



**WATERFALL
CITY**

ATHLETICS CLUB

Information Guide

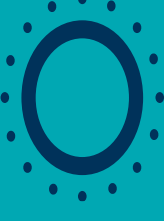
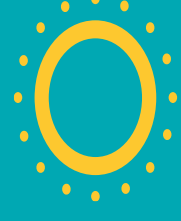
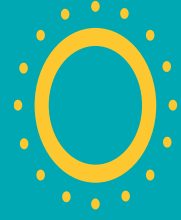
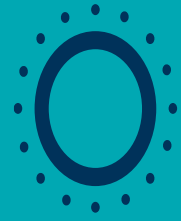
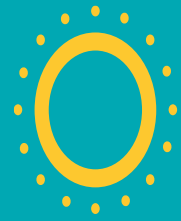
Welcome Note

A special welcome to our new members and a heartfelt welcome back to our existing members! We are thrilled to have you as part of the Waterfall City Athletics Club family. Your dedication and passion for running inspire us every day, and we are honored to support you on your athletic journey.

On behalf of the committee of Waterfall City Athletics Club, we are excited that you chose to be a part of this fast-growing community. Our club is not just about running; it's about fostering a supportive and motivating environment where everyone can achieve their personal best, build lasting friendships, and enjoy the spirit of camaraderie.

Here's what you can look forward to as a member:

- **Inclusive Community:** A welcoming atmosphere where runners of all levels can thrive. Whether you are a beginner or an elite runner, you will find support and encouragement here.
- **Expert Coaching and Training Programs:** Access to structured training sessions led by a coach to help you reach your goals.
- **Exciting Events and Races:** Participate in a variety of club events, social runs, and races throughout the year. Stay tuned for our upcoming race calendar!
- **Volunteer Opportunities:** Get involved in the club by volunteering at events, helping with logistics, and supporting your fellow runners.



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About Us

Waterfall City Athletics Club (WCAC) is a non-profit social running club founded in 2018 by a group of runners training in the Waterfall (Midrand area). These runners had been running together for some time and later decided to form a club that would cater for the runners in and around the area.

The club has gone from being a home to a small group of runner to one of the fastest growing running clubs. Our priority at Waterfall City Athletics Club is to promote healthy living for all our athletes while also providing the opportunity for the next generation of runners to tap into their talent of road running. We currently have over 1000 members.

Our Values:

- **Fitness and health:** as a lifestyle and way of life.
- **Community:** to create a community of runners and build a sense of belonging for our athletes (social, development and elite runners). Thus, promoting camaraderie among a community of athletes.
- **Talent:** to nurture the talent of those who have the potential to be professional runners.
- **Support:** provide support on and off the road for all our athletes.
- **Partnership:** to work and partner with organisations to create shared values for all our stakeholders.

Executive Committee 2025



Chairlady



Deputy Chairman



Secretary General



Deputy Secretary
general



Finance Officer



Deputy Finance
Officer



Membership Officer



Membership Officer



Deputy
Membership Officer



Training officer



Deputy Training
officer



Communications
Officer



Deputy Communications
Officer



Events and
Logistics Officer



1st Deputy Events
and Logistics
Officer



2nd Deputy Events
and Logistics
Officer

Club Objectives

- To promote a healthy lifestyle amongst the running community.
- To develop young upcoming athletes through training programs and available coaches.
- To provide a recreational and social networking platform.
- To promote camaraderie amongst the athletics community.
- To promote a non-racist, non-sexist, non-violent equal society
- The aim and objective of our GBV Committee is to regulate the measures needed to effectively achieve gender equality and make perpetrators accountable and guarantee support to GBV victims.



What is expected from Members

- Members are encouraged to read and familiarise themselves with the club's constitution and code of conduct which are available on the club's website www.waterfallcityac.co.za
- Members are expected to show respect to one another, always treat each other with integrity and fairness
- The use of foul, offensive language is prohibited
- Members are expected to be honest when submitting their race qualifying times
- Members are expected to know the executive committee of the club and be able to direct any queries/suggestions or concerns to the relevant committee member(s).
- Members are expected to participate in club activities, which includes volunteering support at training runs and various events.



Benefits of being a WCAC member

- Running license affiliated with Athletics South Africa (ASA)
- Complementary refreshments at selected races, club training runs and selected club events.
- Structured club training programs that are designed to assist members to achieve their goals.
- The club is run by professionals and is aligned with their experience and education
- The club has a development programme for young and aspiring athletes.
- An opportunity to get involved in CSI initiatives.



WCAC Membership Registration Process

New Members Registration Process

- Complete the club Membership Application Form on the club website www.waterfallcityac.co.za/join-now
- Pay your Membership Fees and email proof of payment to communications@waterfallcityac.co.za
- Collect your license number.

Existing Members Registration Process

- Renew your membership on the clubs website <https://waterfallcityac.co.za/membership-renewal/>
- Collect your license number.

For any clarities or concerns, please contact the Membership Officer(s)

Maki Sello, 082 699 1068, Njabulo Madi 072 1565 007, and Bokang

Club Merchandise

Our Club Colours:

- Our registered club colours are Aqua and Waterfall Blue. Only the WCAC race kit should be worn at official races.

Race kit Guidelines:

- Social members with no license cannot run in a WCAC kit at races.
- Only a black or navy-blue top may be worn under the club race t-shirt/vest.



- Only the WCAC running tights, or black or navy-blue shorts/ tights may be worn with the WCAC race t-shirt or vest



Please Note: The WCAC training gear, half marathon race t-shirts, as well as general active wear is strictly for training purposes and should not be worn at races.

Club Merchandise

- The WCAC International kit is to be worn at International races only



Purchasing Club Merchandise:

Our club merchandise is available for purchase online from:

Martin West:

<https://www.martinwestdesigns.com/search?q=Waterfall>

Anatomic:

<https://www.anatomic.co.za/search?q=waterfall&options%5Bprefix%5D=lastt>

Please note: You will need to courier or collect your club kit



CGA Rules

Dress

- All athletes will run in their officially registered club colours, except when representing some other officially selected team. Special permission to run in other colours may be granted by Central Gauteng Athletics or Athletics South Africa. **Social members with no license cannot run in WCAC colours for races.**

Race and Licence Numbers

- Licence numbers as provided by Athletics South Africa through CGA must be worn at all official races/events run under the auspices of ASA. Failure to do so will automatically disqualify the runner.
- Race and licence numbers shall not be altered in such a way as to conceal the number, name of the sponsor, the Province and the year for which the licence was issued.
- Every athlete must wear and display two numbers during all competitions (front and back).
- These numbers will be the official licence number. If the race/event organisers require a special number to be worn, this must be worn on the front of the vest and the licence number on the back.
- Race and Licence numbers are not transferable under any circumstances.

Licences

- Licenses expire on the 31st of December each year. The licence will still be valid until the end of February of the following year unless a further extension is granted by CGA.
- *For the full list of rules please visit www.centralgautengathletics.co.za*

Training

- **Weekly training programmes** are officially shared on the **Garmin ClipBoard app**, where club members can subscribe to tailored marathon programmes, or alternatively follow the uploaded weekly generic programme.
- The app is found through Garmin Clipboard <https://a51.garmin.com/team-dashboard/app/athlete> and the subscription code is **BX8428**.
- New members **are encouraged to explicitly** subscribe to the ClipBoard using their full name and surname, as well as indicate their targets when enrolling to programmes.
- This is to minimize challenges for our Board Administrator to allocate members to the respective programmes.
- For the tailored marathon programmes, members are enrolled on periodic basis, with the intakes to be communicated through the official Whatsapp of the Club.
- It should be **highlighted** members are prohibited from subscribing to programmes that have already commenced as we seek to protect members against sustaining possible injuries and/or failure to adequately prepare for the targeted race.
- Should members seek additional insights to the programmes and related ClipBoard platform, please reach out to the following officials:

Training Officer: Bafentse on 071 194 6020 or **ClipBoard Administrator:** Pule on 064 890 3154

Training

- On Tuesdays we have an **In her honor** training run dedicated to the safety of the ladies in the club (crew theme, which is optional)
- Thursdays the club hosts the **Chairman's** training run (club kit or club colours to be worn)
- The club has satellite running crews in the following areas which are the official starting points for both runs:

Crew	Crew Contact Person	Contact Number
❖ Bryanston	Thabiso	079 517 8745
❖ Centurion	Fulufhelo	073 737 5719
❖ Waterfall	Sibongile	078 176 3226
❖ Springs	Sibusiso	073 782 0528
❖ Fourways	Tswaledi	072 081 4195



Training

Saturday Flagship Training Runs

- The club hosts its flagship supported training runs every Saturday on a weekly basis. The official starting point is Polofields Crossing with various distances available, between 5km – 35km.
- Members are encouraged to wear the club kit
- The Saturday training run has water points available on the route, these are supported by club members who volunteer on a rotational basis. Everyone is encouraged to participate and serve.

Strength Training Sessions:

- The club provides a strength training session on Wednesdays in partnership with Epic Bootcamp personal trainer at a nominal fee.
- WCAC is on Strava and all members who follow the account can track their performance and goals.





- Official Club Website <https://waterfallcityac.co.za>
- Members WhatsApp Group 
- Instagram Account: [waterfallcity_ac](#) 
- Twitter Account: [@waterfallcityac](#) 
- Facebook Page: [@Waterfallcityathleticsclub](#) 
- Strava: Waterfall City Athletics Club 
- email: communications@waterfallcityac.co.za 

Gallery

