

Rockies

Q3 Edition: 01/07/2023 - 30/09/2023

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Chairman's Quip

Dear Fellow Members,

Spring has sprung, and it is much warmer now thus even some of us who have been hibernating have come out to do some running. No more excuses about the cold, blustery winter days now. I am sure you know our club offerings by now and am looking forward to seeing many of you at our time trial and club runs. On those weekends when you aren't running a race please come and join as for the lovely club run around the various Parktown suburbs. Time to enjoy the running again under the African sun.

Our Gerald Fox memorial race at the Joburg zoo has come and gone – and it was another roaring success under the tutelage of Saul Levin as our race director. Let me take this opportunity to thank everyone of you who one way or another contributed to the success of the race. We're not taking your help for granted – by taking time off from your other commitments to come marshal at some corner on the race route.

Chairman's Quip

The life blood of the race is us as members coming together to volunteer and give something back to the running community in our province. Even Cristina, after noticing that she has entered her own club race, came very early in the morning of the race to assist in handing out race numbers before the start of the race and then trotted to the start of the race just before the start. Laudable contribution. Let me also extend a word of thanks to the various sponsors who are backing our race every year in G Fox Company, Discovery Vitality and BRM. We really appreciated your continued support.

Please join me in welcoming Dennis Tabakin to the club structure again. Dennis has agreed to serve as our club President and I have no doubt that given his wealth of experience and knowledge of Rockies history, he will make a valuable contribution to the club affairs going forward. You will hear from him on this and other club platforms in the near future as he will be sharing club history and, and, and...you aren't really a stranger here Denis, so should I say welcome back maybe ? ☺ Some of you will have met him already on the event of the unveiling of the Richard and Val Wilkinson plaques at the Zoo Lake chairs near the time trial area in honour of the them for their contribution and servitude to our time trial.

On the 15th of October we are holding our 2nd race of the year at the Zoo Lake clubhouse. As a club we noticed that there's lot of runners around the zoo lake precinct and decided to host such a race. If you run 30 minutes for a 10km then this race is not for you. This is more a cordial family race where you can do either a 5km or a 10km. We've partnered with a few sponsors for this event as well, and once again we will be asking you to raise your helping hand to assist. Preparations for the event are already at an advanced stage and we will be contacting you soon.

Congratulations and good luck to our athletes who have been selected to represent the province at the ASA Cross country championships on the 16th of September. Go fly the Rockies flag high!

We had fun with the Afrika Tikkun kids at the Wanderers race who we invited to come do the 5km fun, while some of them ventured to the longer 10km race. As a club we have this covalent bond with Afrika Tikkun as an organization and we have been doing this in the last 5 years at least during the Wanderers race. It is an opportunity to introduce them to sport and take them from the streets. And you also came out in numbers! It was really nice seeing all of you.

Let's keep rocking on the road.

Sincerely Yours,
Club Chairman



Rockies Race 2023

Gerald Fox Memorial Road Race

2 July 2023

The Gerald Fox Memorial Race was held on July 2nd this year. We had 5600 entrants for the race which turned out to be an extremely successful event. Once again we were fortunate to have Discovery Vitality and G Fox sponsor the race and we are grateful of their continued support. The fun run was with support from BRM and done in partnership with Parktown Girls High School who provided helpers for the pre-entry collection, a shuttle service between the races, parking facilities at the school, marshals for the fun run, and helpers for the fun run water tables.

One of our members Shaimal Bhika brought the whole family along for the event and provided runners with an amazing water table.



A big thank you to all members who helped on the day we could not have pulled this off without your assistance.



We encourage all members every year to assist us with the event on the day as it enables the club to support members for Comrades and provide free entries for races and refreshments afterwards. The success of the race resulted in the Joburg Zoo receiving a donation of R59 000 from the race and Parktown Girls High School R44 000.

Time Trial Awards

Sat 29th July was a special time trial as we re-introduced Rockies time trial awards and unveiled plaques commemorating Richard and Val Wilkinson's contribution to the event and the club. The time trial awards started when Richard was still with us. The aim was to encourage all members and none members who come to the time trial every Saturday morning to continue enjoying their morning runs.

To commemorate this auspicious event we invited everyone to come and celebrate with us, including the Wilkinson's family. It was a nice family day where we had our youngest time trialist to our oldest.



One of the unique things about our time trial is that it is a family affair. We record your time, name and the number of time trials you have completed as part of our tradition. Now we even have beautiful trophies to give to those who completed their 100, 200, 300, 400 etc. time trials.

As a club, we have seen how much the trophies are loved and becoming popular. Those who have not received them yet are now working hard to get to their individual milestones and get their hands on them. Even those who received their first ones, are pushing for the next milestone. We would love to have more Rockies members coming to support our time trials and reaching their milestones.



Time trial must be part of everyone's training program and having more Rockies members will ensure that the legacy continues to the next generation.

We will be having the trophy ceremony twice a year on the memorial dates of both Richard and Val.

So you are invited and welcome to come join us every Saturday morning at 07h30 at Zoolake, come rain or shine!!!!

Time Trial Awards

Below is the list of dedicated runners who have achieved various milestones at our Time trials:

Name	Gender	Achievement Date	Distance	No of runs
Julian Blonski	M	2023/07/01	5	212
Christine Clark	F	2023/05/27	5	131
Russ Dodding	M	2023/07/08	5	112
Dominique Erlank	F	2023/07/08	5	167
Frans Kamps	M	2023/07/08	5	400
*Simon Mdlalose	M	2023/03/18	5	113
*Leuba Mothapo	M	2023/07/08	5	100
John Horrocks	M	2023/03/18	5	133

* Simon and Leuba are Rockies members

See you on Saturday!!!!



Time Trial Awards



Time Trial Awards



Wanderers Braai

The 27th August was the final race in the Discovery Vitality Series held by Wanderers. Rockies had over 100 entrants on the day

As usual a huge thanks to Seymour from BRM who supplied meat to braai after the race.



Club Activities

Club runs - every Sunday

Venue: Zoo Lake Sports Club Car Park

Start time: 6:00am from 1 October.

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/>

Did you know.....

Rockies will have the gazebo at the following races.

Date	Race	Date	Race
26/11/2023	Tough One 32K	03/12/2023	Orlando 21K



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.

Rockies on the Podium



Farida—1st place Edenvale 15km Blitz



Farida—1st Lady home—Randburg Harriers



Dudu —3rd in Age Category - Randburg Harriers



Kemang— 3rd Overall—Randburg Harriers



Raphael & Rirhandzu—Nelson Mandela Race



Raphael—1st place, Rirhandzu—2nd place—Nelson Mandela Race

Race Results

Name	Time	Distance	Name	Time	Distance
Garsfontein Ice Breaker			Leon Bezuidenhout Springbok Vasbyt		
Jenny Robertshaw	01:18:08	10km	Nigel Asprey	03:07:02	21km
			Paul Cawood	01:07:30	10km
Garsfontein Ice Breaker			Waterfall City (Walk)		
Nigel Asprey	02:28:53	21km	Ivan SCHEWITZ	03:02:01	21km
Joey Gotkin	02:57:00	21km			
<i>Congrats to Jenny - 3rd in Age Category</i>			<i>Congrats to Ivan—2nd Male Walker home</i>		
Spar Womens Challenge Tshwane			Waterfall City (Run)		
Ngenzile NGCOBO	00:53:07	10km	Maanda RABUMBULU	01:46:59	21km
Ntombifuthi MKHIZE	00:59:40	10km	Sibusiso LANGA	01:59:25	21km
			Tessa TSHABALALA	02:26:15	21km
PicknPay Irene Village Mall Race			Lucky MOSETE	02:31:27	21km
Nigel Asprey	02:15:10	21km	Nigel ASPREY	02:36:19	21km
			Phindile THWALA	02:46:18	21km
Fitness Test Half Marathon			Lufuno NEMADODZI	03:01:12	21km
Rirhanzu RHANGANI	01:14:17	21km			
Rand Water Vaal River City Marathon			Absa Run Your City Tshwane		
Jeffrey Gochin	02:18:22	21km	Ntsebenzo Naked	00:30:44	10km
Nigel Asprey	02:23:56	21km	Mavis Duduzile Mndaweni	01:25:19	10km
			Magogo Ngoma	01:33:28	10km
			<i>Congrats to Ntsebenzo - 2nd in Age Category</i>		
Rand Water Vaal River City Marathon			Spirit of Flight		
Velly Alfred MkhaliPhi	03:46:01	42km	Nigel ASPREY	01:07:01	10km
Maanda Rabumbulu	03:46:24	42km			
Andrew Molefe	03:57:04	42km	Edenvale Blitz 15km		
Desmond Klein	04:01:24	42km	Kemang Khunonyane	00:52:34	15km
Maselo Mphafudi	04:15:36	42km	Farida Zwane	00:58:39	15km
Motlalepula Mokhele	04:19:41	42km	Karen Isaacs	01:32:12	15km
Shaimal Bhika	04:56:42	42km	Gavin Sacks	01:33:22	15km
Zukisa Magadla	05:27:16	42km	Nigel Asprey	01:54:09	15km
			<i>Congrats to Farida - 1st Lady Home</i>		
Standard Bank CIB Winter Run			Mandela Day Houghton Run		
Ntombifuthi Mkhize	00:33:00	5km	Boitumelo Motabogi	01:15:04	10km
Khumbulani Mhlungu	00:45:07	8km	Tsholo Mabiletsa	01:32:55	10km
Ndawoyakhe Busakwe	00:45:46	8km	Sharifa Suleman	01:46:40	10km
Moalosi Moyane	00:47:10	8km			



Race Results

Name	Time	Distance	Name	Time	Distance
Mandela Day Houghton Run			F21 Foskor Half Marathon		
Raphael Segodi	01:11:44	21km	Rirhadzu Rhangani	01:09:42	21km
Rirhandzu Rhangani	01:11:59	21km			
Steven Joffe	01:56:22	21km	Impact Run		
Kevin Utian	01:58:31	21km	Raphael Segodi	00:16:55	5km
Matodzi Tshidzumba	02:29:46	21km	<i>Congrats to Raphael - 3rd overall</i>		
Dipesh Himatlal Jogi	02:41:54	21km			
Nigel Asprey	02:44:01	21km	Impact Run		
<i>Congrats to Sharifa - 3rd in Age Category</i>			Farida Zwane	00:40:29	10km
<i>Congrats to Raphael and Rirhandzu - 1st & 2nd overall</i>			<i>Congrats to Farida - 2nd overall</i>		
Run the North - Northgate Road Race			Impact Run		
Nigel Asprey	01:09:55	10km	Maselo Mphafudi	01:57:18	21km
Jenny Robertshaw	01:15:08	10km	Thelma O'donnell	02:53:49	21km
Joey Gotkin	01:19:32	10km	<i>Congrats to Thelma - 1st in Age Category</i>		
Norman Leibovitz	01:32:48	10km			
Totalsports Womens Race JHB			Muteo Womens Day Race		
Mavis Tshikovhela	01:01:07	10km	Leuba Mothapo	00:53:00	10km
Tessa Tshabalala	01:05:10	10km	Mpumi Mothapo	01:11:51	10km
Anna Schmidt-Ehmcke	01:06:13	10km			
Karen Isaacs	01:10:12	10km	Discovery Vitality Series: Harriers		
Magogo Ngoma	01:16:45	10km	Kemang Khunonyane	00:34:53	10km
Shela Hobyane	01:42:10	10km	Caryn Fisher	01:08:52	10km
			Innocentia Radebe	01:18:11	10km
			Dudu Mndaweni	01:25:47	10km
			Martha Ngoma	01:34:37	10km
			Norman Leibovitz	01:39:34	10km
			<i>Congrats to Kemang - 3rd Overall</i>		
			<i>Congrats to Dudu—3rd in Age Category</i>		
Discovery Vitality Series: Old Eds			Discovery Vitality Series: Harriers		
Talia Utian (future Rockies)	00:34:51	5km	Farida Zwane	01:26:17	21km
Debbie Utian (future Rockies)	00:34:52	5km	Chadwin Harris	01:56:00	21km
Alisha Lala (future Rockies)	00:54:02	5km	Joni Bernstein	01:57:58	21km
Jayshika Lala	00:54:03	5km	Raphael Segodi	02:10:12	21km
Discovery Vitality Series: Old Eds			Mavis Tshikovhela	02:15:23	21km
Kemang Khunonyane	00:33:39	10km	Zukiswa Magadla	02:29:17	21km
Julie Soicher	00:46:49	10km	Anna Schmidt-Ehmcke	02:30:10	21km
Marc Romoff	00:55:01	10km	Matodzi Tshidzumba	02:30:10	21km
Ronald Dribbin	01:00:36	10km	Nigel Asprey	02:35:26	21km
Lisa Friedman	01:07:03	10km	Thelma O'donnell	02:58:06	21km
<i>Congrats to Kemang - 3rd overall</i>			Gavin Sacks	02:59:36	21km
<i>Congrats to Julie - 1st in Age Category</i>			Ronald Chaitowitz	03:02:03	21km
Discovery Vitality Series: Orlando			<i>Congrats to Farida - 1st Overall</i>		
Rachel Ledwaba	01:25:06	10km			

Race Results

Name	Time	Distance	Name	Time	Distance
Discovery Vitality Series: Orlando			Discovery Vitality Series: Wanderers		
Maanda Rabumbulu	01:48:07	21km	Kemancy Khunonyane	00:33:33	10km
Karen Isaacs	02:13:31	21km	Norman Ngwenya	00:36:32	10km
Ronnie Chaitowitz	02:50:17	21km	Bright Khumalo	00:51:10	10km
<i>Congrats to Ronnie - 2nd in Age Category</i>			Assalina Nyathi	00:53:35	10km
Discovery Vitality Series: Rockies			Moses Mapaila	00:55:20	10km
Cristina Neuhaus	01:24:23	10km	Ronald Dribbin	00:57:02	10km
Discovery Vitality Series: Rockies			Leuba Mothapo	00:58:04	10km
Karen Isaacs	02:09:14	21km	Paul Cawood	00:59:00	10km
Discovery Vitality Series: Old Eds			Robert Mmbodi	01:03:29	10km
Raphael Segodi	01:11:41	21km	Mpumi Mothapo	01:12:06	10km
Ariel Flax	01:40:32	21km	Kelly Masekomane	01:13:31	10km
Yoav Dogan	01:41:27	21km	Karen Isaacs	01:13:41	10km
Michael Shapiro	01:50:40	21km	Jenny Robertshaw	01:14:35	10km
Steven Joffe	01:51:07	21km	Rachel Ledwaba	01:20:22	10km
Desmond Klein	01:52:56	21km	Joey Gotkin	01:20:47	10km
Kevin Distiller	01:53:29	21km	Seymour Talpert	01:25:21	10km
Ndawoyakhe Busakwe	01:57:45	21km	Tsholofelo Mabiletsa	01:25:59	10km
Kevin Utian	01:59:17	21km	Rachel Lekelake	01:26:37	10km
Joanne Kaplan	01:59:53	21km	Setumo Ramodipa	01:29:42	10km
Talia Zulberg	01:59:54	21km	Phindile Thwala	01:35:41	10km
Ryan Kalk	02:02:35	21km	Shela Hoybane	01:36:06	10km
Khumbulani Mhlungu	02:07:56	21km	Emma Mthimunye	01:38:10	10km
Jacques Talpert	02:12:10	21km	Sarah Mofokeng	01:49:50	10km
Jeffrey Gochin	02:25:59	21km	<i>Congrats to Norman - 2nd in Age Category</i>		
Caryn Fisher	02:27:16	21km			
Dipesh Himatlal Jogi	02:28:44	21km			
Nigel Asprey	02:34:09	21km			
Rowan Eva	02:37:09	21km			
Sharifa Suleman	02:53:53	21km			
Thelma O'donnell	02:55:57	21km			

Congrats to Raphael - 3rd overall



Rirhandzu Rangani 02:06:53 30km

I got lost at the finishing splits and followed the 21km runners then decided to do 30km!
lol ended up doing 3 laps



Race Results

Name	Time	Distance	Name	Time	Distance
Discovery Vitality Series: Wanderers			Discovery Vitality Series: Wanderers		
Norman Moyo	01:18:59	21km	Victor Ndlovu	02:00:22	21km
Tiisetso Sebata	01:20:13	21km	Joanne Kaplan	02:02:08	21km
Nhlanhla Tentu	01:21:30	21km	Khulubami Mhlungu	02:02:39	21km
David Selahla	01:28:08	21km	Jayshika Lala	02:03:23	21km
Mike Mdakane	01:30:50	21km	Saul Levin	02:04:24	21km
Innocent Molete	01:32:01	21km	Patson Maluleke	02:04:25	21km
Thabo Moloto	01:33:27	21km	Lara Sutcliffe	02:05:24	21km
Fikile Mzekwa	01:34:23	21km	Joshua Khiba	02:06:20	21km
Emanuel Ndebele	01:36:31	21km	John Peter	02:06:55	21km
Albert Mangana	01:36:32	21km	Simbarashe Nyatsambo	02:07:14	21km
Andrew Molefe	01:38:24	21km	Des Williams	02:08:26	21km
Ariel Flax	01:38:45	21km	Moalosi Moyane	02:08:36	21km
Phetane Phetane	01:40:22	21km	Mavis Tshikovhela	02:08:55	21km
David Smit	01:57:57	21km	Suyen Thornhill	02:09:07	21km
Johannes Mokhele	01:42:37	21km	Tshepo Chauke	02:09:20	21km
Graham Webber	01:44:18	21km	Les Sutcliffe	02:10:52	21km
Stephen Moagi	01:44:21	21km	Malibongwe Mdanyana	02:11:00	21km
Ntshengedzeni Makhado	01:44:54	21km	Tshidi Mathebe	02:11:32	21km
Velly Mkhalkiphi	01:45:32	21km	Kaya Qoloba	02:12:49	21km
Raphael Segodi	01:45:53	21km	Jacques Talpert	02:13:27	21km
Isaac Kekana	01:47:17	21km	Karen Isaacs	02:13:36	21km
Steven Joffe	01:47:54	21km	Nthombifuthi Mhkize	02:14:01	21km
Vimal Lala	01:48:14	21km	Jerry Mohlokoana	02:14:20	21km
Adam Greenblatt	01:48:57	21km	Belenkie Mabale	02:15:36	21km
Jonathan Martin	01:49:00	21km	Zandile Khanye	02:18:25	21km
Kevin Distiller	01:49:19	21km	David Beard	02:18:58	21km
Lackson Chauke	01:51:08	21km	Georgina Rantsane	02:20:17	21km
Paolo Govetto	01:52:23	21km	Anna Schmidtehmcke	02:23:38	21km
Chad Harris	01:53:40	21km	Matodzi Tshidzumba	02:23:40	21km
Des Klein	01:53:43	21km	Eliza Utemisova	02:24:37	21km
Ndawoyakhe Busakwe	01:54:28	21km	Tess Tshabalala	02:25:07	21km
Wiseman Nxumalo	01:54:49	21km	Rowan Eva	02:25:11	21km
Tristan Naidoo	01:55:02	21km	Maggie Ngobeni	02:25:45	21km
Talia Zulberg	01:55:14	21km	Zukisa Magadla	02:27:48	21km
Michael Shapiro	01:55:18	21km	Caryn Fisher	02:27:56	21km
Gabojewe Gakenyatswe	01:57:19	21km	Lisa Friedman	02:27:56	21km
Portia Mhlanga	01:57:20	21km	Nomalanga April	02:28:17	21km
Nokuthula Sefolo	01:57:29	21km	Dipesh Jogi	02:31:34	21km
Brian Mboweni	01:57:57	21km	Nigel Asprey	02:37:55	21km
Phinidi Ngcobo	01:59:11	21km	Sharifa Suleman	02:40:04	21km
Sibusiso Langa	01:59:31	21km	Innocentia Radebe	02:56:18	21km
			Ronnie Chaitowitz	03:05:21	21km

Congrats to Norman - 3rd in Age Category

Congrats to Stephen - 1st in Age Category

Congrats to Sharifa - 2nd in Age Category

Wanderers Braai



Rockies Members making the most of the last Discovery Vitality Series Race—great time enjoyed by everyone, despite the cold weather



CGA has held 6 league meetings during the winter months from which champs were held on Aug 19th in Kagiso.

Cross Country Results

Position	Name	Time	Event	Distance
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League 4

3	Stephen Moagi	No time	Great Grandmaster men 70-74	6KM
1	Raphael Segodi	26:58	Sub-Vet Men	8KM
2	Rirhandzu Rangani	28:16	Sub-Vet Men	8KM
35	Tiisetso Sebata	39:37	Open men	10KM

League 5

2	Lebogang Madikane	08:22	Girls under 13	3KM
5	Ngenzile Ngcobo	17:22	Veteran Women 45 -49	4km
9	Teboho Khiba	26:30	Grandmaster men 60-64	6KM
1	Stephen Moagi	23:24	Great Grandmaster men 70-74	6KM
1	Raphael Segodi	20:26	Sub-Vet Men	8KM
16	Henrik Hartman	26:33	Sub-Vet Men	8KM
23	Nhlanhla Tentu	40:58	Open men	10KM

League 6

1	Lebogang Madikane	12:41	Girls under 13	3KM
8	Ngenzile Ngcobo	17:53	Veteran Women 45 -49	4km
2	Nthombifuthi Mkhize	20:31	Master women 55-59	4KM
6	Rachel Lekalake	No time	Grandmaster women 65-69	4KM
2	Rachel Ledwaba	No time	Grandmaster women 70-74	4KM
10	Teboho Khiba	36:22	Grandmaster men 60-64	6KM
?	Henrik Hartman	35:32	Sub-Vet Men	8KM
1	Farida Zwane	07:47	Open women	2KM
29	Nhlanhla Tentu	29:30	Open men	10KM

CGA Cross Country Champs

1	Raphael Segodi	25:55	Sub-Vet Men	8KM
3	Rirhandzu Rangani	26:55	Sub-Vet Men	8KM
8	Ngenzile Ngcobo	20:41	Veteran Women 45 -49	4km
7	Assalina Nyati	20:12	Master Women 50-54	4KM
3	Nthombifuthi Mkhize	23:12	Master women 55-59	4KM
5	Rachel Lekalake	32:02	Grandmaster women 65-69	4KM
2	Rachel Ledwaba	33:35	Grandmaster women 70-74	4KM
13	Teboho Khiba	33:02	Grandmaster men 60-64	6KM
1	Stephen Moagi	27:32	Great Grandmaster men 70-74	6KM
2	Farida Zwane	39:14	Open women	10KM
1	Lebogang Madikane	11:07	Girls under 13	3KM
25	Nhlanhla Tentu	41:03	Open men	10KM

The following people were selected for the CGA team for SA Champs in Gqeberha on 16 September:

- ◇ Lebogang Madikane: Girls under 13
- ◇ Farida Zwane: Open women
- ◇ Nthombifuthi Mkhize: Master women 55-59
- ◇ Raphael Segodi: Sub-Vet Men
- ◇ Rirhandzu Rangani: Sub-Vet Men
- ◇ Rachel Ledwaba: Grandmaster women 70-74
- ◇ Stephen Moagi: Great Grandmaster men 70-74



Cross Country Results

We had excellent results at the ASA Cross Country Champs:

Position	Name	Time	Event	Distance
SA Cross Country Champs				
3	Raphael Segodi	26:05	Sub-Vet Men	8KM
5	Rirhandzu Rangani	26:25	Sub-Vet Men	8KM
3	Stephen Moagi	28:06	Great Grandmaster men 70-74	6KM
10	Farida Zwane	40:12	Open women	10KM
4	Lebogang Madikane	11:25	Girls under 13	3KM
1	Rachel Ledwaba	31:03	Grandmaster women 70-74	4KM
14	Nthombifuthi Mkhize	21:04	Master women 55-59	4KM

Raphael and Rirhandzu were part of the team that won 1st prize for Sub-Vet men.

Lebogang was part of the team that won 3rd prize for Girls Under 13—a start of the future!

Finally Rachel did us all really proud—she is the new NATIONAL CHAMPION. We look forward to seeing your medal Rachel.



Zoo Trot 2nd Sunday every month

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

Please come and join us.



At a committee meeting in September 2023, the committee has decided not to increase member's fees for 2024.

Stay tuned for further updates.

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



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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