

# Rockies

Q4 Edition: 01/10/2024 - 31/12/2024

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## Chairman's Quip

Hey there Rockies,

I'm taking full advantage of the carbo-loading season—hope you are too! As we jog the cool-down lap of the year, it's a perfect time to reflect on what has been a phenomenal year for Rockies.

From the flood of Rockies who tackled "The Tough One" with grit and smiles (or was it grimaces?) to the consistent camaraderie at our Sunday club runs and Saturday time trials, it's been inspiring to see so many of you out on the road.

A huge shoutout goes to my committee members—without you, Rockies simply wouldn't exist. From hauling gazebos to races (those things are NOT light!), braving early road closures, and waiting for Les to finish (it's practically a full-day event!), to organizing our race—which takes months of planning—you've gone above and beyond.



# Chairman's Quip

Special mention goes to the new "Speedy Wednesday" sessions, which have been such a hit that I'm convinced some of you are now faster than rumors about where Leuba gets his "special" Rockies gear! For those like me who struggle to get out of bed early enough to chase Hendrik around Zoo Lake, don't worry—we're adding another session just for you.

I'd also like to wish Cat a speedy and full recovery—we can't wait to have you back on the road stronger than ever!

Thank you all for your dedication, energy, and spirit. You're what makes this club feel like home for runners of all speeds. Here's to another year of miles, memories, and maybe just a few hills!

Keep running and stay awesome,  
Graham

## Club Activities 2024

### Club gazebo at races and seconding points

The club had a gazebo at the finish of selected races this year where members could meet before and after the race. For the free entry races we also had breakfast for members (except Tough One where we are not allowed to take in our own food) Thanks to Seymour and BRM Meat for sponsoring.

We have also had a seconding point at a few races this year to support members en route but we can only do so if we get volunteers to assist. Communication will be sent out on the, what's app groups so please volunteer once a year so that we can provide support at more races.

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### Chairman's run

This year's run was a week late owing to an event at Zoo Lake Sports club with a good turnout of runners. Sorry Catherine that you could not make it and all the best for a speedy recovery.



### 2025 Race Calendar



The 2025 race calendar has been approved by ASA and should be available on the CGA website shortly. Their offices are closed until 8<sup>th</sup> January and it is currently unavailable. There is no indication if there will be a handbook with fixtures yet. We will probably find out when Les collects the licenses. If there is a handbook, you can collect one with your license.



# MEMBERSHIP 2025

Membership for 2025 will remain the same as 2024 and will be:

- ⇒ R600 per person
- ⇒ R1100 per couple.
- ⇒ R800 for New members, including shirt/vest.

Owing to the increased cost of kit new shirts are now R300 and vests R250

Members and new members can pay via the website or:

Nedbank Balfour Park

Branch Code 151105

Account number 1511036532

Once paid please send your POP to [info@rockies.co.za](mailto:info@rockies.co.za) or what's app to 0724722042

**It is important that members check their details via the CGA website every year**



**CGA website**—please check and update your details to ensure that your insurance is updated at [www.cgaonline.co.za](http://www.cgaonline.co.za)

**If you have not updated your details for 2025 your insurance will be invalid and Les will be unable to issue a license.**

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

CGA anticipates receiving 2025 licenses in early January for distribution to clubs. Once received, dates and times will be set for collection.

*Reminder: The 2024 Permanent Licenses will be valid until the 31 January 2025.*

## Cross Country

The cross country season starts in May. Last year we were well represented by members and a number of runners were selected for the provincial team at Nationals. This we year hope runners continue to support cross country. If there are sufficient entries we plan to have a gazebo at the finish.

Again we need help from members to assist especially with regard to transport of runners to the venues.

Please call and volunteer.

*Rockies will once again be assisting members with free entry to the 8 leagues.*



# Club runs in 2025

Next year the club runs will be geared to assist Comrades runners with longer runs as well as the current Shamrockies routes. These will all be communicated on the WhatsApp groups.

## Rockies Race 2025

VOLUNTEERS NEEDED! VOLUNTEERS NEEDED!

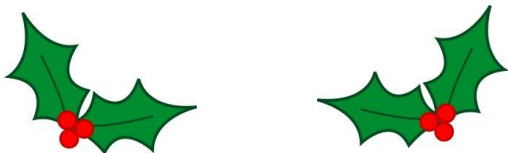


**Save the Date: 13 July 2025**

The Gerald Fox Memorial road race will take place on Sunday 13<sup>th</sup> 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.



## 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 [info@rockies.co.za](mailto:info@rockies.co.za) with your POP



Five DECADES and still running strong! Are you up for the challenge?

# The RAC Tough One - 32km

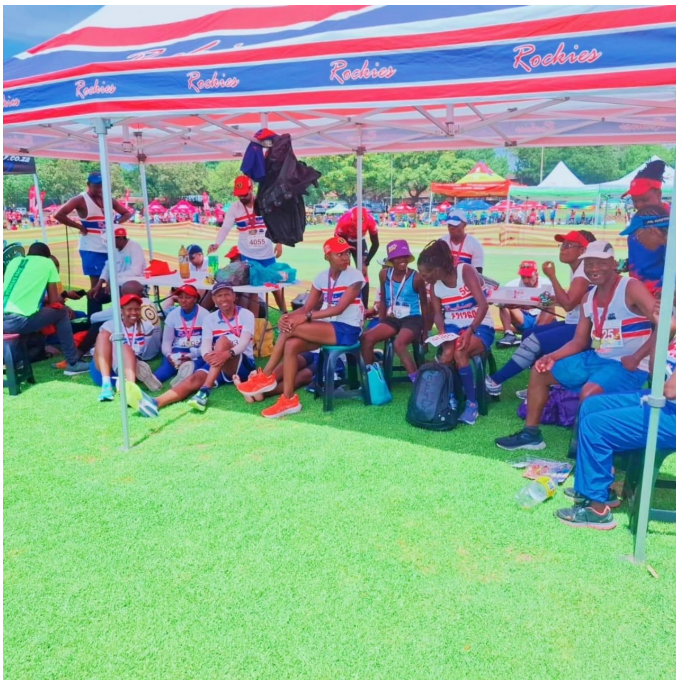
24<sup>th</sup> November 2024

Old Parks Sports Club, Bordeaux



There was a good Rockies turnout of approx. 80 runners for the race. Some new members now know why the race is called "Tough One"

Next year's race will incorporate a 10K and 21K run so should allow more members to participate







## 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.  
Please make sure your details are up to date.

Date	Race	Date	Race
16/02/2025	Pirates 21K	04/05/2025	Colgate 32/15/5K
24/08/2025	Wanderers 21/10/5K	23/11/2025	Tough One 32/21/10/5K

Rockies has ordered entries for Pirates race, these will only be available to members who have paid subs for 2025. As there are limited t-shirts and goodie bags available we cannot guarantee a size. We take what we receive from Pirates

Communication of when Rockies entries open and close will be done via the what's app community group

## Saturday Time Trial

The Saturday time trial is popular with both members and non-members and a great way to meet runners share stories and improve your speed.

Come join us at Moyo ( now Sakhumzi) Car Park starting at 07h30





# Speedy Wednesdays!

Speedy Wednesdays have continued to grow in popularity not only attracting members but runners in the local area too.

Big thanks to Henrik for planning and sending out sessions on the new what's app group.

It is not just for elite runners but designed for all no matter fast or slow, young or old

Try to make it one Wednesday and meet some of the members who have benefited.



Sessions start at 06h00 and we meet at Moyo Car Park Zoo Lake

We are also looking at introducing a Thurs pm speed session after work at Zoo Lake Sports Club. Keep an eye on the what's app groups.



We are busy linking up with the local residents associations to encourage new members to join our weekly sessions in the form of a couch to 5K program

**Join the Rockies Couch to 5K Program!**  
**Get Fit, Have Fun, and Run Your First 5K in Just 6 Weeks!**  
**When: Starting 26 January 2025, 5K on 8 March 2025.**  
**Where: Zoolake Sports Club**

## Why Join?

- **Beginner-Friendly:** No prior running experience needed.
- **Supportive Community:** Train with a group of like-minded individuals.
- **Expert Guidance:** Led by experienced runners.
- **Achievable Goals:** Gradual increase in running time to ensure success.

## Program Highlights:

- **3 Sessions per Week:** Flexible schedule to fit your lifestyle.

## How to Join:

- **Sign Up:** email [info@rockies.co.za](mailto:info@rockies.co.za), call/whatsapp 0724722042
- **Cost:** Free to all

Get Ready to Transform Your Fitness Journey!





# Rocky of the Quarter

This quarter the winner had a unanimous vote not just for being first Rocky home at Tough One (2hours 1 min) 5<sup>th</sup> overall in his age category and but also for running a 2hour 16min marathon...

## Rirhandzu Rhangani

*If you would like to nominate someone for the next quarter please mail [info@rockies.co.za](mailto:info@rockies.co.za) or what's app 0724722042*

*Pics would be nice too*



### THE ULTIMATE HUMAN RACE

The club will be organising a combi and accommodation to Comrades this year owing to smaller numbers of members asking for the service. We will need members to volunteer to man the seconding points as usual but we need a volunteer to be the combi driver additionally.

Please what's app 0724722042 if available.

Once quotes are received notifications will be sent out via the what's app groups. Owing to the limited seats bookings will be on a first paid first booked basis.







Rockies has revised its 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>  
@rockies\_club



There are other Strava and WhatsApp groups notifying of club activities



[https://x.com/rockies\\_club](https://x.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.

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](mailto:info@rockies.co.za)

You can contact Claire on:



082 375 9294 (WhatsApp only please)



[claire.yunnie@gmail.com](mailto:claire.yunnie@gmail.com)



# Club Activities

## Club runs - every Sunday

**Venue:** Zoo Lake Sports Club Car Park

**Start time:** 6:00am

**Distance:** four 7km routes out and back. Choose your own routes and distances

Social media platforms notifying members, (what's app group, Twitter, Facebook and Strava)

*Please check the weekly WhatsApp message for any changes to the starting time.*

## Time Trials

The time trial continues every Sat at Moyo Car Park Zoo Lake at 07h30 with a 5K distance.

Check out all the latest results here: <https://www.rockies.co.za/category/time-trial-results/>

# Two Oceans NOC



Congratulations to David Beard, long standing member of Rockies, who was appointed to the NOC board in September.







# Race Results



Name	Distance	Time	Name	Distance	Time
<b>Hollywoodbets Joburg</b>			<b>Hollywoodbets Joburg</b>		
Raphael segodi	10km	00:33:34	Duduzile MNDAWENI	5km	00:44:12
Raymond TEOHO TWALA	10km	00:39:57	<b>Jacaranda City Challenge</b>		
Simphiwe KHUMALO	10km	00:44:16	Masoono NCHABELENG	42km	04:59:08
Motlalepula MOKHELE	10km	00:45:17	Malibongwe MDANYANA	42km	05:02:03
Phetane PHETANE	10km	00:48:27	<b>Jacaranda City Challenge</b>		
Stephen MOAGI	10km	00:49:21	Adam GREENBLATT	21km	02:01:07
Su-Yen THORNHILL	10km	00:55:54	Jonathan MARTIN	21km	02:01:19
Mali PORTIA	10km	00:56:54	Dipesh JOGI	21km	02:37:44
Les SUTCLIFFE	10km	00:59:20	<b>Tswelopele Kaapsehoop 3 in 1 Marathon</b>		
Des WILLIAMS	10km	01:00:51	Teboho RAYMOND	42km	03:00:03
Matsiliso MATHEBE	10km	01:01:28	Zukisa MAGADLA	42km	05:20:08
Ngenzile NGCOBO	10km	01:03:59	Zelda MASEKO	42km	05:20:09
Gakenyatswe GABOJWE	10km	01:06:28	Matodzi TSHIDZUMBA	42km	05:33:41
Zakiyyah VARACHIA	10km	01:16:19	<b>Tswelopele Kaapsehoop 3 in 1 Marathon</b>		
Sharifa SULEMAN	10km	01:17:34	Simphiwe KHUMALO	21km	01:27:55
Phindile THWALA	10km	01:18:42	<b>Tswelopele Kaapsehoop 3 in 1 Marathon</b>		
Nomalanga APRIL	10km	01:20:44	Jenny ROBERTSHAW	10km	01:10:13
Magogo NGOMA	10km	01:27:16	Joseph GOTKIN	10km	01:11:05
Abdul RAZAK VARACHIA	10km	01:29:41	<b>Tommy Malone Road Race</b>		
Rachel LEDWABA	10km	01:33:06	Milton SEGAL	15km	01:14:20
Sarafina SIBIYA	10km	01:40:04	Amukelani BALOYI	15km	01:44:35
<b>SA Run4Cancer Ultra Marathon</b>			Nigel ASPREY	15km	01:44:36
Leuba MOTHAPO	21km	02:19:59	Joey GOTKIN	15km	01:58:26
Mpumi MOTHAPO	21km	02:24:17	Jenny ROBERTSHAW	15km	01:59:20
<b>Jan L Jordaan BNAC Night Race</b>			<i>Congrats to Jenny - 2nd in Age Category</i>		
Thuly SEFOLO	10km	01:06:55	<b>Chamberlain Capital Classic</b>		
Nigel ASPREY	10km	01:19:34	Milton SEGAL	21km	01:47:17
<i>Congrats to Nigel - 3rd in Age Category</i>			John PETER	21km	01:57:43
<b>Midvaal Madmac</b>			Steven JOFFE	21km	02:02:37
Graham WEBBER	42km	03:26:36	Nigel ASPREY	21km	02:36:52
John BROCKBANK	42km	04:50:24			
Zukisa MAGADLA	42km	05:54:23			
Zelda MASEKO	42km	05:54:23			





# Race Results



Name	Distance	Time
<b>Fat Cats</b>		
Farida Zwane	10km	00:38:54
Portia Mhlanga	10km	01:09:41
Nigel Asprey	10km	01:15:17
Thuly Sefolo	10km	01:16:37

*Congrats to Farida - 1st lady home*

## Sanlam Cape Town Marathon, Peace and Trail Runs

Russ Dodding	10km	00:55:25
Ndawoyakhe Busakwe	10km	01:22:44

## Waterberg Race 3in1

Rirhandzu Rhangani	42.2km	02:30:11
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*Congrats to Rirhandzu - 1st man home*

## African Bank Soweto Marathon 2024

Boitumelo Motabogi	21km	01:57:36
Mali Portia Mhlanga	21km	01:58:22
Ndawoyakhe Busakwe	21km	02:09:31
Matthew Mccreesh	21km	02:10:28
Catherine Mccreesh	21km	02:12:56
Reabetswe Mokomele	21km	02:13:52
Karen Isaacs	21km	02:16:28
Lindie Metz	21km	02:22:20
Zandile Khanye	21km	02:29:03
Wish Mundondo	21km	02:38:38
Robert Mmbodi	21km	02:43:27
Amukelani Baloyi	21km	02:46:22
Anna Schmidt-Ehmcke	21km	02:54:05
Jerry Mohlakoana	21km	02:54:26
Nthabiseng Bohloko	21km	02:56:58
Herson Somo	21km	03:00:11
Dudzile Mndaweni	21km	03:09:47
Dr Lufuno Nemadodzi	21km	03:26:17

## Chillie Runners 5km And 10km Race

Rirhandzu Rhangani	10km	00:32:04
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*Congrats to Rirhandzu - 1st in Age Category*

## PPS Alberton 10 & 21km Road Race

Russ Dodding	10km	00:57:56
Jenny Robertshaw	10km	01:20:11

## PPS Alberton 10 & 21km Road Race

Phindile Thwala	21.1km	02:36:15
Joey Gotkin	21.1km	02:57:55

Name	Distance	Time
<b>Chamberlain Capital Classic</b>		
Russ DODDING	10km	00:58:39

## SPAR Womens Challenge Jozi

Ngenzile Ngcobo	10km	00:57:09
Zandile Khanye	10km	01:05:22
Zakiyyah Varachia	10km	01:20:37
Sharifa Suleman	10km	01:20:58
Dudu Mndaweni	10km	01:26:17
Cristina Neuhaus	10km	01:28:11
Abdul Razak Varachia	10km	01:31:25

## Thembisa Mile & 10km

Rirhandzu Rhangani	10km	00:32:08
Farida Zwane	10km	00:39:25
Simphiwe Khumalo	10km	00:44:48
Stephen Moagi	10km	00:48:12
Brian Mboweni	10km	00:49:21
Mali Portia Mhlanga	10km	00:49:32
Tshepo Chauke	10km	00:53:59
Thuly Sefolo	10km	01:11:53
Gavin Sacks	10km	01:12:34
Dudu Mndaweni	10km	01:20:12
Dimakatso Mphela	10km	01:31:08
Rachel Ledwaba	10km	01:39:30

*Congrats to Rirhandzu - 1st in Age Category*

*Congrats to Stephen - 1st in Age Category*

## African Bank Soweto Marathon 2024

Motlalepula Surprise Mokhele	10km	00:48:28
Assalina Nyathi	10km	00:55:00
Marloes Reinink	10km	01:18:57
Robyn Clark	10km	01:26:08
Norman Leibovitz	10km	01:43:03
Kamohelo Selepe	10km	02:05:43
Thato Mohale	10km	02:25:34

## Makgobaskloof Plunge

Thelma O'donnell	42.2km	05:39:04
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## Voortrekker Monument

Russ DODDING	10km	01:02:40
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*Congrats to Russ - 1st in Age Category*







# Race Results



Name	Distance	Time	Name	Distance	Time
<b>RAC Tough One</b>					
Rirhandzu Rhangani	32km	02:01:55	Bhika Shaimal	32km	03:42:31
Teboho Raymond	32km	02:25:03	Mphafudi Maselo	32km	03:44:28
Ndebele Emanuel	32km	02:29:17	Mathebe Matshidiso	32km	03:45:37
Moloto Thabo	32km	02:32:24	Lala Jayshika	32km	03:46:06
Mokhele Motlaepula	32km	02:41:51	Ndlovu Victor	32km	03:48:18
Mzekwa Fikhile	32km	02:42:13	McCreech Catherine	32km	03:49:41
Seitlhamo John	32km	02:48:40	Baloyi Amukelani	32km	03:54:33
Nel Calvin	32km	02:50:41	Ngcobo Phindie	32km	04:00:34
Nkomo Nomalungelo	32km	02:52:35	Jasven Richard	32km	04:02:33
Kekana Isaac	32km	02:53:00	Tshabalala Tess	32km	04:03:17
Busakwe Ndawoyakhe	32km	02:53:18	Williams Des	32km	04:05:25
Michael Shapiro	32km	02:53:26	Khanye Zandile	32km	04:05:41
Talia Zulberg	32km	02:56:45	Levin Saul	32km	04:05:43
Mboweni Brian	32km	02:56:54	Mothapo Leuba	32km	04:06:18
Khumalo Simphiwe	32km	02:56:58	Chauke Tshepo	32km	04:08:38
Joanne Kaplan	32km	02:57:11	Magadla Zukisa	32km	04:11:44
Mangena Albert	32km	02:57:32	Malote Innocent	32km	04:11:44
Webber Graham	32km	02:57:50	Maseko Zelda	32km	04:11:44
Moagi Stephen (no Tags)	32km	02:57:52	Skosana Sam	32km	04:12:29
Mhlanga Portia	32km	02:58:42	Bohloko Nthabiseng	32km	04:13:59
Phetane Phetane	32km	03:01:16	Sutcliffe Les	32km	04:14:46
Rabumbulu Maanda	32km	03:02:06	Thelma O'donnell	32km	04:15:28
Miller Johnathan	32km	03:02:18	Sefolo Thuly	32km	04:15:28
Mmbodi Robert	32km	03:08:30	Mavundlela Isaac	32km	04:15:32
Sibanda Mkhululi	32km	03:09:47	Thwala Phindile	32km	04:30:54
Gakenyatswe Gabojewe	32km	03:11:56	Dlongolo Willie	32km	04:37:36
Beard David	32km	03:14:36	Nkosi Nhlanhla	32km	04:41:29
Mabele Belenkie	32km	03:22:40	Dipesh Jogi	32km	04:42:02
Langa Sibusiso	32km	03:27:23	April Nomalanga	32km	05:12:13
Lala Vimal	32km	03:28:26	Ngoma Martha	32km	05:12:14
Harris Chad	32km	03:30:07	Mazibuko Lungile	32km	05:12:14
McCreech Matthew	32km	03:34:20	Ledwaba Rachel	32km	05:40:40
Makhado Ntshengedzeni	32km	03:37:30			
Mapaila Moses	32km	03:39:57			

## Lesedi AC Annual Reconciliation Day Half Marathon

Farida Zwane 21.1km 01:26:27

*Congrats to Farida - 1st lady home*





# Race Results



Name	Distance	Time
<b>Mandela Remembrance Walk and Run</b>		
Steven Joffe	10km	00:56:58
Ngenzile Ngcobo	10km	00:57:08
Wish Mundondo	10km	01:02:38
Rirhandzu Rhangani	21km	01:10:42
Kamohelo Selepe	10km	01:11:39
Joey Gotkin	10km	01:18:45
Jenny Robertshaw	10km	01:18:45
Dudu Mndaweni	10km	01:20:43
Magogo Ngoma	10km	01:20:44
Milton Segal	21km	01:46:28
Rosemary Wolson	21km	01:56:56
Thato Molapo	21km	02:18:58
Dipesh Jogi	21km	02:32:43

*Congrats to Rirhandzu - 2nd in Age Category*

*Congrats to Jenny - 1st in Age Category*

## Sanlam Cape Town Marathon, Peace and Trail Runs

Jonathon Beard	42.2km	03:04:44
Ariel Flax	42.2km	03:08:35
Fabian Nam	42.2km	03:22:16
Marc Romoff	42.2km	03:25:31
Saul Greenblatt	42.2km	03:28:59
Phetane Phetane	42.2km	03:34:10
Chad Nathan	42.2km	03:35:51
Vimal Lala	42.2km	03:45:06
Milton Segal	42.2km	03:47:21
Jayshika Lala	42.2km	04:17:55
Ndawoyakhe Busakwe	42.2km	04:50:26
Zelda Maseko	42.2km	05:03:33
Sibusiso Langa	42.2km	05:04:52
Zukisa Magadla	42.2km	06:06:04
Magogo Ngoma	42.2km	06:24:11
Mavis Mndaweni	42.2km	06:34:31
Sarafina Sibiya	42.2km	06:35:42

Name	Distance	Time
<b>African Bank Soweto Marathon 2024</b>		
Raphael Segodi	42.2km	02:31:23
Reginald Ngobese	42.2km	02:55:02
Gakenyatswe Gabojewe	42.2km	03:32:02
Thabo Moloto	42.2km	03:35:11
Phetane Phetane	42.2km	03:37:11
Emmanuel Ndebele	42.2km	03:40:44
Albert Mangena	42.2km	03:40:50
Isaac Kekana	42.2km	03:51:10
Fikile Mzekwa	42.2km	03:51:50
John Seitlhamo	42.2km	03:52:48
Brian Mboweni	42.2km	04:10:20
Stephen Moagi	42.2km	04:12:11
Nomalungelo Bekithemba Nkomo	42.2km	04:14:31
Maanda Rabumbulu	42.2km	04:15:10
Calvin Nel	42.2km	04:17:38
Yolan Friedmann	42.2km	04:17:44
Christopher Mapimela	42.2km	04:22:50
Belenkie Mabele	42.2km	04:33:42
Victor Ndlovu	42.2km	04:37:25
Thato Molapo	42.2km	04:41:12
Malibongwe Mdanyana	42.2km	04:45:20
Samuel Skhosana	42.2km	04:58:10
Maselo Mphafudi	42.2km	05:08:01
Ngenzile Ngcobo	42.2km	05:09:35
Matsiliso Mathebe	42.2km	05:10:56
Maggie Ngobeni	42.2km	05:16:44
Thuly Sefolo	42.2km	05:31:51
David Beard	42.2km	05:42:57

*Congrats to Stephen - 2nd in Age Category*

