



Fitness For Witnessing

WELCOME PACK

2026



ADVENTIST ATHLETICS CLUB 2026
CLUBE ATLETICO ADVENTISTA 2026

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CLUBE ATLETICO ADVENTISTA 2026

Welcome to the Adventist Athletics Club

We are delighted to welcome you to our community, whether you're joining us for the first time or renewing your membership. As part of the Adventist Athletics Club, you're stepping into a vibrant network built on the pillars of health and fitness, evangelism and outreach, fellowship, and excellence.

Our activities—including running, walking, cycling, swimming, hiking, and trail running—reflect our commitment to holistic well-being and community connection. Together, we aim to grow stronger, share our faith, and inspire one another to reach new heights, both physically and spiritually.

We're excited to have you with us on this journey and look forward to sharing many memorable moments on the road, trails, and beyond.

Let's move forward in faith, health, and fellowship!

Adventist Athletics Club Team



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About the club

The Adventist Athletics Club (AAC) was formed in 2012 by a number of Seventh-day Adventists who were members of different running clubs in Gauteng. The vision of the founder members was to:

- Get a community of runners to influence the broader Adventist community to embrace a healthy lifestyle by being physically active and therefore delaying the onset of lifestyle diseases.
- Share the wealth of health and wellness approaches that have been enjoyed by the Adventist community for over a century with the running community at large so that in addition to physical fitness, people of all ages are also mentally, socially and spiritually fit!
- Proclaim the good news of the soon-coming King hence the MARANATHA inscription in the vests.



Mission

To create an inclusive and supportive athletic community that promotes health, well-being, and passion for fitness through physical and spiritual activities.

Our Pillars

Health and Fitness
Evangelism and Outreach
Fellowship
Excellence

Our Core Values

Integrity
Respect
Excellence
Accountability
Empathy
Stewardship

Club Activities

We run
We walk
We cycle
We hike
We swim
We reach out

Geographical Presence

The club has several branches in Africa and is growing across the world

South Africa

- Gauteng (CGA & AGN)
- Border
- Cape Town/ Western Province
- Gqeberha / Eastern Province
- Mthatha/ Butterworth (ATRA)
- KwaZulu-Natal
- Kimberly
- North-West

Southern Africa

- Lesotho (Maseru, Mokotlong)
- Harare
- Victoria Falls
- Bulawayo
- Clube Atletico Adventista Mozambique

Launching Soon

- Zambia, Philippines, Uganda, Dubai (UAE), United Kingdom, Kenya, Namibia, Swaziland, Botswana

Club Management

International Executive Committee

The management of the Club is administered by the International Executive Committee (IEXCO) which is elected bi-annually at the Annual General Meeting (AGM) held at least once a year, but not later than end of November of each year provided that an advance notice of the AGM is issued at least 14 days prior to the date of the AGM.

The Executive Committee consists of a Chairperson, a Deputy Chairperson, Secretary, Deputy Secretary, Treasurer, Deputy Treasurer, the Marketing and Communications desk, Events and Public Relations Office, Club Coach, Chaplain and Regional Branch Chairpersons and additional members (Regalia team).

The International Executive Committee and the Regional /Branch Committees are responsible for the day-to-day operations of the club. The International Executive committee and Branch committee's actions are guided by the club's constitution
Regional/ Branch Committee

Special Committees

The special committees include the

- Regalia committee
- Nominating committee
- Communication teams
- Event organising committees (race, health expo, fundraising, etc.)
- Club publication committee
- Special event teams

Club Management/IEXCO 2025-26



CLUB CHAIRPERSON
Wellington Mangena



DEPUTY CLUB CHAIRPERSON
Vacant



SECRETARY
Aphiwe Mahlathshana



DEPUTY SECRETARY
Mathabo Ndumo



TREASURER
Khanyisa Magadla



DEPUTY TREASURER
Trymore Muhlanga



EVENTS & PRO
Bobby Mwanza



TECHNICAL COACH
Dr Siyabonga Kunene



CLUB CHAPLAIN
Pr Zamekile Mditshwa

Branch Chairpersons/IEXCO 2026



Buhle Hlatshwayo
Gauteng



Daniel Phahla
Western Cape



Khaya Nunu
Border



Zondelela Yalezo
Transkei



Trymore Muhlana
Harare



Vania Fopenze
Mozambique



Sandile Ndlovu
KwaZulu-Natal



Thato Khatleli
Lesotho



Bheki Makedama
Eastern Province



Molefi Mohapi
Kimberley



James Mothupi
North West



Dumolwenkosi Mpofu
Bulawayo



Nigel Nyoni
Victoria Falls

Membership

Adventist Athletics Club (AAC) membership runs from 1 January to 31 December. Each region/branch has its own pricing structure. The pricing structure covers the permanent licence for all club members involved in Athletics South Africa (ASA) sanctioned events.

1. South Africa-based runners please note that, your membership fees includes a licence fee to your regional athletics body and ASA. This means you receive a licence number and are no longer liable for temporary licence fees on race day. The licence issued in any year is valid until 31 December. In the event there is a delay from ASA, the licence may be used until the end of January or February of the following year.
2. Adventist Athletics Club members who participate in ASA-sanctioned events athlete shall be issued a licence from ASA provincial office wherein he/she is domicile.
3. The ASA licence is renewed by completing the licensing form and making a payment of the membership fees payment and sending the proof of payment to your region's secretary.
4. South Africa based runners note that as a member of the AAC you are a member of ASA, the national governing body and therefore required to be familiar and abide by ASA rules.
5. Make a payment of your membership fees directly into your local club account (bank details can be found from the forms or secretary from your region) and use the reference: Name & Surname. Email your proof of payment to your branch.
6. All club members are encouraged to be involved in the club activities, particularly as a marshal at races supported by Adventist Athletics Club, manning the gazebo, supporting health expos, facilitating training runs and outreach activities.

Social Membership

- If you are not involved in any ASA sanctioned events, you can join the club as a social member. Social members can participate in all club events that do not require the ASA licence. A runner with a licence issued by another club can only join as a social member of AAC.

Transferring of membership

- A clearance letter from your previous club must be produced to transfer your membership to AAC. This applies to runners in South Africa. A clearance letter from your previous club is needed if you are joining mid-year. If you have previously been a member of a different club, you need to request a clearance letter from the club as per ASA rules



ASA runners/members/athletes are issued with two licence numbers, valid for one year.

1. In accordance with IAAF rule 143.7, the numbers are to be worn on the back and front of the vest. Where a race number is issued, it must be worn over the front number.
2. Not all races issue race numbers, some provide a sticker in a bag. If a runner does not have both licence numbers, temporary licence numbers must be purchased (and worn) for that race.
3. In the event of an accident, a runner with only one number will not be covered by any insurance – as it is illegal to run with one number only.
4. The permanent licence number is valid in all SA provinces, for Road Running, Track & Field and Cross Country.
5. IAAF rule 143.8 states that the licence number may not be defaced in any way. The numbers may not be cut or folded or obscured in any way. The sponsor, year and digits must be clearly visible.
6. Runners are only eligible to win category prizes if they are wearing an age tag clearly visible back and front of the vest.
7. The best positioning for age tags is at the top of the vest, on the left-hand side and on the back of the vest on the right-hand side.
8. This is for identification by the race referees, as well as other runners in your age category.
9. In Road Running, age tags are worn from the day of your birthday – 40, 50, 60, 70, 80
10. Juniors wear J – until the year they turn 19.
11. Cross country and track wear age tags in 5 years' groups – 35, 40, 45, 50, 55, 60, 65, 70, 75, 80,
12. IAAF Rule 144.4b bans the use of electronic devices like cell phones, headphones, iPods, etc. It is also against the rules of the road to be on the road with both ears blocked. Again, in the event of an accident, no insurance will cover a runner wearing an iPod or earphones.
13. **Being a licensed athlete includes an insurance which covers medical expenses that medical aid does not cover. Claims must be made within 48 hours of the incident. Application forms are available from the athletics body offices in your region**

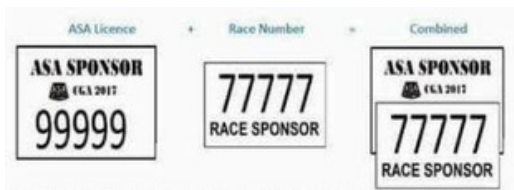
Benefits of Membership

- A structured club training program that is designed to assist members achieve their goals.
- Coaching and healthy living advice from the team coaches.
- Refreshments and support at most of the big road running events.
- Friendship and camaraderie.
- Access to unlimited information regarding races, medical information, travel tips, advice and tips on completing an event
- Motivation to maintain a healthy lifestyle.
- Club members (runners) based in South Africa get an annual ASA licence.
- Training with like-minded people.
- Participating in outreach activities.



Club Regalia

The Official Club kit is to be worn during all official events worldwide (including ASA sanctioned events in conjunction with your ASA issued licence number and age group tag included). The club vests consist of the club running vests, club running T-Shirt, black shorts, black tights. If you are going to wear a base layer under your vest / ladies racer back or shirt it needs to be white. The ASA licence must be attached on the front and back of your vest / ladies racer back or shirt (South African based runners only). Your race number is to go on the front, it can cover your licence but the licence sponsor must be visible, see below



THE ORDERING PROCESS

Our kits/Regalia can be ordered online from

Anatomic

<https://www.anatomic.co.za/collections/adventist-ac>

KWIN

<https://kitonline.co.za/adventist-athletics-club/>

Password: jyD434Zr

KITONLINE

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Running Clubs
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SHOP YOUR APPAREL

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INFLUENCING PERFORMANCE

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Shop Links

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Checkout
Cart
Orders

Policies

Terms & Conditions
Return Policy
Privacy Policy
FAQs

Get In Touch

15 Wilga Business Park, Corner
of Ridge and Braam Road,
Honeydew

customercare@kitonline.co.za

+27 11 794 3594

Monday - Friday 08:00AM - 5:00PM

My Rewards

Club Regalia

THE ORDERING PROCESS


Our kits/Regalia from Anatomic can be ordered online

<https://www.anatomic.co.za/collections/adventist-ac>

THE ORDERING PROCESS FROM ANATOMIC WEAR

All online orders open on the 25th of each month and do close on then 2nd of every month. The delivery of ordered regalia is delivered after the 25 of each month (2-3 weeks after ordering)

When checking out an order the standard courier fee is R95.00.

Any queries regarding your club's orders please contact 

Elton 0823365833 elton@anatomic.co.za

We look forward to your order 😊
Anatomic Sportswear

Anatomic

<https://www.anatomic.co.za/collections/adventist-ac>



BUY YOUR CLUB KIT HERE

ANATOMIC
CUSTOM SPORTSWEAR



ORDERS OPEN FOR A LIMITED TIME ONLY

ENHANCE YOUR SPORTENTIAL

FRONT



Adventist AC Peak
R 290.00 ZAR

FRONT



Adventist AC Mens and Ladies T-Shirt
R 445.00 ZAR

FRONT



Adventist AC Mens and Ladies Elite Vests
R 383.00 ZAR

FRONT



Adventist Running Elite Tights
R 640.00 ZAR

FRONT



Adventist Running Elite Shorts
R 590.00 ZAR

FRONT



Adventist AC UV Sleeves
R 314.00 ZAR



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club
Female Wide Back Vest



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club Long
Sleeve T-Shirt



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club
Racerback



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club Golf
Shirt



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club Arm
Sleeves



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club
Tracksuit



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club Track
Pants



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club Track
Top



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club
Brushed Fleece Hoody -
Unisex



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club Classic
Vest

 <p>ADVENTIST ATHLETICS CLUB Adventist Athletics Club Evolve Crop Top</p>	 <p>ADVENTIST ATHLETICS CLUB Adventist Athletics Club Evolve Pro T-Shirt</p>	 <p>ADVENTIST ATHLETICS CLUB Adventist Athletics Club Evolve Pro Vest</p>	 <p>ADVENTIST ATHLETICS CLUB Adventist Athletics Club Female Skort</p>	 <p>ADVENTIST ATHLETICS CLUB Adventist Athletics Club Kids Vest/T-Shirt</p>
 <p>ADVENTIST ATHLETICS CLUB Adventist Athletics Club Buff</p>	 <p>ADVENTIST ATHLETICS CLUB Adventist Athletics Club Classic Crop Top - Female</p>	 <p>ADVENTIST ATHLETICS CLUB Adventist Athletics Club Classic T-Shirt</p>	 <p>ADVENTIST ATHLETICS CLUB Adventist Athletics Club Classic Warm Up Top - Long Sleeve</p>	 <p>ADVENTIST ATHLETICS CLUB Adventist Athletics Club Compression Shorts</p>



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club
Leggings – 3/4 Leg



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club
Leggings – Full Length



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club Male
Running Shorts



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club Rain
Jacket



ADVENTIST ATHLETICS CLUB
Adventist Athletics Club String
Bag



Communication

Welcome to the community!

To keep our operations smooth and inclusive, please keep the following guidelines in mind:

- Communication: WhatsApp is our primary platform for regional updates, events, and training.
- Language: English is our official language. In Mozambique, both English and Portuguese are used.
- Stay Informed: Our Quarterly Newsletter and Official Website are the best sources for deep dives into club news and regalia.
- Support: For specific queries or concerns, please reach out directly to your Regional Branch EXCO members

Official Club Website:



OFFICIAL CLUB FACEBOOK PAGE LINKS

Official Facebook page



Border Region



Clube Athletico Adventista



Gauteng



KwaZulu-Natal



Lesotho



Bulawayo



Mthatha



Harare



Western Province



Kimberley



Victoria Falls



Training and Club Coaches

THE COACHING TEAM CONSISTS OF THE IEXCO COACH AND BRANCH COACHES.

- The IEXCO coach is responsible for the Elite Programme.
- Branches do have the STRAVA platform whereby you can join and track your progress and goals.
- We cater for all categories (walkers, juniors, couch to 5k, the social runners, sub elites, elites, veterans, masters, grand masters, etc.)
- Please contact your regional branch coach for support and advice.

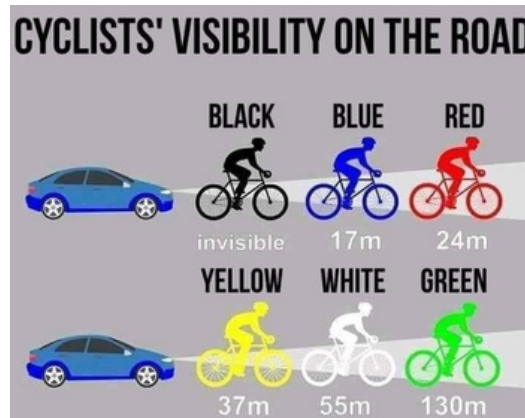
ELITE PROGRAM ENTRY CRITERIA

Distance	Gender	Junior	Senior	40-49	50-59	60+
42.2km	Male		02:50	03:00	03:10	03:20
	Female		03:10	03:30	03:40	04:00
21.1km	Male		01:15	01:30	01:40	01:50
	Female		01:30	01:40	01:50	02:00
10km	Male	00:37	00:35	00:37	00:45	00:55
	Female	00:42	00:39	00:42	00:50	01:00



Safety in sessions

- **HEALTH AND SAFETY COMPLIANCE:** All club members have a duty to ensure that the health, safety and welfare themselves and others is not affected as a result of their actions during any event (training or official races)
- You are **NOT PERMITTED** to participate in any ASA sanctioned event with animals e.g., dogs/birds/reptiles/etc.
- Headphones are not allowed in any running/cycling event. If you need distractions, tune into the sound of the environment around you instead. Or enjoy the conversation of other runners or cyclists.
- Runners when training run on the side of the road where you can see oncoming traffic. Run against traffic. **RUNNERS PLEASE NOTE:** You are not a vehicle. You are a runner. You are also in a highly vulnerable position if you're running near cars, trucks, and bicycles. So, the best way to prevent an untimely meeting with one of these vehicles is to be able to see them. That means running on the side of the road or on the sidewalk and running while facing traffic.
- A bicycle is considered a vehicle, so it is 'subject to the same laws as cars and trucks. Cyclists ride with traffic.
- **BE VISIBLE**
- If you cycle or run in the dark (early morning or at night) make yourself visible. Wear light-coloured clothing or invest in a reflective vest. See visibility diagram below it applies to cyclists and runners



- Don't challenge cars to a race. If you and a car are both approaching an intersection, stop and let the car go first. The car is faster than you.
- Run or cycle in groups for safety purposes. This may be the easiest way to avoid problems altogether. Sharing the road with other runners or cyclists is also a great way to stay motivated and to enjoy the sport.
- Avoid running or cycling alone in unpopulated, unfamiliar areas and stay away from trails surrounded by heavy bush.
- Do not wear jewellery. But do carry identification or write your name, phone number, and blood type on the inside sole of your running shoe.
- Carry a noisemaker or get training in self-defence and use of pepper spray. And always call police or community security if something happens to you or someone else or if you see something or someone suspicious.
- Don't stop to give directions to strangers in cars if you are running alone
- Know your limits. If you're still a novice runner, it's not a good idea to attempt a 15km run in your first week, regardless of your good intentions. Run within your limits, know your limits and do what you feel comfortable with to avoid injury or even serious damage to your vital organs.
- Timing is everything. If you decide to go for a run either very early in the morning or late at night, keep in mind that drivers who are on the road at those times might not be vigilant or alert. Someone who just worked a 10-hour nightshift is probably not as attentive as someone who is on their way to work after a good night's rest.
- THINK CAR. As much as cars need to be considerate towards runners and cyclists. Runners and cyclists also need to be considerate towards cars.
- Mind your manners, acknowledge a car politely if they give way to you and always be courteous. The road doesn't belong to a single group, and is designed to be shared
- Beware of stopped cars waiting to make a right turn. Stop and wait until they make the turn, or run behind them.
- **IN CASE OF EMERGENCY IN TRAINING OR AN EVENT NOTIFY YOUR BRANCH IMMEDIATELY.**

What you should know

The Club constitution and other policies

- The Adventist Athletics Club constitution is available on request from your region. All club members are encouraged to get a copy and read it.
- The Adventist Athletics Club Regalia Policy is available on request from your region.
- You can get the athletics body constitution and rules from your branch. The ASA constitution is available for download from the ASA website or the link section of the club's website.

Club Members (runners, walkers, hikers and cyclists) should note the following compliance issues at events

- Do treat all runners (both members and non-members of the club), race officials, marshals, event volunteers, referees and team managers with courtesy and respect.
- No littering during any event (trail running, road running, running, cycling, swimming, hiking). Littering is the act of disposing of any waste item except into a receptacle provided for that purpose. Waste items include amongst other things; plastic water sachets, paper cups, bottles, wrappers and containers whether supplied by the organizers or brought to the race by the participant. Do not throw your rubbish in a drain, tree, or any other place where it will be difficult to retrieve.
- Cyclists need a day licence to participate in an event (RSA). The day license is designed to allow the absolute newcomers of the sport to participate within the rules and regulations of the sport. These participants, who do not hold a full license or membership, need to purchase a day license. By purchasing a day license, the rider agrees to participate in the event and abide with the rules of the event and those of Cycling SA for that day.

Club kit and race numbers, age tags and licences

- Wear the race numbers and licences correctly. Do not cover the name of the club on the official club regalia.
- If you are competing for an age-category prize, you must wear the appropriate age-tag on the front and back of your vest
- You must wear the official club regalia at all prize-giving events, if you are receiving a prize (club vest, T-shirt or tracksuit).
- All athletes are encouraged to wear the officially registered club colours, except when representing the provincial team or national team.

Race/Event registration and event participation

- Substitute the race number if you got it from someone. If you are running in someone else's entry, you must follow the substitution process outlined by the race organisers

Sabbath Observance

- Adventist Athletics Club (AAC) is committed to the beliefs, values and practices of the global Seventh-day Adventist church including the sacredness of the Sabbath. AAC therefore also regards the Sabbath as the Lord's day and a rest day for humanity. The Sabbath is from sunset on Friday to sunset on Saturday.
- AAC will therefore participate and support all races training runs in the other six days of the week and rest during the 24-hour period of the Sabbath.
- Should any AAC member insist on participating in races/events run on Sabbath, the Club kindly requests them not to wear AAC regalia, as it will be a contradiction to what the Club professes.
- AAC will continue to advocate for the Two Oceans Marathon special run that was started by a new convert to Adventism, Professor Kevin Rochford in 1990. Professor Rochford asked for those who observe the Sabbath be allowed to run the marathon on Good Friday when the iconic race was run on the Sabbath of the Easter Weekend. Currently the race is run on Sunday by Sabbath observers.

Event Participation Rules

- Use the correct name of the club when entering for races: Adventist Athletics Club. Please note there are numerous clubs using the abbreviation AAC.
- Self-seed or follow the honest seeding rule.
- Thank the marshals on route- they are volunteers. Have fun and encourage other race participants
- If participating in an event, please apply this rule. If you are going to stop, make sure there is no one behind you as to comply with the safety rule.
- Respect the rules, they are there to protect you.
- When entering for events that require your qualifying times, be honest and submit correct times.
- Please abide by the instructions given to you by race officials, marshals, event volunteers and referees at all races.
- Please ensure that our club secretary has your correct contact details at all times.
- You may not bring the name and reputation of the club, its sponsors, officers or affiliates into disrepute by conducting yourself in a vulgar, unsportsmanlike, disrespectful or dishonest manner.
- If you have been disqualified from an Athletics South Africa affiliated event, alternatively, if you are notified by a referee that you will be the subject of disciplinary proceedings, you must immediately notify the branch's club chairman or club PRO.
- If you believe that you have been the victim of unfair discrimination, alternatively, if you feel that a referee or race official has treated you in an unfair manner, you must immediately notify your branch's club chairman or club PRO.
- Please note that any member's failure to abide by these rules may result in the club taking disciplinary action

Elite Running Team

- Elite runners participating in Athletics South Africa sanctioned events should have a clearance letter from your countries athletic body. (e.g., runners from Lesotho, Mozambique, Zambia, Botswana, Kenya, Zimbabwe)

Volunteers

- The club is run entirely by volunteers. The more the volunteers we have, the better the club is run and the less the workload for everyone involved.
- Our club operates as a mutual benefit society. Our members are actively involved in various aspects of the operation of the club. There are a number of areas where members volunteering can make valuable contributions to the club and the other members.
- The most common areas of volunteering assistance, are as follows: race hospitality (gazebo hosts), training group facilitators, marshalling and other race organization participation, news and article writing, photography and video, graphic design, outreach and health expos.
- If you are able to assist with any of these, please contact your regional PRO/ events coordinator/ communications officer or secretary and inform them how you would like to contribute as a volunteer.
- Other areas that require volunteers include greeting, bag storage and water table manning.



Contact Information



chairperson@adventistathletics.club
chaplain@adventistathletics.club
coach@adventistathletics.club
events.pro@adventistathletic.club
secretary@adventistathletics.club
treasurer@adventistathletics.club