



1. SOCIALS & OTHER DATES:

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

These are proposed dates – subject to cancellation or change, due to Covid

| | | |
|-----------------------|------------------------------|---|
| Wed 6 Apr | Monthly braai | |
| Sat 16 & Sun 17 April | Two Oceans Marathon | |
| Wed 4 May | Two Oceans Awards evening | All Two Oceans runners please attend! |
| Wed 4 May | Monthly braai | |
| Wed 1 Jun | Monthly braai | |
| Thur 16 – Sun 19 Jun | No reason no running camping | Camp at St Lucia, take a break from running! |
| Wed 7 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 – Long weekend! |
| Wed 10 Aug | Women’s Time trial | We honour all our club ladies |
| Wed 17 Aug | Pre-Comrades evening | We wish all our runners well! |
| Sun 28 Aug | Comrades! | Join us at our supporters spot on the route! |
| Wed 31 Aug | Aches & Pains function | Listen to all the Comrades stories |
| Wed 7 Sept | Spring handicap time trial | Scattered start, according to 2022 best times |
| Wed 7 Sept | Monthly braai | |
| Wed 5 Oct | Monthly braai | |
| Wed 2 Nov | Monthly braai | |
| Sat 26 Nov | Year-end function | |
| Wed 7 Dec | Monthly braai | Last braai for 2022 |
| To be confirmed | Pub Run | |

2. CLUB RUNS:

We have resumed our regular weekly training (Tuesday, Wednesday, Thursday) from Tuesday 4 January 2022, at **17h30**, where we cater for all fitness levels - runners and walkers all welcome.

Tuesdays: 8 - 10 - 12 km easy relaxed run, always (reasonably) flat. Shorter options available! We will start 17h30, and run / walk in small groups / “bubbles”, of similar speeds, as many of our members have been doing during the past few months.

Wednesdays: 5 & 8 km time trial - still no group start, members can start anytime from 16h30, till 17h30, record own times and make sure your times are recorded on the TT sheet - to continue throughout the year. Run / walk 20 until Wednesday 26 October, and get a t-shirt.

Thursdays: more challenging / interesting / hilly run (6-8-10 km) - same arrangement as for the Tuesday runs / walks

Saturdays : No formal club runs.



3. **GENERAL:**

The 2022 race dates are available, for detailed information, it can also be viewed at the eventtiming website. Races are back!

We are also on Facebook (Riverside Harriers) - there are many pictures of races and social events.

Contact us if you want to be added to Riverside Harriers Whatsapp group – we share information about training, races, cancellations, pictures, interesting news about our sport, etc.

The 2022 TT challenge has started (run / walk 20 time trials, earn a shirt) **Wednesday 5 January** and “run” to **Wednesday 26 October**.

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 - This lady has taken part in many races during 2021, achieved several podium finishes in many of these races, and finished the year off with a 3rd place in her age category at the Yellowwoodpark 15 km, in a time of 1 hr 19 – congratulations to our Member of the Month for December, **Zaheera Khan!**

This lady has trained very consistently and with great discipline, like running 33 21 km training runs on Saturdays, during 2021 – this training paid off, when she was our first runner home in the very challenging Kearsney Striders 21 km, in a time of 2 hr 14, well done to our January Member of the Month, **Sarah van Niekerk**.

This member was our 2nd runner in the Best of the Best 10 km, in a great PB of 1 hr 06:33 - improving his previous best 10 km time (at Kearsney in January!) by 12 minutes! Well done to our Member of the Month for February, **Randhir Sukraj!**

For safety reasons, please wear contact details, as well as medical information on your wrist or shoe, eg visit www.iceid.co.za.

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

2022 admin:

1. License numbers are available;
2. Race fixtures – finalized and circulated;
3. Registration – we have arranged several registration days, if you have not yet collected your number etc, we will be it at the club on Wednesdays.
4. Fees : 2020 → 2021 → 2022
R730 R730 R815
6. Both the ASA number and main Club components of our fees have increased, hence the increase in fees for 2022.
7. Keep in mind the family membership – refer the registration mail.

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.

Membership 2022 to date: 85

We welcome everybody back, and we hope for a much better 2022 than the previous 2 years, on and off the road! We realise times are tough, plus there are many, often cheaper, alternatives available, so we want to sincerely thank members who joined our club again. Clubs, in general, have taken a huge knock since Covid started, and it is members that keep it going. All of us can think back, how many friends, for life, we have made, through the years, by joining the club, and through our sport. We believe there is so much more to running than simply joining to get a number – fun, functions, friendships, camaraderie, support, encouragement, group training, events, information, advice, etc, etc....



The 2022 **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 2021 winner was **Tarryn Payne!**

| Name | Jan | Feb | Total |
|--------------------|------------|------------|--------------|
| Tarryn Payne | 209 | 205 | 414 |
| Debbie Fouche | 197 | 168 | 365 |
| Brett Ward | 183 | 161 | 344 |
| Clare Mangan | 162 | 171 | 333 |
| Lisa Laaks | 126.5 | 130.2 | 256.7 |
| Ann Turner | 143.7 | 190.2 | 333.9 |
| Emile Streicher | 123 | 115 | 238 |
| Sally Goldman | 131 | 95.6 | 226.6 |
| Patrick Rostenne | 127 | 95 | 222 |
| Rob Goldman | 130 | 84 | 214 |
| Nadine Leeuw | 114.42 | 125.28 | 239.7 |
| Lee-Anne Stewart | 95.8 | 102 | 197.8 |
| Juanita Sutton (W) | 91.51 | 80.97 | 172.48 |
| Pam Jones | 68 | 90 | 158 |
| Robyn McMenemey | 67.85 | 69.14 | 136.99 |
| Nalene Herbst | 60 | 85.1 | 145.1 |
| Chris Doorasamy | 54 | 45 | 99 |



4. The 2022 10 Km Challenge

The 2021 Challenge has come to an end and we look forward to the 2022 Challenge! Congratulations to our 2021 winners, **Clare Mangan** and **Sarah van Niekerk**, well done ladies!

2022 status after 2 races :

| Name | Surname | Base time | Race 1 | Race 2 | Total Points |
|----------|---------------|-----------|---------|---------|--------------|
| Clare | Mangan | 1:03:28 | 1:01:27 | 0:59:53 | 6 |
| Joy | Sullivan | 1:32:53 | 1:29:22 | 1:23:14 | 6 |
| Patrick | Rostenne | 1:20:22 | 1:13:00 | 1:06:38 | 6 |
| Janine | Willmers | 1:42:57 | 1:53:40 | 1:36:19 | 4 |
| Mike | Lock | 1:12:37 | 1:12:37 | 1:07:45 | 4 |
| Ann | Turner | 1:20:28 | 1:07:32 | | 3 |
| Bianca | Pelser | 1:14:11 | 1:02:58 | | 3 |
| Zaheera | Khan | 0:55:35 | 0:50:06 | | 3 |
| Randhir | Sukraj | 1:21:55 | 1:18:21 | | 3 |
| Lisa | Laaks | 1:03:33 | 1:06:32 | 1:02:13 | 3 |
| Mandy | Conradt | 1:22:48 | 1:24:36 | 1:20:45 | 3 |
| Emile | Streicher | 1:05:01 | 1:10:35 | 1:04:42 | 3 |
| Nadine | Leeuw | 1:11:06 | | 1:06:08 | 3 |
| Michelle | Sukraj | 1:19:08 | 1:18:20 | | 2 |
| Alan | Sullivan | 1:07:11 | 1:17:17 | 1:08:56 | 2 |
| Juanita | Sutton | 1:32:40 | | 1:32:24 | 2 |
| Robyn | McMenemey | 1:46:28 | 1:53:40 | | 1 |
| Sally | Goldman | 1:19:38 | 1:19:38 | | 1 |
| Jaco | Smith | 0:48:04 | 1:02:58 | | 1 |
| Steve | Heuer | 0:49:51 | 0:50:27 | | 1 |
| Jaco | Van Schalkwyk | 1:16:12 | 1:16:12 | | 1 |
| Chris | Doorasamy | 1:30:45 | | 1:30:45 | 1 |

The 2022 10 Km 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 – everybody is welcome to participate in these 10 nominated 10 km events.

2022 format (same as for 2021):

- Everybody has been given a benchmark time, based on **2021** best 5 or 8 km time trial, or 10 km race time (with the normal **15%** buffer added)
- Get 1 point for taking part.
- Get 1 point for improving the benchmark time (**the new best time becomes the new benchmark**)
- Get 1 point for improving the benchmark time by more than 2.5% - if you have difficulty in doing the calculation, feel free to contact us to assist!
- For new members, without any 2021 times to be used, the time for their first 10 km event they complete in 2022, will be their benchmark.



• **2022 dates:**

Below are the dates for the 10 km races – should the nominated race take place, members need to **take part in the actual race**, to earn points

Should the nominated race not take place, we will go virtual, on Saturday or Sunday:

- 23 Jan : Kearsney
- 6 March : ICE Promotions, Mt Edgecombe
- 27 March : Stella
- 10 April : Durban City
- 15 May : Peace in Africa
- 12 June : Dolphin Coast
- 31 July : Forest
- 14 Aug : Supa Mama
- 18 Sept : Merewent
- 6 Nov : Oldies

5. Race Results:

Go Beyond for A Child 5 & 15 km: 9 January 2022:

| Name | Surname | Time : 5 km | Name | Surname | Time : 15 km |
|---------|---------|-------------|--------|----------|--------------|
| Juanita | Sutton | 47:50 | Margie | Liddiatt | 1 hr 55:12 |
| | | | Mandy | Conradt | 2 hr 06:28 |

Scottborough 10 km : 16 January 2022:

| Name | Surname | Time : 5 km |
|---------|----------|-------------|
| Margie | Liddiatt | 1 hr 11:53 |
| Patrick | Rostenne | 1 hr 13:20 |
| Mandy | Conradt | 1 hr 20:44 |
| Juanita | Sutton | 1 hr 32:29 |

Kearsney 10 & 21 km : 23 January 2022:

| Name | Surname | Time : 10 km | Name | Surname | Time : 21 km |
|---------|---------------|--------------|-----------|-------------|--------------|
| Zaheera | Khan | 50:06 | Sarah | Van Niekerk | 2 hr 14:09 |
| Steve | Heuer | 50:27 | Rob | Goldman | 2 hr 14:38 |
| Clare | Mangan | 1 hr 01:27 | Catherine | Bosse | 2 hr 16:05 |
| Bianca | Pelser | 1 hr 02:58 | Simone | Pozniak | 2 hr 16:32 |
| Jaco | Smith | 1 hr 02:58 | Zukiswa | Nkayi | 2 hr 19:50 |
| Lisa | Laaks | 1 hr 06:32 | Bradley | Sewart | 2 hr 35:13 |
| Ann | Turner | 1 hr 07:42 | Lee-Anne | Stewart | 2 hr 35:13 |
| Emile | Streicher | 1 hr 10:35 | | | |
| Mike | Lock | 1 hr 12:07 | | | |
| Patrick | Rostenne | 1 hr 13:00 | | | |
| Jaco | Van Schalkwyk | 1 hr 16:12 | | | |



| | | | | | |
|----------|-----------|------------|--|--|--|
| Alan | Sullivan | 1 hr 17:17 | | | |
| Michelle | Sukraj | 1 hr 18:20 | | | |
| Randhir | Sukraj | 1 hr 18:21 | | | |
| Sally | Goldman | 1 hr 19:38 | | | |
| Mandy | Conradt | 1 hr 24:36 | | | |
| Joy | Sullivan | 1 hr 29:22 | | | |
| Janine | Willmers | 1 hr 53:40 | | | |
| Robyn | McMenemey | 1 hr 53:40 | | | |

PDAC 25 km : 30 January 2022:

| Name | Surname | Time |
|----------|-------------|------------|
| Steve | Heuer | 1 hr 58:21 |
| Robyn | Pitot | 2 hr 21:45 |
| Nicci | Adams | 2 hr 21:46 |
| Lisa | Laaks | 2 hr 29:08 |
| Sarah | Van Niekerk | 2 hr 30:38 |
| Nalene | Herbst | 2 hr 32:35 |
| Zukiswa | Nkayi | 2 hr 34:16 |
| Ann | Turner | 2 hr 39:53 |
| Taron | Ridsdale | 2 hr 45:39 |
| Brad | Stewart | 2 hr 51:38 |
| Lee-Anne | Stewart | 2 hr 51:39 |

Best of the Best 10 km : 27 February 2022:

| Name | Surname | Time |
|---------|------------|------------|
| Mike | Lock | 1 hr 04:43 |
| Randhir | Sukraj | 1 hr 06:33 |
| Asanda | Dalindyebo | 1 hr 11:17 |
| Juanita | Sutton | 1 hr 29:20 |

Best of the Best 21 km : 27 February 2022:

| Name | Surname | Time |
|---------|---------|------------|
| Zaheera | Khan | 1 hr 38:23 |
| Nicola | Salmon | 1 hr 47:45 |
| Chris | Thorpe | 1 hr 51:50 |



| | | |
|----------|-------------|------------|
| Bianca | Pelser | 2 hr 02:28 |
| Sarah | Van Niekerk | 2 hr 07:38 |
| Lisa | Laaks | 2 hr 10:31 |
| Zukiswa | Nkayi | 2 hr 13:49 |
| Nalene | Herbst | 2 hr 15:13 |
| Clare | Mangan | 2 hr 19:05 |
| Di | Cilliers | 2 hr 22:43 |
| Bradley | Stewart | 2 hr 23:22 |
| Lee-Anne | Stewart | 2 hr 23:23 |
| Debbie | Fouche | 2 hr 24:12 |
| Pam | Jones | 2 hr 42:35 |
| Taron | Ridsdale | 2 hr 42:37 |

Best of the Best 42 km : 27 February 2022:

| Name | Surname | Time |
|-----------|---------|------------|
| Siyabonga | Gwala | 3 hr 50:22 |
| Evelyn | O'Byrne | 4 hr 19:32 |
| Ann | Turner | 4 hr 52:03 |

ICE Promotions 10 km : 6 March 2022:

| Name | Surname | Time |
|---------|-----------|------------|
| Clare | Mangan | 59:53 |
| Lisa | Laaks | 1 hr 02:13 |
| Emile | Streicher | 1 hr 04:42 |
| Nadine | Leeuw | 1 hr 06:08 |
| Patrick | Rostenne | 1 hr 06:38 |
| Mike | Lock | 1 hr 07:45 |
| Alan | Sullivan | 1 hr 08:56 |
| Mandy | Conradt | 1 hr 20:45 |
| Joy | Sullivan | 1 hr 23:14 |
| Chris | Doorasamy | 1 hr 30:45 |
| Juanita | Sutton | 1 hr 32:24 |
| Janine | Willmers | 1 hr 36:19 |



ICE Promotions 21 km : 6 March 2022:

| Name | Surname | Time |
|----------|---------|------------|
| Brett | Ward | 1 hr 53:05 |
| Tarryn | Payne | 1 hr 54:10 |
| Travis | Leeuw | 2 hr 15:00 |
| Lee-Anne | Stewart | 2 hr 16:51 |
| Brad | Stewart | 2 hr 19:19 |

Umgeni Water 10, 21 & 42 km : 13 March 2022:

| Name | Surname | Time 10 km | Name | Surname | Time 21 km | Name | Surname | Time 42 km |
|---------|------------|------------|----------|----------|------------|--------|---------|------------|
| Clare | Mangan | 57:36 | Lawrence | Avis | 2 hr 16:55 | Jaco | Smith | 4 hr 29:52 |
| Emile | Streicher | 1 hr 02:46 | Di | Cilliers | 2 hr 24:20 | Bianca | Pelser | 4 hr 29:53 |
| Patrick | Rostenne | 1 hr 08:36 | | | | | | |
| Asanda | Dalindyebo | 1 hr 12:32 | | | | | | |
| Elsie | Du Buisson | 1 hr 17:49 | | | | | | |

6. RUNNERS CORNER:

This month, **Patrick Rostenne** has volunteered some more wise and motivational words :

1. The older you get, the better you realise you were.
2. Do not eat more than what you can carry.
3. Success is not permanent, and failure is not fatal.
4. Never test the depth of the water with both feet.

Welcome to new members **Nicolette Adams, Katie Goldman, Michael Jansen van Vuuren, Travis Hewitt, Duncan Muller, Chris Thorpe, Luke Muller, Martin van der Merwe, Danielle Hamilton** and welcome back to **Simone Pozniak, Chris Stevenson, Shaun Manning, Jaco van Schalkwyk, Taron Ridsdale, Asanda Dalindyebo (Sigodi), Debbie Marshall, Amylyn Kyle, Brett Ward, Kevin Keddie, Neela Naidoo** – we trust you will enjoy your walking and running with us.

On the last day of 2021, **Emile Streicher** took part in the Stilbaai NSRI 10 km trail run and finished in 1 hr 12:04.

On the same day, in pouring rain, several of our members were seen on the route of "31 km on 31 December", **Mandy Conradd** and **Ann Turner** were spotted on the route, **Mandy** completed 25 km, and Ann 31 km, well done.

++ Some very sad news – our sincerest condolences to **Wessel and Lome Cronje**, on the very sudden and tragic death of their son **Dawid**, who belonged to our club for a few years and achieved several podium finishes in races in the Junior age category, our thoughts are with you in this sad time.

Go Beyond for a Child 5 km 15 km, on Sunday 9 January, was the first race for 2022, well done to our 3 ladies who took part - **Mandy Conradd, Margie Liddiatt** and **Juanita Sutton**.

The next week, the same 3 ladies, joined by **Patrick Rostenne**, took part in the Scottburgh 10 km, once again, well done team!



We had a very good turnout at the Kearsney 10 and 21 km race on Sunday 23 January, it almost felt like pre-Covid days! It was the first road race since races have re-opened, where the organisers managed to get more than a 1000 entries! The 10 km was also the first leg of the 2022 10 Km Challenge.

Zaheera Khan continued her good form, and was our first 10 km finisher, in a very good 50:06, with **Steve Heuer** next to finish. **Clare Mangan** showed that committed and consistent training pays off, by achieving her target time, to earn 3 points in the 10 km Challenge. **Jaco Smith** and **Bianca Pelsner** finished next, followed by **Lisa Laaks, Ann Turner, Emile Streicher, Mike Lock, Patrick Rostenne, Jaco van Schalkwyk** (welcome back!), **Alan Sullivan, Michelle** and **Randhir Sukraj** (**Randhir** achieved a 10 km PB!), **Sally Goldman, Mandy Conradt** (completed all 3 2022 races so far!), **Joy Sullivan, Jaine Willmers** and **Robyn McMenemey**.

Sarah van Niekerk was our first 21 km finisher, in a good 2 hr 14, followed by **Rob Goldman, Catherine Bosse, Simone Pozniak, Zukiswa Nkayi, Bradley** and **Lee-Anne Stewart**. It was just so fantastic to mingle at the club tent, bump into all the familiar faces from other clubs, enjoy the race atmosphere and just soak up the atmosphere again – it has been too long. Well done to all our finishers!

We had a reasonable turnout at the PDAC 25 km, the very next weekend – this is also a very early start, to get to Waterfall in time for the 05h00 start. We had a few members who planned to park at the finish and then Uber to the start, the problem was there was no Uber in that area 03h45 in the morning! To make it worse, they did not have enough cash for 3 bust tickets either – anyway, they made a plan and managed to get to the start by bus! **Steve Heuer** improved on his previous race time and broke through 2 hours, to finish in 1 hr 58, and 2nd in his age category, well done! **Robyn Pitot** was next, finishing her first race in our new kit, while **Nicci Adams** finished her first race as a member of our club. **Lisa Laaks** finished next, followed by **Sarah Van Niekerk, Nalene Herbst, Zukiswa Nkayi, Ann Turner, Taron Ridsdale** (welcome back!), **Brad** and **Lee-Anne Stewart**. Well done to everybody who finished this race, it demands a fair bit of planning to get your car to the finish and yourself to the start!

After a very warm time trial on Wednesday 2 February, we enjoyed our first braai for the year, where we had a great turnout, and we also celebrated **Sumita Ramgareeb’s** recent birthday!

And just like that, Two Oceans entries opened! Two Oceans will be run over 2 days, with the 21 km on the Saturday and the 56 km on the Sunday. Both runs will be televised.

And just like that, Comrades announced their entry details!

On Wednesday 16 February, we hosted our traditional Valentines Time Trial, where we ran in teams of 2, no watches, had to predict times, with the winners, the team whose combined finish times, were closest to the predicted times! Thanks to **Craig** and **Heather Speirs** for taking times and calculating the results, to **Clare Mangan** for arranging the prizes and boerewors rolls, to **Mandie Conradt** for the lovely gifts, to **Joy Sullivan** for the cupcakes, and to all the participants for helping make it a fun event!

Below are the results, with 9 of the 10 teams running faster than their predicted times- maybe we should run without watches more often?! Congratulations to our winning team of **Zukiswa** and **Asanda**!

| Team | | Predicted | | Actual | | Team Difference | |
|------------------|-------------------|-----------|-------|--------|-------|-----------------|--------|
| A | B | A | B | A | B | Quicker | Slower |
| Zukiswa Nkayi | Asynda Dalindyebo | 30:00 | 35:00 | 30:19 | 35:16 | ##### | 00:35 |
| Lawrence Avis | Steve Heuer | 32:45 | 22:15 | 31:16 | 23:06 | 00:38 | ##### |
| Emile Streicher | Clare Mangan | 33:00 | 29:40 | 33:42 | 28:02 | 00:56 | ##### |
| Robyn Pitot | Patrick Rostenne | 26:45 | 33:30 | 25:18 | 32:33 | 02:24 | ##### |
| Chris Stevenson | Robyn McMenemey | 29:50 | 51:28 | 27:59 | 50:32 | 02:47 | ##### |
| Lisa Laaks | Sarah van Niekerk | 29:00 | 29:20 | 28:04 | 26:55 | 03:21 | ##### |
| Sumita Ramgareeb | Chris Thorpe | 49:15 | 24:00 | 45:13 | 23:41 | 04:21 | ##### |
| Siyabonga Gwala | Thobani Gumede | 25:00 | 25:00 | 22:45 | 21:45 | 05:30 | ##### |
| Alan Sullivan | Joy Sullivan | 44:30 | 44:30 | 41:17 | 41:17 | 06:26 | ##### |
| Di Ching | Dick Whittington | 46:30 | 55:00 | 42:05 | 51:52 | 07:33 | ##### |
| Sue Carruthers | | | | 32:04 | | ##### | 32:04 |



After the prize-giving, we held the 2021 AGM, which was followed by a boerewors roll – a very good evening of exercise, admin and fun!

Chairlady 2021 report (as presented at the AGM):

Welcome everyone!

This is the serious side of our club and we thank you for your attendance.

2021 was even tougher than 2020. Our membership decreased from 166 to 121. Most races were cancelled or converted to virtual races. Covid was a force to be reckoned with as various waves hit us cancelling all planned activities and curtailing travel

So our lives changed dramatically, no races and no functions. Several of our members caught Covid and have battled to recover. This total shutdown had a negative aspect on everything and affected our finances. Di will go into more detail, but I will summarize that we went from 166 members in 2020, to 121 in 2021, which meant we had 84 unsold numbers, at R140 per number.

But, there were virtual races, which were organized and enabled runners to participate in some races, even though they were running alone and submitting times according to Garmin.

This was better than nothing!

We finalized our new club Kit which was the incentive to sign up in 2021. Our new kit has been very well received and looks outstanding. Many positive remarks have been received at the few races that have been held recently.

We had a similar incentive for the beginning of 2022 and have had a good response from returning and new members. We have roughly the same number of members this time last year despite a group of members not returning.

So although 2021 was a tough year which we have battled through.

Races have resumed and we have reintroduced the weekly training runs on Tuesdays and Thursdays, starting at 17h30 from the club, for all speeds and distances. These have not been very well supported but the few enthusiasts are benefitting from good regular, training. We will persevere. Time trail on Wednesdays is still a staggered start until the numbers grow.

I now hand you over to Di for the treasurer's report

Election Of Office Bearers

Thanks to the committee for their perseverance in 2021. As I mentioned at the 2020 AGM, there were changes to the committee in 2021.

Stalwart committee members resigned and we said goodbye to Craig Speirs, Leslie Ogle and Rose Whittington. They put years of enthusiasm and participation into the club and we thank them for their dedicated efforts.

Steve Heuer and Mandy Conradt were elected onto the committee and are working well with responsibilities of road captain and kit respectively.

The remaining committee – Clare Mangan, Emile Streicher, Nicola Hewitt, Jaco Smith, Di Ching and Janine Willmers will be available for re-election. Are there any other nominations from the floor?

After a short lull, races resumed, with The Best of the Best 10, 21 and 42 km, on Sunday 27 February – in the 10 km distance, **Mike Lock** was our first runner, in 1 hr 04:43, with **Randhir Sukraj** next in a great 10 km PB (by more than 12 minutes!) of 1 hr 06:33. **Asanda Dalidyabo** made a very welcome return to races and was next to finish, followed by **Juanita Sutton**.

We had some very good performances in the 21 km, with 3 of our members dipping below 2 hours. **Zaheera Khan** continued her good form and was our first finisher, in 1 hr 38, followed by **Nicola Salmon** and **Chris Thorpe**, his first race in our colours. **Bianca Pelsler** finished next, followed by **Sarah van**



Niekerk, Lisa Laaks, Nalene Herbst, Clare Mangan, Zukiswa Nkayi, Di Cilliers, Brad and Lee-Anne Stewart, Debbie Fouche, Taron Ridsdale and Pam Jones, still recovering from an injury.

We had 3 members completing the 42 km – **Siyabonga Gwala** was our first runner, in 3 hr 50, followed by **Evelyn O' Byrne** in 4 hr 19 and **Ann Turner** in 4 hr 52.

Well done to all our finishers, and a special thanks to **Chris Thorpe** and **Clare Mangan** for doing the club tent thing.

During a recent afternoon club run, the group waited at the top of a hill, for **Patrick Rostenne**. This same **Patrick**, for some reason, only put his 1 contact lens in that day. When he eventually arrived, he told the group that he saw somebody with a blue shirt at the previous intersection, and assumed that was the group waiting for him, so he slowed down a bit. When he however got to the "guy with the blue shirt", it was in fact an uncollected rubbish bag!

We had a very relaxed March club braai after the TT on Wednesday 2 March.

The next race was the popular ICE Promotions 10 and 21 km, in Mt Edgecombe – the 10 km was also the 2nd leg of the 10 km Challenge. **Clare Mangan**, our first 10 km finisher, cut it fine but managed to earn her 3rd point, with a time of 59:53. **Lisa Laaks**, despite a niggle, finished next, in 1 hr 02, while **Emile Streicher**, during the last 2 km, was caught between chasing that 3rd point, or backing off and settle for 2 points, which he did. Next to finish was **Nadine Leeuw**, followed by **Patrick Rostenne** (huge improvement from Kearsney!), **Mike Lock, Alan Sullivan, Mandy Conradt, Joy Sullivan, Chris Doorasamy, Juanita Sutton** (podium finish – 2nd lady walker!) and **Janine Willmers**. **Brett Ward** was our first 21 km finisher, in 1 hr 53, with **Tarryn Payne** close behind, in 1 hr 54. **Travis Leeuw** finished next, in 2 hr 15. Followed by **Lee-Anne** and **Brad Stewart**. It was a perfect morning for a jog and walk in the hood, well done to all our finishers!

During May, on his birthday, **Lawrence Avis** will run his 100th marathon, what an achievement!

The next weekend we went camping! After an absence of several years, the Umgeni Water race was back, at Midmar Dam! The previous 15, 32 and 42 km routes were changed to 10, 21 and 42 km. We had 5 members completing the 10 km, where the route took us to just past our campsites at Morgenson, where we turned around. **Clare Mangan** had a great run and was our first runner, in 57:36, as well as first in her age category, congratulations! **Clare** was followed by fellow campers **Emile Streicher, Patrick Rostenne, Asanda Dalindyabo** and **Elsie Du Buisson**.

Lawrence Avis was our first 21 km runner, in 2 hr 16, followed by **Di Cilliers**, who also won her age category, congratulations!

Hats off to our 2 brave marathon runners, **Jaco Smith** and **Bianca Pelsler**, who paced themselves very well, to finish in 4 hr 29, well done!

Once again it was a great camping weekend, fantastic weather, camping on the water's edge, camp fires, braai, sundowners, chilling, laughing, a few drinks, a few walks, cooling off in the dam, and even light entertainment on the Saturday night!

7. Back in Time:

This time 1 year ago:

Things have definitely improved, as we hosted the first braai for 2021.

We introduced our new kit!!

There were no races, no results, nothing to write about.....



This time 5 years ago:

Graeme Phillips was our first runner at the Sani Stagger 21 km, in 2 hr 12, while **Ampie Niehaus** was our first 42 km finisher, in 5 hr 42.

Jaco Smith was our first finisher at the Yellowwood park 15 km, in 1 hr 15.

Andries Nkuna was our first finisher at the Big Hill 21 km, in 1 hr 43, with **Zaheera Khan** our first 10 km finisher, in 55:03.

Chris Nossek joined our club - the Ronnie Davel 16 km was his first race in our colours.

This time 10 years ago:

We had 39 Comrades entries, 17 Two Oceans 21 km entries and 7 Two Oceans 56 km entries

Early in 2012, the fastest 5 km to date was run by **Calley Harvey** (23:31) and 8 km by **Kevin Keddie** (33:58).

Maureen Slack was our first runner at Sani Stagger in 2011, in 1 hr 44, with **Kevin Keddie** our first 42 km finisher, in 4 hr 45.

Maureen Slack was our first finisher at the Yellowwood Park 15 km, in 1 hr 13.

Maureen was also our first runner at The Calder Sulin 10 km, in 42:54.

Sumita Ramgareeb, Di Ching and **Ann Turner** (after a long break) joined our club.

We had a great turnout at the Scottborough 21 km in 2012 – for some reason this race disappeared from the calendar, to re-appear in 2022.

Craig Speirs had to undergo a knee operation, which was a huge success, judging by how Craig still runs 10 years later!

This time 15 years ago:

Early 2007, **Nigel Sherriff** ran the fastest 5 km (21:32) and **Dale Johnson** the fastest 8 km (36:03) to date.

Clare Mangan was our only finisher at the Sani Stagger in 2006, in 2 hr 14.

Patrick Rostenne made a comeback (sounds familiar!), in his first 2 Tuesday club runs, he almost equalled his 2006 mileage!

Patrick was also in serious training for his 5th Midmar Mile, to add to his 5 Comrades and 5 Two Oceans medals.

This time 20 years ago:

Maureen Slack was our first runner at the Crescent Challenge 25 km, in 1 hr 57.

Maureen was also our first finisher at the South Coast 42 km, in 3 hr 45.

Patrick Rostenne finished the same 42 km in 4 hr 04.

We used to have a 4 km and 8 km time trial (we had to change the route and distance, to avoid running through the varsity College building) – the fastest 4 km in 2001 was **Don Coskey** (16:22) and the fastest 8 km was **Chris Maud** (++) in 32:09.

Ingrid Fernihough and **Annamarie Bateman** completed the New York Marathon, and were very happy to announce that they both beat **Bruce Fordyce**!



This time 25 years ago:

Bernie Bass completed the Newlands 15 km in 1 hr 00:52.

Craig Speirs was our next finisher, in 1 hr 09:42.

Bernie Bass completed the Sappi Saiccor 42 km in 3 hr 10.

Bernie Bass completed the Yellowwood park 15 km in 1 hr 05:24.

Paul Ducray gave us one of his motivational sayings (thinking back, it was probably aimed **at Emile Streicher**) : "You gotta get hard, boy":.

Several members were award for their efforts during the month, at the braai of January 1997:

Men 4 km : **Bernie Bass** : 16:15

Ladies 4 km : **Janine Norval** : 18:34

Men 8 km : **Greg Locke** : 31:16

Ladies 8 km : **Kay Khayser** : 41:20

Best training attendance: **Louis & Jackie Botha**

For runners to pace themselves, and judge their pace, we marked the time trial route, at 1 km intervals - this was long before today's fancy watches!!

Bernie Bass finished the Athletics North 15 km in 59:07, followed by **Anton Els** in 59:28.

Current (2022) members to also finish this race in 1997:

Patrick Rostenne : 1 hr 14:21

Emile Streicher : 1 hr 20:58

Our top runner, **Bernie Bass** was very embarrassed to admit he put on some weight during the December holidays, a full 7 grams!

8.Quotes of the month:

Emile Streicher : "Even I have my standards, one should not do a run less than 5 km".

Craig Speirs (to everybody who thinks about doing Comrades): "You should do it this year, this is the youngest you will ever be".

9. Birthdays:

| Feb | Name | March | Name | Apr | | May | |
|-----|----------------|-------|------------------|-----|-----------------|-----|---------------|
| 3 | Mike Lock | 8 | Kelly Brown | 4 | Douglas Watson | 22 | Lawrence Avis |
| 3 | Thobani Gumede | 10 | Tracy Wittstock | 7 | Emile Streicher | 23 | Rob Goldman |
| 27 | Brad Stewart | 11 | Dick Whittington | 15 | Sally Goldman | 31 | Kim Dry |
| | | 13 | Zukiswa Nkayi | 21 | Robyn McMenemey | | |
| | | 20 | Tarryn Payne | | | | |
| | | 21 | Grant Horner | | | | |
| | | 31 | Janine Willmers | | | | |



10. HUMOUR

1. I have a joke about time travel, but I'm not going to share it. You guys didn't like it.
2. What's the difference between a hippo and a Zippo? One is really heavy, and the other is a little lighter.

11. Interview:

This month we speak to **Robyn McMenemey**:

- 1. Where were you born?** Durban
- 2. Where did you matriculate?** Stanger High School
- 3. Family?** I have a sister and a brother
- 4. Did you participate in sport at school?** I played hockey, athletics and swimming to a lesser degree
- 5. What are your personal sporting highlights?** Every time I complete an event, however there are a few trail runs that are definitely up there
- 6. What are your future sporting ambitions?** Nothing major other than to be able to continue for as long as possible
- 7. Why do you run?** To keep my mind and body healthy
- 8. How long have you been a member of Glenwood / Riverside Harriers?** 7 years
- 9. What does the club mean to you?** I have met awesome people and made some great friends, motivation to keep going, a fun social aspect
- 10. Profession?** Payroll Administrator
- 11. Other sporting activities?** Currently nothing else
- 12. Hobbies & interests?** Reading, movies and series, trail, outdoors and my coffee club
- 13. Any disappointments in sport?** Maybe if I had believed in myself I would have achieved more, however I am not a natural sporty person so I feel I have accomplished enough
- 14. Message for newcomers to running / walking?** Persistence, persevere, interact with fellow club members, there is a place for everyone



12. 2022 COMMITTEE MEMBERS:

Chairman : Clare Mangan

Kit : Mandy Conradt

Treasurer: Di Ching

Secretary : Emile Streicher (083 449 8308 -cell; riversideharriers@gmail.com)

Social Media/PRO : Nicola Hewitt

Additional Member : Jaco Smith

Social : Janine Willmers

13. 2022 RACE DATES:

Ref the KZNA booklet, eventtiming website and weekly mails for full race details. Hopefully we will have some races in the near future.....

14. Time Trial results:

Here are the 2021 Time Trial best time trial times to date, as on **Wednesday 9 March 2022**. For reference, we have included everybody's 2021 best times.

5 km Best times 2022:

| Name | Surname | 2022 | 2021 |
|-------------|----------------|-------------|-------------|
| Thobani | Gumede | 21:45 | 22:24 |
| Duncan | Muller | 22:05 | 00:00 |
| Siyabonga | Gwala | 22:45 | 21:29 |
| Christopher | Thorpe | 23:41 | 00:00 |
| Robyn | Pitot | 25:18 | 00:00 |
| Douglas | Brown | 25:24 | 00:00 |
| Martin | van der Merwe | 26:36 | 00:00 |
| Sarah | van Niekerk | 26:55 | 00:00 |
| Craig | Speirs | 26:58 | 00:00 |



| | | | |
|-------------|-------------|-------|-------|
| Christopher | Stevenson | 27:59 | 29:58 |
| Eric | Prange | 28:01 | 30:48 |
| Clare | Mangan | 28:02 | 26:28 |
| Danielle | Hamilton | 28:04 | 00:00 |
| Lisa | Laaks | 28:04 | 00:00 |
| Nadine | Leeuw | 29:26 | 29:39 |
| Zukiswa | Nkayi | 30:19 | 00:00 |
| Patrick | Rostenne | 30:40 | 33:31 |
| Lawrence | Avis | 31:16 | 28:22 |
| Emile | Streicher | 31:21 | 27:30 |
| Sue | Carruthers | 32:04 | 00:00 |
| Alan | Sullivan | 32:09 | 32:11 |
| Qraav | Sukraj | 33:20 | 32:47 |
| Michelle | Sukraj | 33:45 | 33:00 |
| Randhir | Sukraj | 34:10 | 34:10 |
| Asanda | Dalindyebo | 34:26 | 00:00 |
| Christopher | Nossek | 39:03 | 29:28 |
| Mandy | Conradt | 39:37 | 38:14 |
| Di | Ching | 41:11 | 42:00 |
| Joy | Sullivan | 41:17 | 43:18 |
| Juanita | Sutton | 44:54 | 38:39 |
| Sumita | Ramgareeb | 45:13 | 41:05 |
| Janine | Willmers | 46:29 | 42:56 |
| Robyn | McMenemey | 49:37 | 45:47 |
| Dick | Whittington | 51:52 | 43:04 |

8 km Best times 2022:

| Name | Surname | 2022 | 2021 |
|-------------|---------|-------|-------|
| Geoff | Speirs | 32:42 | 00:00 |
| Thobani | Gumede | 35:26 | 35:32 |
| Duncan | Muller | 36:10 | 00:00 |
| Siyabonga | Gwala | 37:00 | 35:32 |
| Christopher | Thorpe | 42:40 | 00:00 |
| Zukiswa | Nkayi | 49:50 | 00:00 |

Total runs 2022

| Name | Surname | 5km | 8km | Total |
|---------|-----------|-----|-----|-------|
| Patrick | Rostenne | 8 | 0 | 8 |
| Clare | Mangan | 7 | 0 | 7 |
| Mandy | Conradt | 7 | 0 | 7 |
| Robyn | McMenemey | 7 | 0 | 7 |
| Alan | Sullivan | 7 | 0 | 7 |
| Emile | Streicher | 6 | 0 | 6 |
| Di | Ching | 5 | 0 | 5 |
| Joy | Sullivan | 5 | 0 | 5 |



| | | | | |
|-------------|---------------|---|---|---|
| Sumita | Ramgareeb | 5 | 0 | 5 |
| Zukiswa | Nkayi | 1 | 4 | 5 |
| Asanda | Dalindyebo | 4 | 0 | 4 |
| Sarah | van Niekerk | 4 | 0 | 4 |
| Christopher | Nossek | 4 | 0 | 4 |
| Christopher | Stevenson | 4 | 0 | 4 |
| Christopher | Thorpe | 2 | 2 | 4 |
| Craig | Speirs | 4 | 0 | 4 |
| Dick | Whittington | 4 | 0 | 4 |
| Eric | Prange | 4 | 0 | 4 |
| Siyabonga | Gwala | 1 | 3 | 4 |
| Thobani | Gumede | 1 | 3 | 4 |
| Janine | Willmers | 3 | 0 | 3 |
| Juanita | Sutton | 3 | 0 | 3 |
| Robyn | Pitot | 3 | 0 | 3 |
| Duncan | Muller | 1 | 2 | 3 |
| Danielle | Hamilton | 2 | 0 | 2 |
| Lisa | Laaks | 2 | 0 | 2 |
| Michelle | Sukraj | 2 | 0 | 2 |
| Douglas | Brown | 2 | 0 | 2 |
| Heather | Speirs | 1 | 0 | 1 |
| Nadine | Leeuw | 1 | 0 | 1 |
| Sue | Carruthers | 1 | 0 | 1 |
| Geoff | Speirs | 0 | 1 | 1 |
| Lawrence | Avis | 1 | 0 | 1 |
| Martin | van der Merwe | 1 | 0 | 1 |
| Qraav | Sukraj | 1 | 0 | 1 |
| Randhir | Sukraj | 1 | 0 | 1 |