

Rockies

Q2 Edition: 01/04/2026 - 30/06/2026

In this Edition:

- Chairman's Quip
- Cross Country
- Rockies Annual Awards
- Comrades
- Comrades Bash
- Did you know
- Time Trials
- Rocky of the Quarter
- Rockies Annual Road Race
- AGM
- Communication
- Ethembeni Presentation
- Colgate Race
- Club Runs
- Race Results

Chairman's Quip

Greetings, Rockies!

As this is my first quip since being re-elected as your Chairman, it feels only fitting to start at the AGM. I want to extend a massive thank you to our outgoing committee members for their incredible service, a warm welcome to our new faces, and a special note of gratitude to those who have decided to stay on for another term. Running a club takes an immense amount of behind-the-scenes dedication, and I am honored to keep guiding this ship alongside you all.

Like many of you, I have been utterly obsessing over Comrades for the last few months. Personally, the Up Run has always gotten the better of me. While my own race this year didn't go entirely according to plan, I'm still incredibly happy with my time, I owe a massive thank you to the Sunday Morning crew for all the encouragement and support that got me to the start and finish lines. To every single Rockie who took part: congratulations. Whether you came home with a silver medal or faced a heartbreaking DNF, I am so incredibly proud of you all, and so proud to be a Rockie. The team spirit was palpable. On the road, our seconding tables were absolutely fantastic, and the support out there was nothing short of incredible.

Chairman's Quip

That pride extended well beyond the tarmac, too. The crowd that came out for our Ethembeni School presentation was fantastic. I absolutely love that our club shows up with such immense force and enthusiasm, so much so that I think we even put the headline speakers to shame! Combined with the wonderful turnout for our official Comrades send-off run and our massive presence at the Colgate 32, where we truly took over both the road and the hospitality tent afterward, it is wonderful to see our loud and proud team spirit growing stronger by the day.

Interestingly, I noticed an unusually high number of runners hitting the streets of Joburg the very week *after* Comrades. It seems there was a lot of post-race FOMO lingering in the winter air, strongly reminding me of the classic "January gym rush." If that inspired you to lace up, keep that momentum going! The good news is that we are finally on the right side of the winter solstice, meaning the mornings will slowly start to get lighter and the early km's just a little bit easier.

Looking forward, our own flagship club race is just around the corner, and I am confident we are all ready to make it a world-class experience. There have been some major organizational problems with a number of local races recently, so let's pull together and show the running community exactly how it's done!

Thank you for your continued trust, your boundless energy, and for making this club the vibrant community it is.

See you on the road, loud and proud.

Keep your stride,

Graham



Rockies annual race will take place on Sun 12th 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!



Cross Country

Cross country season started in May and to date there have been 4 leagues

Rachel of course is still running and will compete in CGA champs in August

Remember. You need to run 3 leagues to have a chance of qualifying

The remaining events in the league are as follows:

Date	League No	Club	Venue
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

If you want to enter join the Cross country group on the what's app community group as details of entry times and dates are posted

Position	Name	Time	Event	Distance
----------	------	------	-------	----------

League 1: Run Alex AC				
14	Milla Swart	00:14:51	Girls U13	3km
5	Henrik Hartman	00:36:36	Men 40-49 and Men 50-59	8km
1	Rachel Ledwaba	00:46:33	Boys U13, Women 35+	4km
2	Rachel Lekelake	00:47:55	Boys U13, Women 35+	4km

League 2: Tsakane AC				
17	Sipho Ngcoobo	00:20:31	Boys U13, Women 35+	4km
4	Assalina Nyathi	00:23:45	Boys U13, Women 35+	4km
5	Ngenzile Ngcobo	00:23:55	Boys U13, Women 35+	4km
2	Rachel Ledwaba	00:45:21	Boys U13, Women 35+	4km

League 3: Harambe AC				
3	Assalina Nyathi	00:22:07	Boys U13, Women 35+	4km
3	Rachel Ledwaba	00:41:52	Boys U13, Women 35+	4km
18	Leuba Mothapo	00:48:51	Men 40-49 and Men 50-59	8km

League 4: East AC				
11	Kanaelo Rakatane	00:15:05	M and W U23, M and W Senior	4km
1	Assalina Nyathi	00:21:46	Boys U13, Women 35+	4km



The AGM took place on Sunday 24th May 2026 with 41 members attending.

The following members were voted onto the committee for the year commencing 24th May 2026

- Chairman** Graham Webber
- Vice Chairman** Nigel Asprey
- Treasurer** Saul Levin
- Honorary Secretary** Les Sutcliffe
- Members**

- Stan Medalie
- Chad Harris
- Moses Mapaila
- Portia Mhlanga
- Leuba Mothapo
- Beatrice Watermeyer
- Zukisa Magadla
- Lindie Metz
- Matthew Mc Creesh
- Nomalungelo Nkomo



Rockies 2025 Awards



- | | |
|------------------------------------|---|
| Comrades 1 st Lady home | Nomalungelo Nkomo |
| Comrades 1 st Man home | Reginald Ngobese |
| Fastest half marathon – Ladies | Nomalungelo Nkomo |
| Fastest half marathon- Man | Samuel Chuma |
| Fastest Marathon Lady | Megan Dempster |
| Fastest Marathon Man | Phetane Phetane |
| Chairman’s award | Nomalungelo Nkomo 1 st quarter - joint |
| | Catherine Mc Creesh 1 st quarter - joint |
| | Lindie Metz 2 nd quarter |
| | Rachel Ledwaba 3 rd quarter |
| | Suyen Thornhill 4 th quarter - joint |
| | Beatrice Watermeyer 4 th quarter - joint |
| Club person of the year | Beatrice Watermeyer |



Beatrice receiving her award just missing the red wine



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.



There are other Strava and WhatsApp groups notifying of club activities



https://www.instagram.com/rockyroadrunner_s



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



https://x.com/rockies_club



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:



072 472 2042



info@rockies.co.za

You can contact Claire on:



082 375 9294 (WhatsApp only please)



claire.yunnie@gmail.com



THE ULTIMATE HUMAN RACE



Take your hats off to these runners

Congratulations to all Comrades finishers, although the route was deemed “shorter” this year there is nothing short about running 85,777K Ask those who ran!

First male home: Reginald Ngobese 07:02:50

First female home: Nomalungelo Nkomo 08:03:30

Novices Certificates

- John Seithlamo 07:42:22
- Matthew McCreech 10:37:39
- Catherine McCreech 10:53:08
- Gerald Gumbi 11:10:57
- Zelda Maseko 11:23:53
- Penelope Nam 11:36:16
- Danielle Nam 11:36:16
- Kgadi Rangata 11:52:42

Green Number: Malibongwe Mdanyana

Double Green Number: Yolan Friedman - *all consecutive runs*

Runners who finished with more than 20 runs

- John Mugglestone 24
- Belenkie Mabele. 26
- Moses Mapaila. 35

We also need to say a big thank you to all our helpers at the seconding tables, Tshepo, Dudu, Patson, Portia, Gabojewe and Mavis. They all made your journey a little easier.

A special mention to Tshepo who left the hotel at 02h30 to go to his seconding point and finally returned at 01h30 the following morning after collecting Belenkie from hospital in Pietermaritzburg.

Somebody bumped Belenkie sprinting to the finish and he needed stitches in his head. He was fine afterwards except he missed his beer.

We need to thank those at the finish Lungile, Des, Leuba and Ace for trying to find the finishers. Thankfully it was a whole lot easier to see runners finish and guide them to the gazebo this year.

Thank you to those runners who offered kind words to the helpers, it is a long day for them all.



Race Results

THE ULTIMATE HUMAN RACE

Race No	Name	Time
3716	John MUGGLESTONE	10:23:53
6357	Moses Matlotleng MAPAILA	11:27:43
7279	Vimal LALA	10:27:12
9224	Stephen MOAGI	10:06:29
10447	Makoro DIGAME	11:13:02
10487	Danielle NAM	11:36:16
10869	Mpumi MOTHAPO	11:43:28
12288	Victor NDLOVU	11:23:11
12550	Clifford KIAN	08:59:55
12860	Njabulo NENE	07:47:22
13117	Phetane PHETANE	11:11:01
13618	Belenkie MABELE	11:16:06
16115	Talia ZULBERG	09:12:46
16721	Calvin NEL	10:36:40
17780	Gerald GUMBI	11:10:57
19284	Zukisa MAGADLA	UOF
19865	John SEITLHAMO	07:42:22
20772	Maggie SIBIYA	UOF
21119	Emanuel GERSON	09:47:02
21595	Michael SHAPIRO	09:04:03
22243	Graham WEBBER	08:15:20
23099	Thabo NKABINDE	11:41:15
25802	Catherine MCCREESH	10:53:08
26227	Matthew MCCREESH	10:37:39
27199	Themba SIBIYA	11:49:57
28121	Masoono NCHABELENG	11:26:21

Race No	Name	Time
28460	Kgadi RANGATA	11:52:42
29629	Malibongwe MDANYANA	09:20:28
30244	Lackson CHAUKE	09:21:31
33017	John ELIGON	08:08:19
34229	Brian MBOWENI	11:36:54
34705	Ntshengedzeni MAKHADO	09:58:04
34722	Alpheus Bhukumuzi MVELASE	11:45:42
35407	Mamsie PHASHA	10:14:34
35680	Tristyn NAIDOO	09:41:06
37175	Phindile THWALA	11:33:28
42988	Shaimal BHIKA	11:58:45
43749	Ngenzile NGCOBO	11:54:27
46665	Norman MOYO	07:02:50
48172	Sibusiso LANGA	11:24:45
48183	Milton SEGAL	09:04:57
49760	Nomalungelo Bekithemba NKOMO	08:03:30
50454	Khanyisani Wiseman NXUMALO	09:45:46
51118	Nicola MCCREESH	08:34:33
52292	Chad HARRIS	11:47:44
52519	Shinkie Isaac KEKANA	09:04:49
53103	Jayshika LALA	10:46:47
54156	Jerry MOHLAKOANA	11:48:25
55206	Yolan FRIEDMANN	09:50:48
58277	Penelope NAM	11:36:16
58555	Marc GREEN	08:44:08
59788	Zelda MASEKO	11:23:53



Race Day

THE ULTIMATE HUMAN RACE



Milton checking if his mate had not spiked his bottle with Chilli. Not that Mr Joffe would do that!



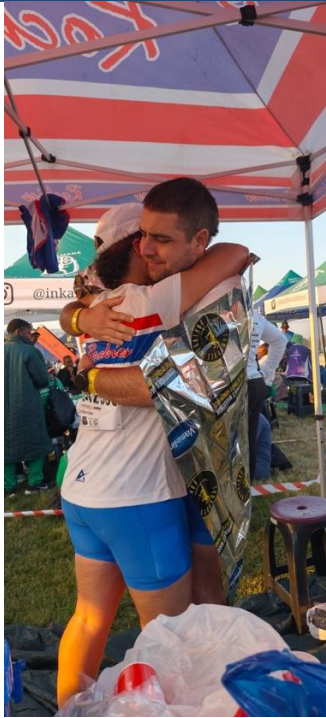
Wiseman taking it easy



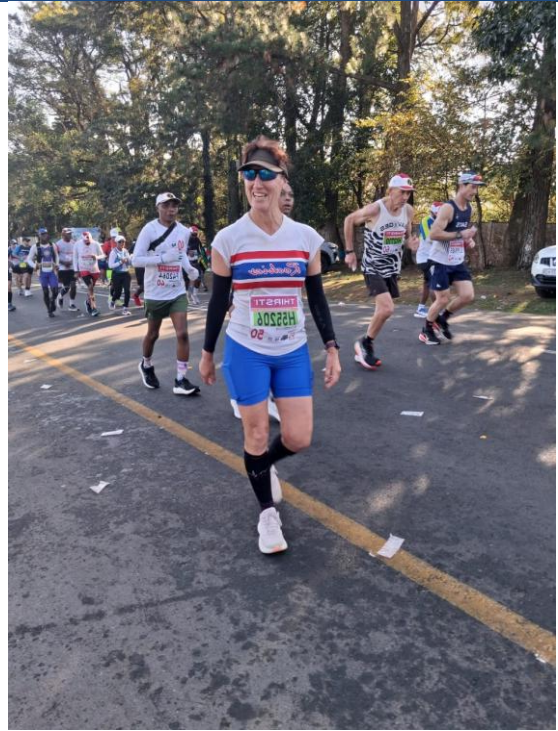
Whatever Dudu gave Stephen sure worked he came 4th overall in the 70+ age category. Well done Stephen



Great run Phindi and this year you look as though you are enjoying yourself



The happy McCreesh's at the finish Well done guys Now a back to back next year



*How to run a relaxed 20th consecutive Comrades.
Amazing Yolani*



Calvin with a thumbs up for the helpers



*Mavis and Dudu doing a better job at marking the road than
JRA*

Ethembeni Presentation

Part of Rockies Comrades tradition is supporting Ethembeni school which is situated along the route on Harrison flats. The learners come out every year to cheer the runners especially Rockies.

The tradition is something like the last 36 years but we have lost the exact count

This year the club donated R16000 to the school



Comrades Bash

This years Comrades bash will be at Zoo Lake Sports Club on Sunday 28th June at 11h00.

Prizes and trophies will be given out, tales of woe and achievement will be shared and most of all you have all recovered now and are thinking of Comrades next year.





Boksburg Athletic Club proudly presents the Colgate Road Race 2026

The biggest turnout of Rockies for a race with nearly 120 members representing the club



Congratulations to Nomalungelo on your 3rd place finish



Members enjoying breakfast on a relatively warm day for Colgate



Golden oldies – These guys have approx. 80 Comrades finishes between them



Rocky of the Quarter

This was a challenging decision to make and the prize was shared between

- Yolán Friedman for running 20 consecutive Comrades
- John Mugglestone for running 24 Comrades (including 10 silvers) - not to mention 46 Two Oceans

Congratulations to both



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
23 rd August	Wanderers 21/10
22 nd November	RAC 32/10/5

Time Trial - every Saturday

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/>

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.

Watch out for news of special events we will be introducing



RACE RESULTS

Name	Distance	Time	Name	Distance	Time
Loskop Marathon Series			Actom Power Marathon		
Mamsy Phasha	50km	05:15:37	Asselinah Nyathi	10km	00:55:16
Mpumi Mothapo	50km	05:59:34	Jenny Robertshaw	10km	01:20:11
			Joey Gotkin	10km	01:32:47
MNS Attorneys Marathon at Carnival City			<i>Asselinah - 1st in category</i>		
Asselinah Nyathi	10km	00:56:36			
<i>Asselinah - 2nd in category</i>			Actom Power Marathon		
MNS Attorneys Marathon at Carnival City			Mpilo Austine Singo	21km	02:17:03
Lovemore Chirozvi	42.2km	02:59:05	Sharifa Suleman	21km	02:45:34
Patricia Mogano	42.2km	05:34:29	Nigel Asprey	21km	02:50:59
N12 Ultra Marathon			Actom Power Marathon		
John Seithamo	50km	03:48:39	Norman Moyo	42km	02:50:28
Khanyisane Nxumalo	50km	04:17:30	Brian Mboweni	42km	03:51:57
			<i>Norman - 1st in category and 2nd overall</i>		
Modderfontein Half Marathon			Race Against Cancer 2026 with Discovery		
Zakiyyah Varachia	10km	01:17:52	Asselinah Nyathi	10km	00:57:35
Richard Jasven	10km	01:20:37	Kamohelo Selepe	10km	01:11:57
Abdul Razak Varachia	10km	01:24:34	Maanda Rabumbulu	10km	01:56:18
			<i>Asselinah - 3rd in category</i>		
Modderfontein Half Marathon			Doek on Fleek - She Moves SA - Johannesburg		
Elaine Cheung	21.1km	01:58:59	Penny Nam	10km	00:57:06
Nigel Asprey	21.1km	02:53:18	Dani Nam	10km	00:57:06
<i>Nigel - 1st in category</i>			Thuli Mbatha	10km	01:04:46
RAC 21 & 10km			Bongi Mabena	10km	01:06:54
Matthew Mccreesh	21.1km	01:56:30	Asselinah Nyathi	10km	01:10:35
Catherine Mccreesh	21.1km	01:58:55	Sharifa Suleman	10km	01:16:55
Sharifa Suleman	21.1km	02:47:06	Jenny Robertshaw	10km	01:19:54
RAC 21 & 10km			Linda Mutema	10km	01:34:06
Kamohelo Selepe	10km	01:09:14	Standard Bank Run		
Marloes Reinink	10km	01:09:14	John Seithamo	10km	00:40:07
Hannah Watt	10km	01:15:26	Henrik Hartmann	10km	00:42:30
Jenny Robertshaw	10km	01:20:09	Elaine Cheung	10km	00:51:16
Carolyn Mitchell	10km	01:20:58	Mali Portia Mhlanga	10km	00:59:30
Betty Cossa	10km	01:31:50	Sharifa Suleman	10km	01:17:07
Joey Gotkin	10km	01:33:51	Zakiyyah Varachia	10km	01:17:48
<i>Jenny - 3rd in category</i>			Carrolyn Mitchell	10km	01:21:48
Steps 2 The UJ Future Forward Fun Run			Tanja Barrow	10km	01:53:19
Vincent Kgope	10km	00:50:57	<i>Sharifa - 2nd in category</i>		
Chad Harris Chad Harris	10km	00:54:45	BNAC Marathon		
Zakiyyah Varachia	10km	01:17:03	Nigel ASPREY	21km	02:37:32
Dudu Mndaweni	10km	01:24:22	Carel Johannes DE LANGE	21km	03:02:48
Jackie Mekler					
Nigel ASPREY	25km	03:10:48			

RACE RESULTS

Name	Distance	Time	Name	Distance	Time
BNAC Marathon			Irene Running Festival		
Michael SHAPIRO	42km	03:38:07	Jenny ROBERTSHAW	10km	01:19:00
Muhammed Khalid FADAL	42km	04:31:05	Joey GOTKIN	10km	01:31:33
Matodzi TSHIDZUMBA	42km	05:00:44	Irene Running Festival		
Nokuthula SEFOLO	42km	05:07:29	Gavin SACKS	21km	02:36:55
Jerry MOHLAKOANA	42km	05:09:43	Nigel ASPREY	21km	02:43:35
Two Oceans			Green Mile Road Race		
MEGAN DEMPSTER	56km	04:40:16	Betty COSSA	8Mile Walk	02:13:52
JONATHON BEARD	56km	04:40:21	Race Against Cancer 2026 with Discovery		
CHAD NATHAN	56km	05:16:35	Christian Schaap	21.1km	01:47:27
TRISTYN NAIDOO	56km	05:17:50	Mpilo Austine Singo	21.1km	01:58:17
SEGAL MILTON	56km	05:24:13	Elaine Cheung	21.1km	01:58:56
CHLOE RUTH CRESSWELL	56km	05:32:53	Mali Portia Mhlanga	21.1km	02:15:37
JONATHAN MARTIN	56km	05:39:04	Thuli Mbatha	21.1km	02:23:59
JOHN MUGGLESTONE	56km	05:41:00	Doek on Fleek - She Moves SA - Johannesburg		
TSHEPO LEGODI	56km	05:44:21	Tanja Barrow	10km Walk	01:47:55
CAROLINE JAMES	56km	05:45:43	BNAC Marathon		
ANTHONY GEWER	56km	05:49:30	Mike MDAKANE	48km	03:58:14
JARED WATERS	56km	05:53:03	Brian MBOWENI	48km	04:24:18
VIMAL LALA	56km	05:55:51	Emanuel GERSON	48km	04:27:48
MALIBONGWE MDANYANA	56km	05:56:19	Themba SIBIYA	48km	04:56:27
TANJA BARROW	56km	06:06:41	Maggie NGOBENI	48km	05:32:28
WILLIAM DLONGOLO	56km	06:10:49	Sibusiso LANGA	48km	05:36:07
JAYSHIKA LALA	56km	06:18:47	Phindile THWALA	48km	05:48:27
PHETANE PHETANE	56km	06:23:57	Two Oceans		
ANDREW MOLEFE	56km	06:36:59	ELAINE CHEUNG	21km	01:50:17
NDAWOYAKHE BUSAKWE	56km	06:39:45	ARIEL FLAX	21km	01:50:45
ZELDA MASEKO	56km	06:43:33	PHETANE PHETANE	21km	02:02:27
DAVID BEARD	56km	06:50:21	MAMSY PHASHA	21km	02:06:50
ZUKISA MAGADLA	56km	06:52:14	JACQUES TALPERT	21km	02:14:40
MASOONO NCHABELENG	56km	06:53:57	ZAAHID AMED LIMBADA	21km	02:35:41
TSHEPO CHAUKE	56km	06:58:39	NIGEL ASPREY	21km	02:42:07
MATHANYA MAPHOSA	56km	07:01:23	CAROLLYN MITCHELL	21km	02:55:10
THUSO LEKOMANYANE	56km	07:07:57	PRECIOUS MAZIBUKO	21km	02:55:53
AIDAN O`CONNOR	56km	07:09:41	ZUKISA MAGADLA	21km	03:11:05
Green Mile Road Race			WINTEROSE SIDU	21km	03:11:05
Wish MUNDONDO	8 Mile	01:31:12	MAVIS MNDAWENI	21km	03:15:05
Shaimal SHAIMAL	8 Mile	01:47:36	MiWay Wally Hayward		
MiWay Wally Hayward			Linda MUTEMA	10km	01:28:55
MiWay Wally Hayward			MiWay Wally Hayward		
Nigel ASPREY	21km	02:44:20	Kgadi RANGATA	42 km	04:51:44
Martha NGOMA	21km	02:55:19	Phindile THWALA	42 km	04:55:49
Dudzile MNDAWENI	21km	02:59:38	Thabo NKABINDE	42 km	05:25:04
			Matodzi TSHIDZUMBA	42 km	05:29:13

RACE RESULTS

Name	Distance	Time	Name	Distance	Time
Colgate Road Race 2026			Colgate Road Race 2026 (32km)		
Senku Somo	32km	02:12:47	<i>Senku - 3rd in category</i>		
Emanuel Ndebele	32km	02:13:15	<i>Nomalungelo - 3rd overall</i>		
Innocent Malote	32km	02:21:12	Colgate Road Race 2026		
Graham Webber	32km	02:23:06	Norman Ngwenya	15km	01:00:47
Clement Tshabalala	32km	02:23:08	Wiseman Nxumalo	15km	01:08:20
Nomalungelo Nkomo	32km	02:25:31	John Seithlamo	15km	01:08:55
Lebohang Lentsa	32km	02:27:35	Milton Segal	15km	01:14:37
Mike Mdakane	32km	02:30:15	Portia Mhlanga	15km	01:18:41
Norman Moyo	32km	02:30:29	Rosemary Joffe	15km	01:23:03
Calvin Nel	32km	02:39:22	Velly Mkhaphi	15km	01:23:55
Lackson Chauke	32km	02:43:29	Assalina Nyathi	15km	01:24:51
Marc Rokoff	32km	02:45:34	Steven Joffe	15km	01:25:29
Isaac Kekana	32km	02:48:58	Austine Singo	15km	01:26:54
Ntshengedzeni Makhado	32km	02:52:08	Suyen Thornhill	15km	01:27:05
Gabojewe Gakenyatswe	32km	02:55:56	Leuba Mothapo	15km	01:28:38
John Mugglestone	32km	02:59:25	Russ Dodding	15km	01:30:57
Stephen Moagi	32km	03:01:36	Zandile Khanye	15km	01:35:44
Mandlenkosi Mavengere	32km	03:01:45	Matsiliso Mathebe	15km	01:37:50
Malibongwe Mdanyana	32km	03:03:13	Les Sutcliffe	15km	01:42:16
Brian Mboweni	32km	03:05:15	Thabo Nkabinde	15km	01:42:24
Phetane Phetane	32km	03:07:46	Heather Murch	15km	01:45:43
Murangaphanda Rabumbulu	32km	03:08:03	Naaem Patel	15km	01:49:36
Victor Ndlovu	32km	03:17:04	Nigel Asprey	15km	01:49:49
Catherine McCreesh	32km	03:17:58	Marloes Reinink	15km	01:51:26
Maxine Hannan	32km	03:18:00	Isaac Mavundlela	15km	01:51:37
Belenkie Mabele	32km	03:18:57	Winterose Sidu	15km	01:52:09
Mokoro Digame	32km	03:18:58	Sharifa Suleman	15km	01:53:35
Jared Waters	32km	03:19:36	Carel De Lange	15km	01:57:00
Jarred Britany	32km	03:19:37	Ntombifuti Mhlongo	15km	01:58:13
Alpheus Mvelase	32km	03:21:58	Sichelesile Maphosa	15km	02:01:17
Moses Mapaila	32km	03:23:22	Bongi Mabena	15km	02:02:51
Mike Goldblatt	32km	03:30:56	Nhlanhla Magadla	15km	02:07:33
Zelda Maseko	32km	03:31:44	Jenny Robertshawy	15km	02:07:43
Zukisa Magadla	32km	03:31:44	Ronnie Chaitovitz	15km	02:08:56
Jerry Mohlakoana	32km	03:38:37	Martha Ngoma	15km	02:11:03
Mpumi Mothapo	32km	03:39:19	Dudu Mndaweni	15km	02:11:28
Nokuthula Sefolo	32km	03:45:02	Lungile Mazibuko	15km	02:11:28
Gerald Gumbi	32km	03:45:21	Thuso Lekomanyane	15km	02:13:52
Saul Levin	32km	03:50:19	Emma Mthimunye	15km	02:14:04
Phindile Thwala	32km	03:50:32	Sherrine Lurring	15km	02:14:46
Ngenzile Ngcobo	32km	03:54:48	Betty Cossa	15km	02:18:55
Vimal Lala	32km	03:55:01	Joey Gotkin	15km	02:23:08
Tshepo Chauke	32km	03:59:27	Tsholo Mabiletsa	15km	02:24:25
Moalosi Moyane	32km	04:11:22	Mavis Tshikovhela	15km	02:25:18
Manuella Nyakudarika	32km	04:15:21	Rachel Ledwaba	15km	02:28:13
Maggie Ngobeni	32km	04:18:37	Nomalanga April	15km	02:46:03
Zondwa Mwalukambhe	32km	04:20:52			
Tess Tshabalala	32km	04:27:35			

Award Winners at the AGM

