

RIVERSIDE HARRIERS NEWSLETTER

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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 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. March was again 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 again going to be a difficult one - the eventual decision was to award it to a gent who joined the club during 2015, and has now steadily improved his 5 km time trial times, improved his 10 km times, is a regular at training runs and show great keenness and enthusiasm - congratulations **Brett Ward!!**

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

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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!

For both weekends, names and queries to Emile.

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

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

Name	Jan	Feb	March	Total
Nicola Hewitt	310	322	296.8	928.8
Tarryn Payne	271.43	253	307	831.43
Andrea Moroney	308	253	197	758
Sally Botha	220	228.8	257	705.6
Johann van Rooyen	256	244	204	704
Scott Couper	214	198	281	693
Dale Johnson	198	218	266	682
Ampie Niehaus	289	152	233	674
Ivan Freese	207	196.47	258.38	661.85
Terri Atkinson	237	164	227	628
Chantel Robins	241.62	84	218.67	584.29
Ann Turner	130	226	204	560
Michelle Maharaj	71.56	204.92	267.21	543.71
Jana Niehaus	178	150	195	523
Alison Chadwick	210.36	155	152	517.36
Tamlyn Reid	178	158	181	517
Rob Goldman	205	149	160	514
Jaco Smith	185.3	105.77	183.91	474.98
Candice Jenkinson	143.25	149.23	156.83	449.31
Ted Liddiatt	139	147.2	153	439.2
Margie Liddiatt	139	137.2	143	419.2
Pam Jones	129	108	182	419
Sally Goldman	138.5	136	133	407.5
Bruce Anderson	133	160	107	400
Debbie Marshall	198	106	95	399
Leslie Ogle (W)	81	51	230	362
Gale Viljoen	112	152	80	344
Rob Scholtz	124	98	111	333
Lee-Anne Steward	103.41	134.36	93	330.77
Grant Horner	228	45.5	56	329.5
Clare Mangan	145	150	30	325
Bobby Horsfield	135	108	67	310
Emile Streicher	173	60	73	306
Elsie du Buisson(W)	110.7	29.7	152.35	292.75
Margaret Marshall	106	85	80	271

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Chris Doorasamy	96	96	62.5	254.5
Angela Parry	-	131	123	254
Barry Marshall (W)	35	60	65	161
Juanita Sutton (W)	-	100	52.6	152.6
Andries Nkuna	-	130	-	130
Rosslyn Doorasamy	14	58	40.5	112.5
Helen Marshall	93.79	-	-	93.79

1. The 2016 10x10 Challenge

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

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

Name	Kearsney	Stella	Gate	Tong	Total
Monique Ward	56:39	50:08	49:47	48:38	11
Brett Ward	74:45	66:00	64:08	63:14	11
Liesl Quinn	77:47	72:58	72:16	69:12	11
Di Ching	89:06	82:49	82:03	81:03	11
Rose Whittington	100:05	96:22	92:45	91:37	11
Patrick Rostenne	73:53	65:54	66:25	64:00	10
Tracy Blakeway	100:04	96:22	97:22	92:57	10
Ted Liddiatt	71:51	75:15	65:40	62:36	10
Margie Liddiatt	77:35	80:03	74:01	70:38	10
Gale Viljoen	90:46	75:15	75:47	85:36	9
Emile Streicher	74:45	66:00	-	63:14	8
Helen Marshall	82:01	75:16	75:11	-	8
Llewellyn Anderson	77:49	72:57	-	69:12	8
Fiona Calitz	-	82:30	78:46	75:56	8
Juanita Sutton	-	88:56	90:39	87:57	7
Janis Nicholls	-	97:19	98:52	94:16	7
Tracey Chalker	66:55	60:14	-	-	5
Renier Pretorius	67:49	67:19	-	-	5
Simon Chalker	66:53	60:14	-	-	5
Kim Robinson	74:30	68:06	-	-	5
Zandile Dlamini	-	85:57	77:24	-	5
Candice Jenkinson	75:02	67:20	-	-	5
Rob Scholtz	61:15	52:34	-	-	5
Jaco van Schalkwyk	65:23	62:46	-	-	5
Sarah McVicar	86:57	85:57	-	-	5
Leslie Ogle	97:35	90:25	-	-	5
Elsie du Buisson	-	88:13	83:28	-	5
Lindsey Rogerson	-	50:55	-	50:00	5
Chris Doorasamy		86:27	87:00	-	4
Eric Prange	-	47:03	47:42	-	4
Dave Nicholls	93:46	97:19	-	-	4
Michelle Maharaj	68:45	-	-	-	2
Neil Gibb	66:51	-	-	-	2

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Sandy Jenkins	75:01	-	-	-	2
Maxine Stobart	66:52	-	-	-	2
Janine Fokkens	82:03	-	-	-	2
Melanie Wagner	71:00	-	-	-	2
Nigel Sherriff	71:00	-	-	-	2
Eileen Durand	78:31	-	-	-	2
Antone van Rooyen	78:35	-	-	-	2
Jane Brett	98:17	-	-	-	2
Greg Labuschagne	-	59:37	-	-	2
Tamlyn Reid	-	59:12	-	-	2
Wessel Cronje	-	56:14	-	-	2
Taryn Mundell	-	59:41	-	-	2
Amylyn Kyle	-	50:09	-	-	2
Mandy Skye	-	62:16	-	-	2
Alison Chadwick	-	64:58	-	-	2
Jaco Pretorius	-	67:20	-	-	2
Tezz Olds	-	78:14	-	-	2
Lea Hollinshead	-	78:15	-	-	2
Robyn Mcmenemey	-	108:11	-	-	2
Heidi Sclanders	-	82:45	-	-	2
Geraldine Cronje	-	-	60:16	-	2
Taryn Brown	-	-	67:51	-	2
Tracey Wittstock	-	-	79:14	-	2
Clare Mangan	-	-	-	60:20	2

Here are the 2016 Time Trial best time trial times to date, as on **Wednesday 21 April**. For reference, we have included everybody's 2015 best times. Where the 2016 time is an improvement, we have highlighted in **green**. Great to see so many **greens** already!

Pos	Name - 5.1 km	Time	2015	Pos	Name - 8 km	Time	2015
1	Geoff Speirs	21:06	-	1	Geoff Speirs	32:55	-
2	Andries Nkuna	21:21	22:42	2	Wessel Cronje	33:05	40:27
3	Eric Prange	21:56	23:52	3	Scott Couper	33:46	34:41
4	Wessel Cronje	21:57	23:45	4	Greg Labuschagne	34:58	-
5	Jaco Smith	21:59	22:20	5	Andries Nkuna	34:59	-
6	James Boyes	21:59	-	6	Jaco Smith	36:55	37:14
7	Greg Labushagne	22:06	23:20	7	Dave Elliot	37:04	-
8	Bruce Anderson	22:23	22:53	8	Dale Johnson	37:08	38:57
9	Nigel Sheriff	22:35	24:05	9	Nic Tingle	37:29	-
10	Jana Niehaus	22:55	22:47	10	Ryan Morgan	37:45	37:55
11	Dumisani Shoyise	23:00	22:37	11	Bruce Anderson	38:05	-
12	Robyn Pitot	23:06	23:03	12	Craig Speirs	38:27	38:18
13	Rob Goldman	23:37	24:05	13	Rob Goldman	38:46	40:58
14	Nicola Hewitt	23:41	21:17	14	Monique Ward	38:52	-
15	Ryan Morgan	23:44	24:26	15	Dumisani Shoyise	39:42	36:15
16	Jaco van Schalkwyk	23:49	22:44	16	Terri Atkinson	39:51	38:08
17	Monique Ward	24:06	25:26	17	Larry Wood	39:55	38:58
18	Brad Rochat	24:09	24:49	18	Ampie Niehaus	40:18	39:40
19	Nicolus Tingle	24:18	-	19	Njabula Dlamini	40:19	-
20	Larry Wood	24:31	25:05	20	Sally Botha	40:42	40:30
21	Rob Scholtz	24:35	24:57	21	Alvinesh Sookoo	41:05	44:08
22	Taryn Payne	24:36	-	22	Nick Tingle	41:17	-
23	Neil Gibb	24:38	23:09	23	Eric Prange	42:00	38:12
24	Craig Speirs	24:39	22:53	24	Jana Niehaus	42:45	35:27
25	Alvinesh Sookoo	24:39	24:33	25	Tarryn Payne	43:09	-
26	Terri Atkinson	24:40	23:09	26	Nicola Hewitt	43:45	34:46
27	Lindsey Rogerson	25:18	24:44	27	Chantel Robins	43:45	45:35
28	Maxine Stobart	25:37	26:48	28	Tamlyn Reid	43:51	44:42
29	Njabulo Dlamini	25:39	25:58	29	Neil Gibb	43:56	43:20
30	Simon Hoff	25:46	-	30	Vicki Freemantle	44:18	44:14
31	Ampie Niehaus	25:47	24:30	31	Mandy Skye	45:04	-
32	Chantel Robins	25:53	27:50	32			

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33	Rojean Hanekom	25:58	-	33	Clare Ramsay	47:02	-
34	Clare Ramsay	26:58		34	Taron Ridsdale	47:23	46:48
35	Taron Ridsdale	27:01	26:54	35	Simone Liebenberg	47:50	
36	Sally Botha	27:03	23:05	36	Clare Mangan	48:40	45:07
37	Mike Fell	27:06	-	37	Debbie Marshall	49:07	48:54
38	Izanne Jacobs	27:11	-	38	Sandy Jenkins	52:37	48:29
39	Taryn Mundell	27:20	26:20	39	Eileen Durand	55:11	-
40	Emile Streicher	27:23	27:40	40	Gale Viljoen	69:56	59:05
41	Vicki Freemantle	27:32	27:05	41	Lynn Wallis	69:56	63:00
42	Lawrence Avis	27:37	28:27				
43	Mandy Skye	27:55	-				
44	Andrew Perkins	28:04	28:21				
45	Taryn Brown	28:17	24:53				
46	Baron Combrinck	28:24	28:23				
47	Krystel Terblanche	28:28	27:01				
48	Mike Lock	28:44	28:00				
49	Michelle Maharaj	28:45	28:21				
50	Angela Parry	28:48	-				
51	Melanie Wagner	28:53	-				
52	Geraldine Cronje	28:54	26:14				
53	Brett Ward	28:59	33:04				
54	Simone Liebenberg	29:07	-				
55	Tamlyn Reid	29:08	27:05				
56	Izanne Jacobs	29:22	-				
57	Dale Johnson	29:24	25:08				
58	Clare Mangan	29:30	29:52				
59	Elizabeth Perkins	29:32	27:33				
60	Alison Chadwick	29:56	31:38				
61	Bronwyn Kirk	30:00	39:00				
62	Lee-Anne Lock	30:04	28:00				
63	Kim Robinson	30:04	-				
64	Candice Jenkinson	30:08	30:22				
65	Kris Breytenbach	30:20	-				
66	Debra Symington	30:58	30:18				
67	Jaco Pretorius	31:00	31:22				
68	Patrick Rostenne	31:10	32:29				
69	Sandy Jenkins	31:12	29:25				
70	Di Cilliers	31:44	-				
71	Debbie Marshall	32:03	28:41				
72	Eileen Durand	33:01	33:51				
73	Helen Marshall	33:33	32:28				
74	Sally Goldman (W)	34:50	37:59				
75	Brent Payne	34:57	-				
76	Keith Calitz	35:00	-				
77	Noreen Everton	35:00	33:00				
78	Zandile Dlamini	35:04	34:00				
79	Tracy Wittstock (W)	35:11	36:28				
80	Leanne Douglas	36:00	37:35				
81	Michelle Lardant	36:03	-				
82	Gale Viljoen	36:10	35:01				
83	Fiona Calitz (W)	36:31	39:06				
84	Janine Fokkens	36:48	-				
85	Lea Hollinshead	37:07	-				
86	Richard Aitken	37:20	-				
87	Lynne Wallis (W)	37:23	40:24				
88	Tezz Olds	38:24	-				
89	Claire Kotze	39:06	37:28				
90	Taryn Stubbs	39:06	38:08				
91	Chris Doorasamy	39:41	39:23				
92	Angela Lardant	39:57	-				
93	Rosslyn Doorasamy	40:00	-				

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94	Louis Botha	40:07	38:20			
95	Sarah McVicar	40:17	39:39			
96	Elsie du Buisson (W)	41:05	38:35			
97	Di Ching (W)	42:10	40:25			
98	Jackie Botha	42:10	-			
99	Juanita Sutton (W)	43:16	-			
100	Leslie Ogle (W)	43:57	44:42			
101	Rose Whittington (W)	45:15	42:48			
102	Cathy Coates	46:00	46:00			
103	Tracy Blakeway (W)	46:23	43:09			
104	Neela Naidoo (W)	46:27	44:13			
105	Ingrid Knott (W)	47:24	46:00			
106	Sumita Ramgareeb (W)	47:45	47:00			
107	Adele Allison (W)	49:00	41:35			
108	Felicity Holbrook (W)	49:10	-			
109	Juliette Spence (W)	50:00	43:20			

(W) - Walker

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

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

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42	Jaco van Schalkwyk	7		7
43	Rob Goldman	5	2	7
44	Tezz Olds	7		7
45	Sally Botha	4	3	7
46	Neela Naidoo	7		7
47	Gale Viljoen	6	1	7
48	Juliette Spence	7		7
49	Helen Marshall	7		7
50	Chantel Robins	4	3	7
51	Scott Couper		7	7
52	Brett Ward	6		6
53	Simon Hoffe	6		6
54	Jana Niehaus	5	1	6
55	Taryn Stubbs	5		5
56	Claire Kotze	5		5
57	Izanne Jacobs	5		5
58	Mike Fell	5		5
59	Wessel Cronje	2	3	5
60	Heather Speirs	5		5
61	Larry Wood	2	3	5
62	Rob Scholtz	5		5
63	Mike Lock	5		5
64	Nigel Sherriff	5		5
65	Krystel Terblanche	5		5
66	Chris Doorasamy	5		5
67	Robyn Pitot	5		5
68	Keith Calitz	5		5
69	Maxine Stobart	4	1	5
70	Neil Gibb	3	2	5
71	Dumisani Shoyise	1	4	5
72	Felicity Holbrook	4		4
73	Ingrid Knott	4		4
74	Sumita Ramgareeb	4		4
75	Mandy Skye	3	1	4
76	Melanie Wagner	4		4
77	Richard Aitken	4		4
78	Adele Allison	4		4
79	Sandy Jenkins	3	1	4
80	Taryn Brown	4		4
81	Elizabeth Perkins	4		4
82	Bronwyn Kirk	4		4
83	Dave Elliott	1	3	4
84	Cathy Coates	3		3
85	Brent Payne	3		3
86	Tracy Blakeway	3		3
87	Lawrence Avis	3		3
88	Zandile Dlamini	3		3
89	Sarah McVicar	2		2
90	Taryn Mundell	2		2
91	Juanita Sutton	2		2
92	Brad Rochat	2		2
93	Rosslyn Doorasamy	2		2
94	Monique Ward	1	1	2
95	Rojean Hanekom	2		2
96	Felicity Holbrook	2		2
97	Michelle Lardant	2		2
98	Kris Breytenbach	2		2
99	Angela Lardant	2		2
100	Clare Ramsay	1	1	2
101	Angela Parry	2		2
102	Dave Nicholls	1		1

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103	Di Cilliers	1		1
104	Jaco Pretorius	1		1
105	Geraldine Cronje	1		1
106	James Boyes	1		1
107	Patrick Rostenne	1		1
108	Carolyn Goltman	1		1
109	Debrah Symington	1		1
110	Janis Nicholls	1		1
111	Lindsey Rogerson	1		1
112	Leanne Douglas	1		1
113	Baron Combrinck	1		1
114	Janine Fokkens	1		1
115	Lee-Anne Lock	1		1
116	Dick Whittington	1		1
117	Zanile Shoyise	1		1

Race Results:

Gaterite 10 km : 20 March:

Pos	Name	Time
40	Eric Prange	47.42
44	Monique Ward	49.47
68	Geraldine Cronje	1..00.16
82	Brett Ward	1.04.08
87	Ted Liddiatt	1.05.40
93	Patrick Rostenne	1.06.25
105	Taryn Brown	1.07.51
123	Liesl Quinn	1.12.16
135	Margie Liddiatt	1.14.01
142	Helen Marshall	1.15.11
143	Gale Viljoen	1.15.47
155	Zandile Dlamini	1.17.24
160	Fiona Calitz	1.18.46
165	Tracy Wittsock	1.19.14
181	Diane Ching	1.22.03
187	Elsie Buisson	1.23.28
207	Chris Doorasamy	1.27.00
222	Junita Sutton	1.30.39
234	Rosemary Whittington	1.32.45
249	Tracy Blakeway	1.37.22
257	Janice Nicholls	1.38.52

Gaterite 21 km : 20 March:

Pos	Name	Time
108	Tamlyn Reid	2.07.17
161	Alison Chadwick	2.16.09
177	Michelle Maharaj	2.18.07
226	Candice Jerkinson	2.26.48
303	Noreen Everton	2.43.56
318	Bronwyn Kirk	2.45.53
410	Dave Nicholls	3.15.24

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Gaterite 42 km : 20 March:

Pos	Name	Time
127	Andries Nkuna	3.47.22
314	Nicholas Mlengena	4.33.01
398	Njabulo Dlamini	4.49.45

Two Oceans 21 & 56 km : 26 March 2016:

Name – 21 km	Time	Name – 56 km	Time
Rob Goldman	1 hr 50:53	Nicola Hewitt	4 hr 52:36
Di Cilliers	2 hr 24:18	Tarryn Payne	5 hr 27:32
Nigel Sherriff	2 hr 30:02	Ampie Niehaus	5 hr 48:50
Melanie Wagner	2 hr 30:03	Terri Atkinson	5 hr 51:44
Carolyn Goltman	2 hr 31:22	Johann van Rooyen	6 hr 13:47
Antone van Rooyen	2 hr 36:13	Caron Botha	6 hr 21:22
Shan McClelland	2 hr 37:21	John McClelland	6 hr 21:22
Hannelie Lourens	2 hr 45:53	Angie Potgieter	6 hr 22:40
Sally Goldman	2 hr 53:02	Ryan Morgan	6 hr 22:43
Janine Fokkens	3 hr 05:00	Ann Turner	6 hr 48:05
		Taron Ridsdale	6 hr 48:09
		Rojean Hanekom	6 hr 49:06
		Chantel Robins	6 hr 53:37

Dick King 21 km run : 3 April 2016:

Pos	Time	Name
81	1:41:04	ERIC PRANGE
117	1:46:59	MONIQUE WARD
160	1.52.33	JACO SMITH
161	1.52.34	SCOTT COUPER
255	02.03.14	TAMLYN REID
415	2.19.37	TED LIDDIATT
422	2.20.57	BRETT WARD
431	2.22.06	CLARE MANGAN
434	2.22.29	KIM ROBINSON
449	2.24.35	PATRICK ROTENNE
506	2.31.39	MARGIE LIDDIATT
553	2.39.53	HELEN MARSHALL

There were 630 finishers

RUNNERS CORNER:

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

1. Fear is the little darkroom where negatives are developed.
2. Never eat more than you can lift.

Welcome to new members **Zoe Papadakis, Claudia Belcher, Lee Wearne** - we trust you will enjoy your running with us.

On Wednesday 24 March, we had our Easter Egg Time trial, which was well supported – **Di Ching** and **Rose Whittington** wore bunny ears and **Elizabeth Perkins** that ran in a full Bunny onesie!

On Sunday 20 March, was the Gaterite 10, 21 and 42 km, where the 10 km was the next leg of our 10 x 10 Km Challenge – in the marathon, **Andries Nkuna** was our first runner, in 3 hr 47, followed by **Nicholus Mhlengana** (4 hr 43) and **Njabula Dlamini** (4 hr 49.)

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In the 21 km, **Tamlyn Reid** was our first runner, in 2 hr 07, with **Alison Chadwick** next in 2 hr 16, followed by **Michelle Maharaj** (2 hr 18), **Candice Jenkinson** (2 hr 26), **Noreen Everton** (2 hr 43), **Bronwyn Kirk** (2 hr 45) and our brave walker, **Dave Nicholls** (3 hr 15).

We had a good turnout in the 10 km, with several members having completed all 3 of the 10 x 10 km events so far – first runner, in 47:42, was **Eric Prange**, with **Monique Ward** (49:47), now consistently breaking 50 minutes for 10 km. **Geraldine Cronje** was next in 60:16, while **Brett Ward** had to sneak below 66 min to get a bonus point and finished in 64:08. **Ted Liddiatt** (65:40), **Patrick Rostenne** (66:25) and **Taryn Brown** (67:51) finished next. **Liesl Quinn** finished in 72:16, with **Margie Liddiatt** (74:01), **Helen Marshall** (75:11), **Gale Viljoen** (75:47) and **Zandile Dlamini** (77:24) next to finish. **Fiona Calitz** was next, in 78:46, followed by **Tracy Wittstock** (79:14), **Di Ching** (82:03), **Elsie du Buisson** (83:28), **Chris Doorasamy** (97:00), **Juanita Sutton** (90:39), **Rose Whittington** (92:45), **Tracy Blakeway** (97:22) and **Janice Nicholls** (98:52). We do not often get to run in that part of our area, and many members were surprised by all the hills!

Congratulations to **Geoff** and **Lindsey Speirs**, who recently tied the knot!

Two Oceans 2016, a great event! **Rob Goldman** was our first runner in the 21 km, in 1 hr 50, with **Di Cillirs** next, in 2 hr 24, followed by **Nigel Sherriff** and **Melanie Wagner** next, in 2 hr 30, after also running the trail event the day before. Carolyn **Goltman** finished in 2 hr 31, with **Antone van Rooyen** completing another half marathon, in 2 hr 36. **Shan McClelland** did well to finish in 2 hr 37, after battling with injury during the year. **Hannelie Lourens** finished in 2 hr 45, **Sally Goldman** in 2 hr 53 and **Janine Fokkens** in 3 hr 05.

In the 56 km event, **Nicola Hewitt** was our first finisher, in 4 hr 52, despite being down with flu and on antibiotics for a few weeks before the race! **Tarryn Payne** ran a great PB of 5 hr 27, with **Ampie Niehaus** our first male finisher, completing his first Ultra race, in 5 hr 48. After missing out in 2015 due to injury, **Terri Atkinson** completed her first Two Oceans 56 km in 5 hr 51. **Johann van Rooyen** finished next, in 6 hr 13, while **Caron Botha** completed her first ultra, finishing with **John McClelland**, in 6 hr 21. **Angie Potgieter** completed her first Ultra, finishing with **Ryan Morgan**, in 6 hr 22. **Ann Turner** specially painted her toe nails in Riverside Harriers colours for the day, and finished in 6 hr 48, with **Taron Ridsdale**. **Rojean Hanekom** finished in 6 hr 49, while **Chantel Robins** had to dig deep and did well to finish in 6 hr 53, after being out with injury a few weeks before the race. Well done all the finishers! Thanks to **Nicola Hewitt**, who arranged a social get-together for the Saturday afternoon. Spare a thought for **Andrea Moroney**, who suffered from an asthma attack and ended up in hospital, but has recovered well and will be back!

After **Ampie** and **Jana Niehaus** moved out of their complex in Glenhills, new tenants moved in – who happened to be.....another Riverside Harriers couple – **Rojean and Colleen Hanekom** (who also recently got married!).

On Sunday 3 April it was the Dick King 15 km walk and 21 km run, in Amanzimtoti – **Eric Prange** had a storming run and recorded his best time since 2009, to finish in 1 hr 41! **Monique Ward** was next, also in a PB, by finishing in 1 hr 46. **Jaco Smith** and **Scott Couper** finished in 1 hr 52, with **Graeme Christensen** next in 1 hr 54. **Tamlyn Reid** set yet another PB, by improving her time by 4 minutes, to 2 hr 03! **Ted Liddiatt** finished next, in 2 hr 19, followed by **Brett Ward** (2 hr 21), **Kim Robinson** and **Clare Mangan** (2 hr 22), **Patrick Rostenne** (2 hr 24), **Margie Liddiatt** (2 hr 32) and **Helen Marshall** (2 hr 40).

Lindsey Rogerson entered the 15 km walk and finished in 2 hr 03, followed by **Sarah McVicar** (2 hr 05), who also won an age category prize. **Elsie du Buisson** was next, in 2 hr 08, followed by **Juanita Sutton** (2 hr 11), **Dave Nicholls** (2 hr 16) and **Tracey Blakeway** (2 hr 21).

For some unknown reason, KZNA has agreed to 2 races on the same day, so several members took part in the Peace in Africa race, at Kingspark. In the 10 km, **Zaheera Khan** was our first runner, in 50:47, followed by **Fiona Hoareau** (66:17) and **Tracey Wittstock** (66:22).

Jana Niehaus was our first runner in the 21 km, in 1 hr 49, followed by **Simone Liebenberg** (2 hr 06), **Dumisani Shoyise** (2 hr 07), **Candice Jenkinson** (2 hr 22), **Noreen Everton** (2 hr 37) and **Fiona Calitz** (2 hr 46).

On Wednesday April, we had our April Fools Time Trial, where we ran in the opposite direction – is it easier?! **Di Ching**, **Rose Whittington**, **Tamlyn Reid**, **Terri Atkinson** and **Tracey Blakeway** received small gifts, for their original outfits. This was followed by a short Two Oceans Awards ceremony, where **Ampie Niehaus** and **Nicola Hewitt** received trophies for their efforts – first male and lady – in fact, Nicola went through the marathon mark in a PB of 3 hr 36!

On Saturday 9 April, several of our members took part in the Bergville / Ladysmith 21 and 52 km – in the 21 km **Mandy Skye**, **Debbie Marshall**, **Nigel Sherriff** and **Melanie Wagner** (2 hr 19 - and then ran the Scottburgh trail 10 km the next day!), **Dave Nicholls**, **Juanita Sutton** and **Elsie du Buisson** all finished.



In the 52 km, **Dumisani Shoyise** was our first runner, in 5 hr 17, followed by **Dale Johnson** (5 hr 18 – big improvement on 2105 time), **Dave Elliott** (5 hr 31), **Greg Labuschagne** (5 hr 39), **Ivan Freese** (6 hr 08), **Pam Jones** (6 hr 10), **Barbara Florence** and **Nicci Willis** (6 hr 12), **Craig Speirs** (6 hr 15) and **Vinnie Papenfus** (6 hr 18 – his first ultra) – well done everybody!

Matt Young recently completed the Ironman event in Port Elizabeth, congratulations!

On Wednesday 13 April **Dale Johnson** and **Craig Speirs** facilitated another COC (Comrades Oceans Clinic), to offer Comrades runners last minute training tips – thanks for your efforts gents!

Saturday 16 April, a glorious autumn morning, 55 of us set off for our annual Beach breakfast run – thanks to **Debbie Marshall** and **Leslie Ogle** for the arrangements, it was a most relaxing and enjoyable outing!

The next day was the Tongaat 10, 21 and 32 km race, with the 10 km the next leg of our 10 x 10 km challenge. This race was very well priced – when last did we pay R30, to run 10 km, and get a good quality shirt as well?! In the 10 km, **Monique Ward** was our first runner, and 2nd lady overall, in 48:38, congratulations! **Clare Mangan** was next, in 60:20, followed by **Ted Liddiatt** (62:36), **Brett Ward** and **Emile Streicher** (63:14), who had to pull finger and hang in to go for that precious bonus point! **Patrick Rostenne** was next (64:00), after also taking part in the breakfast run the day before – Patrick could not remember when last he ran for 2 consecutive days! **Liesl Quinn** and **Llewelyn Anderson** finished in 69:12, with **Margie Liddiatt** next in 70:38. **Fiona Calitz** (75:56), **Di Ching** (81:03), **Gale Viljoen** (85:36), **Juanita Sutton** (87:57), **Rose Whittington** (91:37), **Tracey Blakeway** (92:57) and **Janise Nicholls** (94:16) also taking part and earning points – things are getting crowded at the top of the 10 x 10 km log!

Eric Prange continued his good form and was our first runner in the 21 km, in 1 hr 44, followed by **Tamlyn Reid**, with a great 2 hr 04 on this tough route. Birthday girl **Candice Jenkinson**, running for charity, finished in 2 hr 31, followed by **Helen Marshall** (2 hr 42), **Noreen Everton** (2 hr 47), **Sarah McVicar** and **Elsie du Buisson** (2 hr 59), **Marlene Sagavathan** (3 hr 01) and **Dave Nicholls** (3 hr 15).

In the 32 km distance, **Njabu Dlamini** finished in 3 hr 34, with **Ann Turner** and **Carolyn Goltman** next in 3 hr 51, followed by **Bronwyn Kirk** in just over 4 hours.

Congratulations to **Nigel Sherriff** and **Melanie Wagner**, who recently got engaged!

Time trials are still well supported (53 walkers and runners on 13 April), with lots of improved times! On this night, **Jaco Smith** improved his 5 km time to 21:59, with other PB's that of **Bruce Anderson** (38:05 for 8 km), **Kim Robinson** (30:12 for 5 km), **Robyn Pitot** (23:06 for 5 km), with a few people running their first time trial – welcome **Janine Fokkens**! **Sally Goldman** achieved her 4th PB in a row!

More PB's were improved the following week, on 20 April, with **Tamlyn Reid** improving her 8 km time to 43:51, while in the 5 km, **Eric Prange** finished in a formidable 21:56! **Greg Labuschagne** improved his 5 km time to 22:06, while **Brett Ward** seems to run a PB every time he puts his shoes on (28:59) !

Walkers News - APRIL 2016:

Midmar race came and went and well done to **Noreen, Sally, Fiona, Di, Rose**. This was my 10th Midmar race but my 9th 15km.....I did a 32km a few years back with **Sumita and Gill**.

Well done to **Michelle, Sandy and Bronwyn** who finished the 32km. This was **Bronwyn and Sandy's** 1st 32km. Great to have you all there joining the fun.

We had a great St Patricks walk - as we went straight to Hops and Barley and had a drink or two on St Pat. It was very interesting to see **Elsie** with her "sippy cup"

This was **Juanita's** first experience with us of bunking walks and doing fun things instead.

The walking section had a great turn out at Gaterite with **Dave, Candice, Noreen, Michelle and Bronwyn** all doing 21km and **Janice, Elsie, Gale, Helen, Tracy B, Juanita, Fiona, Tracy W, Di, Rose and Chris D** all taking part in the 10km. Everyone slightly improved their time.

Michelle has graduated to the Runners section but keeps coming back to do the odd training of run/fetch with us. She recently ran the comrades route over the three days of Easter weekend and then on 16 April did the 50km route tester. She is still running like a star !!! Keep it up Mich.

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Sandy, Candice, Rose and Tracy B joined me on Easter Saturday for a 10 / 12km run/ fetch. Rose, Tracy and I walked to the 10km mark then turned and Sandy and Candice had to really run and fetch after their turn around point. They huffed and puffed when they finally caught us again.

We did another beach walk / run fetch on the 9th and had a completely different show of ladies.; Noreen, Bronwyn, Helen, Michelle, Tracy W joined me. The run fetch group.....had a very long run and chase section to do. When they finally caught up again, they were quite exhausted but still raring to go. Awesome work ladies.

I was very impressed this month with **Tracy B** who went and did her 1st 15km race on her own. She started the walk with Elsie but then Elsie turned up the heat and left Tracy to her own which was a good thing as she pushed herself and managed an awesome time. Well done to stompie !!!

Sally and Bronwyn who went to do the Two Oceans half. Sally suffered from cramps on the day but still persevered and finished in a good time. Very determined lady is our Sally. Bronwyn finished the race but I have not received her time.

On Sunday the 3rd April there were two races.

Toti - completed by **Dave, Elsie, Tracy B, Juanita and Sarah**. **Sarah** gained a 1st place in her age category for walkers. Well done !!!

The other race was the Peace in Africa at the stadium. I went down to watch **Tracy W** do her 1st 21km but unfortunately she was not feeling well on the day and ran in on the 10km rather than pushing on. Very sensible thing to do when you aren't feeling well. Good on you for trying. Lots more 21km races that you can attempt at a later stage.

Fiona, Noreen and Candice all did PB's on the 21km. Well done ladies, it was nice standing there waiting for you to come in.

Elsie, Dave and Juanita went to do the Bergville 21km and had a great weekend away with friends

So as you can see this section is very involved in trying as many races as possible. From my spreadsheet on races and times that you are all doing, everyone has improved greatly since the start of the season. **Keep it up.**

My other group " **Slinky Slonkies**" are still attending the training walks every Tuesday and Thursday. **Neela** has now moved up from that group and is walking faster and longer distances with my group. Looking forward to seeing a few others from this group move up in the summer.

Lynne, who is with Elsie's group joins the run fetch group every now and then and is running beautifully. We have also had a come back from **Leeanne Gafney** to this group. Welcome. Another welcome is to **Ross Doorasamy** who comes to walk with Chris. Hope you feel better and get your fitness back again.

We are still missing some of our other ladies and gentleman who are either out due to injury, laziness or just scared to come back. **Sumita, Glynis, Heidi, Ellie, Keith, Lindsay.**

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:

Rob Goldman completed the Dick King 21 km in 1 hr 47, followed by **Eric Prange** in 1 hr 52.

Nicola Hewitt finished Two Oceans in 4 hr 51, with **Jana Niehaus** next in 4 hr 56.

Robyn Pitot finished Bergville to Ladysmith 52 km in 4 hr 37.

This month 5 years ago in the news:

Mark Perkins ran the fastest 5 km time year to date (21:01).

Dumisani Shoyise, Maureen Slack and Nicholus Mhlengana completed the Dick King 21 km in 1 hr 39, with **Rob Goldman** next in 1 hr 43.

This month 10 years ago in the news:



Rob Goldman was our first Two Oceans 56 km runner, in 5 hr 07, while **Nicola Hewitt** was our first 21 km runner, in 1 hr 51.

Patrick Rostenne did more mileage during the pub run, than during the previous 3 months!
During the same pub run, **Ant Borstlap** went further than 10 km for the first time in her life!
Colin Linnett completed his 18th Two Oceans.

This month 15 years ago:

Craig Speirs was in serious training for his 10th Comrades.

Chris Maud (+) was our first runner in Two Oceans, in 4 hr 28.

Mike Lock spent a few weeks in Ireland, and claimed that he did not hear a single Irish joke?

Don Coskey had the best 4 km time trial time year to date, 16:22 (for 4 km).

This month 18 years ago:

Anton Els completed the Natal Carbineers Marathon in 2 hr 58.

Bernie Bass finished the Two Oceans in 4 hr 20, with **Anton Els** next in 4 hr 24.

Bernie Bass completed the Bergville to Ladysmith 5 km in 3 hr 51.

A few current members also completed the Bergville race in 1998:

Craig Speirs : 4 hr 38

Lawrence Avis : 5 hr 14

Emile Streicher : 5 hr 23

Patrick Rostenne completed the 8 km time trial in 33:17.

In those days, you could predict your Comrades time, by multiplying your most recent 42 km time, by 2.42 (still applicable today!)

Mail received:

My Oceans Half was interesting. I was sticking with the two and a half hour bus, very pleased with myself for a shufflerun-walker. On Southern Cross my quads started niggling, just above my knees, where I have never had a problem before. Just before Kirstenbosch top gate they were talking to me seriously. As soon as I started the downhill they gripped me in a vice and I could literally not even walk one step. Various people stopped to help me and managed to support me down to the physio station at the bottom of the hill, where the physios massaged and advised me to walk the rest of the race – slowly! Every time I tried to put a bit of vooom and power walk or shuffle, the cramps started again. Very disappointing, but at least I finished before the cut-off time in 2h53. So now I have 7 halves done and am one closer to my Blue number.

Cheers, Sally Goldman

Quotes of the month:

Brett Ward: "When I heard I was member of the Month, I thought it was an April Fools joke!"

Brett Ward : "If I do a warm-up before the race, the race will be 200 m too long".

Patrick Rostenne: "I did the beach run as training for the Tongaat 10 km".

James Parks: " 'If you don't look after your body, where are you going to live?'"

Interview:

This month we speak to **Craig Bergset**:

1. Where were you born? Boksburg JHB 1970

2. Where did you matriculate? Beachwood Boys High School 1988

3. Family? Two brothers and a sister, I am married, have three Boys age 21,15 and 8, a step daughter 14 and a step son 16

4. Did you participate in sport at school? Cricket, Hockey, Athletics, Rugby, Cross Country, golf and Soccer

5. What are your personal sporting highlights? Playing Natal schools soccer 1987,88 and Virginia first team soccer at the age of 15 years old. Running my first Comrades 2000 and completing my first Duzi 2010. Also getting my Blue number for Two oceans.

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- 6. What are your future sporting ambitions?** To do my 10th Comrades. I would love to do an Iron man
- 7. Why do you run?** I run to keep fit and also to meet other people, running helps with a good balance in life. (too Old for Soccer now)
- 8. How long have you been a member of Glenwood / Riverside Harriers?** 2000 when I did my first Comrades
- 9. What does the club mean to you?** Club is great, it about enjoyment, friendships and getting to spend time with people that you would never get to in our busy schedules, with work, kids etc.
- 10. Profession?** Sales Manager for Yamato RSA, Japanese Company. We in the Food Industry
- 11. Other sporting activities?** Social Golf, Indoor Soccer, Paddling now and then
- 12. Hobbies & interests?** Fixing up my house, Gardening, Surfing
- 13. Any disappointments in sport?** 2006 a silly soccer accident, stopped me from doing my 7th comrades in a row. I would have my Green number by now.
- 14. Message for newcomers to running / walking?** Running is healthy and a lovely social sport whether you are quick or at the back having a chat. For newcomers it is hard in the beginning but if you put your mind to it and you are dedicated it becomes easier and a lot more enjoyable. It gives you a great feeling of satisfaction once you set your goals and you achieve them. The greatest feeling for me was completing my first Comrades. No one can ever take that away from you. Set your goals and stick to them.



Birthdays:

Apr	Name	May	Name	June	Name
3	Leanne Douglas	2	Andrew Perkins	1	Krystel Terblanche
3	Melanie Wagner	5	Terri Atkinson	1	Neela Naidoo
4	Juliette Spence	9	Taron Ridsdale	2	Donovan Calvert
7	Emile Streicher	10	Tracy Blakeway	7	Greg Labuschagne
8	Andries Nkuna	14	Duncan Sondezi	10	Craig Bergset
12	Kristin Thomson	15	Glynnis Scallan	11	Patrick Rostenne
12	Sally Botha	19	Jackie Botha	14	Clare Ramsay
13	James Boyes	22	Lawrence Avis	19	Nic Tingle
15	Sally Goldman	23	Rob Goldman	21	Tracy Chalker
17	Candice Jenkinson	24	Margaret Marshall	26	Margie Liddiatt
17	Lynda Hoppe	24	Heidi Sclanders	25	Elizabeth Perkins
25	Brigette Boaden	25	Eileen Durand	26	Lea Hollinshead

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27	Taryn Brown	30	Alistair Coldwell	28	Lindsey Rogerson
27	Chris Doorasamy			29	Ivan Freese
				30	Wessel Cronje
				30	Justine Brophy

HUMOUR:

Sign at a seafood market : "Our Fish come from the Best Schools".

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.

