

Rockies

Q1 Edition: 01/01/2024 - 31/03/2024

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Chairman's Quip

Fellow Rocky,

Funny how time flies !! it must sound cliché but am sure you will agree with me in wonder that we are already in March of the new year. Am tempted to say to you "compliments of the new year" but am certain you will definitely give me that look that says "so late in the year already" !!

Most of you are already out on the road having participated in a few races already. It was nice seeing some of you at the Pirates 21km race last month, conquering the mountain. The red and blue wave was out in full swing and we conquered the mountain. Let's hope this will once again be a good year for us on the road. And may you all churn one PB after another!

Chairman's Quip

Last weekend we commemorated and remembered our former club President Richard Wilkinson and so many of you pitched up to run the time trial in his honour. For all his contribution (and his Val) to the club over the years, I am sure you will agree with me that it's befitting that we continue honouring their legacy and keeping it alive. When writing a tribute memoir of Richard, Denis Tabakin wrote " Ever since joining the club, Richard and Val have always been involved in club activities, be it in organizing of a race, the Saturday time trials, the administration of the club, the putting together of the Comrades Panel talks, and many more other activities". For all this contribution to the club, am sure you will agree with my usage of the word "befitting" here above.

As you read this, some of you are peaking for the Two Oceans marathon later next month, while for the ultra running junkies you will be increasing the mileage now in March and April as you prepare for the Comrades marathon. Good luck to our Two Oceans contingent, and I am sure you will keep the Rockies flag flying high as you represent us there. Talking about the Comrades marathon, my mind keeps thinking of our erstwhile member Michael Greenblatt who couldn't get to run as many Comrades as he wished as he got an injury a year or two after bagging his Green number. The injury forced him to stop running. Thus consider yourself privileged to can be able to go out for a run, and please make full use of this ability to run – after- all tis a nice sport this running business of ours isn't it?

Our Wednesday speed training runs with Henrik are growing every week and I challenge all of you to come join us in the mornings and get to be a faster runner!

And we're always at the Zoo lake for the time trial every Saturday morning.

Let's keep rocking on the road.

Sincerely Yours,

Leuba



Richard Wilkinson Memorial Time Trial



Saturday 9 th March saw the Richard Wilkinson memorial time trial for which there was a good turnout of members. We also gave awards to runners who have run more than 100 plus time trials



Masoono Nchabeleng has completed over 200 time trials and is seen receiving his trophy from our club captain Chad Harris (next time it is you Chad you are on 99)



Non-Member Jay Sooka 100+



Heather Murch 100+

Remember the time trial is for all, fast and slow young and old, not just Elite Runners.

Vimal and Jayshika often bring their daughter who finished in 31:49 and with a big smile too. Amazing as she is only 8. Future champion in the making



Rockies

COMRADES BUS 2024



TRANSPORT:

JHB - DURBAN - JHB

LEAVES FRIDAY 7th June | Returns Monday 10th June

COMRADES SUNDAY 9th June:

Collection at the finish, return to Coastlands Hotel

Monday 10th June

DEPART COASTLANDS HOTEL 08:00 sharp

ACCOMODATION:

3 Nights at the Coastland Hotel

4 Persons sharing a room

Self Catering

PRICE:

ROCKIES MEMBERS: R2800

NON MEMBERS: R3000

TO BOOK:

Contact LES SUTCLIFFE

072 472 2042

or email info@rockies.co.za

BOOKINGS CLOSE

05 June or when the bus is full.



The club will be organising a bus and accommodation to Comrades again this year.

Please see details above. Bookings are on a first come first serve basis and are open to non-members too. So please pay a deposit to book your seat and avoid disappointment.

Rockies will have a gazebo at the finish and 3 seconding point along the route. All details will be communicated to members nearer the time via what's app and the June Newsletter.

**PLEASE
NOTE...**

We have had reports that a member of the club was disqualified at the Edenvale marathon owing to breaking the race rules

No earphones, iPods and similar devices are allowed, as they are in contravention of the IAAF rule 144.2b and may lead to disqualification

If you run with earphones etc and are involved in an accident any insurance you have may not pay out. We have heard of numerous incidences of such. Please ensure that you read the race rules carefully.

Rockies Race 2023

Gerald Fox Memorial Race

14 July 2024



The Gerald Fox Memorial road race will take place on Sunday 14 th July

Please diarise as always we will need volunteers to assist on the day. The race will once again be part of the Vitality series and we expect an even bigger field than last year.

It is important for all members to help on the

day as other club members assist at their clubs race and we should do the same.

The bonus for our members is that it allows the club to offer 4 races with free entrance for members each year.

VOLUNTEERS NEEDED!

VOLUNTEERS NEEDED!



Cross Country

The cross country season will run from April to September. Fixture events and times are available on the CGA website and the CGA booklet .

Rockies will again be paying for member's entry fees.

Last year we had a more than half our cross country runners representing CGA at National Champs.

We will again be setting up a what's app group for members who are interested in competing this year

2024 Race Calendar



The 2024 race calendar has been approved by CGA. Get the latest copy of the race calendar [here](#)

Many of the familiar races are back on the usual weekends.



MEMBERSHIP 2024

It is important that members check their details every year

Membership for 2024 will remain the same as 2023 and will be:

- R600 per person
- R1100 per couple
- New Members Fee R750 including shirt/vest

It is important that members check their details via the CGA website at www.cgaonline.co.za.

If you have not updated your details for 2024 your insurance will be invalid.

If your details have changed I will not know unless you update them. Please check.

Members and new members can pay via the website or

Nedbank Balfour Park

Branch Code 151105

Account number 1511036532

New Rockies Tracksuits

New Rockies tracksuits are now available to order.

Price R450 for the top, and R450 for the pants. Total R900 for a full tracksuit



Available in normal or slim fit.

Please order and pay in full before the club can order from the supplier.

To order what's app
0724722042 or email I
info@rockies.co.za with your
POP



Did you know.....

Rockies will be offering free entry to members at the following races. When entries are open the procedure will be communicated on the, what's app group, again make sure your details are up to date.

Date	Race
5 May 2024	Colgate 5/15/32KM
25 August 2024	Wanderers 10/21 KM
24 November 2024	Tough One 5/32KM



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

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.



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)

Club Activities

Club runs - every Sunday

Venue: Zoo Lake Sports Club Car Park

Start time: 6:00am

Details are communicated on the what's app group each week.

As Comrades approaches we will be ramping up the long Sunday runs to incorporate some nice hilly routes (far more demanding than the north route)

Come along and join us to keep up your mileage and run those challenging hills. Chad has routes incorporating Munro Drive, Brixton Towers and Sylvia's pass.

For those not running Comrades there are shorter routes too starting with 7K

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/>

Pirates

We had a good turnout of more than 60 members who ran Johannesburg's toughest half marathon. And just like Tough One it was hot.

Rockies had the largest club presence on the day and our master chef and Chairman cooked breakfast for all. However much to the disappointment of some members (this writer (Les) primarily) he forgot to buy the beer.



Speedy Wednesdays

New year, faster Rockies! In January, we started a new training group: the Rockies Speedy Wednesdays. Every Wednesday at 6 am, a group of dedicated and at times heavy eyed runners meet at Zoo Lake to do speed work together and become FASTER and STRONGER runners.

Why speed work? This is an often neglected aspect of running training, but running at high speeds in short intervals has lots of benefits for almost any runner.

It increases your VO2max (the amount of oxygen your heart and lungs can pump to your muscles) and your lactate threshold (your ability to clear that nasty lactate from your muscles when you run at an elevated pace).

Running regularly at high speed increases your EFFICIENCY and STRENGTH, if you give your body enough time to recover. It helps you get faster at 5k and 10k races, and it even benefits marathon and ultra runners.

Speed work can also feel HARD, so we do it in a group to support each other.

If you want to join, simply show up at Zoo Lake Parking at 6 am warmed up. We will do drills together and then start our speed session.

You can also join the Speedy Wednesday whatsapp group where we share workout details in advance.

Hope to see you there to get faster!



The New Rockies Speedy Wednesdays

Join us every Wednesday 6:00 am at Zoo Lake
(Moyo Parking) for a group interval session.

Open to all runners who want to get faster from
the 5k up to the marathon distance.



If you want to join, click on
this QR Code to sign up to
the WhatsApp group and
receive workout details.

Disclaimer: This is a training run and participants join at their own risk.



Race Results

Name	Time	Distance	Name	Time	Distance
Varsity Kudus			Berg en Dal Night Race		
Graham Webber	01:10:55	15km	Phetane Phetane	01:23:27	15km
Phetane Phetane	01:17:22	15km	Nigel Asprey	01:57:13	15km
Tristyn Naidoo	01:19:23	15km	Zukisa Magadla	01:57:42	15km
Desmond Klein	01:20:16	15km			
Steven Joffe	01:25:04	15km	Dischem 21		
Saul Levin	01:34:12	15km	Raphael Segodi	01:12:04	21.1km
Karen Isaacs	01:42:16	15km	Rirhandzu Rhangani	01:13:18	21.1km
Gavin Sacks	01:45:58	15km	Thabo Moloto	01:33:09	21.1km
Maggie Ngobeni	01:47:57	15km	Ariel Yebuda Flax	01:34:27	21.1km
Nigel Asprey	01:52:36	15km	Julie Soicher	01:39:29	21.1km
Adri Albertyn	01:54:07	15km	Fikile Mzekwa	01:40:04	21.1km
Tessa Tshabalala	01:55:13	15km	Tristyn Naidoo	01:48:06	21.1km
Sharifa Suleman	01:57:15	15km	Kevin Utian	01:50:13	21.1km
Lungile Mazibuko	02:02:31	15km	Calvin Nel	01:50:52	21.1km
Ronnie Chaitowitz	02:07:11	15km	Shinkie Isaac Kekana	01:51:22	21.1km
Phindile Thwala	02:08:15	15km	Steven Joffe	01:52:50	21.1km
Seymour Talpert	02:12:21	15km	Michael Shapiro	01:52:52	21.1km
Dudu Mndaweni	02:24:07	15km	Desmond Klein	01:54:19	21.1km
Shaimal Bhika	02:47:47	15km	John Peter	01:58:46	21.1km
Johnson Crane 5km Fun Run			Talia Zulberg	01:59:30	21.1km
Rachel Ledwaba	5km	01:04:02	John Mugglestone	02:02:18	21.1km
Johnson Crane 10km			Victor Ndlovu	02:02:54	21.1km
Rirhandzu Rhangani	10km	00:32:30	William Dlongolo	02:04:22	21.1km
Dudu Mndaweni	10km	01:22:54	Marc Romoff	02:05:23	21.1km
<i>Congrats to Rirhandzu - 1st in Age Category</i>			Tshepo Chauke	02:06:26	21.1km
Johnson Crane 21km			Gavin Sacks	02:18:59	21.1km
Farida Zwane	21.1km	01:20:23	Ngenzile Ngcobo	02:19:09	21.1km
Ariel Yehuda Flax	21.1km	01:33:24	Robert Mmbodi	02:21:06	21.1km
Thabo Nkabinde	21.1km	02:17:09	Ndawoyakhe Busakwe	02:23:21	21.1km
Karen Isaacs	21.1km	02:23:12	Thuso Lekomanyane	02:24:39	21.1km
Thuly Sefolo	21.1km	02:34:40	Karen Isaacs	02:25:45	21.1km
Nigel Asprey	21.1km	02:36:27	Jeffrey Gochin	02:26:03	21.1km
Phindile Thwala	21.1km	02:48:36	Ntombifuthi Mkhize	02:30:20	21.1km
<i>Congrats to Farida - 1st Lady home</i>			Nigel Asprey	02:39:43	21.1km
			Thelma O'donnell	02:54:55	21.1km
			Joey Gotkin	02:58:50	21.1km
			Phindile Thwala	03:02:59	21.1km
			Jenny Robertshaw	03:13:02	21.1km
			Magogo Ngoma	03:15:49	21.1km
			Duduzile Mavis	03:28:06	21.1km
			<i>Congrats to Rirhandzu - 3rd in Age Category</i>		

Race Results

Name	Time	Distance	Name	Time	Distance
Johnson Crane 42km			Urithi Legacy 10km/5km		
Teboho Raymond	42.2km	03:20:50	Rirhandzu Rhangani	00:30:49	10km
Boitumelo Motabogi	42.2km	03:38:07	<i>Congrats to Rirhandzu - 1st in Age Category</i>		
Gakenyatswe Gabojewe	42.2km	03:38:41	aQuelle Joburg North City Marathon 2024 5km		
Ntshengedzeni Makhado	42.2km	03:42:15	Steven Joffe	00:46:26	5km
Brian Mboweni	42.2km	03:49:21	aQuelle Joburg North City Marathon 2024 10km		
Shinkie Isaac Kekana	42.2km	03:55:19	Russ Dodding	00:56:01	10km
Motlalepula Mokhele	42.2km	03:55:26	Paul Cawood	00:56:12	10km
Mali Mhlanga	42.2km	03:57:52	Magogo Ngoma	01:29:33	10km
Malibongwe Mdanyana	42.2km	04:04:46	aQuelle Joburg North City Marathon 2024 21km		
John Mugglestone	42.2km	04:22:56	Jacques Talpert	02:10:45	21km
Vimal Lala	42.2km	04:25:42	Thabo Nkabinde	02:17:29	21km
Maselo Mphafudi	42.2km	04:28:53	Gavin Sacks	02:21:55	21km
Matsiliso Mathebe	42.2km	04:44:07	Dipesh Jogi	02:24:35	21km
Mavis Tshikovhela	42.2km	04:45:08	Nigel Asprey	02:36:12	21km
Shaimal Bhika	42.2km	04:45:36	Zukisa Magadla	02:36:18	21km
Maggie Ngobeni	42.2km	04:53:51	Lucky Mosete	02:41:48	21km
Jeffrey Gochin	42.2km	05:06:55	Thelma O'donnell	02:42:39	21km
Ntombifuthi Mkhize	42.2km	05:08:56	Phindile Thwala	02:45:28	21km
Zukisa Magadla	42.2km	05:26:15	Seymour Talpert	02:59:56	21km
David Beard	42.2km	05:29:34	Mavis Mndaweni	03:05:03	21km
Wonderpark Akasia Road Race			aQuelle Joburg North City Marathon 2024 42km		
Andrew MOLEFE	42.2km	03:54:11	Phetane Phetane	03:29:55	42km
Tshepo CHAUKE	42.2km	04:33:03	Kevin Distiller	04:10:57	42km
Masoono NCHABELENG	42.2km	04:55:36	Desmond Klein	04:12:25	42km
Township Marathon 10km			Jonathan Martin	04:15:02	42km
Maanda Rabumbulu	01:47:13	10km Run	Yolan Friedmann	04:15:04	42km
Township Marathon 21km			Adam Greenblatt	04:17:39	42km
Motlalepula Mokhele	01:49:51	21.1km	Marc Romoff	04:21:08	42km
Assalina Nathi	02:04:31	21.1km	Belenkie Mabele	04:24:40	42km
Nigel Asprey	02:28:17	21.1km	Nthombifuti Mhkize	04:37:15	42km
Gavin Sacks	02:34:56	21.1km	Mavis Tshikovhela	04:43:30	42km
<i>Congrats to Assalina - 1st in Age Category</i>			Maselo Mphafudi	04:43:53	42km
Township Marathon 42km			Ndawoyakhe Busakwe	04:47:19	42km
Zelda Maseko	04:35:44	42.2km	Thuso Lekomanyane	05:23:01	42km
Phindile Thwala	04:47:24	42.2km	Mathsiliso Mathebe	05:25:21	42km
Thuso Lekomanyane	04:47:51	42.2km	Balwin Sport Pretoria Marathon 10km		
Josiah Khiba	04:53:59	42.2km	Russ Dodding	00:58:13	10km
Edenvale 15km Blitz			Wish Mundondo	01:00:46	10km
Menachem Kay	01:17:50	15km Blitz	Sarafina Sibiya	01:38:59	10km
Karen Isaacs	01:30:56	15km Blitz			
Kemang Thabiso Khunonyane	01:49:07	15km Blitz			

Race Results

Name	Time	Distance	Name	Time	Distance
Edenvale Marathon			Balwin Sport Pretoria Marathon 21km		
Yoav Dogan	03:39:07	42.2km	Jayshika Lala	02:22:29	21.1km
Marc Romoff	03:54:11	42.2km	Vimal Lala	02:27:48	21.1km
Kevin Paul Distiller	03:54:13	42.2km	Balwin Sport Pretoria Marathon 42km		
Jonathan Martin	03:58:25	42.2km	Tshepo Legodi	04:19:23	42.2km
Adam Greenblatt	04:05:32	42.2km	John Peter	04:35:36	42.2km
Reabetswe Mokomele	04:15:49	42.2km	Shaimal Bhika	05:01:50	42.2km
Andrew Molefe	04:17:24	42.2km	Cape Gate Vaal Marathon 21km		
John Peter	04:20:29	42.2km	Catherine Mccreesh	02:06:11	21.1km
Su-Yen Thornhill	04:28:27	42.2km	Thuly Sefolo	02:32:02	21.1km
Zaahid Amed Limbada	04:40:23	42.2km	Adri Albertyn	02:42:00	21.1km
Desmond Desmond	04:47:51	42.2km	Cape Gate Vaal Marathon 42km		
Ngenzile Ngcobo	04:49:02	42.2km	Brian Mboweni	03:38:02	42.2km
Moses Mapaila	04:52:28	42.2km	Motlalepula Mokhele	04:01:57	42.2km
Dipesh Himatlal Jogi	04:52:29	42.2km	Desmond Klein	04:09:30	42.2km
Medihelp Sunrise Monster			Andrew Horne	04:39:58	42.2km
Gavin Sacks	03:52:00	32km	Masoono Nchabeleng	04:48:46	42.2km
Phindile Thwala	04:25:27	32km	David Beard	04:56:43	42.2km
Balwin Sport Peninsula Marathon			Matodzi Tshidzumba	05:50:34	42.2km
Jonathon Beard	03:01:08	42.2km	Springs Striders		
Jason Bentz	03:58:53	42.2km	Jonathon BEARD	02:21:59	32km
David Beard	04:25:02	42.2km	Graham WEBBER	02:51:54	32km
Thelma O'donnell	05:47:47	42.2km	Menachem KAY	02:55:14	32km
Bobbies 3-in-1			Desmond KLEIN	02:57:07	32km
Nigel ASPREY	02:42:23	21.1km	John MUGGLESTONE	03:06:21	32km
Ethekwini Best of The Best Marathon			Selwyn KAHLBERG	03:27:28	32km
Thabo NKABINDE	04:59:19	42.2km	David BEARD	03:36:30	32km
TRACN4 Elands Marathon			Nigel ASPREY	04:02:18	32km
Tristyn NAIDOO	03:30:02	42.2km	Les SUTCLIFFE	04:10:40	32km
Mavis TSHIKOVHELA	04:28:27	42.2km	Joey GOTKIN	01:46:05	15km
Zelda MASEKO	04:38:36	42.2km	Phindile THWALA	01:55:00	15km
TRACN4 Elands Marathon 21km			Jenny ROBERTSHAW	01:55:35	15km
Eliza UTEMISOVA	02:21:17	21.1km	<i>Congrats to Nigel - 2nd in Age Category</i>		
Joey GOTKIN	02:26:21	21.1km	<i>Congrats to Jenny - 3rd in Age Category</i>		
Jenny ROBERTSHAW	02:50:01	21.1km	Balwin Sport Jeppe Marathon 42km		
Bhekizizwe Joseph Shabalala Marathon			Rirhandzu Rhangani	02:30:18	42.2km
Raphael SEGODI	02:26:30	42.2km	Brian Mboweni	03:37:49	42.2km
Balwin Sport Jeppe Marathon 5km			Yoav Dogan	03:56:19	42.2km
Cebisa Mafukuzela	01:13:00	5km	Reabetswe Mokomele	04:06:34	42.2km
Ruth Ndlovu	01:13:01	5km	Xolani Maphisa	04:14:21	42.2km
			John Peter	04:27:42	42.2km
			Zukisa Magadla	05:24:46	42.2km
			<i>Congrats to Rirhandzu - 1st in Age Category</i>		

Race Results

Name	Time	Distance	Name	Time	Distance
Pirates 21k Powered by Medshield			Pirates 21k Powered by Medshield contd...		
Raphael Segodi	01:14:10	21.1km	Nhlnahla Nkosi	02:26:01	21.1km
Rirhandzu Rhangani	01:15:00	21.1km	Mavis Tshikovhela	02:26:42	21.1km
Thabo Moloto	01:41:59	21.1km	Maggie Ngobeni	02:27:04	21.1km
Fikhle Mzekwa	01:42:16	21.1km	Elisa Utemisova	02:28:54	21.1km
Emanuel Ndebele	01:44:32	21.1km	Les Sutcliffe	02:29:19	21.1km
Andrew Molefe	01:45:45	21.1km	Robert Mmbodi	02:29:47	21.1km
Calvin Nel	01:47:21	21.1km	Gavin Sacks	02:29:50	21.1km
Phetane Phetane	01:47:40	21.1km	Des Williams	02:30:15	21.1km
Trystan Naidoo	01:50:50	21.1km	Lucky Mosete	02:33:24	21.1km
Maanda Rabumbulu	01:51:19	21.1km	Nthabiseng Bohloko	02:34:54	21.1km
Hendrik Hartman	01:51:40	21.1km	Tessa Tshabalala	02:36:17	21.1km
Ntshengezeni Makhado	01:52:45	21.1km	Nigel Asprey	02:38:28	21.1km
Wayne Sussman	01:53:01	21.1km	Dipesh Jogi	02:38:41	21.1km
Brian Mbonweni	01:53:19	21.1km	Zandile Khanye	02:40:59	21.1km
Mark Romoff	01:53:50	21.1km	Sharifa Suleman	02:45:23	21.1km
Portia Mhlanga	01:56:16	21.1km	Nokuthula Sefolo	02:46:45	21.1km
Nomalanga April	01:57:39	21.1km	Adri Albertyn	02:47:34	21.1km
Paolo Govetto	01:58:03	21.1km	Zukisa Magadla	02:59:04	21.1km
Nomalungelo Nkomo	01:58:59	21.1km	Ronnie Chaitowitz	03:06:20	21.1km
Patson Maluleke	02:00:09	21.1km	Lufuno Nemadodzi	03:10:36	21.1km
Ndawoyakhe Busakwe	02:00:28	21.1km	Phindile Thwala	03:13:21	21.1km
Su Yen Thornhill	02:02:48	21.1km	Seymour Talpert	03:16:16	21.1km
Des Klein	02:02:54	21.1km	Leuba Mothapo	03:16:50	21.1km
Victor Ndlovu	02:04:03	21.1km	Rachel Ledwaba	03:43:05	21.1km
Maselo Mphafudi	02:06:43	21.1km	Emma Mthimunye	03:45:48	21.1km
Malibongwe Mdanyana	02:06:59	21.1km			
Chad Harris	02:08:18	21.1km			
John Mugglestone	02:08:44	21.1km			
Jayshika Lala	02:09:33	21.1km			
Tshepho Legodi	02:10:10	21.1km			
Karen Isaacs	02:10:32	21.1km			
Sibusiso Langa	02:10:49	21.1km			
Graham Webber	02:11:05	21.1km			
Tshepo Chauke	02:13:39	21.1km			
Andrew Horne	02:14:46	21.1km			
Khulubani Mhlungu	02:16:51	21.1km			
Ngenzile Ngcobo	02:16:58	21.1km			
Thato Molapo	02:17:30	21.1km			
Thabo Nkabinde	02:19:10	21.1km			
Saul Levin	02:20:20	21.1km			
Moses Mapaila	02:21:22	21.1km			
Tshidi Mathebe	02:22:15	21.1km			
Mokoro Digame	02:23:49	21.1km			
Masoono Nchabeleng	02:25:19	21.1km			
Thuso Lekomanyane	02:25:31	21.1km			
Belenkie Mabele	02:25:32	21.1km			

Congrats to Rirhandzu - 2nd in Age Category



Race Results

Name	Time	Distance	Name	Time	Distance
Trojan Om Die Dam Ultra			The Sasol Marathon Sasolburg		
Brian MBOWENI	04:24:38	50km	Norman MOYO	02:51:02	42km
John PETER	05:33:37	50km	Teboho RAYMOND	03:28:08	42km
John MUGGLESTONE	05:49:02	50km	Brian MBOWENI	03:37:09	42km
Maselo MPHAFUDI	05:49:15	50km	Wiseman NXUMALO	03:39:55	42km
Thuso LEKOMANYANE	06:24:24	50km	Jonathan MARTIN	03:47:20	42km
Shaimal BHIKA	06:32:20	50km	Kevin DISTILLER	03:48:31	42km
Zukisa MAGADLA	06:43:27	50km	Phetane PHETANE	03:51:26	42km
Zelda Sibongile MASEKO	06:43:28	50km	Tshepo CHAUKE	04:07:50	42km
Matodzi TSHIDZUMBA	06:58:27	50km			
NMC Fast Race 3-in-1			The Sasol Marathon Sasolburg		
Jenny ROBERTSHAW	02:38:08	21km	Asselina NYATHI	00:52:39	10km
Joey GOTKIN	02:39:45	21km			
Makoro Village Marathon			Overkruin Beast Race		
Farida Zwane	01:26:40	21.1km	Gavin SACKS	03:51:25	32km
<i>Congrats to Farida - 2nd Lady Home</i>					
Adreach Alex 10k			Balwin Sport Dolphin Coast Marathon		
Maanda Rabumbulu	00:41:42	10km	Michael Shapiro	03:33:37	42.2km
Karen Isaacs	01:01:58	10km			
Gavin Sacks	01:18:38	10km			
Robyn Clark	01:20:43	10km			
Lindie Metz	01:20:43	10km			
Johannesburg City Marathon			Wingate The Mooos'se Race		
Raphael Segodi	02:27:24	42.2Km	Nigel ASPREY	02:35:35	21km
John Peter	03:55:55	42.2Km	Russ DODDING	00:58:21	10km
Senku Somo	04:32:16	42.2Km	Joey GOTKIN	01:10:33	10km
Patson Maluleke	04:35:55	42.2Km	Jenny ROBERTSHAW	01:16:03	10km
Jerry Mohlakoana	04:58:51	42.2Km			
Thuso Lekomanyane	05:16:56	42.2Km			
Leanne Shakenovsky	05:44:53	42.2Km			
Phindile Thwala	05:56:26	42.2Km			
<i>Congrats to Raphael - 1st Person Home</i>			Makoro Village Marathon		
			Leuba Mothapo	05:26:52	42.2km
			Beyers Greenstone Run		
			Dudu Mndaweni	01:08:40	8km
			Johannesburg City Marathon		
			Calvin Nel	01:39:46	21.1Km
			Ndawoyakhe Busakwe	01:59:03	21.1Km
			Gavin Sacks	02:28:39	21.1Km
			Nigel Asprey	02:34:54	21.1Km



Race Results

Name	Time	Distance	Name	Time	Distance
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Balwin Sport Jeppe Marathon 21km

Graham Webber	01:53:45	21.1km
Ariel Flax	01:59:28	21.1km
David Beard	02:03:19	21.1km
Su-Yen Thornhill	02:03:21	21.1km
Uri Marks	02:09:32	21.1km
Les Sutcliffe	02:15:12	21.1km
Desmond Williams	02:16:25	21.1km
Joey Gotkin	02:41:18	21.1km
Leanne Kinkel	02:46:08	21.1km
Jenny Robertshaw	02:56:41	21.1km
Magogo Ngoma	03:43:23	21.1km

PwC George Claassen

Russ Dodding	00:59:09	10km
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Balwin Sport Jeppe Marathon 10km

Wish Mundondo	00:59:12	10km
Hannah Watt	01:08:48	10km
Kamohelo Selepe	01:14:10	10km
Marloes Reinink	01:14:11	10km
Duduzile Mavis	01:32:24	10km
Zongamele Dyubeni	01:37:43	10km
Wardah Peters	02:12:56	10km

Randburg Harriers Valentine's 10km Race

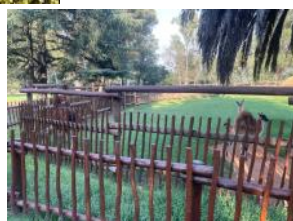
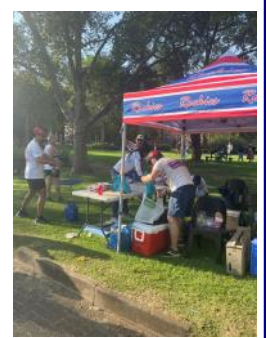
Nigel Asprey	01:11:35	10km
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Powerade Marakele Marathon

Nigel ASPREY	02:37:01	21.1km
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Rockies Out And About



Zoo Trot 2nd Sunday every month

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

Please come and join us.

The Newsletter Editor, Claire, attended the Zoo Trot for the first time on the 10th March. This is a great outing for every club member and even more so for those of you with younger kids. Please do come and join us next month, tag the 5k onto your Sunday long run.

And if you are lucky, Les will remember the beers!



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

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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info@rockies.co.za

You can contact Claire on:



082 375 9294 (WhatsApp only please)



claire.yunnie@gmail.com