

RIVERSIDE HARRIERS NEWSLETTER

MARCH 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 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:

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 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 January 2016 goes to **Andries Nkuna**, for his 1 hr 47 at the Kearsney 21 km, his consistent and keen training, as well as his time trial improvements - 22:15 for 5 km and 35:09 for 8 km - congratulations Andries!

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.



Some dates:

1. 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

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 **Comrades marathon** will accept substitutions for the 2016 Comrades Marathon. The Substitution process opens on **1 April 2016** and all applications must **REACH** the CMA by no later than **21 April 2016**. PLEASE ENSURE THAT YOU MAKE THE NECESSARY ARRANGEMENTS TO HAVE YOUR SUBSTITUTION ENTRY FORM IN OFFICE BY CLOSE OF BUSINESS ON 21 APRIL 2016. **IF YOUR ENTRY REACHES THE CMA ON 22 APRIL 2016, IT WILL NOT BE PROCESSED. NO LATE ENTRIES WILL BE PROCESSED**

We have 9 members who have entered Two Oceans 21 km, 17 members entered the 56 km, and 50 members who have entered Comrades 2016!

We had our AGM on Wednesday 24 February, where the full committee was re-elected in their same portfolios (see last page of newsletter) – after the (short) formalities, members were treated to snacks and drinks!

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	Total
Nicola Hewitt	310	310
Andrea Moroney	308	308
Ampie Niehaus	289	289
Tarryn Payne	271.43	271.43
Johann van Rooyen	256	256
Chantel Robins	241.62	241.62
Terri Atkinson	237	237
Grant Horner	228	228
Sally Botha	220	220
Alison Chadwick	210.36	210.36
Ivan Freese	207	207
Rob Goldman	205	205
Dale Johnson	198	198
Debbie Marshall	198	198
Jaco Smith	185.3	185.3
Tamlyn Reid	178	178
Jana Niehaus	178	178
Emile Streicher	173	173
Clare Mangan	145	145
Candice Jenkinson	143.25	143.25
Ted Liddiatt	139	139
Margie Liddiatt	139	139
Sally Goldman	138.5	138.5
Bobby Horsfield	135	135
Bruce Anderson	133	133
Ann Turner	130	130
Rob Scholtz	124	124
Gale Viljoen	112	112
Elsie du Buisson	110.7	110.7



Margaret Marshall	106	106
Lee-Anne Steward	103.41	103.41
Chris Doorasamy	96	96
Helen Marshall	93.79	03.79
Michelle Maharaj	71.56	71.58
Taryn Mundell	56.3	56.3
Barry Marshall (W)	35	35
Rosslyn Doorasamy	14	14

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 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
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

Name	Kearsney	Total
Monique Ward	56:39	2
Rob Scholtz	61:15	2
Jaco van Schalkwyk	65:23	2
Neil Gibb	66:51	2
Maxine Stobart	66:52	2
Simon Chalker	66:53	2
Michelle Maharaj	68:45	2
Melanie Wagner	71:00	2
Nigel Sherriff	71:00	2
Ted Liddiatt	71:51	2
Patrick Rostenne	73:53	2
Kim Robinson	74:30	2
Emile Streicher	74:45	2
Brett Ward	74:45	2
Sandy Jenkins	75:01	2
Candice Jenkinson	75:02	2
Margie Liddiatt	77:35	2
Liesl Quinn	7:47	2
Eileen Durand	78:31	2
Antone van Rooyen	78:35	2
Helen Marshall	82:01	2
Janine Fokkens	82:03	2
Sarah McVicar	86:57	2
Di Ching	89:06	2
Gale Viljoen	90:46	2
Dave Nicholls	93:46	2
Leslie Ogle	97:35	2
Jane Brett	98:17	2
Tracy Blakeway	100:04	2
Rose Whittington	100:05	2

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Here are the 2016 Time Trial best time trial times to date, as on **Wednesday 17 February**. 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	35:09	-
2	Andries Nkuna	21:21	22:42	2	Geoff Speirs	35:09	-
3	James Boyes	21:59	-	3	Scott Couper	36:09	34:41
4	Eric Prange	22:16	23:52	4	Wessel Cronje	37:22	40:27
5	Nigel Sheriff	22:35	24:05	5	Greg Labuschagne	37:28	-
6	Greg Labuschagne	22:38	23:20	6	Rob Goldman	38:46	40:58
7	Jana Niehaus	22:55	22:47	7	Nic Tingle	39:19	-
8	Bruce Anderson	23:06	22:53	8	Terri Atkinson	39:51	38:08
9	Rob Goldman	23:37	24:05	9	Dale Johnson	39:56	38:57
10	Jaco Smith	23:39	22:20	10	Craig Speirs	40:12	38:18
11	Nicola Hewitt	23:41	21:17	11	Larry Wood	41:34	38:58
12	Ryan Morgan	23:44	24:26	12	Sally Botha	40:42	40:30
13	Jaco van Schalkwyk	23:51	22:44	13	Ryan Morgan	40:42	37:55
14	Brad Rochat	24:09	24:49	14	Nick Tingle	41:17	-
15	Nicolus Tingle	24:18	-	15	Dumisani Shoyise	41:42	36:15
16	Rob Scholtz	24:35	24:57	16	Chantel Robins	44:04	45:35
17	Taryn Payne	24:36	-	17	Tamlyn Reid	45:29	44:42
18	Craig Speirs	24:39	22:53	18	Bruce Anderson	45:44	
19	Alvinesh Sookoo	24:39	24:33	19	Simone Liebenberg	47:50	
20	Robyn Pitot	24:41	23:03	20	Vicki Freemantle	48:07	44:14
21	Terri Atkinson	24:49	23:09	21	Clare Mangan	48:40	45:07
22	Simon Hoff	25:46	-	22	Debbie Marshall	49:07	48:54
23	Ampie Niehaus	25:47	24:30	23	Eileen Durand	55:11	-
24	Njabulo Dlamini	25:50	25:58	24	Gale Viljoen	69:56	59:05
25	Chantel Robins	25:53	27:50	25	Lynn Wallis	69:56	63:00
26	Rojean Hanekom	25:58	-				
27	Maxine Stobart	26:10	26:48				
28	Jean Pitot	26:44	23:41				
29	Sally Botha	27:03	23:05				
30	Izanne Jacobs	27:11	-				
31	Taryn Mundell	27:20	26:20				
32	Vicki Freemantle	27:32	27:05				
33	Lawrence Avis	27:37	28:27				
34	Mandy Skye	27:55	-				
35	Neil Gibb	28:00	23:09				
36	Taron Ridsdale	28:05	26:54				
37	Taryn Brown	28:17	24:53				
38	Krystal Terblanche	28:28	27:01				
39	Emile Streicher	28:31	27:40				
40	Michelle Maharaj	28:45	28:21				
41	Melanie Wagner	28:53	-				
42	Geraldine Cronje	28:54	26:14				
43	Simone Liebenberg	29:07	-				
44	Tamlyn Reid	29:08	27:05				
45	Izanne Jacobs	29:22	-				
46	Elizabeth Perkins	29:32	27:33				
47	Andrew Perkins	29:53	28:21				
48	Bronwyn Kirk	30:00	39:00				
49	Clare Mangan	30:08	29:52				
50	Debra Symington	30:58	30:18				
51	Jaco Pretorius	31:00	31:22				
52	Kim Robinson	31:02	-				
53	Alison Chadwick	31:12	31:38				
54	Candice Jenkinson	31:43	30:22				
55	Brett Ward	31:43	33:04				
56	Di Cilliers	31:44	-				
57	Wessel Cronje	32:36	23:45				



58	Dale Johnson	32:50	25:08			
59	Eileen Durand	33:25	33:51			
60	Helen Marshall	33:47	32:28			
61	Brent Payne	34:57	-			
62	Tracy Wittstock (W)	35:53	36:28			
63	Sally Goldman (W)	36:30	37:59			
64	Gale Viljoen	36:48	35:01			
65	Noreen Everton	37:00	33:00			
66	Lea Hollinshead	37:07	-			
67	Tezz Olds	38:24	-			
68	Chris Doorasamy	39:41	39:23			
69	Claire Kotze	39:17	37:28			
70	Taryn Stubbs	39:44	38:08			
71	Richard Aitken	40:07	-			
72	Louis Botha	40:07	38:20			
73	Lynne Wallis (W)	40:18	40:24			
74	Elsie du Buisson (W)	41:05	38:35			
75	Di Ching (W)	42:10	40:25			
76	Jackie Botha	42:10	-			
77	Keith Calitz	43:28	-			
78	Leslie Ogle (W)	43:57	44:42			
79	Fiona Calitz (W)	43:58	39:06			
80	Rose Whittington (W)	45:15	42:48			
81	Zandile Dlamini	46:06	34:00			
82	Tracy Blakeway (W)	46:23	43:09			
83	Neela Naidoo (W)	47:24	44:13			
84	Ingrid Knott (W)	47:24	46:00			
85	Sumita Ramgareeb (W)	47:45	47:00			
86	Adele Allison (W)	49:00	41:35			
87	Felicity Holbrook (W)	49:10	-			
88	Juliette Spence (W)	59:54	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 17 February:**

No.	Name	5.1 km	8 km	Total
1	Rose Whittington	7		7
2	Alvinesh Sookoo	7		7
3	Eileen Durand	5	2	7
4	Greg Labuschagne	5	2	7
5	Emile Streicher	6		6
6	Clare Mangan	4	2	6
7	Rob Goldman	4	2	6
8	Tracy Wittstock	6		6
9	Di Ching	6		6
10	Alison Chadwick	6		6
11	Candice Jenkinson	6		6
12	Geoff Speirs	3	3	6
13	Eric Prange	6		6
14	Craig Speirs	3	3	6
15	Sally Goldman	5		5
16	Andrew Perkins	5		5
17	Vicki Freemantle	4	1	5
18	Jaco Smith	5		5
19	Leslie Ogle	5		5
20	Dale Johnson	2	3	5
21	Bruce Anderson	4	1	5
22	Nicolus Tingle	2	3	5
23	Andries Nkuna	3	2	5
24	Kim Robinson	5		5
25	Terri Atkinson	4	1	5
26	Nicola Hewitt	5		5



27	Lynn Wallis	4	1	5
28	Louis Botha	5		5
29	Jaco van Schalkwyk	5		5
30	Ryan Morgan	1	4	5
31	Elsie Du Bussion	5		5
32	Jackie Botha	5		5
33	Tamlyn Reid	2	3	5
34	Simon Hoffe	5		5
35	Chantel Robins	3	1	4
36	Ampie Niehaus	4		4
37	Gale Viljoen	3	1	4
38	Michelle Maharaj	4		4
39	Simone Liebenberg	3	1	4
40	Taryn Payne	4		4
41	Taron Ridsdale	4		4
42	Izanne Jacobs	3		3
43	Robyn Pitot	3		3
44	Tezz Olds	3		3
45	Felicity Holbrook	3		3
46	Debbie Marshall	1	2	3
47	Mandy Skye	3		3
48	Helen Marshall	3		3
49	Taryn Brown	3		3
50	Fiona Calitz	3		3
51	Neela Naidoo	3		3
52	Lea Hollinshead	3		3
53	Bronwyn Kirk	3		3
54	Sumita Ramgareeb	3		3
55	Nigel Sherriff	3		3
56	Taryn Stubbs	3		3
57	Claire Kotze	3		3
58	Sally Botha	2	1	3
59	Larry Wood	1	2	3
60	Njabulo Dlamini	3		3
61	Elizabeth Perkins	2		2
62	Melanie Wagner	2		2
63	Adele Allison	2		2
64	Maxine Stobart	2		2
65	Keith Calitz	2		2
66	Chris Doorasamy	2		2
67	Wessel Cronje	1	1	2
68	Lawrence Avis	2		2
69	Ingrid Knott	2		2
70	Rob Scholtz	2		2
71	Brett Ward	2		2
72	Juliette Spence	2		2
73	Noreen Everton	2		2
74	Mike Fell	2		2
75	Richard Aitken	2		2
76	Krystel Terblanche	2		2
77	Cathy Coates	1		1
78	Sarah McVicar	1		1
79	Heather Speirs	1		1
80	Tayn Mundell	1		1
81	Di Cilliers	1		1
82	Jaco Pretorius	1		1
83	Geraldine Cronje	1		1
84	Jana Niehaus	1		1
85	Brent Payne	1		1
86	Tracy Blakeway	1		1
87	Dumisani Shoyise		1	1

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88	James Boyes	1		1
89	Dave Elliott	1		1
90	Neil Gibb	1		1
91	Rojean Hanekom	1		1
92	Sarah McVicar	1		1
93	Carolyn Goltman	1		1
94	Scott Couper		1	1
95	Mike Lock	1		1
96	Zandile Dlamini	1		1
97	Debrah Symington	1		1
98	Brad Rochat	1		1

Race Results:

Kearsney 10 & 21 km : 24 January 2016:

Pos	Name – 10 km run	Time	Pos	Name - 21 km	Time
50	Monique Ward	56:39	97	Andries Nkuna	1 hr 47:33
66	Rob Scholtz	61:15	121	Geoff Speirs	1 hr 50:35
96	Jaco van Schalkwyk	65:23	241	Greg Labuscagne	1 hr 59:42
117	Neil Gibb	66:51	291	Johann van Rooyen	2 hr 02:48
118	Maxine Stobart	66:52	292	Wessel Cronje	2 hr 02:48
119	Simon Chalker	66:53	299	Jaco Smith	2 hr 03:23
140	Michelle Maharaj	68:45	302	Craig Speirs	2 hr 03:39
170	Melanie Wagner	71:00	309	Lindsey Rogerson	2 hr 04:37
171	Nigel Sherriff	71:00	331	Nick Tingle	2 hr 06:16
196	Ted Liddiatt	71:51	???	Scott Couper	2 hr 06:16
233	Patrick Rostenne	73:53	361	Gordon Truluck	2 hr 07:50
238	Kim Robinson	74:30	379	Bruce Anderson	2 hr 08:33
243	Emile Streicher	74:45	389	Ryan Morgan	2 hr 09:43
244	Brett Ward	74:45	434	Caron Botha	2 hr 11:19
245	Sandy Jenkins	75:01	441	Dale Johnson	2 hr 12:16
246	Candice Jenkinson	75:02	479	Vinnie Papenfus	2 hr 14:17
278	Margie Liddiatt	77:35	483	Craig Tibshraeny	2 hr 14:21
281	Liesl Quinn	77:47	484	Amylyn Kyle	2 hr 14:24
291	Eileen Durand	78:31	503	Geraldine Cronje	2 hr 15:26
293	Antone van Rooyen	78:35	529	Andrea Moroney	2 hr 16:42
331	Helen Marshall	82:01	545	Ivan Freese	2 hr 17:19
332	Janine Fokkens	82:03	551	Colleen Nicholus	2 hr 17:29
404	Di Ching	89:06	575	Lawrence Avis	2 hr 18:31
418	Gale Viljoen	90:46	621	Taryn Brown	2 hr 20:33
469	Jane Brett	98:17	746	Barbara Florence	2 hr 27:25
479	Rose Whittington	100:05	845	Taron Ridsdale	2 hr 34:28
	There were 528 finishers		929	Alison Chadwick	2 hr 42:48
			930	Jaco Pretorius	2 hr 42:49
			931	Debbie Marshall	2 hr 42:50
			956	Dallas Brett	2 hr 44:16
			1019	Bronwyn Kirk	2 hr 52:36
			1067	Ellie Gillies	3 hr 01:34
	10 km - walk		1068	Faye Bodill	2 hr 01:36
22	Sarah McVicar	86:57			
30	Dave Nicholls	93:46			
39	Leslie Ogle	97:35			
45	Tracy Blakeway	100:04			

There were 94 finishers

There were 1105 finishers

NOSA Hillcrest 42.2 km : 14 February 2016:

Pos	Name – 21.1 km	Time	Pos	Name – 42.2 km	Time
74	Geoff Speirs	1 hr 42:24	168	Nicola Hewitt	3 hr 38:58
120	Rob Goldman	1 hr 47:32	169	Andries Nkuna	3 hr 38:58
121	Terri Anderson	1 hr 47:41	285	Wessel Cronje	3 hr 56:19
166	Jaco Smith	1 hr 52:03	294	Duncan Sondezi	3 hr 57:02
174	Sally Botha	1 hr 52:35	321	Ampie Niehaus	3 hr 59:00



176	Tarryn Payne	1 hr 52:36		Greg Labuschagne	4 hr 22:25
197	Nic Tingle	1 hr 53:59	556	Taryn Brown	4 hr 24:38
209	Dale Johnson	1 hr 54:58	561	Graham Christensen	4 hr 25:02
222	Craig Speirs	1 hr 55:44	601	Gordon Truluck	4 hr 29:06
250	Richard Widdows	1 hr 57:32	633	Johann van Rooyen	4 hr 31:59
282	Lynda Hoppe	1 hr 58:09		Angie Potgieter	4 hr 51:38
325	Maxine Stobart	2 hr 03:01	938	Taron Ridsdale	4 hr 55:13
326	Andrea Moroney	2 hr 03:02	989	Ann Turner	4 hr 58:35
358	Colleen Nicholas	2 hr 05:30			
409	Tamlyn Reid	2 hr 08:54			
529	Mandy Skye	2 hr 15:24			
582	Ivan Freese	2 hr 19:21			
626	Di Cilliers	2 hr 21:36			
669	Angela Parry	2 hr 24:40			
674	Melanie Wagner	2 hr 25:19			
675	Nigel Sherriff	2 hr 25:19			
704	Ted Liddiatt	2 hr 27:45			
706	Alison Chadwick	2 hr 27:52			
776	Debbie Marshall	2 hr 32:59			
784	Brue Anderson	2 hr 33 :51			
786	Eileen Durand	2 hr 33:56			
808	Bronwyn Kirk	2 hr 35:47			
821	Margie Liddiatt	2 hr 36:52			
878	Sally Goldman	2 hr 43:36			
887	Carolyn Goltman	2 hr 44:05			
923	Gale Viljoen	2 hr 47:05			
1001	Sarah McVicar	2 hr 59:46			
1039	Dave Nicholls	3 hr 12:02			

There were 1068 finishers

There were 1177 finishers

RUNNERS CORNER:

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

1. Success is how high you bounce when you hit bottom.
2. If everyone is thinking alike, then somebody isn't thinking.
3. Experience is simply the name we give our mistakes.
4. Never judge a book by his movie.
5. Don't ever buy a new car that you can't push.

Welcome to new members **Felicity Holbrook, Angela Parry, Tracey Chalker, Graeme Christensen, Tezz Olds, James Boyes, Richard Widdows, Mike Fell, Llewellyn Anderson, Coleen Leygonie, Raujean Hanekom, Juanita Sutton, Heidi Sclanders** and welcome back to **Renier Pretorius**– we trust you will enjoy your running and walking with us. Please feel free to join us in all our activities.

On Sunday 24 January, a huge contingent of our members took part in the notoriously tough Kearsney 10 and 21 km race – the 10 km was also the first leg of the 2016 10 x 10 km challenge. **Monique Ward** was our first runner in the 10 km, in a time of 56:39. It was good to see **Rob Scholtz** back on the road, after his 2 knee operations in 2014, Rob finished in 61:15. **Jaco van Schalkwyk** made a return to races, after taking a mysterious break in 2015. **Neil Gibb** and **Maxine Stobart** finished together, with **Simon** and **Tracey Chalker** next in 66:53. **Michelle Maharaj** dipped below 70 minutes, with **Nigel Sherriff** and **Melanie Wagner** finishing together in 71:00. **Ted Liddiatt** finished in 71:51 – Ted seems to love hilly routes! **Patrick Rostenne** finished in 74:30, in his first run for the year, in fact, his first run since the Westville Christmas run. **Kim Robinson** ran her second race in our colours, with **Emile Streicher** and **Brett Ward** making sure they did not go too fast in this first leg on the 10 x 10 km. **Sandy Jenkins** and **Candice Jenkinson** finished next, with **Margie Liddiatt** and **Eileen Durand** close behind them. **Antone van Rooyen** was seen gasping for air on one of the hills, but did well to finish in 78:35. **Helen Marshall** was next, with **Janine Fokkens** finishing her first race in our colours. **Di Ching, Gale Viloen, Jane Brett, Rose Whittington, Liesl Quinn, Dave Nicholls** (first race in our colours), **Sarah McVicar, Leslie Ogle** and **Tracy Blakeway** all finished the 10 km.

Andries Nkuna was our first runner in the 21 km, in a brisk 1 hr 47, with **Geoff Speirs** next in 1 hr 50. **Greg Labushagne** also dipped below 2 hours, with **Johann van Rooyen** and **Wessel Cronje** finishing in 2 hr 02. **Jaco Smith** and **Craig Speirs** finished next, in 2 hr 03, **Lindsey Rogerson, Nick Tingle** (his first race in our colours) and **Scott Couper** next. Both **Wessel** and **Scott** had to “run off”, as they had to get to their respective churches to deliver the ceremony! **Gordon Truluck, Ryan Morgan, Colleen Nicholas** and **Bruce Anderson**



were next, followed by **Caron Botha** (first race as a member, but not yet in our colours), **Dale Johnson** and **Vinnie Papenfus**. **Craig Tibshraeny**, **Amy Kyle**, **Geraldine Cronje**, **Andrea Moroney** and **Ivan Freese** were next, with **Lawrence Avis**, **Taryn Brown** and **Barbara Florence** behind them. They were followed by **Taron Ridsdale**, **Alison Chadwick**, **Jaco Pretorius**, **Debbie Marshall** and **Dallas Brett**, with **Bronwyn Kirk**, **Faye Bodill** and **Ellie Gillies** also finishing. Members mingled and recovered at the club tent afterwards, well done to all the finishers!

We had another good turnout at the PDAC 25 km on 31 January, a 25 km from Waterfall, to Lahee park in Pine-town - this race needs serious planning, to ensure you and your car end up at the same place after the race!

Our first runner, after running 27 km the day before, was **Nicola Hewitt**, in 2 hr 06, followed by **Terri Atkinson** (2 hr 10) and **Ampie Niehaus** (2 hr 13) - although it can't be counted, Ampie achieved a 21 km PB of 1 hr 51 during the race. Next to finish were **Gordon Truluck**, **Colleen Nicholus**, **Lynda Hoppe**, **Andrea Moroney**, **Craig Tibshraeny**, **Tamlyn Reid** (her longest run ever), **Tarryn Payne** (first race in our colours!), **Grant Horner**, **Angie Potgieter**, **Alison Chadwick**, **Barbara Florence**, **Neil Gibb**, **Maxine Stobart**, **Debbie Marshall**, **Ivan Freese**, **Taron Ridsdale** and **Nicholls** (our only walker). All the finishers mingled at the club tent after the race, to cool down and recover from the run.

Meanwhile up north, **John McClelland** and **Caron Botha** completed the Johnsons Crane 42 km (Caron's first marathon!), while **Nigel Sherriff** and **Melanie Wagner** completed the 21 km.

On Wednesday 3 February, **Gowan Jones** chatted to us after the time trial about the benefits of Sports Massage Therapy, and about specific packages he has offered our club members.

Hard lines to **Christo janse van Rensburg**, who planned a big comeback this year, but broke his leg after slipping on a wet floor.

Congratulations to **Lindsay Rogerson**, who received his Natal Colours for the 10 km distance - few of us can keep up with Lindsey!

Next on the race calendar was the Sydenham 16 and 32 km, which many members used as a training run. **Lindsey Rogerson** was our first runner in the 16 km, in 1 hr 17, with **Eric Prange** next in 1 hr 23. **Monique Ward** was next, in 1 hr 30, followed by **Paul Ginn** (1 hr 34) and **Mandy Skye** (1 hr 39). Also completing the 16 km distance, were **Clare Mangan** (1 hr 46), **Emile Streicher** (1 hr 46), **Angela Parry** (her first race in our colours - 1 hr 47), **Patrick Rostenne** (1 hr 50), **Nigel Sherriff** and **Melanie Wagner** (1 hr 52), **Debbie Marshall** (1 hr 55), **Llewellyn Anderson** (his first race in our colours) and his sister **Liesl Quinn** (1 hr 58), **Eileen Durand** (her first 16 km race! - 2 hr 03), **Gale Viljoen** (2 hr 09), **Lea Hollinshead** (her comeback race) and **Tezz Olds** (her first race in our colours - 2 hr 13), **Bronwyn Kirk**, **Chris Doorasamy**, **Ted** and **Margie Liddiatt**, **Sarah McVicar**, **Lee-Anne Steward** and **Dave Nicholls**.

Terri Atkinson was our first runner in the 32 km, in 2 hr 57 (great run, after lengthy injury lay-off in 2015), with **Nicholus Mhlengana** next in 3 hr 03. **Tarryn Payne** and **Sally Botha** finished in 3 hr 10, followed by **Bruce Anderson** (3 hr 16), **Chantel Robins** (3 hr 19), **Dale Johnson** (3 hr 18), **Craig Tibshraeny** (3 hr 22), **Andrea Moroney** (3 hr 25), and **Michelle Maharaj** (her first 32 km!) - well done to all the finishers!

On Wednesday 10 February, we hosted our Valentines Time Trial, where we had more than 60 runners and walkers participating! We ran in teams of 2, with no watches, to try and finish as close as possible to our predicted times - eventual winners, only 3 seconds off their combined predicted times, were our Chairlady **Clare Mangan** and new member **Rojean Hanekom**. In 2nd place was **Tarryn** and **Brent Payne** (10 seconds difference), followed by **Neil Gibb** and **Maxine Stobart** (12 seconds difference). Thanks to everybody who donated goodies as prizes. This was followed by another Comrades Oceans Clinic.

The next Sunday was the very popular (and only Durban Two Oceans qualifier) NOSA Hillcrest 21 and 42 km - in the 21 km, **Geoff Speirs** was our first runner, in 1 hr 42, followed by Mr Consistency, **Rob Goldman** (1 hr 47), **Terri Atkinson** 1 hr 47, **Jaco Smith**, **Tarryn Payne** and **Sally Botha** (1 hr 52). **Nic Tingle** was next (1 hr 55) followed by **Dale Johnson** (his fastest 21 km in many years - 1 hr 54 - after swimming his Maiden Midmar Mile the day before), **Craig Speirs** (1 hr 55), **Richard Widdows** (his first race in our colours - 1 hr 57) and **Lynda Hoppe** (1 hr 58). **Maxine Stobart** (2 hr 02), **Andrea Moroney** (2 hr 03), **Colleen Nicholas** (2 hr 05) and **Tamlyn Reid** (2 hr 08 - PB!!) were next to finish. **Mandy Skye** (after the Midmar Mile the day before - 2 hr 15), **Ivan Freese** (2 hr 21), **Angela Parry** (2 hr 24), **Melanie Wagner** and **Nigel Sherriff** (2 hr 25) - thanks Nigel and Melanie for the club tent! - **Ted Liddiatt** and **Alison Chadwick** finished next. **Debbie Marshall**, also after the Mile the day before (2 hr 32), **Bruce Anderson** and **Eileen Durand** (her first 21 km!). **Bronwyn Kirk** was next, in 2 hr 35, followed by **Margie Liddiatt** (2 hr 43), **Sally Goldman** (2 hr 43), **Carolyn Goltman** (2 hr 44), **Gale Viljoen** (2 hr 47), **Sarah McVicar** (2 hr 59) and **Dave Nicholls** (3 hr 12).

RIVERSIDE HARRIERS NEWSLETTER

MARCH 2016



In the 42 km, our first runners were **Nicola Hewitt** and **Andries Nkuna**, in 3 hr 38 – this after Nicola also completed the Midmar Mile the day before – Nicola missed out by a PB by 1 minute! **Wessel Cronje** (3 hr 56), **Duncan Sondezi** (3 hr 57) and **Ampie Niehaus** (3 hr 59 – PB!) all dipped below 4 hours. **Greg Labuschagne** (4 hr 22), **Taryn Brown** (4 hr 24), **Graham Christensen** (4 hr 25), **Gordon Truluck** (4 hr 29), **Johann van Rooyen** (4 hr 31), **Angie Potgieter** (her first marathon – 4 hr 51), **Taron Ridsdale** (4 hr 55) and **Ann Turner** (4 hr 58) all achieved qualifying finishes.

On Sunday 21 February, a few members took part in the Zabalaza 10 and 21 km at Cato Ridge, where **Eric Prange** had a great run and dipped below 47 minutes for the 10 km - other spotted at Cato Ridge were **Monique Ward**, **Dunisani Shoyise**, **Ted** and **Margie Liddiatt**.

Walkers News:

Just a quick word to say **well done** to everyone in this group “ Walkers **and** Intermediate Runners Group”

The group is now at 41 members.

The divisions in the main group are working well and everyone is able to follow the route called and fit into a sub group that suites their speed and distance they want to do. The number of people in each small group is also perfect for safety reasons. (no one to walk alone !!!) I will continue to do my best between the slow walkers and the runners to check that you are all okay and coping on the route.

Please always remember to encourage and wait for everyone in your group.....don't walk away from them, rather help them get along and catch up.

Encouragement builds happy people.

If you are struggling to keep up with a group or finding the pace too fast, please tell me so that I can help you and get you comfortable in a group that suites your needs.

The people whose goal it is to be in the running section by the end of the year and running half marathons, marathons and the ultimate Comrades – I will continue to push you and help you as much as I can to reach the goal of being fit enough, fast enough and enough running distance on your legs to move you up to the runners where **Craig Speirs** and **Nicola Hewitt** will take over and help you to reach your dream. So please come every Tuesday and Thursday as well as the Saturday mornings that I call.

Looking forward to lots of happy faces and good walking / running from all of you.

To all of you, happy walking and once again well done on all your efforts.

Cheers, Les

Walkers News Letter - FEBRUARY 2016

Our group has had a major growth spurt again this last month with the visits from some and the staying on of others.

Welcome to **Louise and Jackie** who came for a walk/ run and then went into hiding. **Di** also popped in for a walk or two and then became scarce. **Rosslyn Doorasamy** came and walked with **Chris** one Thursday afternoon and then both of them disappeared. **Ellie** has joined me from the running section on a quick get fit programme but then also disappeared. **Felicity** who walked with a Durban North group of ladies came across and has joined the section and seems to be happy walking with the 5km group. **Juanita** has joined me from Berea RWFL. I have walked with her on a race and she is a very fit and fast lady so may be good competition for **Elsie** (When she has recovered), her ladies and **Dave**.

Elsie had an operation on her ankle and has been seen hobbling around the club trying to make a come back. She has been very willing to help take times at time trial while her leg gets stronger. Remember baby steps..... Another walker under the scalpel is Glynis. **Glynis** has been advised no long distance walking so she will be coming back to compete at 10km level again. We are planning a raid on her on our Tuesday night route. **Sumita** has also been fighting an injury and we wish her a speedy recovery and back to the group.

The group has loads of fun on walks as well as the odd treat that gets thrown in.....last night they celebrated “International Wine Day” with a run walk and three stops at Dirty Dicks Pub (Jono and Rose Whittington) for copious amounts of wine, juice and cheese and biscuits. Loads of laughing as they made their way along a 1.5km route and back top the same spot three times. Thank you Rose and Jono.



News for Jan – Feb - intermediate group. (17 in group)

This group is growing in leaps and bounds and the ladies and gents are doing very well.

Michelle Maharaj has done her first 32km and in a nice time of 3.40. I then passed her onto **Nicola** to coach for marathons. She is now going to attempt the PMB 42km and we wish her all the very best.

I know that she will listen to the advice that **Nicola** has given her and will use it as a tester to see how she copes.

Sandy Jenkins has pulled back a bit and will be sticking to the 21km races until she has more mileage on her legs.

Bronwyn Kirk has been doing very well and after a hard Kearsney race (2.56) has dropped her 21km time at Hillcrest to 2:35. Only 5 minutes to graduation.....

Noreen has come back to the group and is once again running strong. Looking forward to seeing you back at races.

Helen Marshall has improved greatly and is running a lot more on races than walking. It is quite visible that your fitness level and perseverance has pushed you along. Keep it up and good luck for PMB next week.

Gale Viljoen is also back on the road and has decided to keep jogging away even though she has strength in her walking. She is going to do PMB next Sunday. Good luck Gale.

Sally G is still training hard for Two Oceans 21km. She recently did the Hillcrest race and is now heading for PMB next week. Good Luck Sally.

Candice has been pulled back a bit as her knee was giving her trouble. No need to cause an injury, pull back and work at it slowly again.

Tracy Wittstock has been missing in action lately. Very busy at work etc

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

Keith Calitz who has joined the group this year but seems to only pop in once in a while. Think the ladies yakking scares him off.

Chris Doorasamy was doing great with us, then he brought Rosslyn, his wife for a walk and after that went missing.

Di Ching walked a few times with us but also disappeared. I believe she is a morning person and prefers to do a morning walk.

Louis and Jackie popped in for a run walk one evening but I think being old timers who have been there, got the t shirt they didn't really enjoy having to do the run walk with the group so called it quits.

Ellie joined us after a very tough Kearsney run. I have promised to get her fit as fast as I can but need her at training to do so. Believe she has a niggle in her hip that needs time out.

Lynn, as Elsie has been out of it with her injury, Lyn decided to join my group and has been running with this group. She amazes me as she is suited for both the power walking as well as running.

News for Jan – Feb - speed walking group (4 in group)

Elsie, as mentioned has had an operation and desperately determined to make a fast come back

Dave and Janice have been walking together as **Lyn** has moved up to the intermediate group to keep fit. Dave completed the PDAC race as well as the Hillcrest 21km

Sarah, has been totally missing in action though I do believe she is still doing races.

News for Jan -Feb - power walkers (7 in group)

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

As mentioned **Sumita and Glynis** have been out of action for a while.

Neela has been finding it difficult to get to training again with her work load increasing.

Tracey B and Rose can always be seen walking up a storm. I am not sure sometimes if they walk more or talk more.

News for Jan – Feb **The "slinky, slonk" Group (12 in group)**

The ladies **Ingrid, Barbara, Robyn, Cathy, Felicity** with the odd appearance of **Adele and Brian. Juliette** comes screaming in in her red car to catch up with them.

I haven't much to report as they always seem to be there in the car park waiting, get the route and leave.

No complaints, requests –

I have started sending **Vanessa and Genevieve** the routes during the day so that when they get there they can go. I am hoping that they will try pushing the mileage and walk up to 5km a time.

That's it for now. Good walking / running to all of you and see you all on the road.!!!

Blessings to you all

Les



This month 1 year ago in the news:

Jana Niehaus lead the most mileage competition, with an impressive 418 km in January, with a walker, **Barry Marshall**, close behind, with 400 km.

Nigel Sherriff was our first runner in the PDAC 25 km, in 2 hr 02.

Nicola Hewitt was our first runner in the Hillcrest 21 km, in 1 hr 39, with **Jana Niehaus** first to finish the marathon, in 3 hr 34.

Dale Johnson completed the Sydenham 32 km in 3 hr 20, this was his longest run in 2 years!

Monique Ward was 3rd lady in the Zabalaza 10 km race at Cato Ridge, in 53:45.

We had a huge influx of new members, who caught us a bit off-guard, but we managed!

This month 5 years ago in the news:

Gerald Munetsi finished the Calder Sulin 10 km in 32:38!

We had 10 finishers at the Kearsney 21 km race (vs about 60 in 2016) – but there was no 10 km option.

Nicholus Mhlengana was our first runner, in 1 hr 58.

Dumisan Shoyise was our first runner in the Sparkport 32 km, in 2 hr 50.

This month 10 years ago in the news:

Nigel Sherriff lead the Most Mileage competition, with a total of 190 km.

Nicola Hewitt joined our club.

Emile Streicher and **Clare Mangan**, prepared for another mountain run, besides Harrismith Platberg and Sani Stagger, when they entered the Kilimanjaro 21 km.

Eric Prange completed the 5 km time trial in 22:55 – still running these times in 2016!

This month 15 years ago:

Ingrid Fernihough completed her first 25 km race.

Clare Mangan joined the club.

Patrick Rostenne dipped below 3 hours in the Gateway 32 km.

Our club tent was stolen from Lahee Park, the night before the PDAC 25 km race.

This month 18 years ago:

Bernie Bass completed the PDAC 25 km in 1 hr 41, with **Patrick Rostenne** next in 1 hr 54.

Bernie then completed the Besemax (Hillcrest) marathon in 3 hr 06.

Patrick Rostenne completed our 8 km time trial in 34:33!

Mail received:

Kearsney 21km biaatch run done and dusted. Tough run with many hills that were still there from last year. I was hoping soil erosion had flattened them slightly, but, alas! Saw horses, cows, birds, chickens, [John William McClelland](#) in a car and 100 Kearsney first year boys on their Sunday hike excursion. The boys wouldn't tell us what was in their paper bags and they didn't have any beer. But they did call me Mam, which was most gratifying. This run is still my January ultra training wakeup call. Thank you to fellow [Riverside Harriers](#) champs for the run and the after run beverages. Time for a nap
Andrea Moroney

Kearsney 10km - that was THE hardest thing I have ever done!!!! 2 Oceans was nothing compared to today's run. Hills, hills and more hills. Some of them were nearly hands and knees pace. But I finished at a pathetic 1.22 good wake up call for 2 Oceans
Janine Fokkens

Was awesome running my first race in Riverside colours yesterday, the support was awesome.
Tarryn Payne

On the weekend Melanie and I travelled to Benoni to take part in the Johnson Cranes 21k race. Flew up on the Saturday morning, ran the race on Sunday morning and flew back on Sunday afternoon.



Was a very well organised race (42k, 1k and 10k) around the streets of Benoni. Melanie and I finished the race in a mat to mat time (championship was used) of 2hr20mins. Was very hot, especially for the marathon runners, who did 2 laps of the 21k route) and no air to breath in JHB, but a great race non the less.

I would definitely recommend this race to everyone at Riverside for next year, as it is also a good Comrades and Two Oceans qualifier.

Regards, Nigel Sherriff

A quick farewell note that I did not get a chance to write earlier. Since two weeks, we are now back permanently in the Netherlands. It being winter, it is cold, dark and wet (rain) here most of the time...big adjustment from Durban! We are still finding our feet.

I have rejoined my old running club in the Netherlands and have entered a few races here in the coming months. We are both missing Durban, South Africa and the Riversiders though! I have enjoyed my last two and half years in Durban enormously and the Riverside Harriers was a big part of that. Really enjoyed the friendships, early morning runs (and views over the ocean) and various races. I think you have managed to create a great running club with a very friendly and social spirit. I will definitely miss Riverside.

If you or any of the Riversiders ever find yourselves in the Netherlands, please contact us as you have someone here who would love to return the hospitality and friendship on this side.

All the best and take care,
Erik Kleine

Hillcrest half marathon this morning. Awesome course & fabulous weather. Finished strong & loved every single minute. Thanks Riverside Harriers, particularly **Leslie Ogle**, for bossing us on the hills in Durban North & getting us fit. Thought so much of you **Sharon Carson**, as I last did this course 4 years ago, just before your op. You advised me to have an ultra sound & what a 4 years it's been for both of us since then!
Sally Goldman

Nosa Hillcrest Marathon 2016. That ridiculous expression on my face is an attempt at smile post race whilst my feet screamed at me but I had to have a mug shot proving that today did in fact happen. I am of course extremely happy as I made it with 8 minutes to spare within the required qualifying time of 5 hours but am still waiting for the euphoria to arrive. I can honestly say that today was the toughest yet most humbling experience of my entire life as it was just me against the war going on in my head - quit (I can't actually do this) vs don't quit (you have worked so hard to get here). I have to say the hugest thanks to the people who ran with me, gave me side of the road pep talks, and cheered with such love and support - that was the humbling part. The fact that the route was something out of ground hog day is another story. Winston Park you can positively kiss my tired arse. Two Oceans Ultra - here we come.

Angie Potgieter

Hillcrest 21km done and dusted. Thanks for all the support people, and congrats to all my fellow runners who ran the marathon and qualified today.

Andrea Moroney

Well done all you good folk for your achievements today - PBs, first 21km distance and first marathons - huge milestones. Thanks **Nigel Sherriff** and **Melanie Miles** for providing shade and drinks for us. Thanks coach **Craig Speirs** for your support this week - a simple sms of concern and encouragement can mean so much when you feeling grim! I love having a cuppa tea with you bunch after races. Thanks **Chantel Robins** and **Jana Niehaus** for the roadside cheers!

Alison Chadwick



Thank you to everyone for the support today and well done to all the runners sorry we did not stay to watch you all come in
Eileen Durand

Well Done to all the Riverside Harriers runners for the Hillcrest 21 and 42 today. Special thanks to Nigel and Melanie for bringing the tent,
Sally Botha

I agree with Sally, well done everyone and thanks so much to Nigel and Mel for tent and drinks for the runners!
Jana Niehaus

Swimming is good for one's running first sub 2 hour half marathon in a looooooong time !! Awesome route. Thanks for putting up the club tent Nigel and Melanie. More active now than when I was half my present age !
Dale Johnson

Midmar 2016 done and dusted - a wonderful day with my Riverside Harriers team mates. So many emotional moments as we watched physically challenged peeps finish the mile, the 16 milers and 8 milers swim for their respective charities and then just the average joes complete their miles. Well done to all my team mates and thanks for a super day.
Pam Jones

A running club which works together and support each other on the road. A club which is very united and always at races in large numbers and work as a team. I have witnessed this in all the races....every time I pass them in the race....they running on partners or in groups. They had youngsters and legends like Alison Chadwick.....I admire them n they spirit for each other. I look forward sharing my stories with them. All the best Riverside harriers....Keep the river flowing.
Sibonelo Mashimane

I did my first 21km race since last July on Sunday, as a member of the "intermediate" group (run-walker, or runalker, or walkunner – take your pick). I just love this Hillcrest route, it's so pretty going through all those overhanging trees and looking at the properties I could never afford! Gale and I did the first half together, then I lost her and completed it on my own. I took it really easy, seeing I hadn't done more than 15km at one time in the last 7 months, and finished feeling really strong and still quite fresh. Thanks to Les for all her bullying on Margaret Maytom and other hills in Durban North. I even managed to keep up with some of the serious walkers from other clubs for short distances. Thanks too for fantastic support from various RH members who were supporting, and for the thumbs up or smiles as various RH runners passed me on the route. Pietermaritzburg, Midmar, then Oceans to go

Sally Goldman

Quotes of the month:

Jaco van Schalkwyk : "Don't run away from your problems, run your problems away".

Andrea Moroney : "Jaco, then you must still have many problems!"

Jaco van Schalkwyk (before Midmar camping): "I did not feel like being organized"



Interview:

This month we speak to **Johann van Rooyen:**

1. Where were you born?

Odendaalsrus in the Free State (never been back there since, as it was not planned and I decided to arrive whilst my parents were on their way back visiting family in Welkom. Should have been Bloemfontein!)

2. Where did you matriculate?

High School Edenburg (Farms School 80km south of Bloemfontein. 200 pupils from Grade 1 to Matric)

3. Family?

I am married to Antoné who is also a member of the club, two sons Jovann (11) and Anton (9) and little Emma (who will see to it that I have no pension left) 20 months

4. Did you participate in sport at school?

Being in a school with limited numbers we had to do everything. I played rugby, cricket for Southern Districts, Tennis and Athletics

5. What are your personal sporting highlights?

It is no doubt my first Comrades I completed in 2003. I lost 24kg 18 months before Comrades and did not believe for one moment when I started the race that I was going to complete it! The sense of achievement will remain engraved in my mind for many years to come. The next two in 2014 & 2015 were both special.

6. What are your future sporting ambitions?

I really want to keep running for as long as I can but ultimately would like to get my Comrades green number and Two Oceans Blue number.

7. Why do you run?

We are all having stressful jobs and this for me is the best way to alleviate that stress, and ultimately to keep healthy. I also enjoy the people and many friendships made over the past few years.

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

4 years

9. What does the club mean to you?

I think the support is unbelievable. My involvement is often limited to weekend runs and cannot participate in the week. Everybody is always very supportive and will never forget the Umgeni Water marathon in 2014. People were cheering for me around every corner and did not even know them. They were all from the club and they actually knew my name. You honestly get a sense that you are an important member no matter your involvement. I think a lot of credit needs to go to Emile and the rest of the committee for driving this agenda with so much passion.

10. Profession?

I am currently the Chief Risk Officer for the Illovo Sugar Group but a lawyer by profession.

11. Other sporting activities?

I enjoy occasional golf and squash

12. Hobbies & interests?



I love sports and really try and watch as much as possible when I have time.

13. Any disappointments in sport?

Missing the Kearsney sub 2 in 2015 by 14 seconds, and AGAIN in 2016 by 2 minutes! Besides this I am a Cheetah supporter so there are too many to mention!

14. Message for newcomers to running / walking?

Please just don't stop. When you start it is always tough but just don't stop. Every time you go and walk/run it will get easier and the reward is absolutely fantastic, as you can then eat and drink what you like! For current runners: walk while you can and not because you have to!



Birthdays:

Feb	Name	Mar	Name	Apr	Name
3	Mike Lock	1	Jono Whittington	3	Leanne Douglas
3	Blaine Beresford	9	Ted Liddiatt	3	Melanie Wagner
4	Noreen Everton	10	Tracy Wittstock	4	Juliette Spence
5	Naomi Maujean	11	Dick Whittington	7	Emile Streicher
6	Simine Liebenberg	17	Gale Viljoen	8	Andries Nkuna
7	Johan Borstlap	17	Simon Chalker	8	Nikki Rosatto
7	Dave Nicholls	21	Grant Horner	12	Kristin Thomson
7	Louisa Bezuidenhout	24	Matt Young	12	Sally Botha
8	Tamlyn Reid	22	Hannelie Louwrens	13	James Boyes
8	Johann van Rooyen	28	Ant Borstlap	14	Clare Ewing
12	Kate Fryer	31	Janine Fokkens	15	Sally Goldman
13	Baron Combrinck			17	Candice Jenkinson
16	Fred Akal			17	Lynda Hoppe
17	Rosslyn Doorasamy			25	Brigette Boaden
18	Debra Symington			27	Taryn Brown
25	Sandy Jenkins			27	Chris Doorasamy

HUMOUR:

A pony, with a sore throat, walked into a bar, and asked for a beer.
 Barman: "Sorry, we don't serve ponies here".
 Pony: "Why not? I am just a little hoarse".



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.

