

# Rockies

Q2 Edition: 01/04/2023 - 30/06/2023

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## Chairman's Quip

Dear Fellow Members,

In a few days' time we will start the descend from winter to summer season as the southern hemisphere will be gradually moving closer to the sun. This means that we are halfway through 2023 already. Hope some of you have achieved those PBs already while some of us are still pursuing them. For those who ran the Comrades marathon, there was plenty of PBs and records being dished out there – hopefully you achieved yours as well.

We had our annual general meeting towards the end of May and the committee's mandate was renewed for another year. A couple of guys raised their hands to volunteer to join the club committee and I would like to open my warm hands to welcome them to the committee. I have absolute faith that they will help in steering the club forward and renew the vigour and energy of the committee.

# Chairman's Quip

*continued*

In two weeks' time we will be hosting the Gerald Fox Memorial Race and am appealing to each one of you to volunteer your time to come assist in whatever role you can. You can get in touch with Les to ask what role can be assigned to you on the day of the race. As alluded during the AGM, we use the race to raise funds that help us carry out the various activities in the club.

Thanks Sharifa for the oranges for the Comrades bus – the guys really enjoyed them during the trip down and got to Durban very much energized. Cross country season is in full swing, and you're all encouraged to participate in cross country. Some of the best runners in the world used cross country as the launching pad for their careers, and they actually acknowledge the strength that they benefit from running cross country.

Another word of thanks to everyone who contributed to the farewell and memorial service that we did as a send-off to our club President Richard Wilkinson. Given his contribution to the club, I am sure you will agree with me that it was a fitting tribute to the man. He will be sorely missed by all at the club. Below is a picture taken at our Zoo Lake time trial memorial farewell for our gentle giant:



By now you know our club offering , and I urge you to continue being an active member of the club: take advantage of our Saturday time trial, Sunday club runs, selected free race entries, monthly Zoo trot, myRun on Sundays to name but a few.

Let's keep rocking on the road.

Sincerely Yours,

On the Road

# Rockies Race 2023

## Gerald Fox Memorial Road Race

### 2 July 2023



Rockies annual race will take place on Sun 2nd July we need all members to volunteer to help on the day.

Remember you run races and expect clubs to ensure the race meets your expectations. Now it is your turn to return the favour.

A successful race ensures that we can keep the club going

from the proceeds. It also means we can offer free entry to races and food at the finish for our members

**To offer to help, what's app or phone Les 0724722042**

**VOLUNTEERS NEEDED! VOLUNTEERS NEEDED!**



Rockies has had a strong contingent of runners across all age groups from 13 to 74 running the first 3 leagues this year

We hope runners continue to support cross country. If there is sufficient interest and entries we will have a gazebo at the finish.

We need help from members to assist, especially with regard to transporting runners to the venues. Please call and volunteer.

A reminder of the remaining League events:

| DATE         | LEAGUE     | CLUB                | VENUE                     |
|--------------|------------|---------------------|---------------------------|
| 24 June      | No 4       | East                | Marivate Park, Daveyton   |
| 08 July      | No 5       | Mohlakeng           | Westonaria Sports Complex |
| 22 July      | No 6       | RAC                 | Delta Park                |
| 05 August    | Relay      | TBA                 | TBA                       |
| 19 August    | CGA Champs | CGA/Kagiso Striders | Kagiso Stadium            |
| 16 September | SA Champs  | ASA                 | Gqeberha                  |

**Cross Country**



A yellow sticky note with the letters 'AGM' written in black marker, pinned to a corkboard with a red pushpin.

# AGM

The AGM took place on Sunday 28th May 2023 with 43 members either attending in person or virtually

The following members were voted onto the committee for the year commencing 28th May 2023

|                    |                    |
|--------------------|--------------------|
| Chairman           | Leuba Mothapo      |
| Vice Chairman      | Matodzi Tshidzumba |
| Treasurer          | Saul Levin         |
| Honorary Secretary | Les Sutcliffe      |
| Members            | Stan Medalie       |
|                    | Chad Harris        |
|                    | Moses Mapaila      |
|                    | Thabo Nkabinde     |
|                    | Nigel Asprey       |
|                    | Portia Mhlanga     |
|                    | Rirhandzu Rangani  |
|                    | Graham Webber      |



Chad Harris

Voted Club Captain at the subsequent committee meeting



The club sends out a newsletter every 3 months, and updates for significant events.



There is also a WhatsApp broadcast group which all members are included on.



[@rockies\\_club](https://www.facebook.com/rockiesrunners)



There are other Strava and WhatsApp groups notifying of club activities



[@rockies\\_club](https://twitter.com/rockies_club)

If you would like to be included in these WhatsApp groups or emails, or are not getting messages please advise as the information we use is on your ASA from on the cgaonline portal.

Please also check your settings on your devices so that these messages are not blocked or go to junk.





## THE ULTIMATE HUMAN RACE

Well done to all finishers of this year's Comrades marathon.

It was great being back at Kingsmead and reviving the spirit that has been missing from the previous finish venue.



## First Runners Home

Male: Johnathan Beard 7:25:55

Female: Joanne Kaplan 8:18:07

## Take your hats off to these runners

Take your hat off to these runners

Steven Isaacson

Isaac Kekana

Wiseman Nxumalo

Who completed their green number



Take your hat off twice to these runners

Desmond Williams

Tshepo Chauke

Who completed his double green number

Well done to those novice runners who completed their first run. Next year you go for your back to back

David Pogir 8:25:07

Lance Miller 8:31:44

Evan Morris 10:22:08

Maselo Mphafudi 10:57:54

Shaimal Bhika 11:27:09

Chad Harris 11:42:50



A special mention to:

- Vic Boston for completing his 45 th consecutive run

- John Muggleston who completed his 22 nd Comrades but has run 43 Two Oceans too

Last but not least a big thanks to the helpers en route Jacinta and family Tshepo, Thami, Assalina and Kaya.

Not forgetting those at the gazebo Kemang and Mpumi as well as all the finishers who came to the gazebo after to cheer their fellow Rockies home.

Let's all write to Comrades to keep the down run finish at Kingsmead.



# Race Results

## THE ULTIMATE HUMAN RACE

| Name                  | Time     | Category | Cat Pos | #Medals |
|-----------------------|----------|----------|---------|---------|
| Jonathon BEARD        | 07:25:55 | Senior   | 386     | 2       |
| Joanne KAPLAN         | 08:18:07 | 40       | 56      | 4       |
| Mark LAPEDUS          | 08:23:47 | 40       | 820     | 11      |
| David POGIR           | 08:25:07 | 50       | 201     | 1       |
| Lance MILLER          | 08:31:44 | 40       | 924     | 1       |
| Michael SHAPIRO       | 08:36:46 | 50       | 249     | 3       |
| Ntshengedzeni MAKHADO | 08:41:02 | 40       | 1037    | 5       |
| Vusi NKABINDE         | 08:46:43 | 40       | 1156    | 12      |
| Levi LIPSKAR          | 08:53:14 | Senior   | 1166    | 5       |
| Graham WEBBER         | 08:56:24 | Senior   | 1233    | 6       |
| Steven ISAACSON       | 09:13:59 | 50       | 468     | 10      |
| Isaac Shinkie KEKANA  | 09:21:47 | 50       | 510     | 10      |
| Sipho NDLOVU          | 09:30:18 | 50       | 570     | 16      |
| Yolan FRIEDMANN       | 09:32:39 | 50       | 50      | 17      |
| Tristyn NAIDOO        | 09:32:57 | Senior   | 1604    | 6       |
| Clive Warren SNOYMAN  | 09:35:57 | 50       | 627     | 8       |
| Steven JOFFE          | 09:37:05 | 50       | 638     | 7       |
| Mzwakile NTLEKENI     | 09:39:50 | 40       | 2046    | 6       |
| Malibongwe MDANYANA   | 09:47:53 | 50       | 747     | 7       |
| Mali Portia MHLANGA   | 09:49:13 | Senior   | 306     | 2       |
| Kevin UTIAN           | 09:51:57 | 50       | 799     | 5       |
| Tshepo LEGODI         | 09:52:20 | 40       | 321     | 14      |
| Brian MBOWENI         | 09:53:08 | 40       | 2379    | 5       |
| Leuba MOTHAPO         | 10:10:42 | 50       | 985     | 19      |
| Moses MAPAILA         | 10:11:48 | 60       | 144     | 32      |
| Phetane PHETANE       | 10:17:30 | 40       | 2830    | 4       |
| Desmond KLEIN         | 10:18:01 | 60       | 158     | 4       |
| John PETER            | 10:18:58 | 50       | 1063    | 13      |



# Race Results

## THE ULTIMATE HUMAN RACE

| Name                    | Time     | Category | Cat Pos | #Medals |
|-------------------------|----------|----------|---------|---------|
| Victor BOSTON           | 10:20:56 | 60       | 164     | 45      |
| Wiseman NXUMALO         | 10:21:07 | 40       | 2903    | 10      |
| Evan MORRIS             | 10:22:08 | 40       | 2928    | 1       |
| John MUGGLESTONE        | 10:22:57 | 60       | 169     | 22      |
| Desmond WILLIAMS        | 10:23:40 | 50       | 1139    | 20      |
| Georgina RANTSANE       | 10:24:53 | 40       | 509     | 2       |
| Ryan KALK               | 10:27:56 | 40       | 3064    | 8       |
| Tshepo CHAUKE           | 10:34:13 | 40       | 3242    | 20      |
| Thabo NKABINDE          | 10:48:27 | 40       | 3627    | 3       |
| Reabetswe MOKOMELE      | 10:49:32 | Senior   | 2658    | 4       |
| Ndawoyakhe BUSAKWE      | 10:52:54 | Senior   | 2717    | 4       |
| Mavis TSHIKOVHELA       | 10:54:50 | 50       | 257     | 6       |
| Maselo MPHAFUDI         | 10:57:54 | 40       | 3908    | 1       |
| Jason BENTZ             | 10:59:25 | 40       | 4011    | 2       |
| Ntombifuthi MKHIZE      | 11:17:25 | 50       | 350     | 6       |
| Patson MALULEKE         | 11:20:08 | 60       | 356     | 26      |
| Masoono NCHABELENG      | 11:27:05 | 60       | 396     | 13      |
| Shaimal BHIKA           | 11:27:09 | Senior   | 3151    | 1       |
| Vimal LALA              | 11:27:10 | 40       | 4492    | 4       |
| Jerry MOHLAKOANA        | 11:27:13 | 50       | 2009    | 6       |
| Prevein MARNEWICKE      | 11:31:28 | 50       | 2089    | 11      |
| Sengiphiwe MBAMBO       | 11:33:08 | 40       | 4664    | 6       |
| Phindile THWALA         | 11:35:18 | 40       | 1125    | 3       |
| Maggie NGOBENI          | 11:39:10 | 40       | 1177    | 4       |
| Bonginkosi Winnet KHOMO | 11:42:33 | 50       | 2257    | 2       |
| Chad HARRIS             | 11:42:50 | 40       | 4909    | 1       |
| Thuso LEKOMANYANE       | 11:51:14 | 50       | 2428    | 2       |





# Race Results

THE ULTIMATE HUMAN RACE



*Gabajowe and Ryan*



*Wiseman, you may look lost but you got your green number*



*Enthusiastics Helpers. Well done Dudu*



*Maggie! You are supposed to be running and not on your phone*





# Race Results

THE ULTIMATE HUMAN RACE



*Georgina hydrating to make sure she got her back to back*



*Kevin and Portia who will always have time for a photo*



*Graham looking forward to his cold milk stout at half way*



*The Chairman—leading by example!*



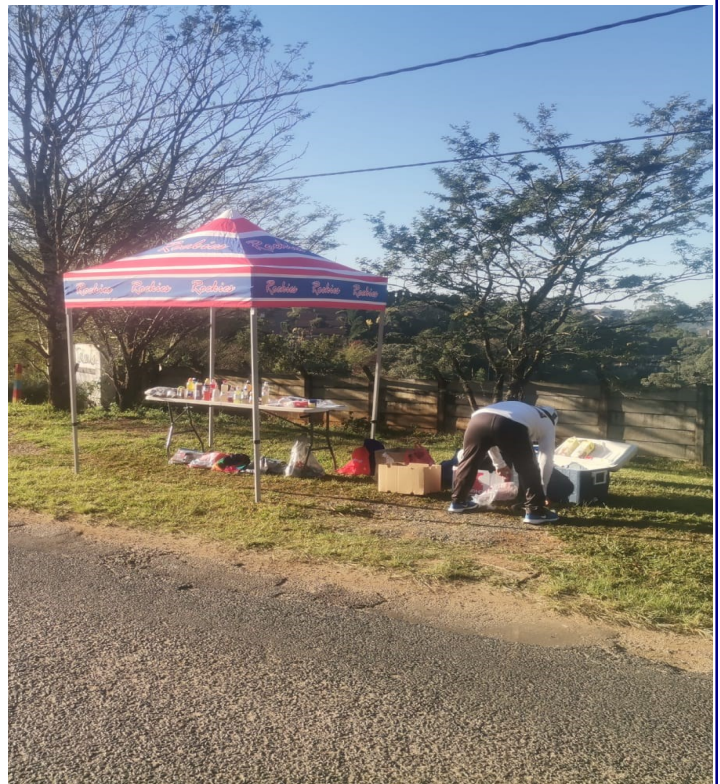


# Race Results

THE ULTIMATE HUMAN RACE



*Johnathan Beard storming his way to the finish line*



*A bum view of the seconding stations*



*Even our international friends had time to pose*





BOKSBURG ATHLETIC CLUB

# Boksburg Athletic Club proudly presents the COLGATE ROAD RACE 2023



The Colgate 32/15K race took place on Sun 7th May



Rockies had 86 runners who took advantage of the club offering to pay for the race entry, and enjoyed breakfast at the Gazebo afterwards.





# Rockies 2022 Awards



**First Rocky Man at Comrades - 2022**

Norman Moyo

**First Rocky Woman at Comrades - 2022**

Joanne Kaplan

**Best Half-marathon Man - 2022**

Samuel Mathabatha

**Best Half-marathon Woman- 2022**

Joanne Kaplan

**Best Marathon Man – 2022**

Kemang Khunonyane

**Best Marathon Woman - 2022**

Joanne Kaplan

**Cross Country Runner of the Year - 2022**

Rirhandzu Rhangani

**Track & Field Runner of the Year - 2022**

Farida Zwane

**Most Promising Junior Athlete of the Year - 2022**

Tiisetso Sebata

**Club Person of the Year - 2022**

Richard Wilkinson

**Rocky of the Year - 2022**

Rirhandzu Rhangani

**Chairman's Award - 2022**

Jenny Robertshaw  
Claire Moolman

## Rockies At the Comrades Expo



Ethembeni Presentation at the Expo.

Rockies has donated to this school for many years and is part of the Comrades tradition.



# Rockies Out & About



Joey

1st 70 yr old - Uniswyp Urban challenge race  
21.1 km on 4 March 2023  
Time 2h36



Jenny

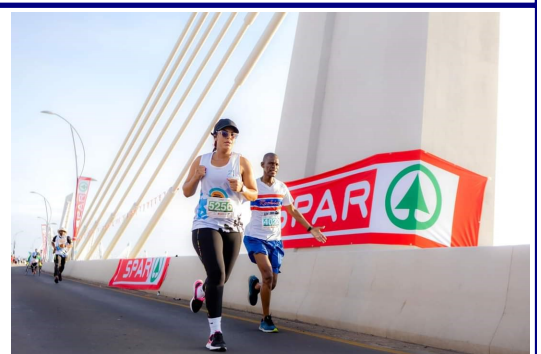
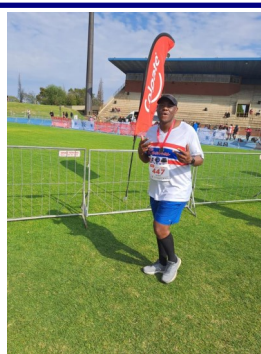
1st 70 yr old - Uniswyp Urban challenge race  
10 km on 4 March 2023  
Time 1h14

## FNB Kazungula Bridge Marathon

*By Portia Mhlanga*

On the 25 February 2023 I participated in the Marathon called the FNB Kazungula Bridge Marathon in Botswana. I must say I had a great time and my best highlight with this magnificent race was running across the Kazungula Bridge which divides four countries: Botswana, Zambia, Zimbabwe and Namibia. One literally can see these four countries when we ran across the bridge.

I also made it to the top 10 for 42km amongst women, I got 2nd place Female Master with came with an amazing prize.







## Did you know.....

As a fully paid up member of Rockies, you will be offered free entries to the following races in 2023:

When entries are open the procedure will be communicated on the WhatsApp group.

| Date       | Race          | Date       | Race          |
|------------|---------------|------------|---------------|
| 27/08/2023 | Wanderers 21K | 26/11/2023 | Tough One 32K |

Rockies will also have the gazebo at the following races.

| Date       | Race                               | Date       | Race        |
|------------|------------------------------------|------------|-------------|
| 30/07/2023 | Randburg Harriers 21K              | 13/08/2023 | Old Eds 21K |
| 27/08/2023 | Wanderers 21K plus food afterwards | 05/11/2023 | Soweto 42K  |
| 26/11/2023 | Tough One 32K                      | 03/12/2023 | Orlando 21K |

# Club Activities

## Club runs - every Sunday

**Venue:** Zoo Lake Sports Club Car Park

**Start time:** 6:30am

**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)

*Please check the weekly WhatsApp message for any changes to the starting time.*

## Time Trials

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/>

# Race Results

| Name  | Time   | Distance | Name   | Time   | Distance |
|---|--------|----------|--|--------|----------|
| <b>Modderfontein Half Marathon</b>                                |        |          | <b>Seshego Marathon 2023</b>   |        |          |
| Farida Zwane  | 10km   | 01:00:38 | Rirhandzu Rhangani   | 42km   | 02:54:15 |
| Rachel Ledwaba  | 10km   | 01:27:23 |  |        |          |
| <i>Congratulations to Rachel for 2nd position in age category</i> |        |          | <b>Township Marathon</b>   |        |          |
| <b>Modderfontein Half Marathon</b>                                |        |          | David Selahla  | 42.2km | 03:09:10 |
| Kemang Thabiso Khunonyane   | 21.1km | 01:20:32 | Patson Maluleke  | 42.2km | 04:13:25 |
| Onneile Dintwe  | 21.1km | 01:27:37 | Ntombifuthi Mkhize   | 42.2km | 04:16:46 |
| Wayne Sussman   | 21.1km | 01:49:41 | Jerry Mohlakoana   | 42.2km | 04:49:40 |
| Jonathan Miller   | 21.1km | 01:53:09 | <i>Congratulations to Ntombifuthi for 2nd position in age category</i> |        |          |
| Karen Isaacs  | 21.1km | 02:12:01 | <b>RAC Sweatshop 10km</b>  |        |          |
| Nigel Asprey  | 21.1km | 02:35:53 | Rihandzu RHANGANI  | 10km   | 00:31:49 |
| <i>Congratulations to Kemang for 1st position</i>                 |        |          | Raphael SEGODI   | 10km   | 00:32:37 |
| <i>Congratulations to Wayne for 3rd position in age category</i>  |        |          | Jonathan BEARD   | 10km   | 00:39:08 |
| <i>Congratulations to Karen for 2nd position in age category</i>  |        |          | Tristyn NAIDOO   | 10km   | 00:47:18 |
| <b>Midrand striders 21km</b>                                      |        |          | Steven MOAGI   | 10km   | 00:47:21 |
| John Peter  | 21km   | 01:45:26 | Wayne SUSSMAN  | 10km   | 00:47:29 |
| Josiah Teboho   | 21km   | 02:02:33 | Kayaletso QOLOBA   | 10km   | 00:56:50 |
| Karen Isaacs  | 21km   | 02:32:02 | Paul CAWOOD  | 10km   | 00:59:37 |
| Ronnie Chaitowitz   | 21km   | 02:48:56 | Karen ISAACS   | 10km   | 01:01:12 |
| Nigel Asprey  | 21km   | 02:59:01 | Anna SCHMIDT   | 10km   | 01:05:50 |
| Ivan Schewitz   | 21km   | 02:59:32 | Matodzi TSHIDZUMBA   | 10km   | 01:05:57 |
| <b>Cross the Line Half Marathon</b>                               |        |          | Nigel ASPREY   | 10km   | 01:09:19 |
| Karen Isaacs  | 21.1km | 02:07:43 | Ronnie CHAITOWITZ  | 10km   | 01:12:06 |
| Ronnie Chaitowitz   | 21.1km | 02:44:31 | Sharifa Amod SULEMAN   | 10km   | 01:12:06 |
| <b>Nashua Loskop Marathon Series</b>                              |        |          | Joey GOTKIN  | 10km   | 01:13:37 |
| Leuba Mothapo   | 50km   | 05:47:24 | Lungile MAZIBUKO   | 10km   | 01:14:10 |
| <i>Is this no 10 Mr Chairman? At last—we'll done!</i>             |        |          | Seymour TALPERT  | 10km   | 01:23:34 |
|   |        |          | Duduzile MNDAWENI  | 10km   | 01:25:24 |
|   |        |          | Magogo NGOMA   | 10km   | 01:31:31 |
|   |        |          | Shela HOBYANE  | 10km   | 01:31:49 |
|   |        |          | <i>Congratulations to Rihandzu for 3rd position</i>                    |        |          |

## Comrades Bash

The Comrades bash will take place at Zoo Lake Sports Club bar on Sun 25th June at 10h00.

All prize winners, runners and members are invited.

It promises to be lots of fun!



# Race Results

| Name                          | Time     | Distance | Name                         | Time     | Distance |
|-------------------------------|----------|----------|------------------------------|----------|----------|
| <b>Colgate 32km and 15km</b>  |          |          | <b>Colgate 32km and 15km</b> |          |          |
| Gabojewe Gakenyatswe          | 02:53:52 | 32km     | Tiisetso Sebata              | 00:53:27 | 15km     |
| Ryan Kalk                     | 02:54:07 | 32km     | Norman Ngwenya               | 00:57:01 | 15km     |
| Moses Maphaila                | 03:02:04 | 32km     | Stephen Moagi                | 01:11:14 | 15km     |
| Victor Ndlovu                 | 03:03:18 | 32km     | Assalina Nyati               | 01:18:11 | 15km     |
| Suyen Thornhill               | 03:05:55 | 32km     | Zandile Khanye               | 01:32:26 | 15km     |
| Velly Mkhaliphi               | 03:06:48 | 32km     | Robert Mmbodi                | 01:39:12 | 15km     |
| Joshua Khiba                  | 03:08:30 | 32km     | Friedman Lisa                | 01:45:39 | 15km     |
| Malibongwe Mdanyana           | 03:11:02 | 32km     | Caryn Fisher                 | 01:46:25 | 15km     |
| Ndawoykhe Busakwe             | 03:11:17 | 32km     | Nigel Asprey                 | 01:47:43 | 15km     |
| Chad Harris                   | 03:12:10 | 32km     | Nomalanga April              | 01:50:45 | 15km     |
| Des Klein                     | 03:15:52 | 32km     | Ronnie Chaitowitz            | 01:53:24 | 15km     |
| Jayshika Lala                 | 03:15:56 | 32km     | Lungile Mazibuko             | 01:55:32 | 15km     |
| Des Williams                  | 03:17:08 | 32km     | Marianne Lomborg             | 01:57:09 | 15km     |
| Georgina Makhatini            | 03:17:54 | 32km     | Christina Neuhaus            | 02:08:09 | 15km     |
| Sibusiso Langa                | 03:19:19 | 32km     | Zukisa Magadla               | 02:09:10 | 15km     |
| Tshepo Chauke                 | 03:21:15 | 32km     | Lufuno Nemadodzi Flax        | 02:10:24 | 15km     |
| Sengiphiwe Mbambo             | 03:26:55 | 32km     | Ivan Schewitz                | 02:10:52 | 15km     |
| Khulubami Mhlungu             | 03:28:12 | 32km     | Tsholofelo Mabiletsa         | 02:11:58 | 15km     |
| Thabo Nkabinde                | 03:30:50 | 32km     | Dudu Mndaweni                | 02:12:13 | 15km     |
| Saul Levin                    | 03:31:46 | 32km     | Rachel Ledwaba               | 02:16:59 | 15km     |
| Ngenzile Ngcobo               | 03:31:49 | 32km     | Emma Mthimunye               | 02:17:14 | 15km     |
| Mavis Tshikovhela             | 03:32:56 | 32km     | Martha Ngoma                 | 02:23:47 | 15km     |
| Karen Isaacs                  | 03:34:18 | 32km     | Setumo Ramodipa              | 02:24:12 | 15km     |
| Tshidi Mathebe                | 03:35:34 | 32km     | Rachel Lekalake              | 02:26:05 | 15km     |
| Lucky Mosete                  | 03:45:32 | 32km     | Shela Hobyane                | 02:30:15 | 15km     |
| John Peter                    | 03:47:18 | 32km     | Andrew Molefe                | 03:33:27 | 15km     |
| Les Sutcliffe                 | 03:49:47 | 32km     |                              |          |          |
| Tessa Tshabalala              | 03:59:39 | 32km     | <b>Wingate Moo Race</b>      |          |          |
| Patricia Mogano               | 04:00:16 | 32km     | J Gotkin                     | 21km     | 02:42:29 |
| Maggie Ngoben                 | 04:28:52 | 32km     |                              |          |          |
| <b>Buco Bobbies</b>           |          |          | <b>Wingate Moo Race</b>      |          |          |
| W Sussman                     | 21km     | 01:51:07 | J Robertshaw                 | 10km     | 01:16:52 |
| J Peter                       | 21km     | 01:51:46 |                              |          |          |
| N Asprey                      | 21km     | 02:35:54 | <b>Om Die Dam Ultra</b>      |          |          |
| <b>Overkruin 32k and 15km</b> |          |          | T Mavis                      | 50km     | 05:10:25 |
| J Peter                       | 32km     | 02:50:43 | M Mphafudi                   | 50km     | 05:21:59 |
| <b>Overkruin 32k and 15km</b> |          |          | D Klein                      | 50km     | 05:23:21 |
| N Asprey                      | 15km     | 01:41:40 | J Peter                      | 50km     | 05:29:25 |
| <b>Irene Running Festival</b> |          |          | J Mugglestone                | 50km     | 05:30:40 |
| N Asprey                      | 21km     | 02:30:32 | M Madiba                     | 50km     | 05:53:05 |
|                               |          |          | <b>Sedibeng</b>              |          |          |
|                               |          |          | T Sefolo                     | 21km     | 02:41:19 |



# Race Results

| Name  | Time   | Distance | Name  | Time   | Distance |
|---|--------|----------|---|--------|----------|
| <b>Cradle of Human Kind</b>                                 |        |          | <b>Sedibeng</b>   |        |          |
| Ariel Flax  | 21km   | 01:44:27 | N Makhado   | 42km   | 03:33:41 |
| Nigel Asprey  | 21km   | 02:26:28 | A Mangena   | 42km   | 03:53:53 |
| <b>Irene Running Festival</b>                               |        |          | M Mphafudi  | 42km   | 03:58:15 |
| C Snoyman   | 48km   | 04:41:45 | B Mboweni   | 42km   | 03:59:12 |
| K Utian   | 48km   | 04:42:32 | W Nxumalo   | 42km   | 04:12:10 |
| M Ntlekeni  | 48km   | 05:10:12 | M Ngobeni   | 42km   | 04:38:31 |
| V Boston  | 48km   | 05:24:28 | P Mogano  | 42km   | 05:24:25 |
| J Peter   | 48km   | 05:34:54 | <b>7th Jackie Gibson Marathon &amp; 10th Allan Ferguson</b>         |        |          |
| S Mbambo  | 48km   | 05:40:10 | Riruandzu Rhangani  | 10km   | 00:31:34 |
| P Mogano  | 48km   | 06:29:05 | Moses Mapaila   | 10km   | 00:57:50 |
| <b>7th Jackie Gibson Marathon &amp; 10th Allan Ferguson</b> |        |          | Jakes Esterhuizen   | 10km   | 01:19:39 |
| Raphael Segodi  | 21.1km | 01:11:29 | <i>Congratulations to Riruandzu for his 1st position</i>            |        |          |
| Teboho Josiah Khiba   | 21.1km | 02:07:21 | <b>7th Jackie Gibson Marathon &amp; 10th Allan Ferguson</b>         |        |          |
| Gavin Sacks   | 21.1km | 02:31:15 | Gakenyatswe Gabojewe  | 42.2km | 03:49:35 |
| Phindile Thwala   | 21.1km | 02:34:46 | Jason Bentz   | 42.2km | 04:06:59 |
| Nigel Asprey  | 21.1km | 02:44:14 | Isaac Shinkie Kekana  | 42.2km | 04:09:47 |
| <i>Congratulations to Raphael for his 1st position</i>      |        |          | Albert Mangena  | 42.2km | 04:09:48 |
| <b>Beyers Greenstone Run</b>                                |        |          | Brian Mboweni   | 42.2km | 04:23:37 |
| Ntombifuthi Mkhize  | 8Km    | 00:49:42 | Shaimal Bhika   | 42.2km | 04:49:33 |
| Lungie Mazibuko   | 8Km    | 01:03:00 | Thuso Lekomanyane   | 42.2km | 04:51:11 |
| Dudu Mndaweni   | 8Km    | 01:10:00 | <b>Alan Robb 32km and 15km races</b>                                |        |          |
| Rachel Ledwaba  | 8Km    | 01:13:19 | Karen Isaacs  | 15km   | 01:26:32 |
| Magogo Ngoma  | 8Km    | 01:21:19 | Ronnie Chaitowitz   | 15km   | 01:44:04 |
| <b>Alan Robb 32km and 15km races</b>                        |        |          | Sharifa Suleman   | 15km   | 01:44:20 |
| Steven Joffe  | 32km   | 02:56:01 | Joey Gotkin   | 15km   | 01:45:18 |
| Desmond Klein   | 32km   | 03:06:03 | Nigel Asprey  | 15km   | 01:46:24 |
| John Mugglestone  | 32km   | 03:07:22 | Jenny Robertshaw  | 15km   | 02:02:31 |
| Moses Mapaila   | 32km   | 03:08:15 | <b>aQuelle Zone 48 Ultra &amp; Zone 100</b>                         |        |          |
| <b>aQuelle Zone 48 Ultra &amp; Zone 100</b>                 |        |          | Chad Harris   | 48km   | 05:30:09 |
| Norman Ngwenya  | 21.1km | 01:19:32 | Shaimal Bhika   | 48km   | 05:40:00 |
| Joni Bernstein  | 21.1km | 02:08:13 | Matodzi Tshidzumba  | 48km   | 06:53:04 |
| Lucky Mosete  | 21.1km | 02:18:37 | Thelma O'donnell  | 48km   | 06:59:14 |
| Nigel Asprey  | 21.1km | 02:26:44 | <b>Township Marathon</b>  |        |          |
| <i>Congratulations to Norman for his 1st position</i>       |        |          | Maanda Rabumbulu  | 21.1km | 01:44:53 |
| <b>Jackie Mekler</b>  |        |          | Wayne Sussman   | 21.1km | 01:46:21 |
| N Asprey  | 25km   | 02:57:09 | Asilinah Nyathi   | 21.1km | 02:01:47 |
|   |        |          | Nigel Asprey  | 21.1km | 02:35:07 |
|   |        |          | <i>Congratulations to Asilinah for 3rd position in age category</i> |        |          |

# Race Results

| Name                       | Time | Distance | Name                            | Time | Distance |
|----------------------------|------|----------|---------------------------------|------|----------|
| <b>Two Oceans Marathon</b> |      |          | <b>Two Oceans Marathon</b>      |      |          |
| Raphael SEGODI             | 56km | 03:19:23 | Andrew MOLEFE                   | 56km | 06:13:37 |
| Rirhandzu RHANGANI         | 56km | 03:23:34 | Vic BOSTON                      | 56km | 06:16:01 |
| Othaniel PHAHLANE          | 56km | 03:28:05 | Jayshika LALA                   | 56km | 06:35:05 |
| Jonathon BEARD             | 56km | 04:31:59 | Masoono NCHABELENG              | 56km | 06:40:54 |
| Sipho NDLOVU               | 56km | 04:44:09 | Ndawoyakhe BUSAKWE              | 56km | 06:49:40 |
| Fabian NAM                 | 56km | 04:50:35 | David BEARD                     | 56km | 06:51:56 |
| Joanne KAPLAN              | 56km | 04:54:14 | NTHOMBIFUTHI MKHIZE             | 56km | 06:54:21 |
| Puleng Petrus MAEKO        | 56km | 04:58:05 | Marc ROMOFF                     | 56km | 06:59:33 |
| Tristyn NAIDOO             | 56km | 05:23:50 |                                 |      |          |
| John PETER                 | 56km | 05:25:38 | <b>Two Oceans Half Marathon</b> |      |          |
| Steven JOFFE               | 56km | 05:27:58 | Ariel FLAX                      | 21km | 01:47:43 |
| Vusi NKABINDE              | 56km | 05:37:19 | Jacques TALPERT                 | 21km | 01:58:36 |
| Phetane PHETANE            | 56km | 05:39:28 | Rowan EVA                       | 21km | 02:13:36 |
| Desmond KLEIN              | 56km | 05:46:52 | Nigel ASPREY                    | 21km | 02:25:49 |
| John MUGGLESTONE           | 56km | 05:52:41 | Zukisa MAGADLA                  | 21km | 02:42:55 |
| Ryan KALK                  | 56km | 05:52:43 | Joey GOTKIN                     | 21km | 02:57:15 |
| Malibongwe MDANYANA        | 56km | 05:56:42 | Jenny ROBERTSHAW                | 21km | 03:00:01 |
| Tshepo CHAUKE              | 56km | 05:58:08 | Seymour TALPERT                 | 21km | 03:11:41 |
| Thabo NKABINDE             | 56km | 06:09:35 | Mavis MNDAWENI                  | 21km | 03:12:10 |
| William DLONGOLO           | 56km | 06:11:07 | Vimal LALA                      | 21km | 03:12:49 |
| Kemang KHUNONYANE          | 56km | 06:13:02 |                                 |      |          |

## Cross Country Results

| Position        | Name                | Time    | Event                          | Distance |
|-----------------|---------------------|---------|--------------------------------|----------|
| <b>League 1</b> |                     |         |                                |          |
| 4               | Assalina Nyati      | 18:59   | Master Women 50-54             | 4KM      |
| 2               | Nthombifuthi Mkhize | 22:04   | Master Women 55-59             | 4KM      |
| 2               | Rachel Lekalake     | 34:33   | Grand Master women 65-69       | 4KM      |
| 1               | Rachel Ledwaba      | 34:29   | Great Grand Master women 75-79 | 4KM      |
| 14              | Nhlanhla Tentu      | 35:24   | Open Men                       | 10KM     |
| <b>League 2</b> |                     |         |                                |          |
| 5               | Assalina Nyati      | 20:08   | Master Women 50-54             | 4KM      |
| 2               | Nthombifuthi Mkhize | 23:20   | Master Women 55-59             | 4KM      |
| 1               | Raphael Segodi      | 28:08   | Sub Vet Men 35-39              | 10KM     |
| <b>League 3</b> |                     |         |                                |          |
| 2               | Lebo Madikane       | 13:01   | Girls under 13                 | 3KM      |
| 12              | Ngenzile Ngcobo     | 22:07   | Veteran Women 45 -49           | 4km      |
| 3               | Assalina Nyathi     | 21:15   | Master women 50-54             | 4KM      |
| 4               | Nthombifuthi Mkhize | No time | Master women 55-59             | 4KM      |
| 5               | Rachel Lekalake     | No time | Grandmaster women 65-69        | 4KM      |
| 2               | Rachel Ledwaba      | No time | Grandmaster women 70-74        | 4KM      |
| 7               | Teboho Khiba        | 30:53   | Grandmaster men 60-64          | 6KM      |
| 1               | Stephen Moagi       | 29:49   | Great Grandmaster men 70-74    | 6KM      |
| 31              | Nhlanhla Tentu      | 39:57   | Open men                       | 10KM     |
| 2               | Farida Zwane        | 40:26   | Open women                     | 10KM     |

## Zoo Trot 2<sup>nd</sup> Sunday every month

Club runs now incorporate the Zoo Trot in order to promote the club.

Please come and join us.



## 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



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@rockies\_club



[https://twitter.com/rockies\\_club](https://twitter.com/rockies_club)

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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:



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You can contact Claire on:



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