



SSRC Newsletter

October 2017

“Driven with Pride, Powered by Passion”

BUILDING OUR COMMUNITY SPIRIT

IN THIS ISSUE

Meet the new Committee



Thabile Mathe Club Chairperson

Thabile brings excellent leadership qualities to the SSRC.



Nestor Espinoza Running Captain

Hands on running advice – will chat to you for hours on a run ☺



Theani van Zyl - Club Treasurer

Theani handles all things financial and creates an impressive report at the end of the year!



Morwape Patjane Club Secretary

Morwape handles club correspondence and will answer all your emails.



Alistair Heald Time Trial

Alistair looks after Time Trial and Sunday morning school.



Hamish Hardres-Williams - Operations

Hamish ensures a warm welcome at races with our gazebo, tog bag facility and snacks and drinks.



Jackie Evers Marketing & Events

Events, parties, socials and social media communications



Peter Rolland PR & Marketing

Peter seeks out and looks after our sponsors, handles events and communications



Khulekani Mathe Operations

Khulekani provides strategic guidance as well as hands on support



Nikki Buckle - (Club member)

Nikki assists the committee with keeping the membership records up to date.

Meet the new committee

Spring has sprung club run

Time Trial and Weekend runs



You're the reason I
wake up in the
morning...



Just kidding – I have to go for a run



“Driven with Pride, Powered by Passion”

info@sunninghillstriders.co.za

SSRC Spring has sprung Breakfast Run

City Lodge, Waterfall City, Midrand

Sunday 22 October

Join us for a club run followed by a delicious breakfast. Everyone welcome to join.

2 options to choose from:

Long run: (+/- 18km) 6am starts at St Peters School, Sunninghill, run to City Lodge and join up with the short run.

Short run (+/- 10km) 7am starts and finished at the City Lodge.

Breakfast, R150 - from 8am to 11am – family and friends welcome.

There will be facilities available to shower and change after the run...
or have a quick dip in the pool!

RSVP on Facebook
Sunninghill Striders Running club or
Info@sunninghillstriders.co.za



Time Trial



Join us every Tuesday at 6pm at St Stephen's Church, 67 Nanyuki Rd, Sunninghill for our weekly 4km or 8km time trial.

Join us for a drink after your run and for our monthly social at our clubhouse. Safe and Secure parking. All welcome. Regrettably no dogs.

Running Kit

Kit will be on sale every week after Time Trial - R200 for a running vest

Weekday Morning School

Training runs take place on Tuesday and Thursday at 5am from St Peters School, main parking area, off Maxwell drive. The runs are approximately 1 hour long with a variable pace. All welcome.



Weekend Runs

Weekend club runs take place most Saturdays and Sundays, (race dependent) at 6am from St Peters School, main parking area, off Maxwell drive.



Route and pace varies. All Welcome

