

RIVERSIDE HARRIERS NEWSLETTER

JUNE 2016



1. SOCIALS & OTHER DATES:

Please take a pen and diarise all these dates! Lots of activities, feel free to join in the fun!

Date	Event	Comments
Sun 29 May	Comrades!	Join us at our supporters spot on the route!
Wed 1 Jun	Monthly braai	
Wed 1 June	Aches & Pains function; 18h30	Listen to all the Comrades stories
Wed 15 –Sun 19 Jun	No reason no running camping	Camp at St Lucia, take a break from running!
Wed 6 Jul	Monthly braai	
Wed 3 Aug	Monthly braai	
Fri 5 – Tues 9 Aug	Mtunzini camping weekend	Run the Mtunzini 10 or 16 km bush run
Wed 10 Aug	Women's Time trial	We honour all our club ladies
Wed 7 Sept	Spring handicap time trial	Scattered start, according to 2016 best times
Wed 7 Sept	Monthly braai	
Wed 5 Oct	Monthly braai	
Sat 8 Oct	Beach breakfast run	Relaxed beach breakfast run
Sat 29 Oct	Halloween run	Part of the 10 x 10 km challenge
Wed 2 Nov	Monthly braai	
Sat 19 Nov	Year-end function and prize-giving	
Wed 7 Dec	Monthly braai	

2. CLUB RUNS:

Tuesdays: 10 - 12 km easy relaxed run, always (reasonably) flat. Shorter option available!

Wednesdays: 5.1 & 8 km time trial - to continue through out the year. Run / walk 20 and get a t-shirt.

Thursdays: more challenging / interesting / hilly run (8-10 km)

Saturdays: **As per weekly mails**, keeping the race calendar in mind

So members have a choice of 4 weekly runs at the club.

Saturday club runs will continue, as per the weekly schedules, with shorter options, each Saturday, starting at **05h30**, we will gradually increase the distances, but there will always be shorter options as well! From Saturday 28 May, we will start at **06h00** for a few weeks.

3. GENERAL:

The final 2016 race dates are available at www.eventtiming.co.za and in the KZNA booklets. We are also on Facebook (Riverside Harriers) - there are many pictures of races and social events. The main club website is also up and running again : www.riversidesports.co.za

The 2016 Time Trial Challenge has started on **Wednesday 6 January** and will "run" to the last Wednesday before 2016 year – end function, run / walk 20 or more time trials, earn a shirt.

Once again a request to members to please give us feedback about races, times etc – we welcome all contributions.

In 2011 we introduced a monthly award: "Member of the Month" – The committee will decide on the winner, it could be for a PB, a good time trial, first race, etc. April was again was a month with several popular races, with many of our members running and walking good times and achieving great PB's – congratulations to **Eric Prange** for his great 5 km TT times and his 1 hr 41 at the Dick King 21 km (he followed this up with 1 hr 35 at the De-loittes 21 km!). We invite members to come forward with nominations for Member of the Month – so keep your eyes and ears open and send those nominations!

A reminder, when we participate in road races under the control of ASA / KZNA, we have to wear proper club kit, ie club vest and **red** shorts, longs, skorts or leggings.

Dates to remember:

1. **No Reason No Running Camping at St Lucia:**

a. Wed 15 – Sun 19 June (Thur 16 is public holiday) – camp as many nights as you want;

2. Sugarloaf camp site, St Lucia

3. Cost R100 pppn

4. Sites have electricity

5. One of the days we arrange a visit to Cape Vidal – game viewing, birding, picnic, snorkel, fish, play Frisbee, relax...if you have never been to St Lucia or Cape Vidal, join us!!

RIVERSIDE HARRIERS NEWSLETTER

JUNE 2016



2. Mtunzini Camping:

- a. Fri 5 – Tues 9 Aug (9 Aug is a public holiday) – camp as many nights as you want;
2. Camp in Umlalazi nature reserve
3. Cost R100 pppn
4. Sites have electricity
5. We play a relaxed 9 holes of golf on Saturday 6 Aug;
6. We run the Mtunzini Bush run (10 or 16 km) on Sunday 7 Aug
7. The rest of the time we simply mingle, chill, walk, sit, fish, braai and relax!

For both weekends, names and queries to Emile.

Important note: we as Riverside Harriers promote a policy of NO LITTERING – so during races, please try and throw sachets in the allocated bins or boxes, even if you have to run with an empty sachet to the next water table.

We have 56 Comrades entries, but to the best of our knowledge, the following members are running Comrades : **Evelyn O’ Byrne, Chantel Robins, Maxine Stobart, Michelle Maharaj, Pam Jones, Tarryn Payne, Taryn Brown, Terri Atkinson, Ann Turner, Barbara Florence, Nicola Hewitt, Sally Botha, Taron Ridsdale, Craig Speirs, Ivan Freese, John McClelland (going for Green!), Larry Wood, Andries Nkuna, Bruce Anderson, Dave Elliott, Dumisani Shoyise (going for Green!), Geoff Speirs, Graham Christensen, Kevin Keddie, Lee Wearne, Neil Gibb, Nick Tingle, Richard Widows, Rojean Hanekon, Vinnie Papenfus, Wanda Zungu, Clint Morgan, Dale Johnson, Graeme Philips, Greg Labuscagne, Johann van Rooyen, Nicholus Mhlangana, Njabulo Dlamini, Ryan Morgan, Wessel Cronje, Scott Couper** - we salute you and wish you well!

Our club tent will be at about 47 km, about 1 km before Kearsney College (as you run), on the left hand side, opposite Heide’s farm stall. Everybody is invited to join us, we have skottel braai and encourage all the runners, just make a note of the road closures, we are normally there by 05h30. Runners are welcome to give goodies (food, drinks gels, clean socks etc) to Emile or Leslie, the few days before the run. If you need to leave earlier, make sure you park on the southern side of the road.

The 2016 **MOST MILEAGE** competition has started - this is a fun competition, anybody can participate, simply send us your monthly mileage (running races, training, walking - not treadmill running, sleepwalking, swimming, cycling!). Mileage must be received before the 15th of the next month, or you forfeit the km's for that month. There is a trophy for the winner!! As an incentive, Certificates will be awarded to runners achieving more than 1000 km, and walkers who do more than 500 km. The 2015 winner was a walker, the legendary **Barry Marshall**.

Name	Jan	Feb	March	Apr	Total
Nicola Hewitt	310	322	296.8	390.5	1319.3
Tarryn Payne	271.43	253	307	405	1236.43
Sally Botha	220	228.8	257	380.7	1086.3
Andrea Moroney	308	253	197	297	1055
Scott Couper	214	198	281	289.6	982.6
Ivan Freese	207	196.47	258.38	279.89	941.74
Johann van Rooyen	256	244	204	218	922
Chantel Robins	241.62	84	218.67	329.31	913.6
Dale Johnson	198	218	266	230.5	912.5
Terri Atkinson	237	164	227	264	892
Michelle Maharaj	71.56	204.92	267.21	302	845.71
Ann Turner	130	226	204	209	769
Ampie Niehaus	289	152	233	93	767
Jana Niehaus	178	150	195	206	729
Tamlyn Reid	178	158	181	208	725
Pam Jones	129	108	182	271.2	690.2
Andries Nkuna	153	130	184.2	193	660.2
Rob Goldman	205	149	160	140	654
Alison Chadwick	210.36	155	152	135	652.36
Jaco Smith	185.3	105.77	183.91	176.27	651.25
Bruce Anderson	133	160	107	198	598
Ted Liddiatt	139	147.2	153	139.1	578.3
Margie Liddiatt	139	137.2	143	127.1	546.9
Sally Goldman	138.5	136	133	97	504



Elsie du Buisson(W)	110.7	29.7	152.35	205.4	498.15
Leslie Ogle (W)	81	51	230	123	485
Candice Jenkinson	143.25	149.23	156.83	-	449.31
Lee-Anne Steward	103.41	134.36	93	116	446.77
Rob Scholtz	124	98	111	104	437
Clare Mangan	145	150	30	110	435
Grant Horner	228	45.5	56	97.5	427
Margaret Marshall	106	85	80	156	427
Gale Viljoen	112	152	80	79	423
Debbie Marshall	198	106	95	12	411
Bobby Horsfield	135	108	67	101	411
Angela Parry	-	131	123	119	373
Emile Streicher	173	60	73	54	360
Chris Doorasamy	96	96	62.5	73	3275
Barry Marshall (W)	35	60	65	125	286
Juanita Sutton (W)	-	100	52.6	95.7	248.3
Rosslyn Doorasamy	14	58	40.5	71	183.5
Helen Marshall	93.79	-	-	-	93.79

1. The 2016 10x10 Challenge

To encourage members to **participate** in 10 km races, we have introduced a 10 km competition in 2010: THE 10 X 10 KM CHALLENGE - participate in these 10 nominated 10 km events, earn **2 points** for participating, earn **1 point** for every time you improve your previous best time, then we will have the 10 km King at the end of the competition. Everybody welcome to participate. The 2015 winner was **Glynnis Scallan**. **Please send us your times, in case we do not get race results.**

1. 24 Jan : Kearsney
2. 6 March :Stella
3. 20 March : Gaterite / Verulam
- 4.. 17 April : Tongaat
5. 8 May :Durban City - **CANCELLED – REPLACED BY RACE ON 2 OCTOBER**
6. 15 May : Starling Plumbers / Mt Edgecombe
7. 10 July : Forest 10 km
8. 21 Aug : Durban Runner
9. 11 Sept : SAPS
10. 2 Oct: Newlands 10 km - **NEW!**
11. 29 October : Our own club Halloween run - get points for taking part, no times recorded

It is looking very crowded at the top!

Name	Kearsney	Stella	Gate	Tong	MEV	Total
Monique Ward	56:39	50:08	49:47	48:38	47:53	14
Brett Ward	74:45	66:00	64:08	63:14	60:58	14
Liesl Quinn	77:47	72:58	72:16	69:12	67:28	14
Rose Whittington	100:05	96:22	92:45	91:37	89:06	14
Ted Liddiatt	71:51	75:15	65:40	62:36	62:35	13
Di Ching	89:06	82:49	82:03	81:03	81:30	13
Patrick Rostenne	73:53	65:54	66:25	64:00	61:11	13
Tracy Blakeway	100:04	96:22	97:22	92:57	93:43	12
Margie Liddiatt	77:35	80:03	74:01	70:38	71:26	12
Llewellyn Anderson	77:49	72:57	-	69:12	67:28	11
Fiona Calitz	-	82:30	78:46	75:56	72:30	11
Emile Streicher	74:45	66:00	-	63:14	60:58	11
Juanita Sutton	-	88:56	90:39	87:57	84:36	10
Janis Nicholls	-	97:19	98:52	94:16	91:08	10
Gale Viljoen	90:46	75:15	75:47	85:36	-	9
Helen Marshall	82:01	75:16	75:11	-	-	8
Lindsey Rogerson	-	50:55	-	50:00	46:30	8
Zandile Dlamini	-	85:57	77:24	-	80:00	7
Candice Jenkinson	75:02	67:20	-	-	-	5
Rob Scholtz	61:15	52:34	-	-	-	5

RIVERSIDE HARRIERS NEWSLETTER

JUNE 2016



Tracey Chalker	66:55	60:14	-	-	-	5
Renier Pretorius	67:49	67:19	-	-	-	5
Simon Chalker	66:53	60:14	-	-	-	5
Kim Robinson	74:30	68:06	-	-	-	5
Sarah McVicar	86:57	85:57	-	-	-	5
Leslie Ogle	97:35	90:25	-	-	-	5
Elsie du Buisson	-	88:13	83:28	-	-	5
Jaco van Schalkwyk	65:23	62:46	-	-	-	5
Lea Hollinshead	-	78:15	-	-	69:47	5
Tracey Wittstock	-	-	79:14	-	75:20	5
Clare Mangan	-	-	-	60:20	59:27	5
Chris Doorasamy		86:27	87:00	-	-	4
Eric Prange	-	47:03	47:42	-	-	4
Dave Nicholls	93:46	97:19	-	-	-	4
Michelle Maharaj	68:45	-	-	-	-	2
Neil Gibb	66:51	-	-	-	-	2
Sandy Jenkins	75:01	-	-	-	-	2
Maxine Stobart	66:52	-	-	-	-	2
Janine Fokkens	82:03	-	-	-	-	2
Melanie Wagner	71:00	-	-	-	-	2
Nigel Sherriff	71:00	-	-	-	-	2
Eileen Durand	78:31	-	-	-	-	2
Antone van Rooyen	78:35	-	-	-	-	2
Jane Brett	98:17		-	-	-	2
Greg Labuschagne	-	59:37	-	-	-	2
Tamlyn Reid	-	59:12	-	-	-	2
Wessel Cronje	-	56:14	-	-	-	2
Taryn Mundell	-	59:41	-	-	-	2
Amylyn Kyle	-	50:09	-	-	-	2
Mandy Skye	-	62:16	-	-	-	2
Alison Chadwick	-	64:58	-	-	-	2
Jaco Pretorius	-	67:20	-	-	-	2
Tezz Olds	-	78:14	-	-	-	2
Robyn Mcmenemey	-	108:11	-	-	-	2
Heidi Sclanders	-	82:45	-	-	-	2
Geraldine Cronje	-	-	60:16	-	-	2
Taryn Brown	-	-	67:51	-	-	2
Barbara Florence	-	-	-	-	59:17	2

Here are the 2016 Time Trial best time trial times to date, as on **Wednesday 18 May**. For reference, we have included everybody's 2015 best times. Where the 2016 time is an improvement, we have highlighted in **green**. Great to see so many **greens** already!

Pos	Name – 5.1 km	Time	2015	Pos	Name – 8 km	Time	2015
1	Geoff Speirs	21:06	-	1	Geoff Speirs	32:55	-
2	Andries Nkuna	21:21	22:42	2	Wessel Cronje	33:05	40:27
3	Eric Prange	21:56	23:52	3	Scott Couper	33:46	34:41
4	Wessel Cronje	21:57	23:45	4	Greg Labuschagne	34:58	-
5	Jaco Smith	21:59	22:20	5	Andries Nkuna	34:59	-
6	James Boyes	21:59	-	6	Eric Prange	35:28	38:12
7	Greg Labushagne	22:06	23:20	7	Jaco Smith	36:55	37:14
8	Bruce Anderson	22:23	22:53	8	Dave Elliot	37:04	-
9	Nigel Sheriff	22:35	24:05	9	Dale Johnson	37:08	38:57
10	Jana Niehaus	22:55	22:47	10	Nic Tingle	37:29	-
11	Dumisani Shoyise	23:00	22:37	11	Ryan Morgan	37:45	37:55
12	Robyn Pitot	23:06	23:03	12	Bruce Anderson	38:05	-
13	Rob Goldman	23:37	24:05	13	Craig Speirs	38:27	38:18
14	Nicola Hewitt	23:41	21:17	14	Rob Goldman	38:46	40:58
15	Ryan Morgan	23:44	24:26	15	Larry Wood	38:51	38:58
16	Jaco van Schalkwyk	23:49	22:44	16	Monique Ward	38:52	-
17	Monique Ward	24:06	25:26	17	Dumisani Shoyise	39:42	36:15
18	Brad Rochat	24:09	24:49	18	Terri Atkinson	39:51	38:08

RIVERSIDE HARRIERS NEWSLETTER

JUNE 2016



19	Nicolus Tingle	24:18	-	19	Ampie Niehaus	40:18	39:40
20	Larry Wood	24:31	25:05	20	Njabula Dlamini	40:19	-
21	Rob Scholtz	24:35	24:57	21	Sally Botha	40:42	40:30
22	Taryn Payne	24:36	-	22	Alvinesh Sookoo	41:05	44:08
23	Neil Gibb	24:38	23:09	23	Nick Tingle	41:17	-
24	Craig Speirs	24:39	22:53	24	Rojean Hanekom	41:14	-
25	Alvinesh Sookoo	24:39	24:33	25	Jana Niehaus	42:45	35:27
26	Terri Atkinson	24:40	23:09	26	Tarryn Payne	43:09	-
27	Lindsey Rogerson	25:18	24:44	27	Nicola Hewitt	43:45	34:46
28	Maxine Stobart	25:37	26:48	28	Chantel Robins	43:45	45:35
29	Njabulo Dlamini	25:39	25:58	29	Tamlyn Reid	43:51	44:42
30	Simon Hoff	25:46	-	30	Neil Gibb	43:56	43:20
31	Ampie Niehaus	25:47	24:30	31	Vicki Freemantle	44:18	44:14
32	Chantel Robins	25:53	27:50	32	Vinnie Papenfus	44:23	-
33	Rojean Hanekom	25:58	-	33	Mandy Skye	45:04	-
34	Clare Ramsay	26:58	-	34	Clare Ramsay	47:02	-
35	Mike Fell	27:00	-	35	Taron Ridsdale	47:23	46:48
36	Taron Ridsdale	27:01	26:54	36	Simone Liebenberg	47:50	-
37	Sally Botha	27:03	23:05	37	Clare Mangan	48:40	45:07
38	Izanne Jacobs	27:11	-	38	Debbie Marshall	49:07	48:54
39	Taryn Mundell	27:20	26:20	39	Sandy Jenkins	52:37	48:29
40	Emile Streicher	27:23	27:40	40	Eileen Durand	55:11	-
41	Vicki Freemantle	27:32	27:05	41	Gale Viljoen	69:56	59:05
42	Lawrence Avis	27:37	28:27	42	Lynn Wallis	69:56	63:00
43	Mandy Skye	27:55	-				
44	Andrew Perkins	28:04	28:21				
45	Brett Ward	28:16	33:04				
46	Taryn Brown	28:17	24:53				
47	Baron Combrinck	28:24	28:23				
48	Krystel Terblanche	28:28	27:01				
49	Mike Lock	28:44	28:00				
50	Michelle Maharaj	28:45	28:21				
51	Angela Parry	28:48	-				
52	Melanie Wagner	28:53	-				
53	Geraldine Cronje	28:54	26:14				
54	Inga Good	28:59	-				
55	Simone Liebenberg	29:07	-				
56	Tamlyn Reid	29:08	27:05				
57	Kris Breytenbach	29:18	-				
58	Izanne Jacobs	29:22	-				
59	Dale Johnson	29:24	25:08				
60	Clare Mangan	29:30	29:52				
61	Elizabeth Perkins	29:32	27:33				
62	Candice Jenkinson	29:36	30:22				
63	Alison Chadwick	29:56	31:38				
64	Claudia Belcher	29:58	-				
65	Bronwyn Kirk	30:00	39:00				
66	Lee-Anne Lock	30:04	28:00				
67	Kim Robinson	30:04	-				
68	Debra Symington	30:58	30:18				
69	Jaco Pretorius	31:00	31:22				
70	Patrick Rostenne	31:10	32:29				
71	Sandy Jenkins	31:12	29:25				
72	Di Cilliers	31:44	-				
73	Debbie Marshall	32:03	28:41				
74	Eileen Durand	33:01	33:51				
75	Helen Marshall	33:33	32:28				
76	Sally Goldman (W)	34:50	37:59				
77	Brent Payne	34:57	-				
78	Keith Calitz	35:00	-				
79	Noreen Everton	35:00	33:00				



80	Zandile Dlamini	35:04	34:00		
81	Tracy Wittstock (W)	35:11	36:28		
82	Fiona Calitz (W)	35:50	39:06		
83	Lea Hollinshead	35:52	-		
84	Tezz Olds	35:52	-		
85	Leanne Douglas	36:00	37:35		
86	Michelle Lardant	36:03	-		
87	Gale Viljoen	36:10	35:01		
88	Janine Fokkens	36:48	-		
89	Richard Aitken	37:20	-		
90	Lynne Wallis (W)	37:23	40:24		
91	Claire Kotze	39:06	37:28		
92	Taryn Stubbs	39:06	38:08		
93	Angela Lardant	39:10	-		
94	Louis Botha	39:21	38:20		
95	Chris Doorasamy	39:41	39:23		
96	Rosslyn Doorasamy	40:00	-		
97	Sarah McVicar	40:17	39:39		
98	Margaret Marshall	40:49	-		
99	Elsie du Buisson (W)	41:05	38:35		
100	Juanita Sutton (W)	42:07	-		
101	Di Ching (W)	42:10	40:25		
102	Jackie Botha	42:10	-		
103	Leslie Ogle (W)	43:57	44:42		
104	Rose Whittington (W)	45:15	42:48		
105	Cathy Coates	46:00	46:00		
106	Tracy Blakeway (W)	46:23	43:09		
107	Neela Naidoo (W)	46:27	44:13		
108	Ingrid Knott (W)	47:24	46:00		
109	Sumita Ramgareeb (W)	47:45	47:00		
110	Adele Allison (W)	49:00	41:35		
111	Felicity Holbrook (W)	49:10	-		
112	Barbara Rankin (W)	50:00	-		
113	Juliette Spence (W)	50:00	43:20		

(W) – Walker

The 2016 Time Trial Challenge has started - run 20 or more Time trials until prize-giving, and win a t-shirt – there is a trophy for the person who runs the most time trials. Status as on **Wednesday 18 May:**

No.	Name	5.1 km	8 km	Total
1	Alvinesh Sookoo	14	5	19
2	Craig Speirs	6	11	17
3	Candice Jenkinson	16		16
4	Rose Whittington	16		16
5	Di Ching	15		15
6	Greg Labuschagne	8	7	15
7	Tamlyn Reid	8	7	15
8	Emile Streicher	14		14
9	Dale Johnson	4	10	14
10	Eileen Anderson	12	2	14
11	Geoff Speirs	4	10	14
12	Vicki Freemantle	9	5	14
13	Nicolus Tingle	4	9	13
14	Louis Botha	13		13
15	Jackie Botha	13		13
16	Kim Robinson	13		13
17	Tracy Wittstock	13		13
18	Debbie Marshall	10	3	13
19	Leslie Ogle	12		12
20	Jaco Smith	10	2	12
21	Ampie Niehaus	10	2	12
22	Eric Prange	10	2	12
23	Elsie Du Bussion	12		12



24	Njabulo Dlamini	8	3	11
25	Andrew Perkins	11		11
26	Terri Atkinson	9	2	11
27	Lynn Wallis	10	1	11
28	Andries Nkuna	4	7	11
29	Taron Ridsdale	9	1	10
30	Alison Chadwick	10		10
31	Michelle Maharaj	10		10
32	Bruce Anderson	8	2	10
33	Sally Goldman	10		10
34	Ryan Morgan	1	9	10
35	Tarryn Payne	7	3	10
36	Fiona Calitz	10		10
37	Clare Mangan	7	3	10
38	Scott Couper		10	10
39	Simone Liebenberg	6	3	9
40	Chantel Robins	6	3	9
41	Neela Naidoo	9		9
42	Nicola Hewitt	7	2	9
43	Noreen Everton	8		8
44	Lea Hollinshead	8		8
45	Rob Goldman	6	2	8
46	Tezz Olds	8		8
47	Sally Botha	5	3	8
48	Helen Marshall	8		8
49	Brett Ward	8		8
50	Jana Niehaus	6	1	7
51	Heather Speirs	7		7
52	Jaco van Schalkwyk	7		7
53	Gale Viljoen	6	1	7
54	Juliette Spence	7		7
55	Dumisani Shoyise	1	6	7
56	Simon Hoffe	6		6
57	Larry Wood	2	4	6
58	Rob Scholtz	6		6
59	Chris Doorasamy	6		6
60	Robyn Pitot	6		6
61	Mike Fell	6		6
62	Neil Gibb	4	2	6
63	Taryn Stubbs	5		5
64	Claire Kotze	5		5
65	Izanne Jacobs	5		5
66	Mike Lock	5		5
67	Nigel Sherriff	5		5
68	Krystal Terblanche	5		5
69	Wessel Cronje	2	3	5
70	Keith Calitz	5		5
71	Maxine Stobart	4	1	5
72	Sumita Ramgareeb	5		5
73	Mandy Skye	4	1	5
74	Taryn Brown	5		5
75	Melanie Wagner	4		4
76	Richard Aitken	4		4
77	Felicity Holbrook	4		4
78	Ingrid Knott	4		4
79	Elizabeth Perkins	4		4
80	Bronwyn Kirk	4		4
81	Dave Elliott	1	3	4
82	Adele Allison	4		4
83	Sandy Jenkins	3	1	4
84	Kris Breytenbach	4		4



85	Angela Lardant	4		4
86	Cathy Coates	3		3
87	Brent Payne	3		3
88	Tracy Blakeway	3		3
89	Lawrence Avis	3		3
90	Zandile Dlamini	3		3
91	Juanita Sutton	3		3
92	Rosslyn Doorasamy	3		3
93	Monique Ward	2	1	3
94	Rojean Hanekom	2	1	3
95	Felicity Holbrook	3		3
96	Brad Rochat	2		2
97	Sarah McVicar	2		2
98	Taryn Mundell	2		2
99	Clare Ramsay	1	1	2
100	Angela Parry	2		2
101	Michelle Lardant	2		2
102	Vinnie Papenfus		2	2
103	Inga Good	2		2
104	Dave Nicholls	1		1
105	Di Cilliers	1		1
106	Jaco Pretorius	1		1
107	Geraldine Cronje	1		1
108	James Boyes	1		1
109	Patrick Rostenne	1		1
110	Carolyn Goltman	1		1
111	Debrah Symington	1		1
112	Janis Nicholls	1		1
113	Lindsey Rogerson	1		1
114	Leanne Douglas	1		1
115	Baron Combrinck	1		1
116	Janine Fokkens	1		1
117	Lee-Anne Lock	1		1
118	Dick Whittington	1		1
119	Zanile Shoyise	1		1
120	Barbara Rankin	1		1
121	Margaret Marshall	1		1
122	Claudia Belcher	1		1
123	Asanda Sigodi	1		1

Race Results:

Chatsworth 25 & 52 km : 24 April 2016:

Pos	Name – 25 km walk	Time	Pos	Name – 52 km	Time
25	Dave Nicholls	3 hr 45:56	366	Andries Nkuna	5 hr 03:16
28	Elsie Du Buisson	3 hr 47:15	498	Nicholus Mhlengana	5 hr 26:30
29	Sarah McVicar	3 hr 47:15	638	Dumisani Shoyise	5 hr 51:34
			901	Ivan Freese	6 hr 35:45
			931	Krystel Terblanche	6 hr 44:18
	Name – 25 km run				
289	Michelle Maharaj	2 hr 41:38			
314	Njabulo Dlamini	2 hr 44:41			
659	Marelene Sagathavan	3 hr 44:48			

Deloittes 10 km: 1 May 2016:

Lindsay Roberson	0:45:52
Liesl Quinn	1:01:57
Coleen Hanekom	1:02:37
Baron Combrinck	1:15:39
Taryn Stubbs	1:16:49



Claire Kotze	1:16:49
Angela Lardant	1:22:12
Rosslyn Doorasamy	1:30:00
Robyn Mcmenemey	1:34:58

Deloittes 21 km: 1 May 2016:

Eric Prange	1:35:05
Jaco Smith	1:40:56
Clare Ramsay	1:50:52
Rojean Hanekom	1:53:59
Mandy Skye	1:55:45
Tamlyn Reid	1:56:29
Fred Akal	1:56:54
Tracy Chalker	1:57:32
Michael Fell	2:00:16
Vicki Freemantle	2:01:13
Graeme Phillips	2:01:46
Blaine Beresford	2:09:05
Lee-anne Stewart	2:09:17
Rob Goldman	2:09:30
Dianne Cilliers	2:11:56
Elizabeth Perkins	2:13:57
Kate Fryer	2:14:14
Candice Jenkinson	2:14:27
Ted Liddiatt	2:15:38
Shan Mcclelland	2:15:41
Kim Robinson	2:16:41
Jaco Pretorius	2:21:57
Alan Fryer	2:22:17
Helen Marshall	2:27:27
Margie Liddiatt	2:29:21
Noreen Everton	2:31:29
Bronwyn Kirk	2:34:09
Lea Hollinshead	2:35:43
Tezz Olds	2:35:43
Hannelie Lourens	2:37:17
Antone Van Rooyen	2:37:18
Sally Goldman	2:42:13
Eleanor Gillies	2:42:21
Eileen Anderson	2:47:10
Gale Viljoen	2:52:37
Chris Doorasamy	2:55:00
Elsie Du Buisson	2:56:26
Sarah Mcvicar	2:56:27
Juanita Sutton	2:59:42
Dave Nicholls	3:04:57

Deloittes 42 km : 1 May 2016:

Nicola Hewitt	3:37:06
Larry Wood	3:43:10
Geoffrey Speirs	3:47:48
Nicholas Tingle	3:47:48
Zaheera Khan	3:50:31



Ryan Morgan	3:54:19
Dumisani Shoyisa	3:56:24
Evelyn O Byrne	3:57:13
Kevin Keddie	3:57:44
Taryn Brown	4:06:28
Bruce Anderson	4:08:07
Chantel Robins	4:10:21
Caron Botha	4:11:52
John McClelland	4:11:52
Duncan Sondezi	4:15:07
Johann Van Rooyen	4:15:55
Graham Christensen	4:16:18
Tarryn Lee Payne	4:18:15
Sally Botha	4:18:16
Neil Gibb	4:19:07
Maxine Stobart	4:19:08
David Elliott	4:19:09
Michelle Sukhraj	4:22:37
Taron Ridsdale	4:26:04
Pam Jones	4:26:20
Simone Liebenberg	4:28:53
Terri Anderson	4:29:02
Clinton Morgan	4:29:17
Barbara Florence	4:30:58
Richard Widdows	4:38:52
Angie Potgieter	4:39:18
Ann Turner	4:45:48
Krystel-lee Terblanche	5:15:32

RUNNERS CORNER:

This month, **Dale Johnson** has volunteered some more wise and motivational words :

1. Luck is what you have over, after you give 100%.
2. You always pass failure on the way to success.

Welcome to new members **Barbara Rankin, Asanda Sigodi, Sithembiso Magubane, Inga Good, Shirley van Rensburg** – we trust you will enjoy your running and walking with us.

Several members took part in the Chatsworth race on 24 April – **Dave Nicholls, Elsie du Buisson** and **Sarah McVicar completed** the 25 km walk, while **Michelle Maharaj, Njabo Dlamini** and **Marlene Sagathavan** participated in the 25 km run. **Andries Nkuna, Nicholus Mhlengana, Dumisani Shoyise, Ivan Freese** and **Krystel Terblanche** – her first ultra! – all completed the 52 km distance.

The next Sunday was the very popular Deloittes 10, 21 and 42 km race, where many great times were run! In the 10 km, **Lindsay Rogerson** was our first runner, in a quick 54:52, with **Liesl Quinn** next in 61:57. **Coleen Hanekom** finished in 62:37, with **Baron Combrinck** running his first race for the year and finished in 75:39. **Taryn Stubbs** and **Claire Kotze** finished in 76:49, followed by **Angela Lardant** (82:12), Rosslyn **Doorasamy** (90:00) and **Robyn Mcmenemey**.

Eric Prange, running without a watch, was our first runner in the 21 km, in a very fast 1 hr 35, a mere 3 seconds off his life PB, set about 6 years ago. **Jaco Smith** improved his own PB by about 5 minutes, to finish in 1 hr 40. **Clare Ramsay** ran a great race and finished in 1 hr 50, with **Rojean Hanekom** finishing in 1 hr 53. **Mandy Skye** also set a great PB by finishing in 1 hr 55. **Tamlyn Reid** continued her steady improvement and finished in 1 hr 56 (PB). **Fred Akal** (1 hr 56) and **Tracy Chalker** (1 hr 57) also dipped below 2 hours. **Mike Fell** ran his first race in our colours (2 hr 00), with **Vicki Freemantle** and **Graeme Philips** finishing in 2 hr 01. **Blaine Beresford** finished his first 21 km in 2 hr 09, with **Lee-Ann Steward** close behind him, in the same time. **Rob Goldman**, nursing hamstring injuries, finished in 2 hr 09, with **Di Cilliers** next in 2 hr 11. **Elizabeth Perkins** made a return to races and finished in 2 hr 11, with **Kate Fryer** next in 2 hr 14. **Candice Jenkinson** finished in a great PB of 2 hr 14, with **Ted Liddiatt** next in 2 hr 15. **Shan McClelland** (2 hr 15), **Kim Robinson** (2 hr 16), **Renier Preto-**



rius (2 hr 21) and **Alan Fryer** (2 hr 22) were next to finish. **Helen Marshall** (2 hr 27) dipped below 2 hr 30 for the first time, with **Margie Liddiatt** next in 2 hr 29. **Noreen Everton** (2 hr 31) and **Bronwyn Kirk** (2 hr 34) were next to finish, while **Lea Hollinshead** and **Tezz Olds** finished in 2 hr 35. **Hannelie Lourens** and **Antone van Rooyen** finished in 2 hr 37, with **Sally Goldman** next in 2 hr 42. **Ellie Gillies** improved her time to 2 hr 42, with **Eileen Anderson** (2 hr 47) and **Gale Viljoen** (2 hr 52) next. **Chris Doorasamy** (2 hr 55), **Elsie du Buisson** (2 hr 56), **Sarah McVicar** (2 hr 56), **Juanita Sutton** (2 hr 59) and **Dave Nicholls** (3 hr 04) finished next.

Nicola Hewitt had another great run and was our first marathon finisher (3 hr 37), with **Larry Wood** next in 3 hr 43. **Geoff Speirs** and **Nick Tingle** (PB) finished in 3 hr 47, while **Zaheera Khan** finished her first marathon in 3 hr 50. **Ryan Morgan** finished in 3 hr 54, with **Dumisani Shoyise** next in 3 hr 56. **Evelyn O' Byrne** had a great run (3 hr 57), while **Kevin Keddie** also dipped below 4 hr by finishing in 3 hr 57. We had 9 members going sub 4 hours, great stuff! **Taryn Brown** finished in 4 hr 06, coming back from injury, while **Bruce Anderson** finished in 4 hr 08. **Chantel Robins** had a great run and improved her best time to 4 hr 10, with **John Mclelland** and **Caron Botha** next in 4 hr 11. **Duncan Sondezi** and **Johann van Rooyen** finished in 4 hr 15, followed by **Graham Christensen** (4 hr 16), **Tarryn Payne** and **Sally Botha** (4 hr 18), and **Neill Gibb** and **Maxine Stobart** (4 hr 19). **Dave Elliott** finished in 4 hr 19, with **Michelle Maharaj** (PB) next in 4 hr 22, **Taron Ridsdale** and **Pam Jones** were next in 4 hr 26, while **Simone Liebenberg** (4 hr 28) also achieved a PB! **Terri Anderson** and **Clint Morgan** finished in 4 hr 29, **Barbara Florence** in 4 hr 30 and **Richard Widdows** in 4 hr 38. Next to finish were **Angie Potgieter** (4 hr 39), **Ann Turner** (4 hr 45) and **Krystel Terblanche** (5 hr 15). Thanks to **Nicola Hewitt**, **Simone Liebenberg** and friends for putting the club tent up. Between the 4 races, we had 83 members, great turnout!

Several members names appear in the results under "Glenwood Harriers", so please, when entering races online, please double check that the club name is shown as "Riverside Harriers".

Nigel Sherriff and Melanie Wagner did a bit of travelling, and did 4 races, all over South Africa, in 10 days - . Richards Bay 21 km, Hibiscus Coast 24 km, Colgate 15 km in Boksburg MiWay Wally Hayward 21 km in Centurion!!

Congratulations to **Bruce** and **Eileen Anderson** on their wedding!

We have to say farewell to **Vicki Freemantle**, who is leaving us to go and settle in Nieu-Seeland, all the best!

On Saturday 7 May we hosted our annual Pub Run, and, although it poured with welcome rain during the night, we had perfect conditions, as we made our way from pub to pub in the early morning! We once again were very prominent on the streets with our traditional social uniform! For many of us it was a first time we visited the Military Pub in NMR Avenue. Thanks again to **Leslie Ogle** and **Debbie Marshall** for arranging this fun event, and to **Dale Johnson** for being a fine Fines Master! **Dale** and **Craig Speirs** then followed this up with a mid-day 30 km run, as final long run for Comrades.

The next day was the Durban 21 and 42 km race, which many of us entered, but few actually ran. **Eric Prange**, **Emile Streicher** and **Clare Mangan** took the club tent, chairs and cool box with drinks to the finish venue, got soaking wet, waited for **Brett** and **Monique Ward** to arrive, had a very short chat and agreed on a DNS, watched the start, took the tent down, got even more wet (we know skin is waterproof, but there is a fine line between sensible and foolish!) – hats off to those who endured the downpour and completed the 21 km (**Andries Nkuna**) and 42 km (**Duncan Sondezi** – 3 hr 41 and **Scott Couper** – 3 hr 50) ! The marathon winning time was a very fast 2 hr 14!

We had several PB's at the time trial on Wednesday 11 May – **Candice Jenkinson** (29:36), **Louis Botha** (39:21) and **Brett Ward** (28:16) in the 5 km, and **Larry Wood** (38:51) in the 8 km – well done!

The next race was the Starling Plumbers 10 and 21 km, in Mnt Edgecombe, where the 10 km was the 5th leg of our 10 x 10 KM Challenge. **Lindsey Rogerson** was our first runner in the 10 km, in 46:30, followed by **Monique Ward**, in a PB of 47:53, and also 2nd in her age category, congratulations! **Barbara Florence** (59:17) and **Clare Mangan** (59:28) dipped below 60 minutes, with **Brett Ward** and **Emile Streicher** also timing it well, to earn a bonus point, by finishing in 60:58. **Patrick Rostenne**, with no training (except the Pub Run), was next, in 61:11. **Ted Liddiatt** (62:35) was next, followed by **Liesl Quinn** and her brother **Llewellyn Anderson** (67:28), **Lea Hollinshead** (69:47), **Margie Liddiatt** (71:26), **Fiona Calitz** (72:30), **Tracey Wittstock** (75:20), **Di Ching** (81:30), **Zanele Dlamini** (80:00), **Juanita Sutton** (84:36), **Rose Whittington** (89:06), **Janis Nicholls** (91:08) and **Tracey Blakeway** (93:43) – things are very congested on the 10 x 10 km scoreboard!

Andries Nkuna was our first runner in the 21 km, in 1 hr 35, while **Nicola Hewitt** paced **Sally Botha** and **Taryn Payne** to a PB of 1 hr 51! **Clare Ramsay** was next in 1 hr 55, while **Chantel Robins** finished in a PB of 2 hr 00! **Andrea Moroney** was next in 2 hr 03, followed by **Lawrence Avis** (2 hr 04), **Lee-Anne Steward** (2 hr 15),



Michelle Maharaj (2 hr 20), **Dale Johnson** and **Craig Speirs** (2 hr 22 – a PW for Craig, they ran at a slow pace and had compulsory walks after every 5 km, Comrades preparation!), **Njabulo Dlamini** (2 hr 24), and the trio of walkers – **Elsie du Buisson** and **Sarah McVicar** (3 hr 01) and **Dave Nicholls** (3 hr 08) – it was a great morning for running, and many of the runners and walkers finished the morning off with breakfast at Remos!

We had a great Pre- Comrades evening on Wednesday 18 May, where Comrades legend **Boysie van Staden** shared some of his memories with us – with a best time of 5 hr 37, he was very well qualified to chat to us! It was an inspiring talk, with many interesting pieces of information shared. Thanks to all the club ladies for the food provided, and to **Leslie Ogle** for the arrangements.

We wish **Craig Tibshraeny** and **Christo Janse van Rensburg** speedy recoveries, after their recent leg operations, hope to see you back on the road soon. Also a speedy recovery to **Jono Whittington**, who very recently had to undergo an operation.

Walkers News - APRIL 2016:

The walkers (and run / walkers) are going from strength to strength, with many of them taking part in the ECR Big Walk.

This month 1 year ago:

We had 43 Comrades entries.

Duncan Sondzi completed the Deloittes 42 km in 3 hr 29.

Dave Williams, who has run 40 Comrades marathons, was our speaker at the pre-Comrades function.

Gordon Truluck completed his 2nd Comrades, 37 years after his first one in 1977!

This month 5 years ago:

Nicholus Mhlengana completed the Queensborough Mineshaft 21 km in 1 hr 20.

Scott Couper joined our club.

Mike Lock entered the Verulam 10 km, missed the turnoff point and ended up running 21 km!

Craig Speirs shared his experiences and gave last minute tips at our pre-Comrades evening.

This month 10 years ago:

We had 11 entries in Comrades 2006.

The great **Wally Hayward** died on 28 April 2006.

Nigel Sherriff ran the fastest 5 km (21:32) and **Dale Johnson** the fastest 8 km (36:03) year to date.

This month 15 years ago:

We had 27 Comrades entries.

Clare Mangan entered the Midlands Meander 42 km, but planned to run to the half-way mark only. The organizers did not allow cars on the road, so her friends could not fetch her at the half-way mark, and she had to run 32 km!

During hectic collection of numbers for the Indian Ocean marathon (which we hosted), a runner asked **Emile Streicher**, who was handing out numbers, "Do you have a big field?" After searching for a while, Emile looked up, and asked the runner if **Bigfield** has pre-entered, as he could not find his number!

Don Coskey and **Paul Bergset** were fines masters at the pub run, in fact initiated by **Lawrence Avis**, a few years earlier, to celebrate his birthday.

This month 18 years ago:

Helen Lucre was our pre- Comrades speaker.

Anton Els completed Comrades 1998 in 7 hr 10, with **Bernie Bass** just missing his Silver medal (7 hr 30:58).

Members in 2016, who finished Comrades in 1998:

Craig Speirs ; 8 hr 53

Emile Streicher : 9 hr 56

Mike Lock : 10 hr 06

Lawrence Avis : 10 hr 26

Patrick Rostenne : 10 hr 37

Donovan Calvert: 10 hr 48

Louis & Jackie Botha : 10 hr 54

Christo Janse van Rensburg : 10 hr 55

Mail received:

RIVERSIDE HARRIERS NEWSLETTER

JUNE 2016



I have raised R5200 so far for the Sunflower fund, R1400 of which came from Riverside members sponsoring and donating. I am so so chuffed.
Candice Jenkinson

As far as the Deloitte's goes, what can I say. I just felt good on the day. For me there were several factors at play. Yes, there were the hours of training, the sacrifices, dieting and mental preparation, but the single most important factor was starting on the 10km start line. You won't believe what a mental boost it gives you to start a race 11 km in front of everyone else. The rest as they say is history.
Baron Combrinck (after entering the 21 km, but then decided to run the 10 km!)

To my running friends. I am unfortunately pulling out of Comrades this year due to an exciting overseas business trip. Thank you to all my running friends and training partners - it has not been the easiest training season for me, but your camaraderie, friendship and support has been amazing - this is why I run, and will continue to run. So I'm all trained up for Comrades, and desperately in need of an alternative running challenge in the next month or so that will cure me of my Comrades FOMO, give me focus and won't cost the earth. I thought of Valley Run but don't have enough time to meet the fundraising requirements. Suggestions anyone? - does not have to be an ultra.
Andrea Moroney

Thanks for the news updates, enjoy the pre-Comrades evening... see you on the road in the usual spot (I'll be visiting from Sydney and running Comrades in Old Eds colours again)! Please say hi to all.

Cheers,
Meryl Rahme, Australia

Just ran my 94th marathon, **alone**, from V&A in Cape Town, via Camps Bay and Chapmans to Brass Bell on my 64th birthday. Had fish and chips with nice wine afterwards, beautiful weather, but pretty tough last 10 km as helpers were too strong and keep going ahead!!!!
Enjoy your Comrades day !!!
Lawrence Avis

Quotes of the month:

Emile Streicher: "I am getting nervous about Comrades, and I am not even running".
Person taking entries at Starling Plumbers race, to Lawrence Avis: "How old are you sir?"
Lawrence Avis : 64 years.
Race person : "Oh, ok, at age 70 you don't need to pay race entry fees".

Birthdays:

May	Name	June	Name	July	Name
2	Andrew Perkins	1	Krystel Terblanche	9	Jane Brett
5	Terri Atkinson	1	Neela Naidoo	10	Coleen Hanekom
9	Taron Ridsdale	2	Donovan Calvert	12	Gordon Truluck
10	Tracy Blakeway	7	Greg Labuscagne	12	Graeme Philips
14	Duncan Sondezi	9	Vanessa Julius	12	Paul Ginn
15	Glynnis Scallan	10	Craig Bergset	17	Eric Prange
19	Jackie Botha	11	Patrick Rostenne	18	Angela Johnson
20	Barbara Rankin	14	Clare Ramsay	18	Pam Jones
22	Lawrence Avis	19	Nic Tingle	20	Ampie Niehaus
23	Rob Goldman	21	Tracy Chalker	22	Craig Tibshraeny
24	Margaret Marshall	21	Taryn Mundell	25	Taryn Stubbs

RIVERSIDE HARRIERS NEWSLETTER

JUNE 2016



24	Heidi Sclanders	25	Margie Liddiatt	26	Larry Wood
25	Eileen Anderson	25	Elizabeth Perkins		
		26	Lea Hollinshead		
		28	Lindsey Rogerson		
		29	Ivan Freese		
		30	Wessel Cronje		

HUMOUR:

The other day I witnessed a robbery by three armed men. In fact, now that I think back, they all had two arms.

6. 2016 COMMITTEE MEMBERS:

Chairman : Clare Mangan (031 3031422 -w)

Social Conveners : Leslie Ogle & Debbie Marshall

Walkers: Leslie Ogle

Kit : Nicola Hewitt

Treasurer: Eric Prange

Secretary : Emile Streicher (083 449 8308 -cell; estreicher@absamail.co.za)

Road Captain : Craig Speirs

Social Media/PRO : Dale Johnson

7. 2016 RACE DATES:

Ref the KZNA booklet and weekly mails for full race details.

