

Rockies

Q2 Edition: 01/04/2024 - 30/06/2024

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Chairman's Quip

Hello Rocky,

It's a strange thing taking on the role of club chairperson. I've been a Rockie for about 10 years, but when I see how many times others have run comrades and the club's representation there, I know I'm still quite a new member. One of those medal hoarders is our previous chairperson, Leuba who collected his double green number in a comfortable time. He is now even more determined to stop running comrades.

It was great to see so many Rockies at the Ethembeni donation ceremony and on the road. I cannot thank those at our seconding tables enough, when the road is long and the run is tough, it's so powerful to have someone to encourage you and take care of you, but also threaten to kick the chair out from under you if you don't get moving again.

Chairman's Quip

With mid-winter behind us by the time you read this, I'm sure you are as eager as I am for those extra sunlit hours and warmer mornings to run. If you are anything like me you are hibernating from the cold and using comrades as an excuse, if you are not, I hope you ran Orlando and found it to be crisp and fresh. With the race calendar rather scant this time of year, it can be difficult to hold onto a goal, so I'll be running the madMac marathon, as I grew up right around the corner, hopefully, I'll see a few of you there.



While our Sunday club runs have remained surprisingly small, there was a great showing at our Comrades long run. The club run is designed to be able to accommodate everyone fast or slow, running 7km up to 28km, by having 4 different 7km loops. We have one water point at the club that you can access every 7km and there are bathrooms, we usually set off for each loop together and then reconvene for the next. If you have thought about it but are unsure, now is a great time to join us, there will be someone to run with you, so you do not get lost.

Happy Running,
Graham

The AGM took place on Sunday 26th May 2024 with 44 members attending.

The following members were voted onto the committee for the year commencing 26th May 2024



Chairman	Graham Webber	
Vice Chairman	Matodzi Tshidzumba	
Treasurer	Saul Levin	
Honorary Secretary	Les Sutcliffe	
Members	Chad Harris - Club Captain	Rirhandzu Rangani—Cross Country Captain
	Stan Medalie	Leuba Mothapo
	Moses Mapaila	Patricia Mogano
	Thabo Nkabinde	Beatrice Watermeyer
	Nigel Asprey	Zukisa Magadla



Rockies Gerald Fox Memorial Race 14 July 2024



Rockies annual race will take place on Sun 14th 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, please whatsapp or phone Les 0724722042

VOLUNTEERS NEEDED! VOLUNTEERS NEEDED!



Cross Country

Member's participation was slow this year but has now gotten into full swing for the last two leagues.

We can only admire Stephen and Phindi for competing less than two weeks after Comrades - Absolutely amazing!

We also have two new juniors join us with Raphael's children taking part - Great example you are setting Raphael. Let's hope they can follow in your *fast* footsteps

There are still 3 more cross country fixtures prior to CGA and SA Champs. Sign up for one of the remaining events so you know what fun it is for next year!

The remaining events are as follows:

Date	League	Venue
06 July	League 6	Westonaria Sports Complex
20 July	League 7	Germiston Soccer Club
03 August	League 8	Delta Park
17 August	CGA Champs	Kagiso Sports Complex
07 September	SA Champs	Vanderbijlpark



If you would like to participate, please contact Les on 072 472 2042

Raphael' kids—Kelebogile and Tshelang

Rockies 2023 Awards



Comrades 1st Lady home

Comrades 1st Man

Fastest half marathon Lady

Fastest half marathon Man

Fastest Marathon Lady

Fastest Marathon Man

Chairman's award

Club person of the year

Rocky of the year

Joanne Kaplan

Jonathan Beard

Farida Zwane

Kemang Kunonyane

Joanne Kaplan

Raphael Segodi

Henrik Hartmann (for starting Speedy Wed which has been successful with members and pupils of Parktown Girls High School)

Mpumi Mothapo (for running the time trial every Saturday)

Les Sutcliffe (for running the time trial every Saturday)

Rachel Ledwaba (As National Cross Country champion in her age category)

Saul Levin (For organising the Gerald Fox Memorial race for several years)

Rirhandzu Rangani (Whose performance times have significantly improved and resulted in his selection for a number of CGA championship)



Farida: Fastest Half Marathon



Les: Chairman's Award



Mpumi: Chairman's Award



Rachel: Chairman's Award



Raphael: Fastest Marathon



Rirhandzu: Rocky of the Year

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.



This is a CGA approved race



BOKSBURG ATHLETIC CLUB
proudly presents the
COLGATE ROAD RACE 2024



BOKSBURG ATHLETIC CLUB



Rockies had over 90 runners on the day with the club paying their entry fee and providing breakfast to all after. Thanks to all the cooks and those who cleared up afterwards. It was great to see so many enjoying the hospitality and camaraderie afterwards.



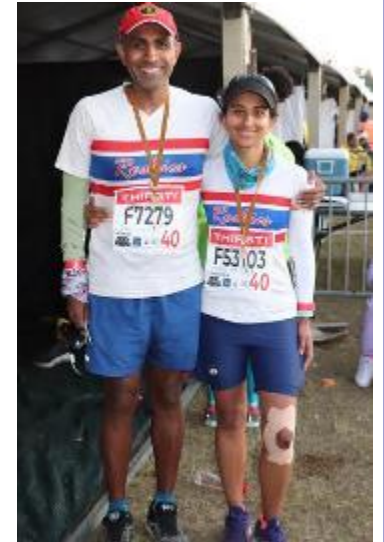
THE ULTIMATE HUMAN RACE



Take your hats off to these runners

Congratulations to all Comrades finishers.

It was a tough day and it has not been an up run for a few years now.



Well done Jayshika on your debut

First Male - Othaniel Phalane - 06:02:24

First Female - Joanne Kaplan - 08:27:34

Notable silver - Reginald Ngobese - 06:32:14.

At 58 he was 4th in his age category and achieved his 18th Silver.

Notable achievement - Vic Boston - 10:55:52 - for his 46th Consecutive run

Green numbers - Adam Greenblatt - 08:56:14

Double green numbers - Leuba Mothapo - 11:34:39

Raymond Teboho - 07:55:09 - Fastest novice

Dipesh Jogi - 11:43:17

Andrew Molefe - 10:54:13

Jayshika Lala - 11:15:34

Barend Lottering - 10:47:42

Maanda Rambumbulu - 09:42:44

Brian Michaels - 10:50:11

Motlalepula Mokhele - 09:43:16

Chadd silver - 08:10:43

Ngenzile Ngcobo - 11:45:46

Shei Silver - 08:10:43

Xolani Maphisa - 10:48:31

Novices

We also need to say a big thank you to all our helpers at the seconding tables

Matodzi and family, Tshepo, Dudu, Martha and Robert who made your journey a little easier.

Also we need to thank those at the finish Mpumi, Kemang, Ace and Zandi for finding all the finishers and getting them back on board the bus to Durban.

Thanks also to all the runners who came to the club tent after the race. It was great to see the smiles and medals and listen to the aches and pains. Not forgetting all those who said never ever again.



Race Results

THE ULTIMATE HUMAN RACE

Race No	Name	Finish Time
42530	Othaniel PHAHLANE	06:02:24
51910	Reginald NGOBESE	06:32:14
46665	Norman MOYO	07:11:05
32082	Raymond TEBOHO	07:55:09
41428	Jonathon BEARD	08:02:24
50671	Chadd SILVER	08:10:43
50664	Shei SILVER	08:10:43
32672	Joanne KAPLAN	08:27:34
21595	Michael Brian SHAPIRO	08:44:30
24060	Mike MDAKANE	08:47:27
52519	Shinkie Isaac KEKANA	08:53:10
50454	Khanyisani Wiseman NXUMALO	08:54:54
15581	Adam GREENBLATT	08:56:14
42242	Yoav DOGAN	08:56:35
16115	Talia ZULBERG	09:05:37
25675	Kevin DISTILLER	09:14:12
30244	Lackson CHAUKE	09:20:12
54519	Levi LIPSKAR	09:26:04
55206	Yolan FRIEDMANN	09:27:40
9224	Stephen Kenny MOAGI	09:30:25
54494	Maanda RABUMBULU	09:42:44
50745	Motlalepula MOKHELE	09:43:16
13117	Phetane PHETANE	09:48:17
35680	Tristyn NAIDOO	09:50:16
29629	Malibongwe MDANYANA	09:52:42
33516	Albert MANGENA	10:07:53
42086	Mali Portia MHLANGA	10:10:01
7611	Marc ROMOFF	10:16:10
22243	Graham WEBBER	10:25:31
34229	Brian MBOWENI	10:28:57
7279	Vimal LALA	10:32:47
55618	Tshepo LEGODI	10:34:47
41671	John PETER	10:38:35

Race No	Name	Finish Time
6357	Moses Matlotleng MAPAILA	10:39:38
12288	Victor NDLOVU	10:41:48
23201	Jonathan MARTIN	10:42:13
3798	Desmond KLEIN	10:46:58
39414	Barend LOTTERING	10:47:42
57845	Xolani MAPHISA	10:48:31
33951	Brian MICHAELS	10:50:11
25457	Sam SKHOSANA	10:50:58
55124	Senku SOMO - Back-2-Back	10:51:09
12696	Ndawoyakhe BUSAKWE	10:51:51
50108	Andrew MOLEFE	10:54:13
3111	Victor BOSTON	10:55:52
13618	Belenkie MABELE	10:56:16
20772	Maggie NGOBENI	10:58:21
8169	Reabetswe MOKOMELE	11:05:14
53103	Jayshika LALA	11:15:34
19499	Kahlberg SELWYN	11:18:01
23099	Thabo NKABINDE	11:22:29
21652	Matsiliso MATHEBE	11:23:30
49388	Tshepo CHAUKE	11:32:34
28121	Masoono NCHABELENG	11:33:13
26530	Leuba MOTHAPO	11:34:39
30661	Thuso LEKOMANYANE	11:42:48
29788	Dipesh Himatlal JOGI	11:43:17
43749	Ngenzile NGCOBO	11:45:46
24454	Desmond WILLIAMS	11:46:42
42988	Shaimal BHIKA - Back-2-Back	11:47:58
58204	Maselo MPHAFUDI - Back-2-Back	11:48:01
52292	Chad HARRIS - Back-2-Back	11:50:12
54156	Jerry MOHLAKOANA	11:50:58
59238	Gakenyatswe GABOJEW	11:58:36
22536	Mavis TSHIKOVHELA	11:59:10



Race Results

THE ULTIMATE HUMAN RACE



New club Chairman—Graham



Malibongwe



Belenkie—showing us how its done at 70+



Maggie - Always time for a picture

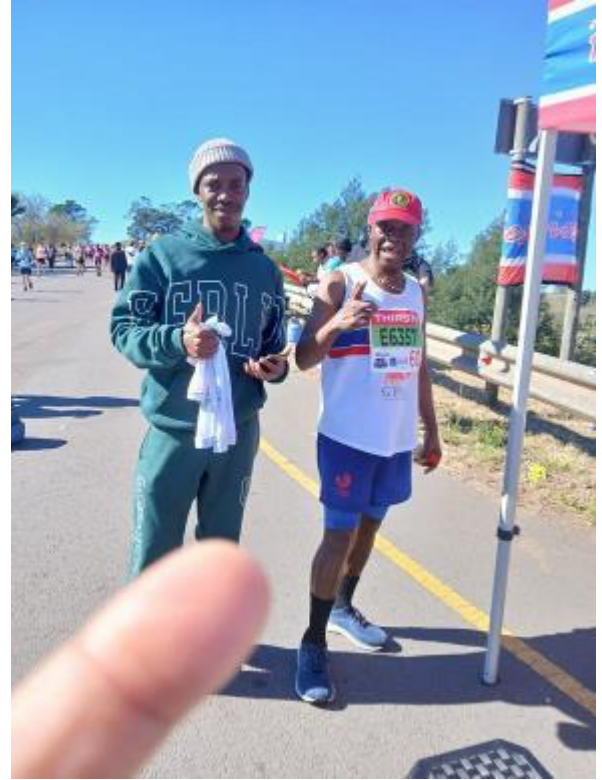


Race Results

THE ULTIMATE HUMAN RACE



Desmond—running his 21st



Moses—number 33 done—what a super star!



Xolani—Comrades Marathon debut



Maselo—taking a well deserved break, on his way to his back-2-back



Race Results

THE ULTIMATE HUMAN RACE



Well done Thabo



Chad, our road captain, on his way to his back-2-back, and Mavis keeping him going



Mali—always happy to be on the road





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
25 August 2024	Wanderers 10/21 KM
24 November 2024	Tough One 5/32KM

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.

Watch out for news of special event runs we will be introducing

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	Distance	Time
Irene Running Festival		
Nigel ASPREY	21km	02:31:49
Ronnie CHAITOWITZ	21km	02:56:48
Totalsports Two Oceans Marathon		
RAPHAEL SEGODI	56km	03:26:52
OTHANIEL PHAHLANE	56km	03:53:22
JONATHON BEARD	56km	04:19:17
XOLISA TYALI	56km	04:20:02
FABIAN NAM	56km	04:43:02
JOANNE KAPLAN	56km	04:54:49
CHAD NATHAN	56km	04:56:25
PHETANE PHETANE	56km	05:03:00
KEVIN DISTILLER	56km	05:08:59
MARC ROMOFF	56km	05:10:27
ANDREW MOLEFE	56km	05:14:50
TRISTYN NAIDOO	56km	05:17:24
JONATHAN MARTIN	56km	05:25:26
MALIBONGWE MDANYANA	56km	05:31:48
JOHN PETER	56km	05:47:56
MALI PORTIA MHLANGA	56km	05:50:44
TSHEPO CHAUKE	56km	05:55:04
VIMAL LALA	56km	05:55:59
NDAWOYAKHE BUSAKWE	56km	05:56:10
TSHEPO LEGODI	56km	05:56:21
JOHN MUGGLESTONE	56km	05:57:41
GAKENYATSWE GABOJEWE	56km	05:58:58
JAYSHIKA LALA	56km	06:01:43
DESMOND KLEIN	56km	06:09:44
VIC BOSTON	56km	06:18:54
DAVID BEARD	56km	06:24:04
WILLIAM DLONGOLO	56km	06:27:53
THUSO PATRICK LEKOMANYANE	56km	06:41:21
ZAAHID AMED LIMBADA	56km	06:43:36
DIPESH JOGI	56km	06:45:12
MASOONO NCHABELENG	56km	06:47:22
ZUKISA MAGADLA	56km	06:51:36
ZELDA MASEKO	56km	06:51:39
SHAIMAL BHIKA	56km	06:59:19

Name	Distance	Time
Irene Running Festival		
Jenny ROBERTSHAW	10km	01:11:46
Joey GOTKIN	10km	01:15:56
<i>Congrats to Jenny - 2nd in Age Category</i>		
Irene Running Festival		
Adam GREENBLATT	48km	04:20:35
Levi LIPSKAR	48km	04:49:57
Selwyn KAHLBERG	48km	05:30:16
Dipesh Himatlal JOGI	48km	06:06:44
Matodzi TSHIDZUMBA	48km	06:17:46
Totalsports Two Oceans Marathon		
ARIEL FLAX	21km	01:49:18
PHETANE PHETANE	21km	02:13:18
NIGEL ASPREY	21km	02:29:11
ZUKISA MAGADLA	21km	02:43:58
SEYMOUR TALPERT	21km	02:56:47
JOEY GOTKIN	21km	02:57:31
JENNY ROBERTSHAW	21km	02:57:55
MAVIS MNDAWENI	21km	03:01:03
<i>Phetane and Zukisa participated in both the 56km and the 21km. Well done crazy people</i>		
BNAC Marathon		
Brian MBOWENI	48km	04:12:23
Motlalepula MOKHELE	48km	04:59:50
Leanne SHAKENOVSKY	48km	05:52:44
BNAC Marathon		
David SMIT	42km	03:35:43
Talia ZULBERG	42km	04:15:23
Maggie NGOBENI	42km	04:23:03
Thabo NKABINDE	42km	04:24:55
Desmond WILLIAMS	42km	04:48:35
Jerry MOHLAKOANA	42km	04:50:51
Leuba MOTHAPO	42km	05:03:02
Matodzi TSHIDZUMBA	42km	05:40:04

Race Results

Name	Distance	Time	Name	Distance	Time
BNAC Marathon			BNAC Marathon		
Amukelani BALOYI	10km	01:12:05	Rirhandzu RHANGANI	21km	01:08:52
Mpumi MOTHAPO	10km	01:17:22	Farida Nancy ZWANE	21km	01:20:20
			Les SUTCLIFFE	21km	02:16:37
MiWay Wally Hayward Marathon			Thuly SEFOLO	21km	02:30:10
Su-Yen THORNHILL	21km	01:59:28	Nigel ASPREY	21km	02:36:36
Nigel ASPREY	21km	02:40:50	Phindile THWALA	21km	02:54:02
			<i>Congrats Rirhandzu - 3rd overall and 1st in Age Category</i>		
MiWay Wally Hayward Marathon			<i>Congrats Farida - 2nd overall and 1st in Age Category</i>		
Amukelani BALOYI	10km	01:14:40			
			MiWay Wally Hayward Marathon		
Jackie Mekler			John PETER	42km	03:55:27
Nigel ASPREY	25km	02:58:51	John MUGGLESTONE	42km	04:32:16
<i>Congrats Nigel - 2nd in Age Category</i>			Jayshika LALA	42km	04:38:52
			Vimal LALA	42km	04:38:52
Selati Running Race			Selwyn KAHLBERG	42km	04:41:45
Joey GOTKIN	10km	01:14:41	Shaimal BHIKA	42km	05:14:38
Jenny ROBERTSHAW	10km	01:20:00	Matodzi TSHIDZUMBA	42km	05:14:19
			Zukisa MAGADLA	42km	05:35:46
Race of Hope			Modderfontein Half Marathon		
Nigel ASPREY	10km	01:32:53	John PETER	21km	01:49:40
			Karen ISAACS	21km	02:09:11
A.R.T. Youth Challenge			Shela HOBYANE	21km	02:18:12
Rirhandzu RHANGANI	21km	01:10:10	Nigel ASPREY	21km	02:38:20
<i>Congrats Rirhandzu - 3rd overall and 1st in Age Category</i>			Ronnie CHAITOWITZ	21km	02:54:16
Absa RUN YOUR CITY GQEBERHA 10K 2024			Alan Robb 32km and 15km races		
Russ Dodding	10km	00:54:49	Saul Levin	15km	01:21:07
			Nigel Asprey	15km	01:48:58
Tshwane North Ultra			Alan Robb 32km and 15km races		
Reabetswe Mokomele	50km	05:46:58	Henrik Hartmann	32km	02:33:49
			Moses Mapaila	32km	03:14:02
Nashua Loskop Marathon Series			John Mugglestone	32km	03:17:27
Zukisa Magadla	50km	05:49:54	Leanne Kirkel	32km	04:14:56
Zelda Maseko	50km	06:19:43	Phindile Thwala	32km	04:19:37
Polokwane City Marathon			Durban International Marathon		
Farida Zwane	21.1km	01:23:25	Rirhandzu RHANGANI	42km	02:18:53
<i>Congrats Farida - 1st lady home</i>			<i>Congrats Rirhandzu—1st in Age Category</i>		

Race Results

Name	Distance	Time	Name	Distance	Time
RAC 10km			Polokwane City Marathon		
Milton Segal	10km Run	00:48:18	Leuba Mothapo	42.2km	04:38:30
Saul Levin	10km Run	00:53:34			
Steven Joffe	10km Run	00:54:14	N12 Ultra Marathon		
Russ Dodding	10km Run	00:56:51	Rirhandzu Rhangani	10km	00:31:13
Wish Mundondo	10km Run	01:02:36	Wiseman Nxumalo	50km	04:10:08
Thato Molapo	10km Run	01:05:09	Motlalepula Johannes Mokhele	50km	04:12:43
Hannah Watt	10km Run	01:05:11	Boitumelo Motabogi	50km	05:33:45
Kamohelo Selepe	10km Run	01:11:44			
Marloes Reinink	10km Run	01:11:44	Cross the Line Half Marathon		
Marianne Lomberg	10km Run	01:13:08	Asselinah Nyathi	10km	00:51:20
Thelma O'donnell	10km Run	01:14:04	Joey Gotkin	10km	01:10:06
Joey Gotkin	10km Run	01:14:16	Jenny Robertshaw	10km	01:15:30
Jenny Robertshaw	10km Run	01:14:22	<i>Congrats Asselinah - 1st in Age Category</i>		
Nigel Asprey	10km Run	01:15:44	<i>Congrats Joey - 3rd in Age Category</i>		
Duduzile Mndaweni	10km Run	01:21:53	<i>Congrats Jenny - 1st in Age Category</i>		
Cristina Neuhaus	10km Run	01:23:33			
Martha Ngoma	10km Run	01:23:54	Cross the Line Half Marathon		
			Peter John	21.1km	01:52:22
Race Against Cancer 2024			Russ Dodding	21.1km	02:10:15
Assalina Nyathi	10km	00:53:44	Gavin Sacks	21.1km	02:22:57
Dimakatso Mphela	10km	01:01:04	Richard Jasven	21.1km	02:23:58
Marianne Lomberg	10km	01:10:12	Nigel Asprey	21.1km	02:31:46
Lindie Metz	10km	01:23:53	Leanne Kirkel	21.1km	02:46:04
Robyn Clark	10km	01:23:54	Ronnie Chaitowitz	21.1km	03:01:38
Rachel Ledwaba	10km	01:33:00			
Karen Isaacs	10km	01:45:56	Standard Bank 10km Race & 5km Fun Run		
<i>Congrats Asselina - 2nd in Age Category</i>			Rirhandzu Rhangani	10km Race	00:32:43
			Stephen Moagi	10km Race	00:48:07
Race Against Cancer 2024			Thato Molapo	10km Race	01:00:24
David Beard	21.1km	02:04:01	Magogo Ngoma	10km Race	01:31:58
			Wardah Peters	10km Race	01:46:37
CRADLE OF HUMANKIND ROAD RACE 2024			<i>Congrats Rirhandzu - 2nd overall & 1st in Age Category</i>		
John Peter	32km	02:58:02	<i>Congrats Stephen - 1st in Age Category</i>		
CRADLE OF HUMANKIND ROAD RACE 2024			Standard Bank 10km Race & 5km Fun Run		
Nigel Asprey	21km	02:36:38	Ruth Ndlovu	5km	01:08:10
			Thato Mohale	5km	01:20:48
			Cebisa Mafukuzela	5km	01:20:50

Race Results

Name	Distance	Time	Name	Distance	Time
Colgate 32km & 15km			Moalosi Moyane	32	04:02:09
Fikile Mozekwa	32	01:08:23	Nthabiseng Bohloko	32	04:03:46
Norman Moyo	32	02:17:40	Thuly Sefolo	32	04:15:14
Innocent Malote	32	02:18:13	Maggie Ngobeni	32	04:15:14
Mike Mdakane	32	02:19:17	Phindile Thwala	32	04:24:55
Emanuel Ndebele	32	02:23:17	<i>Congrats Mike - 3rd in Age Category</i>		
Thabo Moloto	32	02:26:03			
Andrew Molefe	32	02:39:14	Colgate 32km & 15km		
Albert Mangena	32	02:40:01	Simphiwe Khumalo	15	01:04:36
Albert Mangena	32	02:40:01	Assalina Nyathi	15	01:21:18
Ntshengedzeni Makhado	32	02:42:52	Wiseman Nxumalo	15	01:22:42
John Seithamo	32	02:44:22	Karen Isaacs	15	01:31:41
Murangaphanda Rabumkulu	32	02:45:21	Wish Mundondo	15	01:31:59
Calvin Nel	32	02:47:06	Beatrice Watermeyer	15	01:36:43
Nomalungelo Nkomo	32	02:47:59	Zandile Khanye	15	01:40:26
Brian Mboweni	32	02:49:24	Robert Mmbodi	15	01:42:10
Isaac Kekana	32	02:51:17	Lindie Metz	15	01:42:26
Portia Mhlanga	32	02:54:44	Hannah Wait	15	01:45:31
Gabojewe Gakenyatswe	32	02:54:45	Nhlanhla Nkosi	15	01:48:24
Victor Ndlovu	32	02:55:07	Kamohelo Selepe	15	01:52:58
John Mugglestone	32	03:05:58	Sharifa Suleman	15	01:55:28
Tshepo Chauke	32	03:08:56	Zakiyyah Varachia	15	01:56:57
Johannes Mokhele	32	03:12:16	Tyan Barends	15	01:58:06
Su Yen Thornhill	32	03:14:56	Marloes Reinink	15	01:58:32
Thabo Nkabinde	32	03:16:44	Ronnie Chaitowitz	15	02:03:10
Patson Maluleke	32	03:16:47	Amukelani Baloyi	15	02:04:08
Malibongwe Mdanyana	32	03:19:09	Dudu Mndaweni	15	02:04:32
Moses Mapaila	32	03:24:50	Malebo Magasa	15	02:05:10
Lufuno Nematodzi	32	03:24:50	Abdul Varachia	15	02:12:49
Phinide Ngocobo	32	03:32:13	Martha Ngoma	15	02:19:17
Leuba Mothapo	32	03:32:41	Elize Brown	15	02:20:18
Des Williams	32	03:37:00	Xenia Scott	15	02:24:52
Saul Levin	32	03:38:20	Tsholofelo Mabiletsa	15	02:28:17
Phetane Phetane	32	03:43:01	Rachel Ledwaba	15	02:28:29
Les Sutcliffe	32	03:47:43	Emma Mthimunye	15	02:37:38
Tessa Tshabalala	32	03:49:12	Howard Joel	15	02:38:46
Thato Molapo	32	03:51:22	Shela Hobyane	15	02:48:31
Belenkie Mabele	32	03:51:33	Lungile Mazibuko	15	03:42:00
Khumbulani Mhlungu	32	03:55:24			
Lucky Mosete	32	03:58:23	Colgate		
David Beard	32	04:01:13	Rachel Lekalake	5	00:52:41
			Ruth Ndlovu	5	01:05:42

Cross Country Results

Position	Name	Time	Event	Distance
League 1: Tsakane				
4th	Ngenzile Ngcobo	22:01	Master Women 50-54	4km
1st	Rachel Ledwaba		Grandmaster women 75-79	4km
13th	Henrik Hartman	34:37	Veteran Men 40-45	8km
League 2: Mohlakeng				
1st	Ngenzile Ngcobo	22:58	Master Women 50-54	4km
6th	Rirhandu Rangani	31:31	Veteran Men 40-45	8km
10th	Henrik Hartman	35:16	Veteran Men 40-45	8km
5th	Raphael Segodi	34:51	Open men	10km
League 3: Waterfall				
6th	Assalina Nyathi	20:11	Master women 50-54	4km
8th	Phindie Ngcobo	21:33	Master women 50-54	4km
League 4: Harambe				
13th	Tshpang Segodi	11:38	Girls U10	2km
6th	Ngenzile Ngcobo	21:33	Master Women 50-54	4km
3rd	Rachel Ledwaba	35:01	Grandmaster women 75-79	4km
1st	Stephen Moagi	25:58	Grandmaster Men	6km
4th	Raphael Segodi	34:51	Open men	10km
7th	Kemang Khunonyane	35:42	Open men	10km



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.



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



There are other Strava and WhatsApp groups notifying of club activities



https://twitter.com/rockies_club
@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.

Comrades Aches and Pains

COMRADES ACHES AND PAINS

The annual Aches and Pains party was held on 30 June 2024. Notable achievements and awesome novices were acknowledged.



Dipesh. Well done! You made it at long last. That is perseverance.



Tebogo—our fastest novice—almost a silver



Well done Phindile. From Time Trial to Comrades in 4 years.



*Shei and Chadd Silver—going for silver (as in their surname?) They did not quite make it but we have it on record that they will be back next year to do so.
Great first attempt!*



Andrew overcame his cramps and made it. Well done—we knew you could

Comrades Aches and Pains

COMRADES ACHES AND PAINS



*Jayshika following in the footsteps of husband Vimal!
Next up daughter Alisha*



Motlalepula who definitely committed to going back for silver next year



*Leuba with his clock for double green finishes He says he is a retired runner now.
Well done for years of commitment*

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:



072 472 2042



info@rockies.co.za

You can contact Claire on:



082 375 9294 (WhatsApp only please)



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