

# Germiston Callies Harriers

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**Club Office Hours – Tuesday 17h30 to 20h00**

## Committee

President	Les Black	082-552-7866
Chairman	Andre Berrange	082-826-1961
Vice Chairman	Victor Mhlakaza	073-729-9419
Track & Field	John Diamond	084-899-8517
General	John Bishop	072-280-9842
General	Steve Jones	082-338-9794
General	Patrick Tlhalogang	082-514-4104



**A big well done to Abram Hugo who was 30<sup>th</sup> overall in an excellent PB time of 6hr 04m 27s.**

## Comrades Marathon 2010- Feedback

***First of all a very special thank you to all the organisers and helpers at the various Callies events – without the support we would not achieve what we do.***

***The pre-Comrades Breakfast*** was well attended and the traditional 15km social run was enjoyed by all in very good weather conditions.

The day after ***get-together at the Beach Hotel*** was reasonably well supported.

This year the ***Aches & Pains Party*** was a ‘bring & braai’ at the Clubhouse and there was very good attendance.

***Well done to all runners alike – Callies again have shown their worth; - with 6 Silver (including 1<sup>st</sup> Novice!), 13 Bill Rowan, 5 going Green, and 9 novices. See full results on page 2.***

***Time trials*** – have been on winter break (didn’t hear anyone complaining!) and will restart again on Tuesday 10/08/2010 at 17h30.

***Handicap Challenge*** – we are busy working out the format for this year’s challenge – will let you know the details as soon as possible.

### ***Kayla Gilbert going to the Youth Olympics 2010***

Germiston Callies’ Kayla Gilbert has been chosen for the African track & field team that will represent the Continent at the Youth Olympic Games in Singapore in August 2010.

Kayla (17) was selected to compete in the 100m hurdles after coming first at the Southern African Athletics Championships in Botswana.

***Good luck Kayla from all at Callies!***



# AGM

The ***2010 Annual General Meeting*** of ***Germiston Callies Harriers*** will be held in the Stadium VIP lounge starting at 19h30.

We appeal to all our members to attend this important club function. The formal AGM notification and committee nomination form will be available in due course.

The ***A to Gee of runners pneumonia*** – Abram Hugo and Dave Gee have been off sick since their Comrades run; get well and hope to see you both back on the road soon.

### ***Cross-Country Fixtures***

17/07/2010 – Alberton Dam  
14/08/2010 – CGA Champs Westonaria  
11/09/2010 – SA Champs Tshwane

***PS:***

***Just when you thought it was all over for another year; well think again- think McPain!!! – Comrades 2011 entries open 01/09/2010 and close 30/11/2010 – or first 18000 entries.***

## Comrades 2010 Official Results

**Silver**



**Bill Rowan**



**Bronze**



**Vic Clapham**



Callies	Runner	Time &	Position	Medals
1	<b>Abram Hugo</b>	<b>06;04;27</b>	<b>30</b>	<b>6</b>
2	<b>Zwelithini Vaphi</b>	<b>06;08;35</b>	<b>33</b>	<b>10*</b>
3	Motsamai Monareng	07;16;21	394	5
4	Sipho Dlamini	07;18;55	426	6
5	Sibusiso Magadeni	07;23;28	496	<b>1*</b>
6	Victor Mhlakaza	07;26;55	560	9
7	David Ntjipela	07;30;26	633	7
8	Goodluck Madikiza	07;40;18	731	11
9	Ignatius Mudau	07;42;05	769	5
10	James Vena	07;42;14	772	12
11	Alfred Motaung	07;43;27	788	9
12	Nothe Mofokeng	07;50;41	885	3
13	Rasmus Swartz	08;06;04	1151	<b>10*</b>
14	Raymond Vermeulen	08;20;41	1476	13
15	John Lebakeng	08;20;41	1477	15
16	Patrick Tlhalogang	08;24;58	1572	8
17	Monro Jansen	08;28;12	1657	5
18	Gezane Hlungwane	08;49;17	2400	11
19	Rudy Bosman	08;52;12	2526	2
20	Fred Macdougall	09;23;23	3475	21
21	Patrick Motloung	09;31;28	3764	7
22	Johan van Wyk	09;35;49	3905	<b>1*</b>
23	Kelly Hunt	09;39;50	4061	18
24	Thembelani Mzimba	09;56;19	4998	3
25	Sindiso Sibanda	09;56;29	5045	<b>1*</b>
26	Lucelle De Meyer	10;22;54	6246	12
27	Graham King	10;26;18	6480	7
28	Clinton Sybesma	10;28;55	6620	9
29	Riaan van der Walt	10;28;55	6621	2
30	Wikus van der Walt	10;28;55	6624	<b>1*</b>
31	Terry O Connor	10;33;32	6920	22
32	Siziwe Tshebe	10;48;05	8051	3
33	Lynn Rodwell	10;55;18	8958	5
34	Macebo Pako	10;57;00	9186	2
35	Susan Basson	11;23;54	10663	3
36	Noel Montocchio	11;23;55	10677	<b>1*</b>
37	John MacVay	11;25;29	10812	12
38	Donald Yates	11;26;07	10861	<b>1*</b>
39	Peter le Grange	11;27;18	10970	<b>10*</b>
40	Gary Robinson	11;41;00	12095	11
41	Anthony Mongwe	11;43;34	12373	<b>1*</b>
42	Malefetsane Ramalebo	11;43;36	12377	<b>10*</b>
43	Brian Jarvis	11;49;16	13099	4
44	Putu Baloyi	11;52;48	13694	<b>1*</b>
45	Thabo Mofolo	11;56;27	14075	<b>10*</b>
46	David Gee	11;56;40	14090	<b>1*</b>