

Nedbank Running Club – Bloemfontein Achilles

At a special general meeting convened on Wednesday 27 February 2008, the members of Bloemfontein Achilles endorsed the sponsorship of the club by Nedbank. Thus, Bloemfontein Achilles officially became one of the eleven Nedbank Running Clubs to be established across the country, the only one in the central region of South Africa. At the meeting, members approved the constitutional changes necessary to affect this change, accepted a new membership fee structure, and also elected Joel Talbot as CEO, i.e. the club representative responsible to liaise with and report to the national management committee of Nedbank Running Club (NCR).

Constitutional changes:

In order for the constitution to reflect the club's new name and identity, it was necessary to approve a number of constitutional amendments, which are set out in Table 1 below. In essence, these changes entail changing the club's name from 'Bloemfontein Achilles Athletics Club' to 'Nedbank Running Club Bloemfontein Achilles', amending the goals of the club to reflect the objectives of Nedbank Running Club, and accepting the new club colours. **Importantly, therefore, members should from now on record their club as 'Nedbank Bloemfontein Achilles' when entering any race or event!**

Table 1: Constitutional amendments

Previous formulation	New formulation
<p>1. Name 'The club shall be called BLOEMFONTEIN ACHILLES ATLETIEK KLUB, hereinafter referred to as the "CLUB".'</p>	<p>1. Name 'The name of the club is NEDBANK RUNNING CLUB BLOEMFONTEIN ACHILLES, hereinafter referred to as the "Club". Where necessary, the name will be abbreviated to "NRCBA".'</p>
<p>3. Objective 'The objective of the Club will be to organise athletics events in accordance with the rules of ASA/AFS and their respective bodies, and to promote amateur athletics in general.'</p>	<p>3. Objective 'The objectives of the Club are:</p> <ul style="list-style-type: none"> 3.1 To provide a running club that attracts and actively target NEDBANK employees, NEDBANK clients and the general public. 3.2 To provide members and visitors with regular running activities where they can enjoy and practice their sport as well as socialize. 3.3 To focus specifically on women / athletes with disabilities / youth in accordance with Athletics South Africa age limits. 3.4 To participate in events of the National and Provincial Athletics bodies. 3.5 To encourage, motivate and train young, upcoming athletes from all

	<p>walks of life.</p> <p>3.6 To provide a running club that develops and nurtures new talent via agreed development programmes.</p> <p>3.7 To direct strong focus on standardized IAAF internationally recognized road running distances up to and including the marathon (42.2km).</p> <p>3.8 To support South African athletes in general.</p> <p>3.9 To provide organized time trials and club runs for their members and have a club house and meeting place'</p>
<p>4. Club colours 'The Club colours will be as follows: 4.1 During races: 4.1.1 Baby blue vest/blouse on which the Club's name and emblem appears; 4.1.2 Royal and baby blue plaid shorts. 4.2 Official dress: 4.2.1 Navy blue blazer with the club emblem on the pocket, namely: 4.2.2 Baby blue circle divided into three equal parts. Each third of the circle shows, in red, an athlete participating in each of the three branches of athletics, namely track and field, cross-country and road running. The wording above the circle reads "MENS SANA IN CORPORE SANO" and below the circle "BLOEMFONTEIN ACHILLES". The wording and dividing lines will be navy blue.'</p>	<p>4. Club colours 'The Club colours will be as follows: 4.1 During races: 4.1.1 Lime green vest with white and dark green art at the bottom, with the name and emblem on the front and back (see attachment); 4.1.2 Dark green shorts.' 4.2 Emblems: 4.2.1 Circle divided into three equal parts. Each third of the circle shows an athlete participating in each of the three branches of athletics, namely track and field, cross-country and road running. The wording above the circle reads "MENS SANA IN CORPORE SANO" and below the circle "BLOEMFONTEIN ACHILLES" (see attachment). 4.2.2 Official NEDBANK Running Club emblem (see attachment).'</p>

The meeting also decided that **ALL existing members, i.e. members who had joined the club by February 28th, will receive their new running clothes (shorts and a vest) for FREE.** The office will advise members when the new running clothes have arrived – although we are anticipating that the clothes will be ready in three/four weeks from now, we cannot at this stage make any promises and therefore will keep members informed of any developments. In the meantime, members are allowed to participate in meetings or races either in the old, blue club colours, in Harmony colours, or in blue or white – Athletics Free State has been informed of this development and members during this transition phase will not be penalized for not wearing the new club colours – however, by the end of April 2008 all members need to wear the new colours when participating in meetings or races.

Our new club colours:



**Bloemfontein
Achilles**

It is also important that members take cognizance of the fact that the club (a) will remain independently managed by a management committee elected by its members during an Annual General Meeting, that (b) the club will retain its current race sponsors, that (c) the existing badge or emblem will be retained on the club's letterhead and on other correspondence/material, with the exception of the gazebo and running clothes, and that (c) other traditions that are part of the club's proud history and identity will also be retained.

Table 2: Reebok incentives

<p>TWO OCEANS MARATHON:</p> <p>1st - R15 000 2nd - R10 000 3rd - R 5 000 4th - R 4 000 5th - R 3 000 6th-10th - R 2 000</p>	<p>COMRADES MARATHON:</p> <p>1st - R35 000 2nd - R20 000 3rd - R10 000 4th - R 5 000 5th - R 4 000 6th-10th - R 2 000</p>
<p>NEDBANK MATHA 10km</p> <p>1st – R3 000 2nd – R2 000 3rd – R1 000</p> <p>NEDBANK MATHA 21,1KM:</p> <p>1st – R5 000 2nd – R3 000 3rd – R1 000</p> <p>NEDBANK MATHA 42,2km:</p> <p>1st – R15 000 2nd – R 7 000 3rd – R 5 000</p>	<p>NEDBANK MATHA 10km SA CHAMPS:</p> <p>1st – R5 000 2nd – R3 000 3rd – R2 000 4th-5th – R1 000</p> <p>NEDBANK MATHA 21,1KM SA CHAMPS:</p> <p>1st – R7 000 2nd – R5 000 3rd – R3 000 4th-5th – R1 000</p> <p>NEDBANK MATHA 42,2km SA CHAMPS:</p> <p>1st – R20 000 2nd – R10 000 3rd – R5 000 4th-5th – R2 000 6th-10th – R1 000</p>
<p>HANDICAP INCENTIVES:</p> <p>Incentives for any runner with the lowest score in the combined times of a Nedbank 10km + Nedbank 21km + Nedbank 42km in the same year, based on the following formulae:</p> <p>Example 1: (10KM + 21KM + 42KM) = X DIVIDED BY (AGE + WEIGHT) = Z 50 min + 1h55min + 3h55min = 6h40min divided by 45 + 80 = 3,20</p> <p>Example 2: 10KM + 21KM + 42KM) = X DIVIDED BY (AGE + WEIGHT) = Z 32 min + 1h15min + 2h35min = 4h22min divided by 25 + 55 = 3,28</p> <p>Example 1 will be the winner and we will call this the handicap incentive scheme.</p> <p>1st – R5 000 2nd – R3 000 3rd – R2 000</p>	

Members are furthermore reminded that, although Reebok is the official apparel sponsor of the Nedbank Running Clubs, that members are free to run in any footwear. However, members who would like to be considered for the various Reebok incentives offered to NRC club members (see Table 2 above), have to complete the said events in Reebok footwear in and their official NRC club colours.

Table 3: Revised membership fee structure (2008)

<p><u>Normal members:</u></p> <p>R240/annum (incl. license number)</p> <p>No refundable helpers' fee/deposit</p> <p>R100 (incl. license number) if ≤18 years or a full-time student</p> <p>Families: R20 discount for every additional adult member (incl. license) (e.g. R240 1st adult, R220 2nd adult, R200 3rd adult, etc.)</p> <p><u>Nedbank employees:</u></p> <p>R150/annum (incl. license number)</p> <p>Families: R20 discount for every additional adult member (e.g. R150 1st adult, R130 2nd adult, R110 3rd adult, etc.)</p> <p><u>Social members:</u></p> <p>R180/annum (excl. license number)</p> <p><u>After 1 October 2008:</u></p> <p>Half (50%) of the above prescribed fees, exclusive of the R60 license fee, which is payable in all cases</p>
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Members also accepted the proposal for a revised membership fee structure (see Table 3), effective February 28th. **All members who had joined the club on or before Wednesday 27 February 2008 therefore are entitled to a refund of R70**, which is the difference between the new and old fee of R310/year. **Refunds will be paid directly into members' bank accounts and members are required to claim the refund by filling out a claim form.** Members may fill out the form at the office, or alternatively, may download the form from the club's website (www.bloemachilles.co.za), fill it out and fax it to the office (051 444 5867). These electronic transfers will be processed once a month only and members therefore are kindly requested to allow one to two months before making enquiries at the office regarding these payments.

Table 4: Membership fee discount/assistance

	Year / Jaar 1 (2008)		Year / Jaar 2+ (2009+)	
	Existing members = members who had joined the club by 29/02/08	New members = members who had not joined by 29/02/08 (incl. all ex-Achilles members)	Existing members = all persons who held 2008 Achilles membership	New members = all persons who were not members of the club in the previous year (incl. all ex-Achilles members)
Group 1: Athletes running 'silver' times in previous year (see Table 3) will pay the R60 license fee only – athletes must supply proof of ID and official race results to qualify for this discount	No limit - refund R250	10 max/year first come first served + free kit	No limit	30 max/year first come first served + free kit
Group 2: Athletes running 'silver' times in previous year (see Table 3) and who are unemployed or indigent and cannot pay the R60 license fee will receive a license for free – athletes must supply proof of ID and official race results to qualify for assistance	None	15 max/year first come first served + free kit	15 max/year first come first served	10 max/year first come first served + free kit
Group 3: Other unemployed or indigent members who cannot pay the R60 license fee will receive a license for free	None	15 max/year first come first served + free kit	15 max/year first come first served	10 max/year first come first served + free kit

Members at the meeting also approved a proposal aimed at awarding good performances by athletes and supporting indigent athletes, this by waving the membership and/or license fee for athletes under certain conditions (see Tables 4 and 5). The discount or assistance, effective February 28th, applies to both existing and new members, as set out in Table 4 above. New members who benefit from this scheme will also receive a free pair of running shorts and running vest. Existing members who falls into group 1 qualify for a R250 refund. To claim this refund, members should complete the same claim form used by other existing members to claim their R70 refund (refer above) and append to the claim form proof of their race results and of a copy of the ID document.

Table 5: Performance standards to qualify for discount/assistance

Gender	Age group	10km	15km	21km	42km	Two Oceans	Comrades
Male	Senior/Open	32:30	50:00	1:12	2:40	4:00	7:30
	Veteran	35:00	54:30	1:17	2:50	4:15	7:50
	Master	38:00	58:30	1:22	3:00	4:30	8:10
	Grandmaster	41:00	62:30	1:27	3:10	4:45	8:30
Female	Senior/Open	37:30	60:00	1:25	3:15	4:30	8:00
	Veteran	40:00	64:30	1:30	3:30	4:50	8:20
	Master	43:00	68:30	1:35	3:45	5:10	8:40
	Grandmaster	46:00	72:30	1:40	4:00	5:20	9:00

The above assistance are reflected in the Nedbank sponsorship budget (see table 6) under item 1. The balance of the R50 000 annual cash sponsorship will be used to buy a new computer for the office, to pay for the monthly internet subscription used to communicate with members via email and SMS, to pay the salary of the club secretary, to provide assistance to athletes participating in Comrades, Two Oceans and national championships, and to host a braai and lucky draw for club members and guests at the weekly time trial on the last Wednesday of each month. In year 1, the R15 000 worth of running kit received from the sponsors will be used to kit out all our existing members (refer above) with new running clothes. From year 2, clothes will be sold to existing/new members, but, as explained above, will also be used to kit out a number of new club members. Ultimately, when incorporated into the overall budget, our books will reflect a surplus of approximately R7 500 in the 2007/08 financial year and a small deficit of R1 200 in the 2008/09 financial year. However, it is hoped that the marketing of our club by Nedbank and by ourselves and the incentive of a lower membership fee will help us to in future increase our membership, which would erase this deficit via the corresponding increase in income from membership fees.

Table 5: Nedbank sponsorship budget

Item	Year 1 2008	Year 2 2009	Year 3 2010
Subsidized license fees and age category tags	2,000	3,500	3,500
Computer equipment and software (upgrade)	12,000	0	0
Internet subscription and fees (email, SMS)	3,000	3,600	3,900
Social activities (time trials)	3,000	3,600	3,600
Assistance: race entry, transport, accommodation	6,000	6,000	6,000
Salary (club secretary)	23,000	32,300	33,000
Subtotal	50,000	50,000	50,000
Merchandising (running kit)	15,000	15,000	15,000

<i>Grand total</i>	65,000	65,000	65,000
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It is our hope that the club's members will share in our optimism regarding this sponsorship and will support us in our efforts to make a success of this endeavour, which we believe stands to help Bloemfontein Achilles in achieving even greater heights!