

RIVERSIDE HARRIERS NEWSLETTER

JANUARY - FEBRUARY 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
Wed 3 Feb	Monthly braai	
Wed 10 Feb	Valentines time trial	Run in teams of 2, no watches, predict times
Wed 10 Feb	Comrades Oceans clinic	Bring your questions!
Wed 24 Feb	AGM	Come with questions or suggestions
Wed 2 Mar	Monthly braai	
Fri 11 – Sun 13 Mar	Midmar camping weekend	Run the Umgeni water 15, 32 or 42 km race
Wed 6 Apr	April Fools Time Trial	Run TT in funny Easter outfits
Wed 6 Apr	Monthly braai	
Wed 6 Apr	Two Oceans Awards evening	All Two Oceans runners please attend!
Sat 16 April	Beach Bush breakfast run	Relaxed run with a difference!
Wed 4 May	Monthly braai	
Sat 7 May	Pub run!!!	One of the highlights of the year!
Wed 18 May	Pre-Comrades evening	We wish all our runners well!
Sun 29 May	Comrades!	Join us at our supporters spot on the route!
Wed 1 Jun	Monthly braai	
Wed 1 June	Aches & Pains function	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!

3. GENERAL:

Welcome back, old and new members, may 2016 be a great year for everybody, on and off the road!

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 2016 Time Trial Challenge has started on **Wednesday 6 January** and will "run" to the last Wednesday before 2016 year - end function, run 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. The Member of the Month Award for November 2015 goes to **Jana Niehaus**, for her 4 hr 42 in the Sani Marathon, and winning her age category in the process, congratulations! The December award goes to **Clare Mangan**, for her Silver medal in the KZNA 21 km Champs at the Ballito Big Hill run, and for her dedicated training during the festive period.

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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.

With the weekly time trials so popular (we had 62 runners / walkers on 20 January!), we encourage members to volunteer to take times, eg when you are injured or not running – you will get a time trial credit towards a shirt!

Some dates:

1. Wed 10 Feb : Valentines time trial:

- a. Red shorts and white shirts
- b. Run in teams of 2 – select your partner, or we can allocate teams
- c. Everybody runs 5 km
- d. Predict your individual times, then try and run as close as possible to your predicted times
- e. Team members don't have to run together
- f. BUT – no watches!!
- g. Everybody to please stay for short prize-giving
- h. This is then followed by our next **Comrades Oceans Clinic**- fellow experienced club members will share their experiences, come and ask your questions!

2. Fri 11 – Sun 13 March : Midmar Dam Camp weekend:

- a. Run the Umgeni Water 15, 32 or 42 km – pre-entry only!
- b. We have booked sites, simply give us your names
- c. Cost R110 pppn
- d. Sites have electricity
- e. Non campers, book own chalets at 033-8451000

2016:

1. License numbers and parking discs are available:

2. Fees :	<u>2015</u>	<u>2016</u>
Main club	330	350
KZNA	100	110
Harriers	<u>100</u>	<u>100</u>
Total	530	560

3. Registration – with so many members, admin is a bit of an issue, so please come and collect your numbers asap so we can finish the admin.

4. We have an incentive, we still have a limited number of Riverside Harriers running caps available to all the early birds!

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.

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**.

1. The 2015 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 winners 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

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- 4.. 17 April : Tongaat
5. 8 May :Durban City
6. 15 May : Starling Plumbers / Mt Edgecombe
7. 10 July : Forest 10 km
8. 21 Aug : Durban Runner
9. 11 Sept : SAPS
10. 29 October : Our own club Halloween run - get points for taking part, no times recorded

Here are the 2016 Time Trial best time trial times to date, as on **Wednesday 20 January**. 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	Andries Nkuna	35:23	-
2	Andries Nkuna	22:17	22:42	2	Geoff Speirs	35:23	-
3	Greg Labushagne	22:38	23:20	3	Wessel Cronje	37:22	40:27
4	Jana Niehaus	22:55	22:47	4	Rob Goldman	38:46	40:58
5	Bruce Anderson	23:06	22:53	5	Dale Johnson	39:56	38:57
6	Eric Prange	23:10	23:52	6	Craig Speirs	40:20	38:18
7	Jaco Smith	23:44	22:20	7	Nick Tingle	41:17	-
8	Brad Rochat	24:09	24:49	8	Ryan Morgan	41:45	37:55
9	Nicolus Tingle	24:18	-	9	Chantel Robins	44:04	45:35
10	Rob Goldman	24:24	24:05	10	Tamlyn Reid	45:29	44:42
11	Rob Scholtz	24:35	24:57	11	Clare Mangan	48:40	45:07
12	Robyn Pitot	24:41	23:03	12	Debbie Marshall	49:07	48:54
13	Terri Atkinson	24:54	23:09				
14	Alvinesh Sookoo	24:54	24:33				
15	Taryn Payne	24:56	-				
16	Simon Hoff	25:46	-				
17	Ampie Niehaus	25:47	24:30				
18	Maxine Stobart	26:10	26:48				
19	Jean Pitot	26:44	23:41				
20	Jaco van Schalkwyk	26:49	22:44				
21	Sally Botha	27:03	23:05				
22	Izanne Jacobs	27:11	-				
23	Vicki Freemantle	27:32	27:05				
24	Chantel Robins	27:33	27:50				
25	Lawrence Avis	27:37	28:27				
26	Mandy Skye	27:55	-				
27	Krystel Terblanche	28:28	27:01				
28	Taryn Brown	28:54	24:53				
29	Geraldine Cronje	28:54	26:14				
30	Nigel Sheriff	28:56	24:05				
31	Melanie Wagner	28:56	-				
32	Andrew Perkins	29:53	28:21				
33	Bronwyn Kirk	30:00	39:00				
34	Taron Ridsdale	30:10	26:54				
35	Elizabeth Perkins	30:45	27:33				
36	Michelle Maharaj	30:47	28:21				
37	Clare Mangan	30:58	29:52				
38	Debra Symington	30:58	30:18				
39	Jaco Pretorius	31:00	31:22				
40	Emile Streicher	31:08	27:40				
41	Alison Chadwick	31:12	31:38				
42	Kim Robinson	31:30	-				
43	Candice Jenkinson	31:43	30:22				
44	Brett Ward	31:43	33:04				
45	Eileen Durand	33:25	33:51				
46	Helen Marshall	33:47	32:28				
47	Lea Hollinshead	37:07	-				
48	Sally Goldman (W)	37:25	37:59				
49	Tracy Wittstock (W)	38:08	36:28				

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50	Chris Doorasamy	39:41	39:23			
51	Richard Aitken	40:07	-			
52	Louis Botha	40:07	38:20			
53	Elsie du Buisson (W)	41:05	38:35			
54	Claire Kotze	41:59	37:28			
55	Taryn Stubbs	42:02	38:08			
56	Leslie Ogle (W)	43:57	44:42			
57	Keith Calitz	43:58	-			
58	Fiona Calitz (W)	43:58	39:06			
59	Di Ching (W)	45:05	40:25			
60	Jackie Botha	45:15	-			
61	Rose Whittington (W)	45:41	42:48			
62	Tracy Blakeway (W)	46:23	43:09			
63	Neela Naidoo (W)	48:00	44:13			
64	Lynne Wallis (W)	48:02	40:24			
65	Sumita Ramgareeb (W)	48:03	47:00			
66	Adele Allison (W)	49:00	41:35			
67	Gale Viljoen	52:21	35:01			

(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 20 January:**

No.	Name	5.1 km	8 km	Total
1	Rose Whittington	3		3
2	Andrew Perkins	3		3
3	Alvinesh Sookoo	3		3
4	Di Ching	3		3
5	Emile Streicher	3		3
6	Jaco Smith	3		3
7	Leslie Ogle	3		3
8	Dale Johnson	1	2	3
9	Sally Goldman	3		3
10	Clare Mangan	2	1	3
11	Vicki Freemantle	3		3
12	Eileen Durand	3		3
13	Rob Goldman	1	2	3
14	Bruce Anderson	3		3
15	Tracy Wittstock	3		3
16	Andries Nkuna	2	1	3
17	Alison Chadwick	3		3
18	Greg Labuschagne	3		3
19	Nicolus Tingle	2	1	3
20	Candice Jenkinson	3		3
21	Kim Robinson	3		3
22	Geoff Speirs	2	1	3
23	Lawrence Avis	2		2
24	Terri Atkinson	2		2
25	Nicola Hewitt	2		2
26	Neela Naidoo	2		2
27	Mandy Skye	2		2
28	Taryn Brown	2		2
29	Chantel Robins	1	1	2
30	Elsie Du Bussion	2		2
31	Eric Prange	2		2
32	Craig Speirs		2	2
33	Lynn Wallis	2		2
34	Helen Marshall	2		2
35	Ampie Niehaus	2		2
36	Louis Botha	2		2
37	Jaco van Schalkwyk	2		2
38	Krystel Terblanche	2		2
39	Ryan Morgan		2	2

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40	Richard Aitken	2		2
41	Jackie Botha	2		2
42	Lea Hollinshead	2		2
43	Debbie Marshall		1	1
44	Jana Niehaus	1		1
45	Tamlyn Reid		1	1
46	Sarah McVicar	1		1
47	Elizabeth Perkins	1		1
48	Jaco Pretorius	1		1
49	Adele Allison	1		1
50	Maxine Stobart	1		1
51	Jean Pitot	1		1
52	Tracy Blakeway	1		1
53	Fiona Calitz	1		1
54	Keith Calitz	1		1
55	Ingrid Knott	1		1
56	Cathy Coates	1		1
57	Wessel Cronje		1	1
58	Bronwyn Kirk	1		1
59	Geraldine Cronje	1		1
60	Gale Viljoen	1		1
61	Sumita Ramgareeb	1		1
62	Melanie Wagner	1		1
63	Nigel Sherriff	1		1
64	Michelle Maharaj	1		1
65	Chris Doorasamy	1		1
66	Taryn Stubbs	1		1
67	Claire Kotze	1		1
68	Sally Botha	1		1
69	Simon Hoff	3		1
70	Taryn Payne	1		1
71	Taron Ridsdale	1		1
72	Izanne Jacobs	1		1
73	Debrah Symington	1		1
74	Brad Rochat	1		1
75	Rob Scholtz	1		1
76	Robyn Pitot	1		1
77	Heather Speirs	1		1
78	Brett Ward	1		1

Race Results:

Sani Staggar 21.1 & 42.2 km :28 November 2015:

Pos	Name - 21 km	Time	Pos	Name - 42 km	Time
18	Nicola Hewitt	1 hr 53:39	45	Jana Niehaus	4 hr 42:28
42	Craig Tibshraeny	2 hr 10:13	80	Craig Speirs	5 hr 13:27
54	Grant Horner	2 hr 15:42	95	Jodi Dickerson	5 hr 20:46
71	Barbara Florence	2 hr 22:17	97	Greg Labuscagne	5 hr 21:56
81	Kate Fryer	2 hr 25:54	114	Ampie Niehaus	5 hr 26:55
86	Fiona Hoareau	2 hr 27:27	131	Bruce Anderson	5 hr 36:10
113	Tamlyn Reid	2 hr 34:49	147	Dumisani Shoyise	5 hr 45:02
121	Clare Mangan	2 hr 37:51	155	Andrea Moroney	5 hr 49:40
131	Alison Cestari	2 hr 40:24	169	Taryn Brown	5 hr 58:00
132	Debbie Marshall	2 hr 40:25	223	Dale Johnson	6 hr 27:17
152	Camilla Bardone	2 hr 48:52			
168	Melanie Wagner	2 hr 55:50			
169	Nigel Sherriff	2 hr 55:54			
170	Alan Fryer	2 hr 55:58			
171	Emile Streicher	2 hr 56:01			
220	Claire Kotze	3 hr 23:58			
221	Taryn Stubbs	3 hr 24:07			
226	Sumita Ramgareeb	3 hr 28:14			

There were 235 finishers

There were 248 finishers

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Yellowwood Park Stainbank 15 km : 6 December 2015:

Pos	Name – 15 km run	Time	Pos	Name – 10 km walk	Time
188	Lyndsey Rogerson	1 hr 18:57	28	Sarah McVicar	1 hr 25:50
220	Nicholus Mhlengana	1 hr 21:24	29	Elsie du Buisson	1 hr 25:51
231	Greg Labuschagne	1 hr 22:06			
312	Eric Prange	1 hr 28:24			
453	Michelle Maharaj	1 hr 36:56			
466	Pam Jones	1 hr 37:39			
585	Angie Potgieter	1 hr 44:39			
593	Ted Liddiatt	1 hr 44:56			
635	Monique Ward	1 hr 47:22			
636	Chantel Robins	1 hr 47:22			
656	Clare Mangan	1 hr 48:35			
685	Patrick Rostenne	1 hr 51:04			
722	Emile Streicher	1 hr 54:14			
723	Tamlyn Reid	1 hr 54:15			
724	Debbie Marshal	1 hr 54:18			
725	Margie Liddiatt	1 hr 54:18			
726	Dale Johnson	1 hr 54:18			
839	Gale Viljoen	2 hr 13:47			
842	Helen Marshall	2 hr 13:51			

There were 882 finishers

There were 83 finishers

The Big Hill 10 & 21 km : 20 December 2015:

Pos	Name – 10 km	Time	Pos	Name – 21 km	Time
74	Melanie Wagner	63:46	145	Bruce Anderson	1 hr 54:09
75	Nigel Sherriff	63:47	150	Monique Ward	1 hr 54:23
87	Tamlyn Reid	65:33	220	Eric Prange	2 hr 04:27
100	Ted Liddiatt	67:55	223	Jodi Dickerson	2 hr 04:46
126	Margie Liddiatt	73:06	450	Clare Mangan	2 hr 34:00
138	Eileen Durand	75:11	530	Gale Viljoen	3 hr 03:18
164	Elsie du Buisson	81:58	531	Helen Marshall	3 hr 03:19
177	Sarah McVicar	86:06			

There were 202 finishers

There were 546 finishers

RUNNERS CORNER:

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

1. You cannot depend on your eyes, if your imagination is out of focus.
2. It is not who is right, but what is right, that is important.

Welcome to new members **Mandy Skye, Heather Speirs, Janice Nicholls, Geoffrey Speirs Ellie Gillies, Di Cilliers, Kim Robinson, Janine Fokkens, Tarryn Payne, Keith Calitz, Angela Johnson, Izanne Jacobs, Caron Botha, Brent Payne, Nicholas Tingle, David Elliott, Simon Hoffe, Carey da Silva** - welcome back to **Craig Bergset, Simone Liebenberg, Jackie Botha and Lea Hollinshead** - we trust you will enjoy your running and walking with us. Please feel free to join s in all our activities.

Sani stagger 2015 – what can we say?! We had 18 finishers in the 21 km and 10 finishers in the 42 km, we must have been the club with the most entries! **Nicola Hewitt** was our first runner in the 21 km, despite taking a tumble during the race, in 1 hr 53. **Craig Tibshraeny** finished his first Sani 21 km in 2 hr 10, and would have won his age category – if he wore a tag – hard lines Craig! **Grant Horner** took it easy during the first half and then accelerated, to finish in 2 hr 15. **Barbara Florence** finished in 2 hr 22 – without falling this year! **Kate Fryer** completed her 10th Sani 21 km in 2 hr 25, followed by **Fiona Hoareau** in 2 hr 27. **Tamlyn Reid** finished her first Sani in 2 hr 34 and would have won her age category – if she wore a tag - while **Clare Mangan** finished number 13 (she has not missed one since the start of the race) in 2 hr 37. **Alison Cestari** and **Debbie Marhsall** (her first Sani) finished in 2 hr 40, with **Camilla Bardone** next in 2 hr 48. **Melanie Wagner** (age category winner!), **Nigel Sherriff, Alan Fryer** and **Emile Streicher** finished together in 2 hr 55, with **Alan** and **Emile** both finishing their 10th Sani Stagger 21 km. **Claire Kotze** (her first Sani) and **Taryn Stubbs** (Sani number 6) finished in 3 hr 23, followed by **Sumita Ramgareeb** in 3 hr 28. For the record, the winning time was 1 hr 21!!

In the Marathon, which must be one of the toughest in the country, **Jana Niehaus** was our first runner, and first in her age category, in 4 hr 42! **Craig Speirs** finished his 6th Sani Marathon in 5 hr 13, and was first Master home! **Jodi Dickerson** finished in 5 hr 20 (her first marathon!) and made it look so easy, with **Greg Labuschagne**, also in his first marathon, close behind in 5 hr 21. The next 6 finishers all finished their first Sani

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marathon – congratulations to all – **Ampie Niehaus** (5 hr 26), **Bruce Anderon** (5 hr 36), **Dumisani Shoyise** (5 hr 45), **Andrea Moroney**, who left her license numbers at home and had to pay for temporary numbers (5 hr 49), **Taryn Brown** (5 hr 58) and **Dale Johnson** (6 hr 27) – well done everybody!! After the race, some of us just reminisced, relaxed, licked our wounds, jumped in the (very cold!) pool, and later on drifted to our various places, recovered and then it was time to have sundowners and braai!

On Wednesday 2 December, we had our last braai for the year, with **Dean Wight** from Asics and **Dougie** from Sportzone, doing a promotion, displaying the new range of Asics shoes and handing out lucky draw prizes after time trial. It was also the last braai for 2015, and it ended up being a very relaxed evening.

On a wet and rainy Sunday 6 December, several brave runners and walkers took part in the Yellowwood park Stainbank 10 km run or 15 km walk – it turned into a very pleasant experience and the race organisers were amazed at the good turnout! Spotted on the route were **Nicholus Mhlengana, Lindsey Rogerson, Greg Labushcagn, Eric Prange, Monique Ward, Chantel Robins, Pam Jones, Angie Potgieter, Clare Mangan, Dale Johnson, Tamlyn Reid, Debbie Marshall, Ted & Margie Liddiatt, Emile Streicher, Michelle Maharaj, Helen Marshall, Gale Viljoen, Patrick Rosenne, Elsie du Buisson, Sarah McVicar** – **Dale, Angie** and **Elsie** were lucky draw winner. Some of the Sani runners took it easy, very easy, so **Dale** and **Tamlyn** pretended that they waited and helped **Emile** to the finish line, supporting him in the home straight, to “justify” their slow time – much to **Emile’s** embarrassment!

He left it very late, but **Bruce Anderson** ran a great 5 km PB of 22:53 at the last time trial of the year, on Wednesday 9 December. We then relaxed and had a few sips of champagne and mince pies....till time trials started again Wednesday 6 January 2016.

On Sunday 13 December it was time for the traditional Westville Christmas run (15 km), where clubs normally take it easy and run and finish in a group – thanks to **Craig Speirs** and **Nicola Hewitt** (our 2 coaches) for driving the bus! We had a very good turnout and it was a festive morning!

The following Sunday was the Dolphin Coast Striders Big Hill (10 & 21 km), where **Clare Mangan** (silver) and **Monique Ward** (bronze) won age category prizes in the 21 km, which was the KZNA 21 km Champs, while **Margie Liddiatt** won her age category in the 10 km - congratulations! Other members seen on the 21 km route were **Eric Prange** (his first 21 for 2015!), **Bruce Anderson, Ellie Gilliers** (her first 21 km!), **Jodi Dickerson, Gale Viljoen and Helen Marshall**. Members who completed the 10 km were **Nigel Sherriff, Melanie Wagner, Tamlyn Reid, Ted Liddiatt, Eileen Durand, Elsie du Buisson** and **Sarah McVicar**. It seems that many of our regular members who take part in races, did not participate, for various reasons – away on holiday, taking time off, festive season, etc, but the 2016 race will again be hosted on the same weekend.

Besides saying good-bye to **Erik Kleine**, who has returned to Holland, we also had to say farewell to **Lars Brammer**, who has returned to Germany. Plus, **Alison Cestari** is leaving us to go to Australia, and **Sarah Coldwell** to the UK! We are going to miss all of you!

We had a great turnout at our first time trial and braai for 2016, on a hot and humid Wednesday 6 January! Several members already improved on their 2015 times!

And now for something completely different.....many members are in serious training for Midmar Mile 2016!

We wish **Elsie du Buisson, Sumita Ramgareeb** and **Glynnis Scallan** speedy recoveries from their injuries and operations - hope to see you back on the road soon!

On Sunday 10 January, was the traditional Ronnie Davel 16 km in Hilton, the first race of the year – we had a reasonable turnout, with **Tamlyn Reid, Alison Chadwick, Gordon Trulock, Jaco Pretorius, Craig Tibshraeny, Andrea Moroney, Dallas Brett, Jane Brett, Krystal Terblanche, Lawrence Avis, Kim Robinson** (her first race in our colours!), **Neil Gibb, Maxine Stobart** and **Barbara Florence** all completing the race. It was quite a tough race but absolutely beautiful running through the misty Mondi forests. There were bagpipes again and at one stage one could be mistaken for thinking that we were in Scotland what with the bagpipes playing and the mist all around. There were no category prize winners from our group, but Gordon managed to win a bag of charcoal as a lucky draw prize!

A big group of us got wet, very wet, during a club run on Tuesday 12 January, while we had a record of 55 runners and walkers at the time trial on Wednesday 13 January! This was followed up by about 32 people at the Saturday club run! At the time trial on Wednesday 20 January, we had another record of 62 people!! We even had more than 20 runners at a Thursday hill session, with even more at the run / walk groups, it is going to be a great year!

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Walkers News:

Big 5

PMB – 28/2 - **LION**

Tongaat – 17/4 - **RHINO**

Supa Mama – 14/8 - **ELEPHANT**

Durban Runner – 21/8 - **BUFFALO**

SAPS – 11/9 - **CHEETAH**

If you miss one or two of above you can do the below as a fill in

Deloitte – 1/5 - **MONKEY**

Durban City – 8/5 - **MONKEY**

Only 5 races will be counted, not six or seven. The spare two are in case you miss the one of the Big 5 and not as swops.

If you do all seven or 6 then the BIG 5 and their times count. It doesn't matter if you did better on the spare two. They are only there to fill in if you miss one of the BIG 5 and will then be counted.

Points are given

3 points for a 21km

2 points for a 10km

1 point if you improve your time on either the 10km or the 21km

Good Luck ladies and gentlemen, lets see the competition get exciting. !!!!!

(For more information, contact **Leslie Ogle**)

Welcome back to one and all and a very big welcome to all the new members joining us.

Firstly we now have an official **intermediate group**.

This group will consist of members who want to run but aren't fit enough, fast enough or have distance on their legs to be part of the runners section.

Training of these members will be based on a **run fetch** method every Tuesday and Thursday, with the walker section.

During the period that the member is with me, you will :

- 1) become 5km fit so that you can run a full 5km without walking and in 30 – 32 min
- 2) become 10km fit so that you can run a full 10km without walking and in 60 – 64 min
- 3) be helped to do your first and subsequent 21km races in or under 2h30.

I know there are time constraints on this but for you to be comfortable in the running section you need to be able to run at a certain pace or you will be left behind and feel bad that you are holding the runners back.

I have coached **Sandy Jenkins and Michelle Maharaj** over the last 10 months and they have now graduated to the running section where they will receive further coaching from **Craig Spiers and Nicola Hewitt**.

Other intermediate runners that are looking very good and should graduate to the runners during the year are **Candice Jenkinson and Helen Marshall**.

Then there is a big group of others that are coming along nicely but still need work on speed and distance.

The current intermediate group is

Sally G who is training hard for Two Oceans 21km but will remain as a run / walker. Sally will not run full time or walk full time.

Candice who is coming on in leaps and bounds but on a go slow after injury at South Coast Marathon last year. She will be coached slowly to remain injury free.

Noreen who is gaining more fitness to be able to comfortably finish a 21km again

Michelle Maharaj who has completed a 21km in 2h10 and is ready to run with the big guns but still getting back her fitness after the holidays before she goes to them full time.

Sandy Jenkins who has completed 3 x 21km all in and around 2h20 and has moved up to the runners but is back after her holiday for a quick fitness push before she goes up to the runners again.

Helen Marshall who is so determined to conquer all this year so that she can do her Comrades dream next year. She impresses me every week with her determination. She will be on her way to the runners by the end of the year.

Gale Viljoen who is still trying to decide if she wants to continue with 21km as she has been there and got most of the t shirts. Knowing Gale, one bad run wont hold her back too long.

Bronwyn who I think is a super fast walker but has decided that she wants to run now, as she wants to complete a marathon by year end

Tracy Wittstock who is very determined and improving all the time. Just needs to put in more running.



Fiona Calitz who has also decided she wants to run but is still walking far too much

Keith Calitz who has joined the group this year and puts in the odd jog but is still building mileage on his legs – Pushed on his first time trial and came in under 44min. Good going for a first one. We just need to slow it down a bit as we don't want you injured.

Chris Doorasamy who has been a member of the running club for years and has come back and joined the intermediate section to get up and running again in three months – Great to have you here.

Di Ching who has also been a time trial member and odd race for many years and who has now joined this group to up her fitness levels but she is already a very fit lady.

The current speed walking group is

Elsie, Dave, Sarah, and Lynne. This group sets up a good fast pace on the road (+- 8min/km)and there is always someone in the group who will compete at most if not all the races. Elsie is going in to hospital on Thursday to have a little niggle sorted out in her ankle. We wish her well and know she will be back and rearing to go. Watch out for her and her backpack again from April onwards. Runners beware when one of these people pass you on the road, it means time for you to join us as an intermediate.

The current power walkers are

Rose, Tracy B, Neela, Sumita, Glynis and myself.

This group walks at a comfortable fast pace (+-9min/km). We take part in races as much as possible, or when we are in the mood for a good race. Unfortunately **Sumita** and **Glynis** have been battling with injuries since last year and we hope that these get sorted out so that they can return to the fun in the group.

The "slinky, slonk" Group is

Ingrid, Barbara, Cathy, Adele, Jenny, Brian, Robin, Juliette, - the old Run Walk for Life group. New member **Lindsay. Lindsay** will be moving up to the fast walkers group shortly. **Juliette** has injured herself and we wish her a speedy recovery.

This group can be seen on Mondays doing their own thing and then again on Tuesdays and Thursdays. They are a determined group who are capable for walking fast but don't enjoy walking more than 5.5km at a time. When walking out with us on a Tuesday and Thursday they have a turnaround point that shortens the route for them.

Vanessa and Jeanne do their own walks whenever they are able to get to the club and walk at a nice casual pace up to 3-4km a time.

The "walkers section is a good group of people that encourages each other. Chirps nonstop as they go. There are talking apps on phones that remind them to walk faster or the distance they have done. **Elsie**, walked **Helen** through her run and fetch the other night and **Helen** complained that she had no time to bring her heart rate down. As soon as she got to her turning point to go fetch, **Elsie** would be not more than 20m behind.

16 walkers got caught in the rain on Tuesday night and had fun splashing in the pools of water and wondering who would win the wet t shirt award. Winner Tracy W for white shirt and white bra. Janice decided to bale as she didn't want to get wet so stopped at her house as we went past.

The intermediate group was challenged the other night to run up a hill and not stop at all. Anyone stopping would buy me chocolates. Well done to everyone who took up the challenge and ran the hill. Not one person walked !!!!! IOU !!!

There is a new FUN award in the Walkers section this year – THE STIRRERS AWARD !!!

I wonder who will get it.

That's it for now. Good walking / running to all of you and see you all at Kearsney !!!!

Blessings to you all

Les

This month 1 year ago in the news:

The Sani marathon winning time was 3 hr 04, with the winner running the downhill leg in 1 hr 20!

We had a good turnout at the last races of 2014, as well as the Kearsney 10 and 21 km, where **Rose Whittington** completed her first ever road race.

This month 5 years ago in the news:

New members 5 years ago included **Mike de Beer, Dumisani Shoyise, Brad Rochat, Carolyn Goltman, Chris Konig, Margaret Marshall.**

RIVERSIDE HARRIERS NEWSLETTER

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Garth Lezard started a cycling trip to Harare, and 5 years later, he is still travelling, running, walking, cycling, for charity...! (latest – Garth has just returned to Durban!)
Craig Speirs completed the Sani marathon in 5 hr 08.

This month 10 years ago in the news:

Nigel Sherriff finished 2005 with the fastest 5km (20:39) and 8 km (34:20) time trial times.
Fiona Hoareau joined our club.

This month 15 years ago:

Subs for 2001 were R199 for the year.

Patrick Rostenne took part in 16 races during the year 2000!

Evelyn O' Byrne joined our club.

Visiting runner **Peter Sehloho** (still winning his age category in races) completed our 8km time trial in a brisk 26:00!

This month 18 years ago:

We still had a 4 km time trial, which **Anton Els** completed in 14:45!

We booked chalets for the Umgeni 20 Miler, which still took runs across the (old, lower) dam wall, at a cost of R50 ppn.

Mail received:

Well done to all the RIVERSIDE HARRIERS who did the Sani Stagger. Thank you all for coming to our race and supporting us. Fond regards
Clive and Trish Crawley – Sani Stagger

Thanks so much for your email. I have thoroughly enjoyed being part of the Riverside Harriers and can not thank you enough. You have all welcomed me with open arms and offered me training, advise and great company while running in this wonderful part of the world. Thanks!

We're sitting in the airport lounge waiting for the Emirates flight to Frankfurt via Dubai. After a x-mars break with the family we will move to Berlin beginning of next year. So if you or anyone else from the Riverside Harriers are ever in this neighborhood please let me know.

All the best for the races to come and have a wonderful x-mars break!

Take care,

Lars Brammer

Ilovo 15km Christmas Run for 2015 - our last race for the year. We ran in a bus driven by our epic coaches **Craig** and **Nicola** who stuck to their word and waited for the slowest person - which at one point was **Pam** and I as we accidentally stumbled across the shooter table. We started as a team and finished as a team and I am thankful every day that I found these incredible group of people. Looking so forward to big achievements with this club in 2016.

Angie Potgieter

Well I did my first 15km race today! I initially thought it was to be a 10km race but hey that will teach me to read carefully next time For those of you who know me well, you will realise what an enormous feat this was, as I'm a lazy cow! Anyway I did it and I did before the cut off time. The only reason I managed it was due to **Sumita Ramgareeb** whose help in keeping me going and **Gale** and **Helen's** patience in waiting for me saw me through. Thank you so much my walking buddies. Awesome feeling that I completed it
Tracey Blakeway



Quotes of the month:

Most of the Sani finishers: " I can't walk properly".

Dick Whittington : " I plan to drink a bit less this year, every 2nd beer will be a whiskey".

Jaco van Schalkwyk: "I wanted to pin my 2016 number on my vest, when I noticed I still had my 2014 number sewn on".

Interview:

This month we speak to **Tamlyn Reid:**

1. Where were you born?

Mutare, Zimbabwe

2. Where did you matriculate?

Danville Park Girls' High School

3. Family?

My husband, Vinnie and I have been married for 7 years and we have one gorgeous daughter, Payton aged 5.

4. Did you participate in sport at school?

A bit like running – I tried really hard at everything and was willing to give everything a go. Was not really excellent at anything and highest accomplishment was making the 2nd team for Netball in the last 2 years of high school. Played Netball, Basketball and Tennis.

5. What are your personal sporting highlights?

Not a natural sportsperson by any stretch of the imagination so was pleased with myself for abseiling down Chapman's Peak, swimming Midmar Mile, cycling the Amashova (all only once!!). Highlight for 2015 was the Sani Stagger half marathon.

6. What are your future sporting ambitions?

To do a multi-stage trail run ... eek! Did I say that out loud??

7. Why do you run?

To get fit, clear the mind and relax and for the good feeling it leaves afterwards!

8. How long have you been a member of Glenwood / Riverside Harriers?

A year.

9. What does the club mean to you?

It is a source of inspiration, friendship and support. It is more than a running club to me ... more of a support structure of friends who inspire , develop and motivate. A great place to be.

10. Profession?

Regional Manager of the Legal Recovery Centre at Nedbank Business Banking.

11. Other sporting activities?

Pilates

12. Hobbies & interests?

Reading, aspiring to travel

13. Any disappointments in sport?

Not really ever been good enough to be disappointed ... frustrated but not disappointed.

14. Message for newcomers to running / walking?

Be true to yourself in terms of your goals and what you want to "get out of it". Don't define your goals by what everyone else is doing but try and learn from those around you.

RIVERSIDE HARRIERS NEWSLETTER

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Birthdays:

Jan	Name	Feb	Name	Mar	Name
1	Angie Potgieter	3	Mike Lock	1	Jono Whittington
1	Dallas Brett	3	Blaine Beresford	9	Ted Liddiatt
3	Brian Nicholas	4	Noreen Everton	10	Tracy Wittstock
3	Roy Peters	5	Naomi Maujean	11	Dick Whittington
5	Richard Aitken	7	Johan Borstlap	17	Gale Viljoen
14	Carolyn Goltman	7	Dave Nicholls	17	Simon Chalker
15	Sumita Ramgareeb	7	Louisa Bezuidenhout	21	Grant Horner
18	Kirstie Howe	8	Tamlyn Reid	24	Matt Young
18	Lynn Wallis	8	Johann van Rooyen	22	Hannelie Louwrens
18	Njabulo Dlamini	12	Kate Fryer	28	Ant Borstlap
20	Marlene Sagathavan	13	Baron Combrinck		
20	Mandy Conradt	16	Fred Akal		
27	Robyn Coote	17	Rosslyn Doorasamy		
		18	Debra Symington		
		25	Sandy Jenkins		

HUMOUR:

A truck carrying glue overturned today so I got stuck in traffic.

6. 2016 COMMITTEE MEMBERS:

Chairman : Clare Mangan (031 3031422 -w)
Social Convener : Leslie Ogle & Debbie Marshall
Kit : Nicola Hewitt
Treasurer: Eric Prange
Secretary : Emile Streicher (083 449 8308 -cell; estreicher@absamail.co.za)
Road Captain : Craig Speirs
Additional members: Dale Johnson,

7. 2016 RACE DATES:

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



