

Rockies

Q2 Edition: 01/05/2022 - 30/06/2022

In this Edition:

- AGM and your new Committee
- Results, Results, Results
- Rockies Gerald Fox Memorial Road Race
- Club Activities
- Awesome Elites
- Comrades Marathon
- Kenton 100, 30 & 10 miler

AGM and Committee

The AGM was held on Monday 20 June 2022. Leuba presented his Chairman's report summarising the highs and lows of his year. Following that, Saul presented the financials. As we had a quorum the previous year's minutes and financials were accepted.

There were 2 general items that were raised, one of which will need each of us as members to consider and act when a special general meeting is called:

- Amendment to the constitution - a number of items need an update from previous changes in 2012. An SGM will be called and members notified in advance of the proposed changes.
- A Fee increase was proposed and accepted by members

Further correspondence will be sent out regarding the constitution amendment in the next few weeks. **Please make sure we have your latest email address.**

The new committee members are:

Chairman: **Leuba Mothapo**

View Chairman: **Matodzi Tshidzumba**

Hon. Treasurer: **Saul Levin**

Hon. Secretary: **Les Sutcliffe**

Committee Member: **Chad Harris**

Committee Member: **Johannes Seopela**

Committee Member: **Moses Mapaila**

Committee Member: **Thabo Nkabinde**

Committee Member: **Stan Medalie**

Committee Member: **Zongamele Dyubeni**

Committee Member: **Richard Jasven**



GARMIN | *Rockies*

Discovery
Vitality

VITALITY RUN SERIES

JOHANNESBURG

Rockies Gerald Fox Memorial Race with G Fox

#VitalityRunSeries

This year's Rockies Gerald Fox Memorial was held earlier in the year due to the change in Comrades date.

On 12 June the Rockies race was the first in the Discovery Vitality series and saw over 3300 people finishing the event. The race finished at the Joburg Zoo and continues to receive support from G Fox through their generous donation of t-shirts for the runners.

The Fun Run was supported by BRM and was undertaken in partnership with Parktown Girls. The event remains one of the bigger road races in Gauteng and receives lots of positive feedback from the runners.

Thank you to all the marshals and helpers who contribute to making this event a success.

Winning Times were:

21 km		10 km		5km Fun Run	
Men	Ladies	Men	Ladies	Men	Ladies
01:11:54	01:25:08	00:33:24	00:40:29	00:21:43	00:21:21



ROCKIES GERALD FOX MEMORIAL with G FOX 2022



ROCKIES GERALD FOX MEMORIAL with G FOX 2022

Attention:

The club will be providing a braai at the finish of Wanderers 21K on Sun 10th July and will be sponsoring runners from Afrika Tikkun once more





Club Activities

Club runs - every Sunday

Venue: Moyo Car Park Zoo Lake

Start time: 6am for summer and 7am for winter - **Current start time is 7am**

Distance: four 7km routes out and back. Choose your own routes and distances

Social media platforms notifying members, (what's app group, Twitter, Facebook and Strava.)

Time trial

The time trial continues every Sat at Moyo Car Park Zoo Lake at 07h30 with a 5K distance.

Check out all the latest results here: <https://www.rockies.co.za/category/time-trial-results/>

Coach

The Coach will be available for those who want to do a run and for those needing advice and guidance.

Contact Zongamele **0732661752** - note the change of number

Read about Zongamele here: <https://www.rockies.co.za/5-minutes-with-rockies-coach-zongamele-dyubeni/>



Race Results

Name	Time	Distance	Name	Time	Distance
Sedibeng Marathon			Miway Wally Hayward		
Tshidiso Bosiu	02:33:50	42.2km	Adam GREENBLATT	04:01:27	42.2km
Maggie Ngobeni	04:18:59	42.2km	Mavis TSHIKOVHELA	04:19:52	42.2km
Thabo Nkabinde	04:24:52	42.2km	Uri MARKS	04:38:06	42.2km
Leuba Mothapo	04:40:10	42.2km	Richard ROVETTI	03:00:30	42.2km
Tyan Barends	05:16:09	42.2km	Jonathan MARTIN	03:56:41	42.2km
Congratulations to Tshidiso Bosiu who placed 1st			Eldon BEINART	03:59:12	42.2km
Om Die Dam			Mdu LUTHULI	04:01:45	42.2km
Adam GREENBLATT	03:54:53	50km	Yoav DOGAN	04:08:25	42.2km
Siphiwe MAGUBANE	04:13:14	50km	Mzwakile NTLEKENI	04:23:42	42.2km
Henrik HARTMANN	04:14:16	50km	Karen ISAACS	04:48:23	42.2km
Kevin DISTILLER	04:44:31	50km	Sengiphiwe MBAMBO	05:21:34	42.2km
Mdu LUTHULI	04:50:57	50km	Dipesh JOGI	05:36:36	42.2km
Jonathan MARTIN	04:52:19	50km	Edenvale		
Talia ZULBERG	04:56:32	50km	Norman Moyo	02:59:31	42.2km
Desmond KLEIN	05:04:53	50km	Sipho Sibanyoni	03:14:25	42.2km
Ndawoyakhe BUSAKWE	05:34:54	50km	Lucas Mashigo	03:22:25	42.2km
Prevein MARNEWICKE	05:47:39	50km	Phetane Phetane	03:26:39	42.2km
Thuso LEKOMANYANE	06:01:49	50km	Lackson Chauke	03:39:42	42.2km
Phindile THWALA	06:50:07	50km	Joanne Kaplan	03:48:38	42.2km
RAC Sweatshop			Isaac Shinkie Kekana	03:57:10	42.2km
Karen Peta ISAACS	00:57:14	10km	John Peter	03:59:42	42.2km
Nigel ASPREY	01:09:32	10km	Jarred Bloch	04:05:52	42.2km
Seymour TALPERT	01:19:48	10km	Steven Isaacson	04:05:52	42.2km
Ramasella Rachel LEDWABA	01:31:34	10km	Uri Marks	04:08:02	42.2km
Henrik HARTMANN	00:40:21	10km	Yoav Dogan	04:08:03	42.2km
Jonathan BEARD	00:41:38	10km	Malibongwe Mdanyana	04:12:07	42.2km
David BEARD	01:02:12	10km	Kayaletu Qoloba	04:15:39	42.2km
Duduzile Mavis MNDAWENI	01:04:39	10km	Moses Mapaila	04:18:35	42.2km
Ronnie CHAITOWITZ	01:10:59	10km	Phindile Thwala	04:23:05	42.2km
Joey GOTKIN	01:12:48	10km	Reabetswe Mokomele	04:24:59	42.2km
Sharifa SULEMAN	01:14:16	10km	Ngwako Albert Mangena	04:25:43	42.2km
Jenny ROBERTSHAW	01:15:31	10km	Mavis Tshikovhela	04:26:05	42.2km
Magogo Martha NGOMA	01:29:59	10km	Desmond Williams	04:29:53	42.2km
Edenvale			Yolan Friedmann	04:40:06	42.2km
Esau Miya	01:29:22	21.1km	May Bradshaw	04:45:35	42.2km
Jeffrey Louis Gochin	02:14:47	21.1km	Karen Isaacs	04:46:40	42.2km
Ronnie Chaitowitz	02:37:09	21.1km	Sengiphiwe Mbambo	04:47:27	42.2km
Congratulations to Esau Miya for placing first in the M50 age category			Prevein Gregory Marnewicke	04:48:18	42.2km
			Matsiliso Mathebe	05:05:10	42.2km
			Malefase Madiba	05:52:31	42.2km

Race Results

Name	Time	Distance	Name	Time	Distance
Colgate			Colgate		
Tiisetso Sebata	00:56:41	15km	Lucas Mashigo	02:27:40	32km
Julie Soicher	01:07:48	15km	Esau Miya	02:27:49	32km
Victor Ndlovu	01:19:11	15km	Graham Webber	02:38:43	32km
Ngenzile Ngcobo	01:20:22	15km	Jason Bentz	02:43:20	32km
Nomalanga April	01:23:09	15km	Phetane Phetane	02:50:54	32km
Portia Mhlanga	01:26:40	15km	Simon Mdhlalose	02:51:07	32km
Leuba Mothapo	01:27:45	15km	Andrew Molefe	02:52:42	32km
Rowan Eva	01:30:41	15km	Uri Marks	02:54:21	32km
Claire Moolman	01:38:12	15km	Yoav Dogan	02:54:21	32km
Theresa-Joy Munyembate	01:44:45	15km	Chad Harris	02:54:58	32km
Bright Khumalo	01:49:38	15km	Malibongwe Mdanyana	03:04:29	32km
Kelly Masokoameng	01:51:42	15km	Albert Mangena	03:04:47	32km
Sharifa Suleman	01:52:24	15km	Moses Mapaila	03:04:52	32km
Jenny Robertshaw	01:52:40	15km	Joshua Khiba	03:06:57	32km
Patricia Mogano Mogamo	01:53:36	15km	Desmond Klein	03:13:37	32km
Robert Soicher	01:54:18	15km	Mavis Tshikovhela	03:15:59	32km
Ronnie Chaitowitz	01:54:55	15km	Johannes Seopela	03:17:03	32km
Lungile Mazibuko	01:56:59	15km	Ntshengedzeni Makhado	03:18:06	32km
Joey Gotkin	01:57:38	15km	Les Sutcliffe	03:18:59	32km
Thuly Sefolo	01:57:47	15km	Sam Skosana	03:21:15	32km
Phenyo Sefolo	01:57:54	15km	Karen Isaacs	03:28:07	32km
Thuly Sefolo	01:58:13	15km	Thuso Lekomanyane	03:28:10	32km
Howard Joel	02:01:06	15km	Saul Levin	03:30:44	32km
Jakes Esterhuizen	02:09:51	15km	Ndawoyakhe Busakwe	03:36:45	32km
Lufuno Nemadodzi	02:12:08	15km	Ntombifuthi Mkhize	03:44:28	32km
Dudu Mndaweni	02:15:30	15km	Tessa Tshabalala	03:48:02	32km
Emma Mthimunye	02:17:25	15km	Sengiphlwe Mbambo	03:48:48	32km
Martha Ngoma	02:20:31	15km	Tyan Barends	03:49:21	32km
Rachel Lekalele	02:20:36	15km	Phindile Thwala	04:00:28	32km
Rachel Ledwaba	02:20:44	15km			
Miway Wally Hayward			Miway Wally Hayward		
Joey GOTKIN	01:12:02	10km	Nigel ASPREY	02:30:17	21.1km
Jenny ROBERTSHAW	01:12:05	10km	Tyan BARENDS	02:29:43	21.1km
			Ivan SCHEWITZ	03:12:28	21.1km
Skosana Race Of Gratitude			Skosana Race Of Gratitude		
B Lottering	01:51:58	21km	Assalina NYATHI	01:53:57	21.1km
			Jayshika LALA	02:06:17	21.1km
			Jeffrey GOCHIN	02:14:21	21.1km
Selati 2 In 1 (MPU) 21km race			Selati 2 In 1 (MPU) 21km race		
S Mathabatha	01:08:14	21km	Vimal LALA	02:18:58	21.1km
			Ronnie CHAITOWITZ	02:38:44	21.1km
			Sharifa Amod SULEMAN	02:38:48	21.1km
			Patricia MOGANO	02:47:31	21.1km

Congratulations on placing 2nd

Race Results

Name	Time	Distance	Name	Time	Distance
Race for Cancer with Orlando AC			Annual Mayoral Marathon (MPU)		
Moses Mapaila	02:01:08	21km	Mokandla Chauke	04:27:08	42.2km
Autumn Chase Marathon 2022			Autumn Chase Marathon 2022		
Zuriah Davis	01:39:29	10Km	Kevin Utian	03:57:06	42Km
Autumn Chase Marathon 2022			Jason Bentz	03:59:22	42Km
Maselo Mphafudi	02:19:03	21Km	John Peter	04:02:58	42Km
Thelma O'donnell	02:40:14	21Km	Desmond Klein	04:16:45	42Km
			Selwyn Kahlberg	04:19:19	42Km
			Yoav Dogan	04:22:33	42Km
			Uri Marks	04:27:07	42Km
			Carla Lea Farina	04:32:36	42Km
			Vimal Lala	04:38:16	42Km
			Thabo Nkabinde	04:55:13	42Km



Cross Country Results

Position	Name	Time	Event	Distance
League 1				
3	Aselina Nyathi	19:47	Masters Women 50-54	4km
1	Ntombifuthi Mkhize	23:56	Master Women 55-59	4km
2	Farida Zwane	36:55	SENIOR WOMEN	10km
League 2				
4	Lebohang Madikane	12:32	GIRLS UNDER 12	3km
7	Ngenzile Ngcobo	21:07	Veteran Women 45-49	4km
6	Ntombifuthi Mkhize	24:48	Master Women 55-59	4km
10	Teboho Khiba	32:41	Grandmaster Men 60-64	6km
5	Esau Miya	33:26	Master Men 50-54	8km
1	Rirhandzu Rhangani	27:42	SUB VETERAN MEN 35-29	8km
2	Xolisa Tyali	34:58	SENIOR MEN	10km
12	Anele Nodada	38:59	SENIOR MEN	10km

Awesome Elites



Recent Elite Successes:

- **Raphael Segodi** won the 10 km race of Boksburg leg of the CGA Cross Country series on 4 June with a time of 32:26. He also placed 6th at the SAYINA Village 30km race in Bushbuck Ridge on 18 June with a time of 2:00:00
- **Lebohang Madikane** won the 3km race at the Orange Farm leg of the Cross Country series on 18 June with a time of 11:36.
- **Xolisa Tyali** was the winner of the 30km SAYINA Village race in Bushbuck Ridge on 18 June, with a time of 1:49:00
- **Rhirhandzu Rhangani** won the 8km races at both the Boksburg and Orange Farm legs of the Cross Country series, with times of 26:44 and 27:30
- **Farida Zwane** won the Boksburg leg and placed second at the Orange farm leg for the 10km race, with times of 38:30 and 41:28
- **Tshidiso Bosiu** won the Sedibeng marathon (42km) on 19 June with a time of 02:33:00
- **Samuel Mathabatha** placed 3rd at the SAYINA village 30km with a time of 01:43:00

May you continue you with these fantastic results!



28th August 2022

ENTRY COUNT

15856

Total Entries Received So Far

THE ULTIMATE HUMAN RACE

We truly hope that all our aspiring Comrades Runners have managed to quality so far and are all on track with their training programs.

Final Comrades Qualifiers (last date for submitting qualifying details is **12 July 2022**)

⇒ Benoni Northerns AC—Profix Scaffolding Marathon (Central Gauteng) (3 July)

The following members are attempting their Green or Double Green Number this year. We wish them every success



Khayaletu QOLOBA—Double Green



Albert MANGENA - Green



Prevein MARNEWICKE - Green



Wiseman NXUMALO - Green



We need helpers for the seconding stations on Comrades Day

You will need your own transport in order to man the station.

Please contact Les if you are able to assist on 072 472 2042



28th August 2022

ENTRY COUNT

15856

Total Entries Received So Far

THE ULTIMATE HUMAN RACE

We currently have a very impressive start list:

Name	Age Category	Gender
Adam GREENBLATT	Senior	Male
Albert MANGENA	40	Male
Bonginkosi KHOMO	50	Male
Clive Warren SNOYMAN	50	Male
David BEARD	50	Male
Desmond KLEIN	60	Male
Desmond WILLIAMS	50	Male
Dipesh JOGI	40	Male
Eldon BEINART	40	Male
Georgina MAKHATHINI	40	Female
Graham WEBBER	Senior	Male
Isaac Shinkie KEKANA	50	Male
Jarred BLOCH	Senior	Male
Jason BENTZ	40	Male
Joanne KAPLAN	40	Female
John MUGGLESTONE	60	Male
John PETER	50	Male
Jonathan MARTIN	50	Male
Jonathon BEARD	Senior	Male
Kevin DISTILLER	40	Male
Kevin UTIAN	50	Male
Khayaletu QOLOBA	60	Male
Lackson CHAUKE	40	Male
Leuba MOTHAPO	40	Male
Levi LIPSKAR	Senior	Male
Lucas MASHIGO	40	Male
Maggie NGOBENI	Senior	Female
Mali Portia MHLANGA	Senior	Female
Malibongwe MDANYANA	50	Male
Mark LAPEDUS	40	Male
Masoono NCHABELENG	60	Male
Matodzi TSHIDZUMBA	40	Male
Matshiliso MATHEBE	50	Female
Maurice ROSEN	60	Male
Mavis TSHIKOVHELA	40	Female
May BRADSHAW	Senior	Female
Mduduzi LUTHULI	40	Male
Menachem KAY	40	Male
Michael SHAPIRO	50	Male
Moses MAPAILA	60	Male

Name	Age Category	Gender
Mzwakile NTLEKENI	40	Male
Ndawoyakhe BUSAKWE	Senior	Male
Ntombifithi MKHIZE	50	Female
Othaniel Sefako PHAHLANE	Senior	Male
Patson MALULEKE	60	Male
Phetane PHETANE	40	Male
Phindile THWALA	40	Female
Prevein MARNEWICKE	50	Male
Puleng MAEKO	Senior	Male
Rael Marc SMITH	40	Male
Reabetswe MOKOMELE	Senior	Male
Reginald NGOBESE	50	Male
Richard ROVETTI	40	Male
Ronald DRIBBIN	60	Male
Ryan KALK	40	Male
Saul GREENBLATT	40	Male
Selwyn KAHLBERG	50	Male
Sengiphiwe MBAMBO	40	Male
Simon MDHLALOSE	50	Male
Sipho NDLOVU	50	Male
Sipho SIBANYONI	40	Male
Stanley MEDALIE	60	Male
Steven ISAACSON	40	Male
Talia ZULBERG	40	Female
Teboho SELLO	40	Male
Thabo NKABINDE	40	Male
Thuso LEKOMANYANE	50	Male
Tshepo CHAUKE	40	Male
Tshepo LEGODI	40	Female
Tyan BARENDS	60	Male
Uri MARKS	40	Male
Vic BOSTON	60	Male
Vimal LALA	40	Male
Vusi NKABINDE	60	Male
Vusumzi LUDIDI	Senior	Male
Wiseman NXUMALO	40	Male
Yoav DOGAN	Senior	Male
Yolan FRIEDMANN	50	Female
Zongamele DYUBENI	40	Male



28th August 2022

ENTRY COUNT

15856

Total Entries Received So Far

THE ULTIMATE HUMAN RACE

Comrades Bus and Accommodation



Cost to Members: R2 400

Bus Only: R850

Cost to Non-Members: R2 800

Payments can be made to:

Nedbank Balfour Park

Branch Code: 151105

Account Number: 1511036532

Please include your name as reference



To Book:

Please contact Les

on

072 472 2042

Did you know...

The Rockies Newsletter will be sent out Quarterly. To stay up to date with what is happening in the club please follow us on Social Media



<https://www.facebook.com/rockiesrunners>

@rockies_club



https://twitter.com/rockies_club

@rockies_club



<https://instagram.com/rockyroadrunners>

rockyroadrunners

Check out our website: <https://www.rockies.co.za/>

Please also make sure that Les has your latest mobile number so you can receive weekly updates via WhatsApp, and your latest email address so you can receive the newsletter electronically.

And finally, if you would like to contribute an article or content to the newsletter, please contact Claire.

You can contact Les on:



072 472 2042



info@rockies.co.za

You can contact Claire on:



082 375 9294 (WhatsApp only please)



claire.yunnie@gmail.com

Kenton 100 Miler, 30 Miler and 10 Miler

June 2022

By Dave Beard

This was the third running of this event and the first post-Covid opportunity for everyone to participate. It is a unique race, entirely within the limits of Kenton-on-Sea; this means that the 16km (10 mile) lap is a complex series of back-and-forth sections to fit it all in. In addition, beaches, sand dunes and alleyways are part of the fun, and quite testing even if for only one lap.

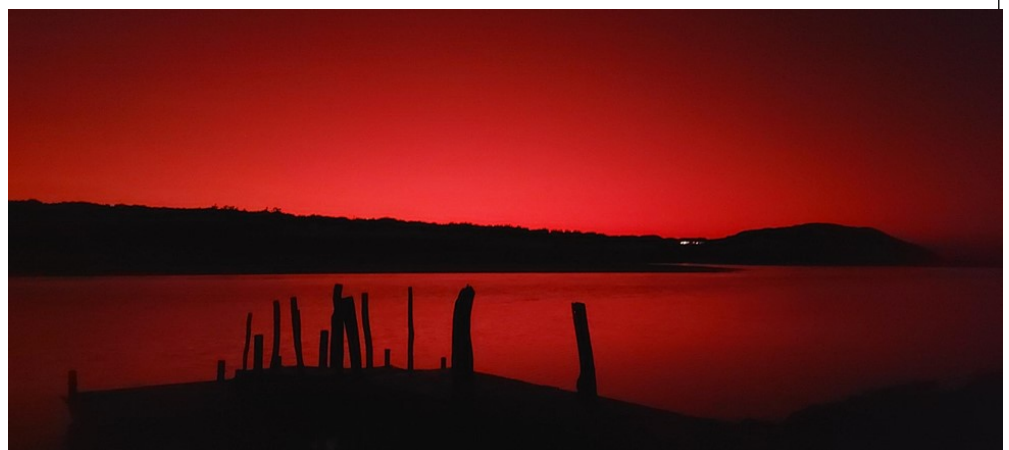
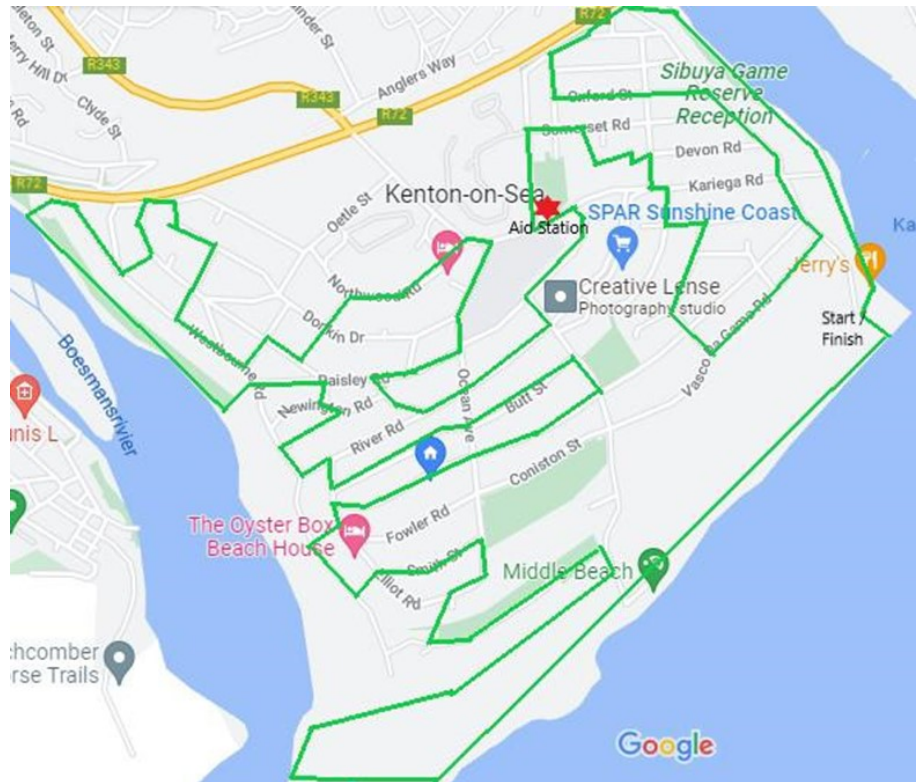
The 100 milers started at midnight on Friday 10th June and had a time limit of 36 hours to complete the 10 laps. The 30 milers were off at 4am on Saturday, with a time limit of 12 hours for 3 laps. The 10 mile race started at 8am on Sunday with a 4 hour time limit.

I was lucky enough to have tested this route back in December 2019, so I knew what to expect. Which is probably why it has taken me three years to enter any of the distances!

The 30 miler fitted the bill for me, and I had a real adventure. This was a race of firsts for me: first 4am start, first race including beach and sand dune sections, first time running (walking) up and down alleyways, first time being timed when passing through a pub...

The first lap was in total darkness, my headlamp showing up the well-placed reflective strips indicating the route. We spread out quite quickly, and I was on my own until arriving at the Aid Station based in the Pre-Primary School – so well equipped and stocked it was a real oasis.

As I was heading to the end of lap 1, the sun started to rise over the Kariega River:

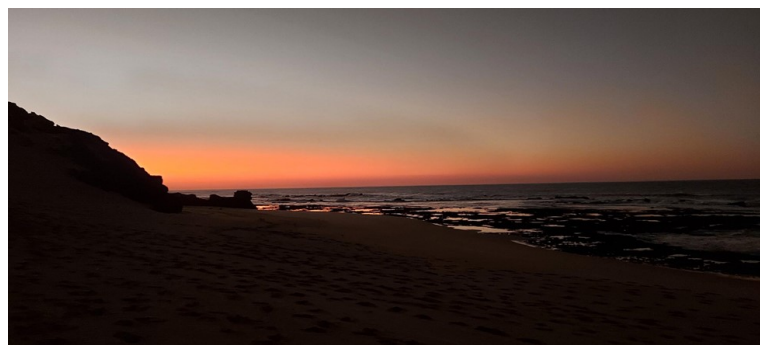
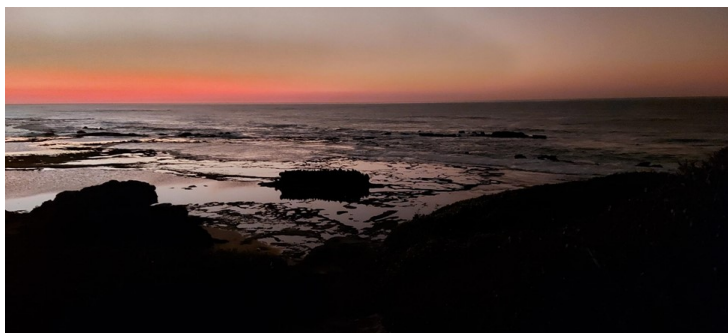


Kenton 100 Miler, 30 Miler and 10 Miler

cont....

It was probably the most beautiful sunrise I had ever seen, and made me far less grumpy about the 4am start.

And all of a sudden I was in Jerry's, and I had completed the first lap! Timekeeper Martin noted my time and sent me on my way. Now the sun was rising quickly and warming things up. We had to look for arrows painted on the road to replace the handy reflective strips – this proved to be more difficult than expected and many of us missed turns as our concentration waned, and added a few kms to the race – there was certainly little chance of memorising the course!

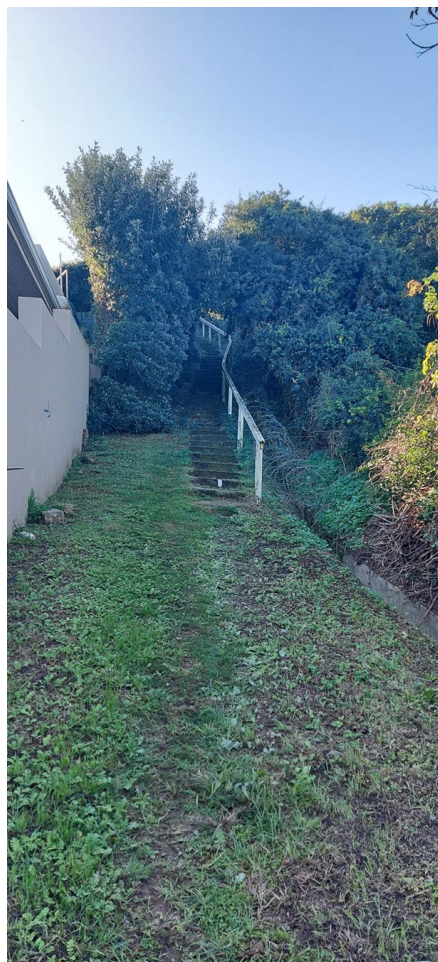


As Lap 2 unfolded, it seemed the whole of Kenton emerged, and the support was incredible. Unofficial water points sprung up all over the place, and even a coke station outside the local building supplies store. With only 5 people doing the 100 miler and 10 on the 30 miler, it was quite unusual to see anyone else, so most of the time was spent reflecting on the usual

things – why did I enter this, when will it end, why does everything hurt...? A major issue around now was the large pile of sand in my running shoes (yes, I had been told to get gaiters, no, I hadn't remembered in time) – I had emptied my shoes after running over the dunes, but not my socks. So there were many stops for maintenance issues, and I was getting slower all the time.



Kenton 100 Miler, 30 Miler and 10 Miler cont....



The end of Lap 2 was a real milestone for me – only one more to go! But Lap 3 proved to be very hot and the struggle became much tougher (I honestly don't know how the 100 milers ran through the whole day and quite a bit of the next day as well). I resolved to distract myself by taking photos of the route and enjoying the scenery. Even so, there was much walking.

Arriving at Jerry's for the end of the lap, and my race, I had to wonder how anyone could endure a further 7 laps. Yet 5 people did exactly that, with Roxy Smith coming in first after only 28 hours – absolutely incredible. I was happy not to come last in the 30 miler, as has become my custom in recent runs. You can check all the results on www.kenton100.co.za



The show continued on Sunday with the 10 Miler race, and the prizegiving soon after – belt buckles and even some stone slabs for the 100 Milers! And just for the record, this was Tobie Reynecke's 100th 100 Miler...

I would like to acknowledge and thank everyone involved in this event – organisers, timekeeper, aid station, route and support, water points, security, sponsors and everyone else – it all happened so smoothly and joyfully that I am even dreaming of tackling the 100 Miler next year!

