



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 23 March	Easter Egg Time Trial!	
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. February was a month with several popular races, with many of our members running and walking good times and achieving great PB's - hence the choice of Member of the Month was always going to be a difficult one - the eventual decision was to award it to a lady who joined the run / walk group during 2015, and has now completed her first 32 km race, as well as the Pmb marathon, in a time of 4 hr 46 - congratulations **Michelle Maharaj!!**

We invite members to come forward with nominations for Member of the Month - so keep your eyes and ears open and send those nominations!

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



Dates to remember:

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

- a. Wed 15 – Sun 19 June (Thur 16 is public holiday) – camp as many nights as you want;
2. Sugarloaf camp site, St Lucia
3. Cost R100 pppn
4. Sites have electricity
5. One of the days we arrange a visit to Cape Vidal – game viewing, birding, picnic, snorkel, fish, play Frisbee, relax...

2. **Mtunzini Camping:**

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

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**

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

Name	Jan	Feb	Total
Nicola Hewitt	310	322	632
Andrea Moroney	308	253	561
Tarryn Payne	271.43	253	524.43
Johann van Rooyen	256	244	500
Sally Botha	220	228.8	448.6
Ampie Niehaus	289	152	441
Dale Johnson	198	218	416
Ivan Freese	207	196.47	403.47
Terri Atkinson	237	164	401
Chantel Robins	241.62	84	365.62
Alison Chadwick	210.36	155	365.36
Ann Turner	130	226	356
Rob Goldman	205	149	354
Tamlyn Reid	178	158	336
Jana Niehaus	178	150	328
Debbie Marshall	198	106	304
Clare Mangan	145	150	295
Bruce Anderson	133	160	293
Candice Jenkinson	143.25	149.23	292.48
Jaco Smith	185.3	105.77	291.07
Ted Liddiatt	139	147.2	286.2
Michelle Maharaj	71.56	204.92	276.5
Margie Liddiatt	139	137.2	276.2
Sally Goldman	138.5	136	274.5
Grant Horner	228	45.5	273.5
Gale Viljoen	112	152	264



Bobby Horsfield	135	108	243
Lee-Anne Steward	103.41	134.36	237.77
Pam Jones	129	108	237
Emile Streicher	173	60	233
Rob Scholtz	124	98	222
Chris Doorasamy	96	96	192
Margaret Marshall	106	85	191
Elsie du Buisson	110.7	29.7	140.4
Leslie Ogle (W)	81	51	132
Angela Parry	-	131	131
Andries Nkuna	-	130	130
Juanita Sutton (W)	-	100	100
Barry Marshall (W)	35	60	96
Helen Marshall	93.79	-	93.79
Rosslyn Doorasamy	14	58	72

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	Stella	Total
Monique Ward	56:39	50:08	5
Rob Scholtz	61:15	52:34	5
Jaco van Schalkwyk	65:23	62:46	5
Simon Chalker	66:53	60:14	5
Tracey Chalker	66:55	60:14	5
Renier Pretorius	67:49	67:19	5
Patrick Rostenne	73:53	65:54	5
Kim Robinson	74:30	68:06	5
Emile Streicher	74:45	66:00	5
Candice Jenkinson	75:02	67:20	5
Brett Ward	74:45	66:00	5
Liesl Quinn	77:47	72:58	5
Llewellyn Anderson	77:49	72:57	5
Helen Marshall	82:01	75:16	5
Leslie Ogle	97:35	90:25	5
Sarah McVicar	86:57	85:57	5
Di Ching	89:06	82:49	5
Gale Viljoen	90:46	75:15	5
Tracy Blakeway	100:04	96:22	5
Rose Whittington	100:05	96:22	5
Ted Liddiatt	71:51	75:15	4
Margie Liddiatt	77:35	80:03	4
Dave Nicholls	93:46	97:19	4
Michelle Maharaj	68:45	-	2
Neil Gibb	66:51	-	2
Sandy Jenkins	75:01	-	2



Maxine Stobart	66:52	-	2
Janine Fokkens	82:03	-	2
Melanie Wagner	71:00	-	2
Nigel Sherriff	71:00	-	2
Eileen Durand	78:31	-	2
Antone van Rooyen	78:35	-	2
Jane Brett	98:17		2
Greg Labuschagne	-	59:37	2
Tamlyn Reid	-	59:12	2
Wessel Cronje	-	56:14	2
Taryn Mundell	-	59:41	2
Lindsey Rogerson	-	50:55	2
Amylyn Kyle	-	50:09	2
Eric Prange	-	47:03	2
Mandy Skye	-	62:16	2
Alison Chadwick	-	64:58	2
Jaco Pretorius	-	67:20	2
Tezz Olds	-	78:14	2
Lea Hollinshead	-	78:15	2
Fiona Calitz	-	82:30	2
Zandile Dlamini	-	85:57	2
Chris Doorasamy		86:27	2
Robyn Mcmenemey	-	108:11	2
Elsie du Buisson	-	88:13	2
Juanita Sutton	-	88:56	2
Janis Nicholls	-	97:19	2
Heidi Sclanders	-	82:45	2

Here are the 2016 Time Trial best time trial times to date, as on **Wednesday 16 March**. 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	Wessel Cronje	33:08	40:27
2	Andries Nkuna	21:21	22:42	2	Geoff Speirs	34:00	-
3	Wessel Cronje	21:57	23:45	3	Andries Nkuna	34:59	-
4	James Boyes	21:59	-	4	Scott Couper	36:02	34:41
5	Greg Labuschagne	22:16	23:20	5	Greg Labuschagne	36:03	-
6	Eric Prange	22:16	23:52	6	Dave Elliot	37:04	-
7	Jaco Smith	22:27	22:20	7	Dale Johnson	37:16	38:57
8	Nigel Sheriff	22:35	24:05	8	Nic Tingle	37:29	-
9	Jana Niehaus	22:55	22:47	9	Craig Speirs	38:27	38:18
10	Bruce Anderson	23:06	22:53	10	Rob Goldman	38:46	40:58
11	Rob Goldman	23:37	24:05	11	Dumisani Shoyise	39:42	36:15
12	Nicola Hewitt	23:41	21:17	12	Terri Atkinson	39:51	38:08
13	Ryan Morgan	23:44	24:26	13	Ampie Niehaus	40:18	39:40
14	Jaco van Schalkwyk	23:49	22:44	14	Larry Wood	41:34	38:58
15	Monique Ward	24:06	25:26	15	Sally Botha	40:42	40:30
16	Brad Rochat	24:09	24:49	16	Ryan Morgan	40:42	37:55
17	Nicolus Tingle	24:18	-	17	Alvinesh Sookoo	41:05	44:08
18	Larry Wood	24:31	25:05	18	Nick Tingle	41:17	-
19	Rob Scholtz	24:35	24:57	19	Eric Prange	42:00	38:12
20	Taryn Payne	24:36	-	20	Jana Niehaus	42:45	35:27
21	Neil Gibb	24:38	23:09	21	Tarryn Payne	43:09	-
22	Craig Speirs	24:39	22:53	22	Neil Gibb	43:56	43:20
23	Alvinesh Sookoo	24:39	24:33	23	Chantel Robins	44:04	45:35
24	Robyn Pitot	24:41	23:03	24	Mandy Skye	45:04	-
25	Terri Atkinson	24:49	23:09	25	Tamlyn Reid	45:07	44:42
26	Lindsey Rogerson	25:18	24:44	26	Bruce Anderson	45:44	
27	Maxine Stobart	25:37	26:48	27	Vicki Freemantle	46:31	44:14
28	Njabulo Dlamini	25:39	25:58	28	Taron Ridsdale	47:23	46:48
29	Simon Hoff	25:46	-	29	Simone Liebenberg	47:50	



30	Ampie Niehaus	25:47	24:30	30	Clare Mangan	48:40	45:07
31	Chantel Robins	25:53	27:50	31	Debbie Marshall	49:07	48:54
32	Rojean Hanekom	25:58	-	32	Sandy Jenkins	52:37	48:29
33	Taron Ridsdale	27:01	26:54	33	Eileen Durand	55:11	-
34	Sally Botha	27:03	23:05	34	Gale Viljoen	69:56	59:05
35	Mike Fell	27:06	-	35	Lynn Wallis	69:56	63:00
36	Izanne Jacobs	27:11	-				
37	Taryn Mundell	27:20	26:20				
38	Emile Streicher	27:23	27:40				
39	Vicki Freemantle	27:32	27:05				
40	Lawrence Avis	27:37	28:27				
41	Mandy Skye	27:55	-				
42	Taryn Brown	28:17	24:53				
43	Krystel Terblanche	28:28	27:01				
44	Michelle Maharaj	28:45	28:21				
45	Melanie Wagner	28:53	-				
46	Geraldine Cronje	28:54	26:14				
47	Simone Liebenberg	29:07	-				
48	Tamlyn Reid	29:08	27:05				
49	Izanne Jacobs	29:22	-				
50	Elizabeth Perkins	29:32	27:33				
51	Brett Ward	29:43	33:04				
52	Andrew Perkins	29:53	28:21				
53	Alison Chadwick	29:56	31:38				
54	Bronwyn Kirk	30:00	39:00				
55	Clare Mangan	30:08	29:52				
56	Mike Lock	30:08	28:00				
57	Debra Symington	30:58	30:18				
58	Jaco Pretorius	31:00	31:22				
59	Kim Robinson	31:02	-				
60	Patrick Rostenne	31:10	32:29				
61	Candice Jenkinson	31:20	30:22				
62	Di Cilliers	31:44	-				
63	Sandy Jenkins	32:08	29:25				
64	Dale Johnson	32:50	25:08				
65	Eileen Durand	33:01	33:51				
66	Justine Brophy	33:16	29:16				
67	Helen Marshall	33:47	32:28				
68	Brent Payne	34:57	-				
69	Noreen Everton	35:00	33:00				
70	Tracy Wittstock (W)	35:11	36:28				
71	Sally Goldman (W)	35:30	37:59				
72	Gale Viljoen	36:10	35:01				
73	Keith Calitz	37:06	-				
74	Lea Hollinshead	37:07	-				
75	Richard Aitken	37:20	-				
76	Lynne Wallis (W)	37:23	40:24				
77	Tezz Olds	38:24	-				
78	Chris Doorasamy	39:41	39:23				
79	Claire Kotze	39:17	37:28				
80	Fiona Calitz (W)	37:04	39:06				
81	Taryn Stubbs	39:44	38:08				
82	Louis Botha	40:07	38:20				
83	Sarah McVicar	40:17	39:39				
84	Elsie du Buisson (W)	41:05	38:35				
85	Di Ching (W)	42:10	40:25				
86	Jackie Botha	42:10	-				
87	Juanita Sutton (W)	43:16	-				
88	Leslie Ogle (W)	43:57	44:42				
89	Rosslyn Doorasamy	44:25	-				
90	Rose Whittington (W)	45:15	42:48				



91	Zandile Dlamini	46:06	34:00			
92	Tracy Blakeway (W)	46:23	43:09			
93	Neela Naidoo (W)	47:24	44:13			
94	Ingrid Knott (W)	47:24	46:00			
95	Sumita Ramgareeb (W)	47:45	47:00			
96	Adele Allison (W)	49:00	41:35			
97	Felicity Holbrook (W)	49:10	-			
98	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 16 March:**

No.	Name	5.1 km	8 km	Total
1	Alvinesh Sookoo	9	2	11
2	Eileen Durand	8	2	10
3	Greg Labuschagne	7	3	10
4	Alison Chadwick	10		10
5	Craig Speirs	3	7	10
6	Emile Streicher	9		9
7	Candice Jenkinson	9		9
8	Tracy Wittstock	9		9
9	Rose Whittington	9		9
10	Geoff Speirs	3	6	9
11	Tamlyn Reid	5	4	9
12	Leslie Ogle	8		8
13	Dale Johnson	2	6	8
14	Eric Prange	7	1	8
15	Andrew Perkins	8		8
16	Vicki Freemantle	5	3	8
17	Di Ching	8		8
18	Louis Botha	7		7
19	Ryan Morgan	1	6	7
20	Andries Nkuna	3	4	7
21	Jackie Botha	7		7
22	Kim Robinson	7		7
23	Terri Atkinson	5	2	7
24	Sally Goldman	7		7
25	Lynn Wallis	6	1	7
26	Elsie Du Bussion	7		7
27	Jaco Smith	7		7
28	Ampie Niehaus	5	2	7
29	Taron Ridsdale	6	1	7
30	Nicolus Tingle	2	5	7
31	Fiona Calitz	7		7
32	Clare Mangan	4	2	6
33	Rob Goldman	4	2	6
34	Bruce Anderson	5	1	6
35	Jaco van Schalkwyk	6		6
36	Gale Viljoen	5	1	6
37	Nicola Hewitt	6		6
38	Michelle Maharaj	6		6
39	Simone Liebenberg	4	2	6
40	Njabulo Dlamini	6		6
41	Simon Hoffe	5		5
42	Tezz Olds	5		5
43	Tarryn Payne	4	1	5
44	Lea Hollinshead	5		5
45	Debbie Marshall	2	3	5
46	Nigel Sherriff	5		5
47	Noreen Everton	5		5
48	Heather Speirs	4		4
49	Chantel Robins	3	1	4



50	Izanne Jacobs	4		4
51	Robyn Pitot	4		4
52	Felicity Holbrook	4		4
53	Wessel Cronje	2	2	4
54	Mike Fell	4		4
55	Larry Wood	2	2	4
56	Sally Botha	2	2	4
57	Helen Marshall	4		4
58	Sumita Ramgareeb	4		4
59	Mandy Skye	3	1	4
60	Melanie Wagner	4		4
61	Richard Aitken	4		4
62	Krystel Terblanche	4		4
63	Jana Niehaus	3	1	4
64	Scott Couper		4	4
65	Taryn Brown	3		3
66	Elizabeth Perkins	3		3
67	Neela Naidoo	3		3
68	Taryn Stubbs	3		3
69	Claire Kotze	3		3
70	Chris Doorasamy	3		3
71	Lawrence Avis	3		3
72	Rob Scholtz	3		3
73	Juliette Spence	3		3
74	Bronwyn Kirk	3		3
75	Mike Lock	3		3
76	Keith Calitz	3		3
77	Dave Elliott	1	2	3
78	Maxine Stobart	3		3
79	Brett Ward	3		3
80	Neil Gibb	2	1	3
81	Brent Payne	2		2
82	Tracy Blakeway	2		2
83	Dumisani Shoyise		2	2
84	Tayn Mundell	2		2
85	Juanita Sutton	2		2
86	Ingrid Knott	2		2
87	Adele Allison	2		2
88	Sandy Jenkins	1	1	2
89	Brad Rochat	2		2
90	Rojean Hanekom	2		2
91	Sarah McVicar	1		1
92	Cathy Coates	1		1
93	Di Cilliers	1		1
94	Jaco Pretorius	1		1
95	Geraldine Cronje	1		1
96	James Boyes	1		1
97	Patrick Rostenne	1		1
98	Carolyn Goltman	1		1
99	Zandile Dlamini	1		1
100	Debrah Symington	1		1
101	Justine Brophy	1		1
102	Rosslyn Doorasamy	1		1
103	Monique Ward	1		1
104	Dave Nicholls	1		1
105	Janis Nicholls	1		1
106	Lindsey Rogerson	1		1

**Race Results:****The Witness Pmb 42.2 km: 28 February 2016:**

Position	Name	Time
423	Geoffrey SPEIRS	3:38:59
648	Sally BOTHA	3:54:41
649	Nicola HEWITT	3:54:41
695	Tarryn PAYNE	3:57:06
728	Dale JOHNSON	3:58:54
867	Evelyn OBYRNE	4:06:09
940	Larry WOOD	4:11:17
958	Craig SPEIRS	4:11:37
974	Richard WIDDOWS	4:12:38
1016	Gregory LABUSCAGNE	4:14:59
1029	David ELLIOTT	4:15:44
1038	Nicholas TINGLE	4:16:14
1063	Bruce ANDERSON	4:17:23
1074	Andrea MORONEY	4:17:55
1128	Scott COUPER	4:21:03
1141	Dumisani SHOYISA	4:22:22
1167	Matt YOUNG	4:23:28
1352	Vincent PAPENFUS	4:33:36
1514	Neil GIBB	4:42:48
1515	Maxine STOBART	4:42:49
1563	Pam JONES	4:44:48
1598	Michelle SUKHRAJ	4:46:46
1693	Ivan FREESE	4:52:23
1770	Taron RIDSDALE	4:56:06

The Witness Pmb 21.1 km : 28 February 2016:

Pos	Name	Time
230	Rob GOLDMAN	1:51:50
385	Caron BOTHA	2:04:06
410	John MCCLELLAND	2:05:34
435	Mandy SKYE	2:06:51
463	Simone LIEBENBERG	2:08:08
647	Debbie MARSHALL	2:20:22
683	Dianne CILLIERS	2:21:42
712	Nigel SHERRIFF	2:23:01
714	Melanie WAGNER	2:23:05
761	Ted LIDDIATT	2:25:52
773	Candice JENKINSON	2:26:25
887	Shan MCCLELLAND	2:32:54
925	Margie LIDDIATT	2:34:58
937	Johann VAN ROOYEN	2:36:06



938	Antone VAN ROOYEN	2:36:08
1007	Sally GOLDMAN	2:40:20
1025	Helen MARSHALL	2:41:28
1028	Gale VILJOEN	2:41:31
1050	Eleanor GILLIES	2:43:02
1347	Dave NICHOLLS	3:13:57

Stella Royal 10 km run : 6 March 2016:

Pos	Time	Name	Surname
34	0:47:03	Eric	Prange
46	0:50:08	Monique	Galliers Ward
47	0:50:09	Amylyn	Kyle
51	0:50:55	Lindsay	Rogerson
58	0:52:34	Robert	Scholtz
77	0:56:14	Wessel	Cronje
96	0:59:12	Tamlyn	Reid
108	0:59:37	Gregory	Labuscagne
???	0:59:41	Taryn	Mundell
117	1:00:14	Tracy	Chalker
118	1:00:14	Simon	Chalker
129	1:02:16	Mandy	Skye
136	1:02:46	Jaco	Van Schalkwyk
160	1:04:58	Alison	Chadwick
168	1:05:54	Patrick	Rostenne
170	1:06:00	Emile	Streicher
171	1:06:00	Brett	Ward
187	1:07:19	Renier	Pretorius
188	1:07:20	Jaco	Pretorius
189	1:07:20	Candice	Jenkinson
196	1:08:06	Kim	Robinson
256	1:12:57	Llewellyn	Anderson
257	1:12:58	Liesl	Quinn
288	1:15:15	Ted	Liddiatt
289	1:15:15	Gale	Viljoen
291	1:15:16	Helen	Marshall
322	1:18:14	Tezz	Olds
323	1:18:15	Lea	Hollinshead
339	1:20:03	Margie	Liddiatt
362	1:22:30	Fiona	Calitz
364	1:22:45	Heidi	Sclanders
365	1:22:49	Diane	Ching
390	1:25:57	Zandile	Dlamini
396	1:26:27	Chris	Doorasamy
460	1:48:11	Robyn	Mcmenemey

There were 475 finishers

Stella Royal 10 km walk : 6 March 2016:

Pos	Time	Name	Surname
-----	------	------	---------



20	1:25:57	Sarah	Mcvicar
22	1:28:13	Elsie	Du Buisson
23	1:28:56	Juanita	Sutton
31	1:30:25	Leslie	Ogle
38	1:36:22	Tracy	Blakeway
39	1:36:22	Rosemary	Whittington
40	1:37:19	Janis	Nicolls
41	1:37:19	Dave	Nicolls

There were 58 finishers

Stella Royal 25 km : 6 March 2016:

Pos	Time	Name	Surname
64	2:02:09	Andries	Nkuna
88	2:07:30	Nicola	Hewitt
173	2:21:40	Scott	Couper
181	2:23:28	Tarryn	Payne
183	2:23:53	Ampie	Niehaus
217	2:26:57	Jaco	Smith
229	2:28:29	Graham	Christensen
247	2:29:35	Sally	Botha
277	2:32:56	John	Mcclelland
280	2:33:10	Caron	Botha
291	2:34:17	Johann	Van Rooyen
321	2:37:03	Neil	Gibb
335	2:38:23	Simone	Liebenberg
337	2:38:36	Chantel	Robins
359	2:41:57	Ryan	Morgan
361	2:41:59	Angie	Potgieter
452	2:50:42	Leeanne	Stewart
455	2:50:58	Michelle	Sukhraj
477	2:53:44	Angela	Parry
495	2:56:23	Taron	Ridsdale
610	3:15:10	Bronwyn	Kirk
633	3:21:03	Noreen	Everton

There were 664 finishers

Umgeni Water 15 km : 13 March 2016:

Pos	Name	Time - 15 km	Pos	Name	Time - 32 km
46	Rob Goldman	1 hr 16:31	94	Terri Atkinson	3 hr 03:36
47	Monique Ward	1 hr 16:48	113	Greg Labuscagne	3 hr 09:40
48	Robyn Pitot	1 hr 17:20	145	Andrea Moroney	3 hr 18:58
123	Ryan Morgan	1 hr 29:12	192	Neil Gibb	3 hr 26:49
124	Angie Potgieter	1 hr 29:13	193	Maxine Stobart	3 hr 26:51
132	Tamlyn Reid	1 hr 30:32	225	Lawrence Avis	3 hr 33:42
139	Vicki Freemantle	1 hr 31:50	241	Pam Jones	3 hr 36:56
140	Mandy Skye	1 hr 31:51	275	Lee-Anne Steward	3 hr 43:40
167	Clare Mangan	1 hr 34:09	310	Michelle Maharaj	3 hr 56:28
199	Renier Pretorius	1 hr 38:00	337	Sandy Jenkins	4 hr 08:43
203	Nigel Sherriff	1 hr 38:29	355	Bronwyn Kirk	4 hr 18:02
204	Emile Streicher	1 hr 38:29			
205	Melanie Wagner	1 hr 38:29			



206	Brett Ward	1 hr 38:22		
257	Jaco Pretorius	1 hr 43:33		
258	Kim Robinson	1 hr 43:35		
277	Patrick Rostenne	1 hr 45:34		
360	Lea Hollinshead	1 hr 53:38		
373	Tezz Olds	1 hr 54:16		
402	Noreen Everton	1 hr 57:37		
437	Sally Goldman	2 hr 00:25		
438	Fiona Calitz	2 hr 00:35		
472	Di Ching	2 hr 03:36		
578	Leslie Ogle	2 hr 15:59		
709	Robyn Mcmenemey	2 hr 43:06		

Umgeni water 42 km : 13 March 2016:

Pos 268 : Craig Speirs : 4 hr 41:47 (3rd in his age category)

Pos 277 : Graham Christensen : 4 hr 45:51

RUNNERS CORNER:

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

1. Don't move the goal posts, kick harder.
2. Go the extra mile – it is never crowded.
3. Never do card tricks for the group you play poker with.
4. He who laughs last.....thinks slowest.
5. If you throw mud at people, you loose ground.

Welcome to new members **Michele & Angela Lardant, Maureen Hutton**, and a special welcome back to **Kris Breytenbach** - we trust you will enjoy your running with us.

On Sunday 28 February was the very popular Witness Pmb 10, 21, 42 and trail run, we were well represented in all events! **Nigel Sherriff** and **Melanie Wagner** completed the 15 km trail run on the Saturday, in 1 hr 36, while **Eileen Durand** completed the 10 km in 68:30. In the 21 km, **Rob Goldman** was our first runner, in 1 hr 51, followed by **Zaheera Khan** (2 hr 03), **Caron Botha** in 2 hr 04, **John McClelland** (2 hr 05) and **Mandy Skye** (2 hr 06) – Mandy was also 3rd in her age category! **Simone Liebenberg** was next, in 2 hr 08, with **Debbie Marshall** running her best time in a few years (2 hr 20). **Di Cilliers** (2 hr 21) was next, with **Nigel Sherriff** and **Melanie Wagner** doing well to finish in 2 hr 23, after completing the trail run the day before – also thanks to these 2 for putting the tent up! **Ted Liddiatt**, who does not walk up any hill, finished in 2 hr 25, with **Candice Jenkinson** close behind (2 hr 26). **Shan McClelland** is recovering from injury, and finished in 2 hr 32, with **Margie Liddiatt** next in 2 hr 34. **Johann van Rooyen** supported his wife **Antone**, in completing her first half-marathon in 2 hr 36! **Sally Goldman** had a great race and finished in 2 hr 40, followed by **Helen Marshall** and **Gale Viljoen** (2 hr 41). **Ellie Gillies** achieved a great PB (2 hr 43), with **Dave Nicholls** finishing in 3 hr 13.

In the 42 km, **Geoff Speirs** completed his first marathon in 3 hr 38 – well done! **Sally Botha**, paced (pushed and pulled!) by **Nicola Hewitt**, achieved a great PB by finishing in 3 hr 54. **Tarryn Payne** (3 hr 57) also ran her first sub 4 hour marathon, while **Dale Johnson** (Mr Steady) finished in a great 3 hr 58, 6 seconds off his target time. **Evelyn O'Byrne** had a great run and finished in 4 hr 06, and was 3rd in her age category! **Larry Wood** and **Craig Speirs** finished in 4 hr 11, followed by **Richard Widdows** (4 hr 12), **Greg Labuschagne** (4 hr 14), **Dave Elliott** (4 hr 15) and **Nick Tingle**, completing his first marathon, in 4 hr 16. **Bruce Anderson** and **Andrea Moroney** finished in 4 hr 17, with **Scott Couper** next in 4 hr 21. Scott got picked up at the finish, rushed to a friend's house, quickly got dressed in his pastor's outfit and delivered a service to his church in Durban, via Skype! **Dumisani Shoyise** (4 hr 22), **Matt Young** (4 hr 23), **Vinnie Papenfus** (4 hr 33) were next to finish, followed by **Neil Gibb** and **Maxine Stobart** (4 hr 42). **Pam Jones** ran her first marathon in a few years (4 hr 44). **Michelle Maharaj** completed her first marathon in 4 hr 46, followed by **Ivan Freese** (4 hr 52) and **Taron Ridsdale** (4 hr 56). Congratulations to **Nicola Hewitt, Tarryn Payne** and **Dale Johnson** on receiving their permanent numbers.

We had a great turnout at the Stella Royal 10 and 25 km race on Sunday 6 March, where we had 63 members taking part – besides "non club members" and Team Vitality, we were the club with the most participants! The 10 km was also the 2nd leg of our 10 x 10` Km Challenge. Some members ran or walked a very tactical race, to improve on their Kearsney times, for a bonus point, while others went flat-out for a good time! **Eric Prange** was our first runner in the 10 km, in 47:03, while **Monique Ward** and **Amy Kyle** finished in 50:08 and 50:09 respectively. **Lindsey Rogerson**, at age 63, showed most of us how to do it, by finishing in 50:55. **Rob Scholtz** had a great run, after his 2 knee operations in 2014 and finished in 52:34. **Wessel Cronje** and his son **Dawid** finished in 56:14, while **Tamlyn Reid** completed her first 10 km of the year in 59:12. **Greg Labuschagne** took it easy after a long run on Saturday and finished in 59:37, followed by **Taryn Mundell** (59:41), **Simon** and **Tracey**



Chalker (60:14), **Mandy Skye** (62:16), **Jaco van Schalkwyk** (62:46), **Alison Chadwick** (54:58), **Patrick Rostenne**, who does no training but just arrives at races (65:54), **Brett Ward** and **Emile Streicher**, who planned to just better their Kearsney time of 74:00 but got carried away and finished in 66:00. **Renier** and **Jaco Pretorius** finished next, in just over 67 minutes, followed by **Candice Jenkinson** (67:20), **Kim Robinson** (68:06), **Liesl Quinn** and **Llewellyn Anderson** (72:58), **Ted Liddiatt** (75:15) – Ted and Margie arrived for 06h00 start! – **Gale Viljoen** and **Helen Marshall** (75:16), **Tezz Olds** and **Lea Hollinshead** (78:15), **Margie Liddiatt** (80:03), **Fiona Calitz** (82:30), **Heidi Sclanders** (82:45), **Di Ching** (82:49), **Zandile Dlamini** (85:57), **Chris Doorasamy** (86:26) and **Robyn Mcmenemy** (108:11). **Sarah McVicar** was our first walker, in 85:57, with **Elsie Du Buisson**, fresh from her ankle operation, next in 88:13. **Juanita Sutton** finished in 88:56, with **Leslie Ogle** next in 90:25. **Tracy Blakeway** and **Rose Whittington** finished in 96:22, while **Janis** (her first race in our colours) and **Dave Nicholls** finished in 97:19.

Andries Nkuna was our first runner in the 25 km, in 2 hr 02, followed by **Nicola Hewitt** (2 hr 07), **Scott Couper** (2 hr 21), **Tarryn Payne** and **Ampie Niehaus** (2 hr 23). **Jaco Smith** (2 hr 26) had a steady run and was followed by **Graham Christensen** (2 hr 28), **Sally Botha** (2 hr 29), **John McClelland** (2 hr 32) and **Caron Botha** (2 hr 33). **Johann van Rooyen** finished in 2 hr 34 (and had the unfortunate experience that his car was broken into during the race), with **Neil Gibb** (2 hr 37), **Simone Liebenberg** and **Chantel Robins** (2 hr 38), **Ryan Morgan** and **Angie Potgieter** (2 hr 41), **Lee-anne Steward** and **Michelle Maharaj** (2 hr 50). **Angela Parry** finished in 2 hr 53, with **Taron Ridsdale** (2 hr 56), **Bronwyn Kirk** (3 hr 15) and **Noreen Everton** (3 hr 21) next to finish. **Maxine Stobart** took a tumble during the race and pulled out, while **Debbie Marshall** “lost interest” and cut short on the 25 km route – well done everybody, it was a great morning!

Several of our members names were called out during prize-giving, for lucky draws, but only **Patrick Rostenne** was present to collect his prize.

We had a smaller than usual turnout at time trial on Wednesday 8 March (it looked like rain), but it was perfect running conditions, and some great times were achieved: **Dale Johnson** (37:17 – 8 km), **Craig Speirs** (38:27 – 8 km), **Nick Tingle** (37:29 – 8 km), **Wessel Cronje** (33:08 – 8 km), **Keith** and **Fiona Calitz** (37:05 – 5 km), **Alison Chadwick**, paced by **Tamlyn Reid** (29:56) – all 2016 PB’s, well done!

Midmar weekend 2016 – another great one!! We had 31 campers, a few chalet people and many members who just arrived on the day. Camping – by now we are used to the customary rain we get every year, but it was sad to still see the dam so empty. We simply relaxed, chatted, mingled, paddled, swam, braaied, had a few drinks, watched rugby and just relaxed. We also ran (this is why we went!). **Rob Goldman** was our first 15 km runner, in 1 hr 16, with **Monique Ward** a few seconds behind. **Robyn Pitot** was next, in 1 hr 17, while **Ryan Morgan** and **Angie Potgieter** finished in 1 hr 29, after running 25 km (in the heat!) the day before. **Tamlyn Reid** left home in Durban 03h45, ran the 15 km (1 hr 30) and rushed back to Durban for another function. **Vicki Freemantle** and **Mandy Skye** finished in 1 hr 31 – talking about Mandy, she was very happy to wake up Saturday morning, in a borrowed tent, to see the sun was shining. To her surprise, it was raining when she opened the tent?! She then noticed that the roof of the tent was yellow!) **Clare Mangan** finished in 1 hr 34, with **Renier Pretorius**, **Nigel Sherriff**, **Emile Streicher**, **Melanie Wagner** and **Brett Ward** next in 1 hr 38. **Jaco Pretorius**, who was harassed by mosquitoes all night, finished in 1 hr 43, followed by **Kim Robinson** (same time), **Patrick Rostenne** (1 hr 45), **Lea Hollinshead** (1 hr 53), **Tezz Olds** (1 hr 54) and **Noreen Everton** (1 hr 57). **Sally Goldman** and **Fiona Calitz** finished in 2 hr 00, with **Di Ching** next in 2 hr 03. **Leslie Ogle** finished in 2 hr 15, with **Robyn Mcmenemy** next in 2 hr 43.

Terri Atkinson was our first runner in the 32 km, in 3 hr 03, with **Greg Labuschagne** next in 3 hr 09. **Andrea Moroney** finished in 3 hr 18, with **Neil Gibb** and **Maxine Stobart** behind her in 3 hr 26. **Lawrence Avis**, who camped in his 40 year old tent, finished in 3 hr 33. **Pam Jones** finished in 3 hr 36, with **Lee-Anne Steward** (3 hr 43), **Michelle Maharaj** (3 hr 56), **Sandy Jenkins** (her first 32 km! – 4 hr 08) and **Bronwyn Kirk** (4 hr 18) next to finish.

Craig Speirs completed the 42 km in 4 hr 41 (3rd in his age category) followed by **Graham Christensen** (4 hr 46).

Leslie Ogle posted a picture on Facebook, where only 5 of us – **Leslie**, **Vaughn**, **Clare Mangan**, **Freddie Smith** and **Emile Streicher** stayed at the dam 10 years ago, in 2006, vs the big crowd in 2016! We have supported this race, for a very long time, since the days that it was a 32 km only (Howick 20-Miler) and we ran across the dam wall (before they raised the dam wall) – and it still remains a great weekend!

Meanwhile, further north, **Bruce Anderson** completed the Om Die Dam Ultra marathon, in a time of 5hr 57.

On Wednesday 16 March, **Jane Brewer**, from BROOKS, visited us to display some of her products. **Andries Nkuna** was the winner of a lucky draw prize.



Many of us are getting more fit – as seen by times at the time trial on the same night- **Emile Streicher** (27:23), **Jaco Smith** (22:27), **Richard Aitken** (37:20), **Candice Jenkinson** (31:20), **Neil Gibb** (24:38), **Maxine Stobart** (25:37), **Monique Ward** (24:06), **Brett Ward** (first sub 30 – 29:43) all improved their 2016 5 km times, some bettering their 2015 times, while in the 8 km, **Tamlyn Reid** (45:07), **Andries Nkuna** (34:59) and **Greg Labuscagne** (36:03) all set 2016 best times. In fact, running is actually very easy, do the homework (but don't over-achieve and get injured) and you get the results!

Walkers News - MARCH 2016:

So after stirring a little in my last news letter we saw some faces that we don't often see.....nice to have you popping back even if just once a month....

As mentioned in our last letter we had the International wine run and since then I keep getting hints for another one.....wait and be surprised !!!!

We popped in at **Glynis's** house on Tuesday 23rd and were treated to awesome muffins and cup cakes. It was great seeing her and that she is doing exactly as the doctor has told her.

Sumita popped in for a time trial and advised that her Bio has a new helper (or something like that) so she will still be seeing a lot of him and a little of us.

I had a nice turn out on Saturday 20th when we did a run in the rain. Thanks to **Candice's** husband Jeffery for giving the ladies something to run after. A man without a shirt is always good to chase.

We have had some very interesting walks lately around the area and could call most of them Tour D'Durban North. Walkers and runners, who weren't running too fast got to see new houses and new roads. Unfortunately winter is creeping up and we are going to have to start cutting back again. I know a few of you don't like " house building" or Zig Zags so I will try throw in an interesting short walk here and there.

We had some very good results at PMB with every single person from this section showing an improvement on their times. I was very proud of all of you.

Michelle, Helen, Gale, Candice, Sally, Ellie and Dave

We also had improvements in the times of all those that took part in the 10 x 10 at Stella but this was expected if you plan to do better each time and gain that extra point.

Jeffery ran with Candice (Need to join the club) a good 60min for his 10km. He would move straight to the main running section.

Candice, Gail, Helen, Fiona, Di, Chris D were our runner walkers – well done!!!

Sarah, Elsie, Juanita, Tracey B, Rosie, Janis, Dave and me held up the walkers section. Well done to all of us!!

Bronwyn and Noreen were very brave and tackled the 25km. They both finished with time to spare but were totally finished at the end.....we need to increase your mileage on training runs.

Elsie is still coming back nice and strong and has taken back control of her speed walkers. She has already registered them in the Gaterite, Dick King and some on the Bergville race.....

The slower/shorter distance group has been appearing in dribs and drabs but there always seems to be about 4-7 of them. I see them out on a Monday evening as well. Keep it up guys. Please let me know if you have any requests or complaints.

So we are off to Midmar this weekend and there seems like a nice group of walkers and runners. Good luck to all tackling the 15km and then to **Michelle and Sandy**, have a great 32km. Remember I have done it so you can too.

Don't forget to enter Gaterite on the 20th March

Happy Easter to one and all.

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 won R500 for being 3rd in her age category in the Durban marathon (3 hr 37).

Nicola Hewitt completed the Umgeni Water 32 km in 2 hr 37, and was 4th lady overall.



Debbie Marshall set a 5 km PB of 28:41.

This month 5 years ago in the news:

Fiona Hoareau was in the lead of the Most Mileage competition, with 431 km after 2 months.

Duncan Sondezi completed the Hillcrest 42 km in 3 hr 23.

Mark Perkins completed the Pmb 21 km in 1 hr 40, with **Eric Prange** next in 1 hr 50.

Dumsani Shoyise was our first marathon runner, in 3 hr 43.

Barry Marshall joined our club.

This month 10 years ago in the news:

We had 7 members completing the Umgeni Water 15 km, with nobody doing the 32 or 42 km?! Of those 7, 3 (**Clare Mangan, Leslie Ogle, Emile Streicher**) also completed the 2016 event.

Mike Lock completed the Argus cycle race.

This month 15 years ago:

Mike Lock completed the Buffs marathon in East London in 3 hr 55.

Patrick Rostenne completed the DAC marathon in 4 hr 00:45, and blamed the extra 45 seconds on "1 beer too many the night before".

Chris Maud (++) completed our 8 km time trial in 32:09.

This month 18 years ago:

Bernie Bass completed the Besemax (Hillcrest) marathon in 3 hr 06, **Anton Els** in 3 hr 26 and **Patrick Rostenne** in 3 hr 40.

Bernie Bass then completed the Umgeni water 32 km in 2 hr 19!

Alan Fryer completed his first marathon (Umgeni water) in 4 hr 27.

Club fees in 1998 was R190.

Mail received:

Well I survived - was good to see all the girls up there yesterday. I stuck with Gale and Helen for most of the way. I lost them in the last 4 kms or so. I did well - finished in 2 hr 40 mins (7mins 42 or so per km) which is a PB for me by about 15-20 mins, so keen to get better but chuffed. My hips tweaked a little but it was a great run and very well organised. Thanks for all suggestions and help before.

Love, Ellie Gillies

Quotes of the month:

Chantel Robins: "I have been injured and after not being able to run for 3 weeks, I use the "f-word" luck a comma!"

Dale Johnson: "I used to go commando, but now I am running in BROOKS".

Debbie Marshall : "I just lost interest".

Mandy Skye: "I though the sun was shining"

Interview:

This month we speak to **Dallas Brett :**

- 1. Where were you born?** Durban
- 2. Where did you matriculate?** Kearsney College
- 3. Family?** Jane, and 3 sons Paul, David & Craig
- 4. Did you participate in sport at school?** Rugby and athletics
- 5. What are your personal sporting highlights?** Winning u16 880m and running 3:00:12 Savages marathon in 1978
- 6. What are your future sporting ambitions?** Keep running
- 7. Why do you run?** Health and quality of life benefits



8. **How long have you been a member of Glenwood / Riverside Harriers?** 4 or 5 years?
9. **What does the club mean to you?** Great support and friendly members
10. **Profession?** Retired Water Quality Manager
11. **Other sporting activities?** Hope to do more hiking
12. **Hobbies & interests?** Play guitar (basic) Support the Sharks
13. **Any disappointments in sport?** Should have run Savages marathon 13 sec faster !
14. **Message for newcomers to running / walking?** It is all about keeping healthy, making friends and enjoying your improvements/accomplishments/PBs



Then

Now

Birthdays:

Mar	Name	Apr	Name	May	Name
4	Alan Fryer	3	Leanne Douglas	2	Andrew Perkins
7	Jono Whittington	3	Melanie Wagner	5	Terri Atkinson
9	Ted Liddiatt	4	Juliette Spence	9	Taron Ridsdale
10	Tracy Wittstock	7	Emile Streicher	10	Tracy Blakeway
11	Dick Whittington	8	Andries Nkuna	14	Duncan Sondezi
17	Gale Viljoen	12	Kristin Thomson	15	Glynnis Scallan
17	Simon Chalker	12	Sally Botha	19	Jackie Botha
21	Grant Horner	13	James Boyes	22	Lawrence Avis
24	Matt Young	15	Sally Goldman	23	Rob Goldman
22	Hannelie Louwrens	17	Candice Jenkinson	24	Margaret Marshall
28	Ant Borstlap	17	Lynda Hoppe	24	Heidi Sclanders
31	Janine Fokkens	25	Brigette Boaden	30	Alistair Coldwell
		27	Taryn Brown		
		27	Chris Doorasamy		

HUMOUR:

Van der Merwe decided to improve his education and started to study part time. A few months later, he bumped into an old friend of his, who politely asked him how his studies were going? Van told him that he stopped his studies, as he heard that a guy in Italy got killed, because "he knew too much".

6. **2016 COMMITTEE MEMBERS:**

Chairman : Clare Mangan (031 3031422 -w)

RIVERSIDE HARRIERS NEWSLETTER

APRIL 2016



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.

