



Welcome Guide

Welcome to Century City Athletic Club - we're excited to have you with us!

Our club is built on a big-hearted spirit and a simple mission: to create a home for runners and walkers of every level. Whether you're a social jogger, training for your first race, chasing a new PB, or tackling ultra distances, you'll find a supportive community that celebrates every step.

From your very first session, you'll experience the culture that makes our club special: fitness, fun, and genuine friendship. We believe running is better together, and you'll quickly see how our members create an environment where everyone feels welcome.

A note from the committee:

We're thrilled you chose to join us. Our goal is to help you settle in easily, enjoy your running and walking even more, and feel connected from the start. If you ever have a question, need support, or just want company on a run, we're here for you.

What to expect in your first month:

- You'll meet our committee members and fellow team mates at our weekly sessions.
- You'll get introduced to our communication channels and how everything works.
- You'll start finding your preferred pace groups and favourite types of runs.
- And most importantly, you'll begin to feel part of the family.

Welcome aboard. We can't wait to see you on the road, and on the trails!

Weekly Training Schedule

Our weekly training sessions are the heartbeat of our club, and we'd love for you to join us as often as you can.

Days & Times

We meet every Tuesday and Thursday evening.

- Summer months: 6:00pm
- Winter months: 5:45pm

The most up-to-date start time is always displayed on the banner of our website homepage, and we announce any seasonal switchovers on our WhatsApp channels.

Meeting Location

All runs start from the Century City Clubhouse.

You'll find us gathered near the grass circle by the back terrace, warming up, chatting, and getting ready to roll out.

What to Expect at each session

Our sessions are structured but relaxed, with options for all levels:

- Tuesdays: A friendly 5km route, perfect for building consistency, meeting the group, or enjoying a comfortable mid-week run.
- Thursdays: A 10km route, with the option to finish early at 6km if you'd prefer a shorter distance.

We generally break into natural pace groups, so you'll always find someone running or walking at your speed - whether you prefer an easy conversational pace or something a little more challenging.

Arrival Expectations

We encourage members to arrive a few minutes early.

This gives you time to:

- Find parking
- Meet new runners
- Catch up with teammates
- Warm up before we set off

It sets a friendly, relaxed start to the session and helps the group head out together.

Weather Policy

Our club is an all-weather crew. We run come rain or shine.

We don't cancel runs, but you're encouraged to use your discretion. In very stormy, windy, or extremely hot conditions, attendance may be lower.

If you're unsure whether others are heading out, simply drop a message in the WhatsApp group. Quick polls ("Are you coming tonight? Y/N") are always welcome and keep everyone in the loop.

Communication & WhatsApp Groups

Staying connected is a big part of the Century City Athletic Club experience. We use WhatsApp to share updates, celebrate birthdays and race achievements, plan runs, and keep the team connected. Here's how to get plugged in.

How to Join Our WhatsApp Groups

You can access all join links through your member profile.

Simply log in via the Members' Portal:

👉 <https://www.centurycityathletics.co.za/admin/>

Once logged in, you'll see the available WhatsApp groups and can join the ones that suit your interests.

Our WhatsApp Groups & Their Purpose

To keep things organised and relevant, we use a few dedicated groups:

1. General Club Chat Group

A space for everyday conversation - run talk, quick questions, casual updates, and community vibes.

2. Club Updates Group (Announcements Only)

A one-way communication channel where committee members share important information such as schedule updates, event reminders, and club news.

Members can read but cannot post here, ensuring key messages don't get lost.

3. Trail Running Chat Group

For all things trail running - arranging group trail runs, sharing photos, and inspiration.

4. Ultra Running Chat Group

A home for our long-distance enthusiasts. Discussions about ultra races, long run planning, and moral support for the big miles.

You're welcome to join any or all groups depending on your interests.

Group Behaviour Guidelines

Our WhatsApp spaces are friendly, helpful, and supportive. To keep them that way, we ask members to follow a few simple guidelines:

- Keep conversation running-related and relevant to the group's purpose.
- Share photos mindfully - a few are great, but large photo dumps are best posted in the [FB Team Century group](#).
- No spam, or unrelated content.
- Be respectful, positive, and considerate of all members.
- Do not share other members' personal details (including phone numbers) outside the group without their explicit consent.
- Protect each other's privacy - what's shared in the group stays in the group.

Membership Portal / Profile Setup

Your membership profile is the hub for updating your details and renewing your licence and accessing links to our communication channels. Here's how to get set up:

Where to Log In or Register

You can access your profile in two ways:

- Go directly to the portal: <https://www.centurycityathletics.co.za/admin/>
- Or click "Membership Portal" on our website homepage.

If you're a new member, follow the registration prompts. Existing members can simply request an access token to be emailed to them.

Updating Your Profile Information

Once logged into the portal, you'll be able to view and update your personal information.

Please ensure that:

- Your contact details are correct
- Your emergency contact information is up to date
- All required fields are completed

Click Save when you're done. Keeping your profile current helps us reach you quickly when needed and ensures your details are accurate for licensing records.

How to Renew Your Membership Each Year

Membership and ASA licence renewals follow the same process annually. Please complete all three steps below:

Step 1 - Update Your ASA Details

- Log into the ASA website: <https://asa.saclubs.co.za/login>
- Navigate to the "Edit Details" tab.
- Click the green "Member Form" button.
- Download the form, sign it, and upload it to the Documents section of your profile in the Century City Athletics portal.

Step 2 - Sign & Upload the Club Indemnity Form

- Download the indemnity form [here](#).
- Sign it and upload it to the Documents section of your member profile.

Step 3 - Pay for Your Licence & Membership

Visit our online shop to complete payment. You'll need to add both products to your cart:

- [Annual club membership fee](#)
- [ASA licence fee](#)

Proceed to checkout and make payment.

Important:

Please upload an up-to-date photo of yourself wearing or holding your ASA licence.

This helps with record keeping and also allows us to recognise you when we share birthday wishes on our channels.

Where to Find Key Club Information

You can access several useful club resources directly via the website:

- Race Calendar: Available via the button on our homepage.
- Time Trial Results: <https://www.centurycityathletics.co.za/time-trials/>

These pages are updated regularly and are great tools for planning your races and tracking progress.

Club Kit



Wearing our club colours is a great way to show team spirit, help fellow members spot you on the road, and look unified at races. Here's everything you need to know about our official kit.

Approved Club Colours & Kit Rules

For all official races, we strongly recommend wearing the Century City Athletics club top - available in both a t-shirt style and a vest style.

These are our official colours:

- Black and gold, featuring the club logo on the front
- Only available through the club (not sold elsewhere)

For bottoms, any plain black shorts or leggings are perfectly acceptable.

Where to Purchase Your Kit

All kit purchases must be made via our [online shop](#) on the club website.

Once ordered and paid for, you can collect or fit your items at [SportSA in Century Village](#)

Please note:

- SportSA is for collection and fitting only
- No payments can be made at SportSA, as their POS is not connected to the club's account
- Be sure to complete payment on the online shop before collecting

Optional vs. Mandatory Items

The following are considered essential for race participation:

- Official Club Race Tee or Official Club Race Vest

We also offer a range of optional items to keep you comfortable and looking sharp throughout the year:

- Caps
- Socks
- Buffs
- Hoodies
- Tracksuits
- Arm warmers
- And other seasonal or special-edition merch.

These extras are completely optional but popular among members.

Licenses & How to Wear Them

Your ASA license is essential for taking part in official races. Here's what you need to know to get it and use it correctly.

How to Get Your License

Once you've completed your admin in the Members' Portal —

- ✓ Updated all your details
- ✓ Uploaded your signed ASA and indemnity forms
- ✓ Paid your fees

... you'll see a "Request License" button.

Click it, and the system will allocate your ASA number and email you the collection details.

Licenses are collected from SportSA in Century Village.

Note: ASA & WPA issue licenses to clubs only around February each year.

When You Need to Wear It

You must display your ASA license at all WPA and ASA-sanctioned events.

It's your official entry credential and also your access to ASA accident/medical cover.

Key rules:

- Always wear both numbers - one front, one back
 - Valid Jan-Dec and must be renewed yearly
 - No sharing (each license is unique to you)
 - Coverage only applies if you're wearing your license at an event on the ASA fixture list
- Some major races (e.g., Two Oceans, Comrades) may replace licenses with special bibs. If you're unsure, just ask a committee member.

How to Attach and Display It

Your license comes as two bibs:

- Front
- Back

They must be pinned or sewn onto your club top with the ASA & WPA logos clearly visible.

Tips for correct placement:

- If a race bib is issued, pin it below the logos on the front. →
- On the back, position your license low enough that your hydration pack doesn't cover the top part.
- If you would like yours sewn onto your top for the year, Eileen (Ysterplaat) does neat, affordable work: 082 731 6824



If You Lose Your License

Unfortunately, licenses cannot be reprinted.

If lost, you'll need to pay for a new license, and a fresh set of numbers will be issued.

Time Trials

Our monthly Time Trial is a great way to check in on your fitness, track progress, and enjoy a bit of friendly competition with yourself.

When They Happen

Time Trials take place monthly, on the second Tuesday of each month.

Format & Timing

We run our standard 5km route, with two possible timing formats:

1. Official Timing (most months)

Before the Time Trial, you'll receive a WhatsApp message with a Google Sheet link to your unique QR code.

What to do:

1. Arrive a little early.
2. Bring your QR code.
3. Scan in and collect a temporary timing chip to tie onto your shoe.
4. Hand the chip back at the end.

Occasionally a chip may not register at the finish line, it happens! We take finish-line photos to help confirm your identity, so please wear your ASA license to make this easier for the timekeeper.

2. Self-Timed (when announced)

On weeks without official timing, runs are logged via Strava.

- Join the Century City Athletic Club on Strava
- Set your profile to public so your run can be picked up
- OR send a screenshot to the membership officer afterward

All valid 5km efforts on the official route will be captured.

How Results Are Shared

Results are uploaded to our website, and a link is shared in our WhatsApp groups, usually within a week.

Why We Do Them

Time Trials are designed for you vs. you. They're great for:

- Benchmarking fitness
- Tracking progress over months (or years)
- Practicing pacing and mental focus

There's no pressure to "race" anyone. Some months you'll feel great, some months not - look at your long-term trends rather than month-to-month changes. It's a personal journey, and simply showing up is already a win.

Safety on the Course

Please keep the route safe and enjoyable for everyone:

- Be aware of obstacles and narrow sections
- If overtaking, give a polite "coming past!"
- Don't push or force someone toward the canal edge
- If slowing or stopping, signal or move aside to avoid collisions

A considerate athlete makes the whole experience better for the group.

Events, Socials & Volunteering

Century City Athletic Club is more than just a running club, it's a community. Alongside our training, we love creating spaces for members to connect, celebrate milestones, and give back to the sport.

Club Social Events

We enjoy regular, informal socials built into our weekly routine:

After-Run Hangouts

On most Tuesdays and Thursdays, the clubhouse is open with a cash bar. Members often stay for a soft drink or beer and chat after the run.

If the clubhouse is closed, a group usually heads to Bricklane, just a short walk away - everyone is welcome. Food is available there too if you're hungry.

Time Trial Nights

On monthly Time Trial evenings, we often host:

- Guest speakers / Brand activations or pop-up gear stands
- A pre-ordered small meal arranged by the clubhouse (details shared on WhatsApp)

Special Events

During the year, we host:

- A year-end function & awards evening
- Comrades send-off and post-Comrades story-sharing
- Two Oceans and Cape Town Marathon medal runs/socials

All details are shared in our WhatsApp groups, so you won't miss anything.

Volunteering Opportunities

Volunteering is a big part of our club culture. It helps keep things running smoothly and builds pride in our community.

At Races

We host two major annual races:

- Century City Express (end of February)
- SportSA 10km (December)

As the host club, we encourage members not to run these and instead volunteer as marshals.

As a reward, you'll be invited to a special Marshals' Race the week before, receive a small thank-you snack, and still earn the official race medal once bibs/flags are handed in.

Gazebo Crew

At key Cape Town races, we set up our club gazebo as a base for members to gather afterward.

We often need volunteers to:

- Transport, set up, and take down the gazebo
- Look after the area during the event
- Contribute to the "bring & share" refreshments table

It's a fun way to support the club and cheer on fellow runners.

How to Get Involved

It's easy - simply keep an eye on our WhatsApp groups.

We regularly share calls for volunteers, sign-up forms, and information about upcoming socials or club events. Feel free to put your hand up whenever you can, even small contributions go a long way in keeping the club vibrant and supportive.

Quick Links



Club Essentials

- Club Email: info@centurycityathletics.co.za
- Member's Portal: <https://www.centurycityathletics.co.za/admin/>
- Online Shop (kit, merch, memberships & licenses):
<https://www.centurycityathletics.co.za/shop/>
- Club Code of Conduct: <https://www.centurycityathletics.co.za/coc/>

Training & Running Resources

- Time Trial Results: <https://www.centurycityathletics.co.za/time-trials/>
- Club Running Routes: <https://www.centurycityathletics.co.za/standard-5km-router/>
- Race Rules & Info Explained: <https://www.centurycityathletics.co.za/race-rules-info-explained/>
- Western Province Race Fixtures 2026: <https://www.centurycityathletics.co.za/fixtures-2026/>

Social Media & Community

- Facebook Page: <https://www.facebook.com/CenturyCityAthletics>
- Facebook Group (Team Century): <https://www.facebook.com/groups/500681057547798>
- Instagram: <https://www.instagram.com/centurycityathletics/>
- Strava Club Page: <https://www.strava.com/clubs/175222>