

Rockies

Q1 Edition: 01/01/2026 - 31/03/2026

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Chairman's Quip

Hey Rockies,

The sun is rising later nowadays, and the time to hit the road is getting tighter. We've had a great start to the year; we came out in force to run Pirates and smashed a few PBs. Our Memorial Time Trial was a massive success, and it was fantastic to see the club featured in the Daily Maverick.

I've been loving all the photos and race reports coming through lately; it's great to see the club so active across so many events. Personally, I've been really enjoying our Sunday club runs, they have become the absolute base of my Comrades training. If you want to join us, make sure you're on the "Rockies Sunday Club Runs" WhatsApp group to get all the deets on routes and start times.

As we head into the thick of the season, that "Comrades fever" is definitely starting to set in. While that crew is beginning to look a bit sleep-deprived and calorie-obsessed, remember that Rockies is a home for every pace and every distance. Whether you're grinding out the big mileage or enjoying a run-walk 5k, you're a vital part of this club and we celebrate every personal achievement.

I want to send out a massive thank you to the people who make Rockies moments happen: the volunteers who organized and set up for Richard's Memorial Time Trial, and the team who volunteered to set up and pack up the Rockies gazebo at Pirates. Having that home base at the finish line to connect and cheer each other on is really wonderful after a tough run.

Chairman's Quip

Also, a special congratulations to Paul, Russ, and Lesa Jo on their milestones, I'll be joining your ranks soon!

If you've ever run with me, you know I'm not exactly a "winter warrior." As soon as the mercury dips below 20°C, I'm the one in long sleeves and complaining. But as the temperature drops and the light fades, let's keep the momentum going safely: stay visible, stay warm, and I'll see you on the road (likely under several layers).

Graham



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 announcement group so make sure your details are up to date.

Date	Race
3 rd May	Colgate 32/15/5
23 rd August	Wanderers 21/10
22 nd November	RAC 32/10/5

2026 Race Calendar



The 2026 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.

Pirates

A good turnout of Rockies at Pirates this year with over 100 members taking up the offer of free entry.

And there was breakfast as well. Big thanks to Lindie for taking the gazebo.



ROCKIES RACE 2026

GERALD FOX MEMORIAL RACE

12TH JULY 2026

The Gerald Fox Memorial Road race will take place on **Sunday 12th July 2026**
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 are aiming for the same turnout of runners as last year.

It is important for all members to help on the day as other club members assist at their club's 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. These are very popular with members as over 100 members are attending the free races.

VOLUNTEERS NEEDED! VOLUNTEERS NEEDED! VOLUNTEERS NEEDED!



Time Trial - every Saturday

Saturday 7th March saw the annual Richard Wilkinson memorial time trial. A good turnout of Rockies saw 30 plus members running with one of our members Russ Dodding completing his 200th run.



Russ Dodding completing his 200th run.



Paul Pretorius long standing runner at the time trial completed his 400th run – Keep going Russ not too many more!



Spot the Rockies legend on the right – See you at Comrades Vic for number 48.



Lesa Jo Blonski for 100 runs

Club runs - every Sunday



Sunday club runs will be designed to assist those members running Comrades so that they can ramp up the distance.

However, you do not have to be a Comrades runner to join in as there are 4 by 7K routes around Zoo Lake Sports club. Choose any number of loops at any speed. There are coke and water provided at the end of each loop.

Join us at 6am but check the time each week on the group as the mornings get darker.

The club Comrades long run is planned for the 26th April. Watch out for final details on the Sunday club run what's app group.

February is the Zoo's birthday, and each year Rockies attend the run to support the Zoo.

It just would not be Rockies if we only ran 5K, so we ran a loop around the area before we went to the Zoo.



It was good to see the run attracted nearly 1000 runners whose entry fee supports the Zoo.

Speedy Wednesdays

Speedy Wednesdays are still going strong but will be taking a break for winter towards the end of April owing to it being too dark to safely run.

Training will begin again towards the end of **August**.



Rockies will once again be sending a support team to Comrades, details of which will be supplied in a Comrades newsletter closer to the race.

Details below are for members and non-members to come on the Rockies bus so share with your friends who are running.



COMRADES BUS 2026



TRANSPORT:
JHB - DURBAN - JHB
BUS LEAVES - Friday 12th June

COMRADES RACE - Sunday 14th June

Monday 15th June
BUS DEPART COASTLANDS HOTEL 08:00 sharp

ACCOMODATION:
3 Nights at the Coastland Hotel
4 Persons sharing a room
Self Catering

PRICE:
ROCKIES MEMBERS: R3600
NON MEMBERS: R3800

TO BOOK:
Contact LES SUTCLIFFE
072 472 2042
or email info@rockies.co.za

BOOKINGS CLOSE
08 June or when the bus is full.



2026 Comrades Shirts

For the very reasonable price of R250 you can also secure one of these fabulous and stylish comrades 2026 shirts.

Send pop to info@rockies.co.za



Cross Country

Cross country season will start in May again this year and Rockies will be offering free entry to each leg.

Updates will be put on the Rockies what's app groups closer to the time, to secure your entry.

The Fixture List is as follows:

Date	League No	Club	Venue
2 May	1	Run Alex AC	Altres Sports Comple
16 May	2	Tsakane AC	Tsakane
6 June	3	Harambe AC	Umthombo Multipurpose Centre, Dobsonville
20 June	4	East AC	Marivate Daveyton
4 July	5	Waterfall AC	Kwa Thema Sports Complex
18 July	6	Warriors of West AC	Westonaria Sports Complex
1 August	7	Kagiso Striders	Kagiso Sports Comple
15 August	CGA Champs	CGA Championships	Germiston Soccer Club
5 September	SA Champs	ASA	Pretoria



Rocky of the Quarter

After much deliberation the committee nominated Dudu Mndaweni as Rocky of the quarter

Dudu joined Rockies a few years ago now after a time trial. Whilst not being a winner of races she sure is a winner when it comes to determination and has reduced her times significantly. Watch out for Dudu she is always smiling even when it is painful during a race.

Comrades is her dream one day – Good luck and keep up the good work.

If you would like to nominate someone for the next quarter, please mail info@rockies.co.za or what's app 0724722042

Sockies, Capies and Trackies



We have some amazing Rockies socks available. They are R100 per pair.



Caps are R120.



Rockies tracksuits 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 info@rockies.co.za with your POP.

RACE RESULTS

Name	Distance	Time	Name	Distance	Time
Adreach Alex 10km			Berg en Dal Night Race		
Kananelo Rakatane	5km	00:23:42	Phetane Patrick Phetane	15km	01:22:39
Adreach Alex 10km			Zukisa Magadla	15km	01:48:19
Racheal Ledwaba	10km	01:42:32	Zelda Maseko	15km	01:48:22
Balwin Pretoria Marathon			Nigel Asprey	15km	02:06:55
Gerald Gumbi	21.1km	02:11:23	Biogen Half Marathon		
Gavin Sacks	21.1km	02:40:23	John Seithlhamo	21.1km	01:28:59
Balwin Pretoria Marathon			Marc Romoff	21.1km	01:44:09
Tshepo Legodi	42.2km	04:28:20	Khanyisane Nxumalo	21.1km	01:48:02
Shaimal Bhika	42.2km	04:44:37	Milton Segal	21.1km	01:50:06
Balwin Run Series Peninsula			Elaine Cheung	21.1km	02:01:08
Talia Zulberg	42.2km	03:38:08	John Mugglestone	21.1km	02:03:47
Tshepo Legodi	42.2km	04:02:33	Tshepo Chauke	21.1km	02:07:03
Thelma O'donnell	42.2km	05:34:54	John Peter	21.1km	02:09:08
Bobbies Slumberland 3 in 1			Rosemary Joffe	21.1km	02:10:50
Gavin SACKS	21km	02:46:01	Steven Joffe	21.1km	02:18:26
Cape Gate Vaal Marathon			Zukisa Magadla	21.1km	02:22:05
Matthew Mccreesh	21.1km	02:04:01	Mathanya Maphosa	21.1km	02:27:08
Catherine Mccreesh	21.1km	02:06:07	Zandile Khanye	21.1km	02:28:14
Nigel Asprey	21.1km	02:37:25	Zelda Maseko	21.1km	02:29:36
Sarafina Moyase Sarafina	21.1km	03:18:47	Mamsy Phasha	21.1km	02:34:27
<i>Congrats to Nigel - 3rd in age category</i>			Richard Jasven	21.1km	02:38:31
Cape Gate Vaal Marathon			Nigel Asprey	21.1km	02:50:07
John Seithlhamo	42.2km	03:12:47	Dudu Mndaweni	21.1km	02:57:19
Clifford Kian	42.2km	03:18:07	Phindile Thwala	21.1km	02:57:30
Chloe Cresswell	42.2km	04:06:35	Karen Isaacs	21.1km	03:02:29
Danielle Nam	42.2km	04:24:35	Zakiyyah Varachia	21.1km	03:03:53
Penelope Nam	42.2km	04:24:35	Ronnie Chaitowitz	21.1km	03:04:53
Angelika Tanja Barrow	42.2km	04:32:14	Abdul Razak Varachia	21.1km	03:05:55
Jerry Mohlakoana	42.2km	04:52:02	Sarafina Sibiya	21.1km	03:33:56
Mathanya Maphosa	42.2km	04:56:11	Joburg North City Marathon		
Tshepo Chauke	42.2km	04:58:54	Russell Dodding	10km	01:01:54
David Beard	42.2km	05:25:21	Mali Portia Mhlanga	10km	01:00:18
Matodzi Tshidzumba	42.2km	05:50:43	Heather Murch	10km	01:10:34
Legends Township Marathon			Abdul Razak Varachia	10km	01:21:23
Asselinah Nyathi	21.1km	02:06:15	Carel De Lange	10km	01:27:06
Nigel Asprey	21.1km	02:43:14	Norman Leibovitz	10km	01:47:06
<i>Congrats to Asselinah - 3rd in age category</i>			<i>Congrats to Russell - 3rd in age category</i>		
Meilie Marathon			Meerkat Marathon		
Jonathon Beard			42.2Km	03:22:42	
Tshepo Chauke			42.2Km	04:44:26	
Boitumelo Motabogi			42.2Km	05:27:35	

RACE RESULTS

Name	Distance	Time	Name	Distance	Time
Edenvale Marathon and 10Miler and 5km Fun Run			Edenvale Marathon and 10Miler and 5km Fun Run		
Megan Dempster	10 Miler	01:09:17	Njabulo Nene	42.2km	03:18:08
Elaine Cheung	10 Miler	01:27:31	Lackson Chauke	42.2km	03:41:05
Jared Waters	10 Miler	01:32:45	Milton Segal	42.2km	04:00:53
Jarred Britany	10 Miler	01:33:58	Isaac Kekana	42.2km	04:00:55
Gavin Sacks	10 Miler	01:56:44	Kevin Paul Distiller	42.2km	04:02:11
Sharifa Suleman	10 Miler	02:05:23	Jonathan Martin	42.2km	04:02:22
Nigel Asprey	10 Miler	02:08:53	Themba Sibiya	42.2km	04:08:01
Jenny Robertshaw	10 Miler	02:19:27	John Mugglestone	42.2km	04:12:52
Ronnie Chaitowitz	10 Miler	02:20:55	Caroline James	42.2km	04:21:51
Joey Gotkin	10 Miler	02:40:08	Maggie Sibiya	42.2km	04:49:51
<i>Congrats to Megan - 3rd lady home & 2nd in age category</i>			William Dlongolo	42.2km	04:50:32
Joburg North City Marathon			Rachel Ledwaba	42.2km	04:55:00
John Seitlhamo	42km	03:22:15	Ngenzile Ngcobo	42.2km	05:03:38
Lovemore Chirozvi	42km	03:36:26	Mathanya Maphosa	42.2km	05:14:15
Clifford Kian	42km	03:38:44	<i>Congrats to Rachel - 1st in age category</i>		
Jonathon Beard	42km	03:47:39	Joburg North City Marathon		
Andrew Molefe	42km	04:05:09	Njabulo Nene	21km	01:30:55
Anthony Gewer	42km	04:06:37	Elaine Cheung	21km	01:55:36
Khalid Fadal	42km	04:14:55	Les Sutcliffe	21km	02:24:06
John Mugglestone	42km	04:26:07	Zukisa Magadla	21km	02:24:17
Penny Nam	42km	04:37:15	Mathanya Maphosa	21km	02:26:25
Danielle Nam	42km	04:37:15	Des Williams	21km	02:34:16
Malibongwe Mdanyana	42km	04:39:27	Thelma O'donnell	21km	02:42:35
Shaimal Bhika	42km	04:45:43	Zakiyyah Varachia	21km	02:45:00
Thabo Nkabinde	42km	04:57:15	Nigel Asprey	21km	02:51:47
Ngenzile Ngcobo	42km	05:29:16	Johannesburg City Marathon		
Matsiliso Mathebe	42km	05:40:24	Mariska Jane	21.1Km	02:11:03
Johannesburg City Marathon			Thuli Mbatha	21.1Km	02:18:45
Mpilo Austine Singo	10Km	00:52:26	Gavin Sacks	21.1Km	02:33:59
Assalinah Nyathi	10Km	00:59:08	Zodwah Mwalukambe	21.1Km	02:34:42
Carel De Lange	10Km	01:15:37	Nigel Asprey	21.1Km	02:45:02
Norman Leibovitz	10Km	01:36:30	Martha Ngoma	21.1Km	03:03:46
Johnson Crane Hire Road			Johannesburg City Marathon		
Steven Isaacson	21km	01:47:52	Calvin Nel	42.2Km	03:51:10
Steven Joffe	21km	02:06:20	Isaac Kekana	42.2Km	03:55:24
Maselo Mphafudi	21km	02:16:19	Jared Waters	42.2Km	04:18:47
Nokuthula Sefolo	21km	02:23:12	Malibongwe Mdanyana	42.2Km	04:38:28
Nigel Asprey	21km	02:47:05	Makoro William	42.2Km	04:45:05
Dudu Mndaweni	21km	02:54:40	Sibusiso Langa	42.2Km	04:53:43
Martha Ngoma	21km	03:19:08	Ngenzile Ngcobo	42.2Km	04:56:02
Sarafina Moyase Sarafina	21km	03:26:40	Belenkie Mabele	42.2Km	05:01:26
			Thuso Lekomanyane	42.2Km	05:24:08
			Manuella Maria Amilha	42.2Km	05:59:40
			Nyakudarika		
			<i>Congrats to Belenkie - 2nd in age category</i>		

RACE RESULTS

Name	Distance	Time	Name	Distance	Time
Johnson Crane Hire Road			Johnson Crane Hire Road		
Nomalungelo Nkomo	42km	03:22:17	Assalinah Nyathi	10km	00:56:47
Gakenyatswe Gabojewe	42km	03:44:12	Zodwah Mwalukambe	10km	01:10:01
Brian Mboweni	42km	03:54:23	Jenny Robertshaw	10km	01:18:33
Milton Segal	42km	03:55:03	Kosmos 3-in-1		
Stephen Moagi	42km	03:55:20	Precy MASEKO	10km	01:17:01
Ntshengedzeni Makhado	42km	03:57:08	Zelda MASEKO	10km	01:17:05
Sibusiso Langa	42km	04:08:49	Ndawoyakhe BUSAKWE	10km	01:39:46
Maggie Sibiya	42km	04:21:22	Zukisa MAGADLA	10km	01:39:37
John Mugglestone	42km	04:23:37	Kosmos 3-in-1		
Catherine Mccreesh	42km	04:33:20	Phetane PHETANE	21km	02:05:23
Makoro Digame	42km	04:44:22	Zukisa MAGADLA	21km	03:09:38
David Beard	42km	04:51:20	Zelda MASEKO	21km	03:13:32
Gerald Gumbi	42km	04:59:01	Kosmos 3-in-1		
Belenkie Mabele	42km	05:00:10	Ndawoyakhe BUSAKWE	42km	04:37:22
Mathanya Maphosa	42km	05:05:22	Zukisa MAGADLA	42km	05:10:24
Boitumelo Motabogi	42km	05:05:39	Zelda MASEKO	42km	05:10:24
Zukisa Magadla	42km	05:33:33	Phetane PHETANE	42km	05:19:22
Senku Somo	42km	05:40:17	Legends Township Marathon		
Nhlanhla Nkosi	42km	05:44:00	Zodwah Mwalukambe	10km	01:08:47
<i>Congrats to Stephen - 1st in age category</i>			Jenny Robertshaw	10km	01:18:07
MMC 5in1			Sarafina Sibiya	10km	01:32:38
Jaden Chiloane	4.9km	00:46:53	Joey Gotkin	10km	01:34:07
MMC 5in1			Legends Township Marathon		
Precy Maseko	10Km	01:10:19	Ntshengedzeni Makhado	42.2km	03:56:42
PWC George Claassen			Moses Mapaila	42.2km	04:29:54
Russ DODDING	10km	01:04:01	Yolan Friedmann	42.2km	04:35:33
Heather MURCH	10km	01:13:40	Ndawoyakhe Busakwe	42.2km	04:39:19
PWC George Claassen			MMC 5in1		
Milton SEGAL	21km	01:49:59	Winterose Sidu	15Km	02:06:05
Steven JOFFE	21km	02:07:57	MMC 5in1		
The Moo'se Race			Zelda Maseko	21.1Km	02:19:50
Russ DODDING	10km	00:59:14	Qhubeka AC Half Marathon		
Heather Murch	10km	01:07:07	Joey Gotkin	10km	01:31:24
The Moo'se Race			<i>Congrats to Joey - 1st in age category</i>		
Gavin SACKS	21km	02:33:13	Qhubeka AC Half Marathon		
Westgate Family race			Gavin Sacks	21.1km	02:30:54
Thabo Nkabinde	21km	02:23:01	Nigel Asprey	21.1km	02:41:36
Nigel Asprey	21km	02:52:47			

RACE RESULTS

Name	Distance	Time	Name	Distance	Time
Pirates 21km			Pirates 21km		
Gabojewe Gakenyatswe	21.1km	01:26:37	Maselo Mphafudi	21.1km	02:14:49
Norman Ngwenya	21.1km	01:29:51	Steven Joffe	21.1km	02:15:09
Lebohang Lentsa	21.1km	01:30:27	Tshepo Chauke	21.1km	02:15:21
Emanuel Ndebele	21.1km	01:32:53	Saul Levin	21.1km	02:16:25
John Seithamo	21.1km	01:33:58	Belenkie Mabele	21.1km	02:17:44
Lovemore Chirozvi	21.1km	01:34:14	Leuba Mothapo	21.1km	02:17:44
Graham Webber	21.1km	01:37:09	Mokoro Digame	21.1km	02:17:45
Calvin Nel	21.1km	01:38:22	Kgadi Rangata	21.1km	02:18:24
Mike Mdakane	21.1km	01:38:34	Thabo Nkabinde	21.1km	02:19:38
Dimakatso Paneng	21.1km	01:41:23	Ndawoyakhe Busakwe	21.1km	02:20:39
Wiseman Nxumalo	21.1km	01:41:49	Mike Coldblatt	21.1km	02:20:44
Nomalungelo Nkomo	21.1km	01:41:52	Thuso Lekomanyane	21.1km	02:21:55
Andrew Molefe	21.1km	01:44:03	Gerard Du Toit	21.1km	02:22:02
Chauke Lackson	21.1km	01:44:48	Claire Moolman	21.1km	02:22:07
Milton Segal	21.1km	01:48:07	Tshidi Mathebe	21.1km	02:22:13
Emanuel Gerson	21.1km	01:52:33	Precy Maseko	21.1km	02:22:17
Portia Mhlanga	21.1km	01:53:42	Lindie Metz	21.1km	02:23:25
Mkhululi Sibanda	21.1km	01:54:45	Zelda Maseko	21.1km	02:24:20
Leanne Swart	21.1km	01:57:46	Des Williams	21.1km	02:25:00
Brian Mboweni	21.1km	01:58:35	Assalina Nyathi	21.1km	02:25:02
Andre Swart	21.1km	01:58:44	Masoono Nchabeleng	21.1km	02:30:34
Ntshengedzhi Makhado	21.1km	01:58:58	Nokuthula Sefolo	21.1km	02:31:06
John Muggleton	21.1km	02:01:48	Mpumi Mothapo	21.1km	02:32:09
Wynand Van Der Net	21.1km	02:02:18	Zandile Khanye	21.1km	02:32:23
Mathew McCreesh	21.1km	02:02:19	Ngenzile Ngcobo	21.1km	02:32:40
Jared Waters	21.1km	02:04:04	Dave Beard	21.1km	02:32:42
Themba Sibiya	21.1km	02:05:59	Anna Schmidt Ehmcke	21.1km	02:32:51
Gerald Gumbi	21.1km	02:06:06	Jerry Mohlakoana	21.1km	02:33:09
Sibusiso Langa	21.1km	02:06:07	Nhlanhla Nkosi	21.1km	02:36:07
Willie Dlongolo	21.1km	02:06:24	Kaya Qoloba	21.1km	02:37:04
Jarred Brittany	21.1km	02:06:29	Phindile Thwala	21.1km	02:41:14
Chad Harris	21.1km	02:08:52	Gavin Sacks	21.1km	02:42:23
Catherine McCreesh	21.1km	02:09:07	Isaac Mavundlela	21.1km	02:44:56
Jayshika Lala	21.1km	02:09:30	Manuela Nyakudarika	21.1km	02:46:54
Geoff Goldberg	21.1km	02:09:32	Titus Mamabola	21.1km	02:47:23
Tsome Rafiri	21.1km	02:09:32	Marianne Lomberg	21.1km	02:50:31
Vimal Lala	21.1km	02:09:35	Nomalanga April	21.1km	02:50:38
Suyen Thornhill	21.1km	02:09:46	Nigel Asprey	21.1km	02:52:13
Paul Cawood	21.1km	02:10:01	Tess Tshabalala	21.1km	02:56:59
Phetane Phetane	21.1km	02:10:21	Patricia Mogano	21.1km	03:03:10
Moses Mapaila	21.1km	02:10:29	Zukisa Magadla	21.1km	03:04:27
Max Hannan	21.1km	02:10:44	Dudu Mndaweni	21.1km	03:05:01
Victor Ndlovu	21.1km	02:10:46	Lungile Mazibuko	21.1km	03:07:08
Rosemary Joffe	21.1km	02:11:13	Tebogo Moholola	21.1km	03:08:49
Malibonge Mdanyana	21.1km	02:13:32	Martha Ngoma	21.1km	03:17:50
Mamsy Phasha	21.1km	02:14:04	Ronnie Chaitowitz	21.1km	03:24:18
Maggie Ngobeni	21.1km	02:14:45	Mwalukambe Zodwah	21.1km	03:25:06

RACE RESULTS

Name	Distance	Time	Name	Distance	Time
Pirates 21km			Springs Striders 55th Road		
Sarafina Sibiya	21.1km	03:25:15	Jenny ROBERTSHAW	15km	02:01:08
Mavis Tshikovhela	21.1km	03:32:36	Joey GOTKIN	15km	02:24:59
Emma Mthimunye	21.1km	03:40:54	Springs Striders 55th Road		
Rachel Ledwaba	21.1km	03:51:23	John MUGGLESTONE	32km	03:03:54
Les Sutcliffe	21.1km	04:02:47	David BEARD	32km	03:42:27
<i>Congrats to Les for finishing without finishing</i>			Les SUTCLIFFE	32km	03:55:19
The Sunrise Monster			Nigel ASPREY	32km	04:29:54
Assalina Nyathi	10km	01:06:57	<i>Congrats to Les - 3rd in Age Category</i>		
Jenny Robertshaw	10km	01:26:02	Varsity Kudus 15km		
Joey Gotkin	10km	01:47:01	Lebohang LENTSA	15km	01:03:49
Trac N4 Elands Marathon			Caroline JAMES	15km	01:28:12
Nomalungelo B NKOMO	42km	03:26:10	Paul CAWOOD	15km	01:30:43
Andrew MOLEFE	42km	03:48:49	Rosemary WOLSON	15km	01:33:18
Phetane PHETANE	42km	04:03:03	Steven JOFFE	15km	01:36:38
Mamsie PHASHA	42km	04:22:17	Gavin SACKS	15km	01:50:23
Gerald GUMBI	42km	04:34:33	Zakiyyah VARACHIA	15km	01:56:15
Zelda MASEKO	42km	04:52:02	Nigel ASPREY	15km	01:59:57
Zukisa MAGADLA	42km	04:52:02	Karen ISAACS	15km	02:02:35
Matsiliso MATHEBE	42km	04:52:02	Lungile MAZIBUKO	15km	02:05:13
Patricia MOGANO	42km	06:00:01	Abdul Razak VARACHIA	15km	02:07:16
Valentines Night Race			Jenny ROBERTSHAW	15km	02:07:37
Boitumelo Mothabogi	10km	00:57:27	Ronnie CHAITOWITZ	15km	02:08:55
Michael Goldblatt	10km	00:58:06	Tebogo MOHOLOLA	15km	02:10:15
Nigel Asprey	10km	01:20:41	Duduzile MNDAWENI	15km	02:16:35
Trac N4 Elands Marathon			Joey GOTKIN	15km	02:28:33
Winterose Sibahle SIDU	21km	03:17:21	Rachel LEDWABA	15km	02:38:44
Doris MASEKO	21km	03:21:37	Trojan Om Die Dam		
Urithi Legacy Race			Nomalungelo B NKOMO	50km	04:13:48
Gavin Sacks	21km	02:39:39	John MUGGLESTONE	50km	05:18:57
			Shaimal BHIKA	50km	06:22:18
			Zukisa MAGADLA	50km	06:24:14
			Zelda MASEKO	50KM	06:24:15





Rockies has revised it's what's app communication with one main community group. It will help connect with each other in different groups.

- Speedy Wednesday
- Race Reports
- Sunday Club Runs
- Members Connect
- Comrades Training
- Saturday Time Trial
- Cross Country
- Helping Rockies
- Training Tips and gear

The club sends out a newsletter every 3 months, and updates for significant events. To stay up to date with what is happening in the club please follow us on Social Media



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



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



There are other Strava and WhatsApp groups notifying of club activities



https://x.com/rockies_club



<https://www.instagram.com/rockyroadrunners>



Check out our website

<https://www.rockies.co.za/>

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.

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:

You can contact Claire on:



072 472 2042



082 375 9294 (WhatsApp only please)



info@rockies.co.za



claire.yunnie@gmail.com