Download your account** → **Request download**.
2. Wait for Strava's email, download the ZIP and extract it.
3. Select **activities.csv** below. Keep its original columns. Do not upload the entire ZIP.
4. Review the preview, then confirm the import. Nothing is added until you confirm.

Strava's export instructions

You can upload a newer export at any time. Activity IDs identify existing runs: new runs are added, unchanged runs are skipped, and changed values can be updated after review. Your training/race labels and notes are kept. Missing activities in a newer file are never automatically deleted.

Runs, virtual runs and trail runs are included. Other sports, zero-distance entries and invalid dates are skipped with reasons. The preview lets you label new runs as Unclassified or Training. Use Edit to mark individual races; race labels are not inferred from activity names. Dates use the calendar date printed in your export, which may differ from local time near midnight.

If a manual entry or weekly total overlaps imported activities, those imported activities are skipped. Remove or correct the overlapping manual entry and upload again when you want to replace it with detailed runs.

## Race Officer

Bertie Cloete · Race Officer



# The daredevil run

## Lekker balls, Lekker life

Seventeen years in, the Hollard Daredevil Run shows no signs of putting its trousers back on. Under the 2026 tagline, “Lekker balls, Lekker life”, South African men are being called on to lace up, strip down and do it all again.

The Hollard Daredevil Run is an approximately 5km run where men take to the streets of Mzansi in purple speedos to raise awareness for prostate and testicular cancers.

Registrations for the 2026 run open on 1 July. Tickets will be available here on the Hollard website or from Ticketpro at R200, which includes courier delivery of a registration pack and a complimentary purple speedo.

## The 2026 run details

Participants outside of Johannesburg can register and run in their own hoods, workplaces, schools or universities anywhere in the country.

**Where:** Zoo Lake in Johannesburg
**When:** Friday, 23 October at 15:00

## Daredevil regional runs 2026

Regional Run Schedule (https://www.hollard.co.za/binaries/content/assets/hollardcoza-headless/pages/daredevil-run/hollard-daredevil-2026-regions.pdf)

Register for the 2026 Hollard Daredevil Run (https://ddruntickets.hollard.co.za/event/hollard-daredevil-run-2026-iyibw8)

## Other ways to get involved

- Ask your friends, family and colleagues to support you through our BackaBuddy (https://www.backabuddy.co.za/campaign/hollard-daredevil-run-2026) initiative.
- Challenge your company to enter employees and support the campaign.
- Join the conversation and find local runs on the Hollard Daredevil Run Facebook page (https://www.facebook.com/DAREdevilRun).

### Upcoming races · October

| Date | Race / area | Distances | From |
|---|---|---|---|
| 17 | Fancourt Marathon · George **(Online entries closed)** | 42.2 / 21.1km | R120 |

| Date | Race / area | Distances | From |
|---|---|---|---|
| 17 | Mbekweni Fun Run & Family Day · Paarl | 10 / 5km | R80 |
| 18 | Nelson Mandela Marathon · Cape Town | 42.2 / 21.1 / 10 / 5km | R80 |
| 24 | Montagu Pass · Herold | 10 / 5km; 17km trail | R80 |
| 24 | Melkbos 15km · Melkbosstrand **(Sold out)** | 15km / 5km walk | R80 |
| 24 | Eden Meander · George | 10 / 5km | R65 |
| 24 | Silent Disco Fun Run · Durbanville | 5km | R550 |
| 25 | Don Lock Memorial · Claremont | 15 / 8km | R110 |
| 25 | Hangklip AC Marathon · Kleinmond **(Sold out)** | 42.2 / 21.1km | R280 |
| 30 | Firefly Night Run · George | 10 / 5 / 3km trail | R60 |
| 31 | Rattle Them Bones Family Run · Constantia **(Date TBC)** | 5km | — |
| 31 | Nedbank 10km Race · Brackenfell | 10 / 5km | R80 |
| 31 | Chrysalis Academy Trail Run · Cape Town | 10 / 5km trail | R150 |

Source: RunningCalendar · 14 Oct 2026. Check race links for current entry details; prices from, extras may apply.

## Celebrating our October birthdays

Happy birthday to our Century City clubmates! Wishing you a wonderful day and a year of happy kilometres.

| | |
|---|---|
| 2 October | Alison Ling |
| 4 October | Noyolo Maphinda |
| 4 October | Eric van der Westhuizen |
| 5 October | Litha Madabane |
| 5 October | KINGSLEY OKOSUN |
| 6 October | Mia Paulse |
| 7 October | Steven Kruger |
| 7 October | Denys Vera |
| 8 October | Bashier Sallie |
| 12 October | Takawira Mthanyawa |
| 13 October | Muhammed Hussain Ramjan |
| 15 October | Michelle Deans |
| 18 October | LEBOGANG PAPALAGAE |

| | |
|---|---|
| 20 October | Judith Chipidza |
| 22 October | Robyn Arendse |
| 23 October | ILZE CETO |
| 23 October | Brandon Joubert |
| 24 October | Khanya Radebe |
| 28 October | Chris Engelbrecht |
| 31 October | Moses Leredi |

With birthday wishes from your Century family.

Visit the club website

Keeping our current and past members connected.