

RIVERSIDE HARRIERS NEWSLETTER

JULY 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 6 Jul | Monthly braai | |
| Wed 3 Aug→ 10 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! From Saturday 28 May, we will start at **06h00** for a few weeks.

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 / walk 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. May was again was a month with several popular races, from Deloittes to Comrades, with many of our members again running and walking good times and achieving great PB's - congratulations to **Geoff Speirs** - fastest 5 & 8 km tt times year to date, his commitment to training, he ran Deloittes 42 with his friend **Nick Tingle** to get him a better seeding (and, improved **Nick's** PB by 30 minutes), and was our first runner, in his first Comrades , in 9 hr 03 - congratulations!

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:

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 – enter at www.mtunziniac.co.za , or the day before, or on race day

7. The rest of the time we simply mingle, chill, walk, sit, fish, braai and relax!

Names and queries to Emile.

RIVERSIDE HARRIERS NEWSLETTER

JULY 2016



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 | Apr | May | Total |
|---------------------|--------|--------|--------|--------|--------|---------|
| Nicola Hewitt | 310 | 322 | 296.8 | 390.5 | 304 | 1623.3 |
| Tarryn Payne | 271.43 | 253 | 307 | 405 | 304.5 | 1540.93 |
| Sally Botha | 220 | 228.8 | 257 | 380.7 | 243.5 | 1329.8 |
| Scott Couper | 214 | 198 | 281 | 289.6 | 282.2 | 1264.8 |
| Chantel Robins | 241.62 | 84 | 218.67 | 329.31 | 284.9 | 1198.5 |
| Johann van Rooyen | 256 | 244 | 204 | 218 | 253 | 1175 |
| Ivan Freese | 207 | 196.47 | 258.38 | 279.89 | 206.27 | 1148.01 |
| Dale Johnson | 198 | 218 | 266 | 230.5 | 228.6 | 1141.1 |
| Andrea Moroney | 308 | 253 | 197 | 297 | 78 | 1133 |
| Terri Atkinson | 237 | 164 | 227 | 264 | 214 | 1106 |
| Michelle Maharaj | 71.56 | 204.92 | 267.21 | 302 | 236 | 1081.71 |
| Ann Turner | 130 | 226 | 204 | 209 | 222 | 991 |
| Jana Niehaus | 178 | 150 | 195 | 206 | 205 | 934 |
| Tamlyn Reid | 178 | 158 | 181 | 208 | 79.5 | 894.5 |
| Alison Chadwick | 210.36 | 155 | 152 | 135 | 171.5 | 823.86 |
| Jaco Smith | 185.3 | 105.77 | 183.91 | 176.27 | 168.89 | 820.14 |
| Rob Goldman | 205 | 149 | 160 | 140 | 154 | 808 |
| Ampie Niehaus | 289 | 152 | 233 | 93 | 35 | 802 |
| Andries Nkuna | 153 | 130 | 184.2 | 193 | 138 | 798.2 |
| Bruce Anderson | 133 | 160 | 107 | 198 | 188 | 786 |
| Ted Liddiatt | 139 | 147.2 | 153 | 139.1 | 131.1 | 709.4 |
| Candice Jenkinson | 143.25 | 149.23 | 156.83 | 113.3 | 139.7 | 702.31 |
| Pam Jones | 129 | 108 | 182 | 271.2 | - | 690.2 |
| Elsie du Buisson(W) | 110.7 | 29.7 | 152.35 | 205.4 | 189 | 687.15 |
| Margie Liddiatt | 139 | 137.2 | 143 | 127.1 | 121.1 | 668 |
| Lee-Anne Steward | 103.41 | 134.36 | 93 | 116 | 176.4 | 623.17 |
| Sally Goldman | 138.5 | 136 | 133 | 97 | 113 | 617 |
| Clare Mangan | 145 | 150 | 30 | 110 | 131 | 566 |
| Leslie Ogle (W) | 81 | 51 | 230 | 123 | 78 | 563 |
| Rob Scholtz | 124 | 98 | 111 | 104 | 82 | 519 |
| Gale Viljoen | 112 | 152 | 80 | 79 | 75 | 498 |
| Margaret Marshall | 106 | 85 | 80 | 156 | 65 | 492 |
| Emile Streicher | 173 | 60 | 73 | 54 | 124 | 484 |
| Chris Doorasamy | 96 | 96 | 62.5 | 73 | 140.1 | 467.6 |
| Angela Parry | - | 131 | 123 | 119 | 64 | 437 |
| Debbie Marshall | 198 | 106 | 95 | 12 | 22 | 433 |
| Grant Horner | 228 | 45.5 | 56 | 97.5 | 0 | 427 |
| Bobby Horsfield | 135 | 108 | 67 | 101 | - | 411 |
| Barry Marshall (W) | 35 | 60 | 65 | 125 | 70 | 356 |
| Juanita Sutton (W) | - | 100 | 52.6 | 95.7 | 88.6 | 336.9 |
| Rossllyn Doorasamy | 14 | 58 | 40.5 | 71 | 101.5 | 285 |
| Helen Marshall | 93.79 | - | - | - | - | 93.79 |
| Dave Nicholls | - | - | - | - | 159 | 159 |
| Janis Nicholls | - | - | - | - | 71 | 71 |



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

It is looking very crowded at the top!

| Name | Kearsney | Stella | Gate | Tong | MEV | For | Total |
|--------------------|----------|--------|-------|-------|-------|-----|-------|
| Monique Ward | 56:39 | 50:08 | 49:47 | 48:38 | 47:53 | | 14 |
| Brett Ward | 74:45 | 66:00 | 64:08 | 63:14 | 60:58 | | 14 |
| Liesl Quinn | 77:47 | 72:58 | 72:16 | 69:12 | 67:28 | | 14 |
| Rose Whittington | 100:05 | 96:22 | 92:45 | 91:37 | 89:06 | | 14 |
| Ted Liddiatt | 71:51 | 75:15 | 65:40 | 62:36 | 62:35 | | 13 |
| Di Ching | 89:06 | 82:49 | 82:03 | 81:03 | 81:30 | | 13 |
| Patrick Rostenne | 73:53 | 65:54 | 66:25 | 64:00 | 61:11 | | 13 |
| Tracy Blakeway | 100:04 | 96:22 | 97:22 | 92:57 | 93:43 | | 12 |
| Margie Liddiatt | 77:35 | 80:03 | 74:01 | 70:38 | 71:26 | | 12 |
| Llewellyn Anderson | 77:49 | 72:57 | - | 69:12 | 67:28 | | 11 |
| Fiona Calitz | - | 82:30 | 78:46 | 75:56 | 72:30 | | 11 |
| Emile Streicher | 74:45 | 66:00 | - | 63:14 | 60:58 | | 11 |
| Juanita Sutton | - | 88:56 | 90:39 | 87:57 | 84:36 | | 10 |
| Janis Nicholls | - | 97:19 | 98:52 | 94:16 | 91:08 | | 10 |
| Gale Viljoen | 90:46 | 75:15 | 75:47 | 85:36 | - | | 9 |
| Helen Marshall | 82:01 | 75:16 | 75:11 | - | - | | 8 |
| Lindsey Rogerson | - | 50:55 | - | 50:00 | 46:30 | | 8 |
| Zandile Dlamini | - | 85:57 | 77:24 | - | 80:00 | | 7 |
| Candice Jenkinson | 75:02 | 67:20 | - | - | - | | 5 |
| Rob Scholtz | 61:15 | 52:34 | - | - | - | | 5 |
| 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 |
| Sarah McVicar | 86:57 | 85:57 | - | - | - | | 5 |
| Leslie Ogle | 97:35 | 90:25 | - | - | - | | 5 |
| Elsie du Buisson | - | 88:13 | 83:28 | - | - | | 5 |
| Jaco van Schalkwyk | 65:23 | 62:46 | - | - | - | | 5 |
| Lea Hollinshead | - | 78:15 | - | - | 69:47 | | 5 |
| Tracey Wittstock | - | - | 79:14 | - | 75:20 | | 5 |
| Clare Mangan | - | - | - | 60:20 | 59:27 | | 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 |
| 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 |
| Robyn Mcmenemey | - | 108:11 | - | - | - | 2 |
| Heidi Sclanders | - | 82:45 | - | - | - | 2 |
| Geraldine Cronje | - | - | 60:16 | - | - | 2 |
| Taryn Brown | - | - | 67:51 | - | - | 2 |
| Barbara Florence | - | - | - | - | 59:17 | 2 |

Here are the 2016 Time Trial best time trial times to date, as on **Wednesday 22 June**. 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 | Jaco Smith | 34:39 | 37:14 |
| 5 | Jaco Smith | 21:59 | 22:20 | 5 | Greg Labuschagne | 34:58 | - |
| 6 | James Boyes | 21:59 | - | 6 | Andries Nkuna | 34:59 | - |
| 7 | Greg Labushagne | 22:06 | 23:20 | 7 | Eric Prange | 35:28 | 38:12 |
| 8 | Bruce Anderson | 22:23 | 22:53 | 8 | Dave Elliot | 37:04 | - |
| 9 | Nigel Sheriff | 22:35 | 24:05 | 9 | Dale Johnson | 37:08 | 38:57 |
| 10 | Jana Niehaus | 22:55 | 22:47 | 10 | Nic Tingle | 37:29 | - |
| 11 | Dumisani Shoyise | 23:00 | 22:37 | 11 | Ryan Morgan | 37:45 | 37:55 |
| 12 | Robyn Pitot | 23:06 | 23:03 | 12 | Bruce Anderson | 38:05 | - |
| 13 | Rob Goldman | 23:37 | 24:05 | 13 | Craig Speirs | 38:27 | 38:18 |
| 14 | Nicola Hewitt | 23:41 | 21:17 | 14 | Rob Goldman | 38:46 | 40:58 |
| 15 | Ryan Morgan | 23:44 | 24:26 | 15 | Larry Wood | 38:51 | 38:58 |
| 16 | Jaco van Schalkwyk | 23:49 | 22:44 | 16 | Monique Ward | 38:52 | - |
| 17 | Monique Ward | 24:06 | 25:26 | 17 | Dumisani Shoyise | 39:42 | 36:15 |
| 18 | Brad Rochat | 24:09 | 24:49 | 18 | Terri Atkinson | 39:51 | 38:08 |
| 19 | Nicolus Tingle | 24:18 | - | 19 | Ampie Niehaus | 40:18 | 39:40 |
| 20 | Larry Wood | 24:31 | 25:05 | 20 | Njabula Dlamini | 40:19 | - |
| 21 | Rob Scholtz | 24:35 | 24:57 | 21 | Sally Botha | 40:42 | 40:30 |
| 22 | Taryn Payne | 24:36 | - | 22 | Alvinesh Sookoo | 41:05 | 44:08 |
| 23 | Neil Gibb | 24:38 | 23:09 | 23 | Nick Tingle | 41:17 | - |
| 24 | Craig Speirs | 24:39 | 22:53 | 24 | Rojean Hanekom | 41:14 | - |
| 25 | Alvinesh Sookoo | 24:39 | 24:33 | 25 | Jana Niehaus | 42:45 | 35:27 |
| 26 | Terri Atkinson | 24:40 | 23:09 | 26 | Tarryn Payne | 43:09 | - |
| 27 | Dale Johnson | 24:59 | 25:08 | 27 | Nicola Hewitt | 43:45 | 34:46 |
| 28 | Lindsey Rogerson | 25:18 | 24:44 | 28 | Chantel Robins | 43:45 | 45:35 |
| 29 | Emile Streicher | 25:29 | 27:40 | 29 | Tamlyn Reid | 43:51 | 44:42 |
| 30 | Maxine Stobart | 25:37 | 26:48 | 30 | Neil Gibb | 43:56 | 43:20 |
| 31 | Njabulo Dlamini | 25:39 | 25:58 | 31 | Vicki Freemantle | 44:18 | 44:14 |
| 32 | Zoe Papadakis | 25:40 | - | 32 | Vinnie Papenfus | 44:23 | - |
| 33 | Simon Hoff | 25:46 | - | 33 | Mandy Skye | 45:04 | - |
| 34 | Ampie Niehaus | 25:47 | 24:30 | 34 | Clare Ramsay | 47:02 | - |
| 35 | Chantel Robins | 25:53 | 27:50 | 35 | Taron Ridsdale | 47:23 | 46:48 |
| 36 | Rojean Hanekom | 25:58 | - | 36 | Simone Liebenberg | 47:50 | - |
| 37 | Angie Potgieter | 26:50 | - | 37 | Clare Mangan | 48:40 | 45:07 |
| 38 | Clare Ramsay | 26:58 | - | 38 | Debbie Marshall | 49:07 | 48:54 |



| | | | | | | | |
|----|---------------------|-------|-------|----|---------------|-------|-------|
| 39 | Mike Fell | 27:00 | - | 39 | Sandy Jenkins | 52:37 | 48:29 |
| 40 | Taron Ridsdale | 27:01 | 26:54 | 40 | Eileen Durand | 55:11 | - |
| 41 | Sally Botha | 27:03 | 23:05 | 41 | Gale Viljoen | 69:56 | 59:05 |
| 42 | Izanne Jacobs | 27:11 | - | 42 | Lynn Wallis | 69:56 | 63:00 |
| 43 | Scott Couper | 27:19 | 24:29 | | | | |
| 44 | Taryn Mundell | 27:20 | 26:20 | | | | |
| 45 | Vicki Freemantle | 27:32 | 27:05 | | | | |
| 46 | Lawrence Avis | 27:37 | 28:27 | | | | |
| 47 | Brett Ward | 27:46 | 33:04 | | | | |
| 48 | Mandy Skye | 27:55 | - | | | | |
| 49 | Andrew Perkins | 28:04 | 28:21 | | | | |
| 50 | Taryn Brown | 28:17 | 24:53 | | | | |
| 51 | Baron Combrinck | 28:24 | 28:23 | | | | |
| 52 | Krystal Terblanche | 28:28 | 27:01 | | | | |
| 53 | Asanda Sigodi | 28:41 | - | | | | |
| 54 | Sithe Mgubane | 28:41 | - | | | | |
| 55 | Mike Lock | 28:44 | 28:00 | | | | |
| 56 | Michelle Maharaj | 28:45 | 28:21 | | | | |
| 57 | Angela Parry | 28:48 | - | | | | |
| 58 | Candice Jenkinson | 28:50 | 30:22 | | | | |
| 59 | Melanie Wagner | 28:53 | - | | | | |
| 60 | Geraldine Cronje | 28:54 | 26:14 | | | | |
| 61 | Inga Good | 28:55 | - | | | | |
| 62 | Simone Liebenberg | 29:07 | - | | | | |
| 63 | Tamlyn Reid | 29:08 | 27:05 | | | | |
| 64 | Kris Breytenbach | 29:18 | - | | | | |
| 65 | Izanne Jacobs | 29:22 | - | | | | |
| 66 | Clare Mangan | 29:30 | 29:52 | | | | |
| 67 | Elizabeth Perkins | 29:32 | 27:33 | | | | |
| 68 | Vinnie papenfus | 29:43 | - | | | | |
| 69 | Alison Chadwick | 29:56 | 31:38 | | | | |
| 70 | Claudia Belcher | 29:58 | - | | | | |
| 71 | Bronwyn Kirk | 30:00 | 39:00 | | | | |
| 72 | Lee-Anne Lock | 30:04 | 28:00 | | | | |
| 73 | Kim Robinson | 30:04 | - | | | | |
| 74 | Debra Symington | 30:58 | 30:18 | | | | |
| 75 | Jaco Pretorius | 31:00 | 31:22 | | | | |
| 76 | Patrick Rostenne | 31:10 | 32:29 | | | | |
| 77 | Sandy Jenkins | 31:12 | 29:25 | | | | |
| 78 | Di Cilliers | 31:44 | - | | | | |
| 79 | Debbie Marshall | 31:46 | 28:41 | | | | |
| 80 | Helen Marshall | 31:58 | 32:28 | | | | |
| 81 | Eileen Durand | 33:01 | 33:51 | | | | |
| 82 | Tezz Olds | 33:45 | - | | | | |
| 83 | Keith Calitz | 34:00 | - | | | | |
| 84 | Lee Wearne | 34:30 | - | | | | |
| 85 | Tracy Wittstock (W) | 34:44 | 36:28 | | | | |
| 86 | Sally Goldman (W) | 34:50 | 37:59 | | | | |
| 87 | Brent Payne | 34:57 | - | | | | |
| 88 | Noreen Everton | 35:00 | 33:00 | | | | |
| 89 | Zandile Dlamini | 35:04 | 34:00 | | | | |
| 90 | Fiona Calitz (W) | 35:50 | 39:06 | | | | |
| 91 | Lea Hollinshead | 35:52 | - | | | | |
| 92 | Leanne Douglas | 36:00 | 37:35 | | | | |
| 93 | Michelle Lardant | 36:03 | - | | | | |
| 94 | Gale Viljoen | 36:10 | 35:01 | | | | |
| 95 | Janine Fokkens | 36:48 | - | | | | |
| 96 | Richard Aitken | 37:20 | - | | | | |
| 97 | Lynne Wallis (W) | 37:23 | 40:24 | | | | |
| 98 | Claire Kotze | 39:06 | 37:28 | | | | |
| 99 | Taryn Stubbs | 39:06 | 38:08 | | | | |



| | | | | | |
|-----|-----------------------|-------|-------|--|--|
| 100 | Angela Lardant | 39:10 | - | | |
| 101 | Louis Botha | 39:21 | 38:20 | | |
| 102 | Chris Doorasamy | 39:41 | 39:23 | | |
| 103 | Rosslyn Doorasamy | 40:00 | - | | |
| 104 | Sarah McVicar | 40:17 | 39:39 | | |
| 105 | Margaret Marshall | 40:49 | - | | |
| 106 | Elsie du Buisson (W) | 41:05 | 38:35 | | |
| 107 | Juanita Sutton (W) | 42:07 | - | | |
| 108 | Di Ching (W) | 42:10 | 40:25 | | |
| 109 | Jackie Botha | 42:10 | - | | |
| 110 | Leslie Ogle (W) | 43:57 | 44:42 | | |
| 111 | Rose Whittington (W) | 44:15 | 42:48 | | |
| 112 | Neela Naidoo (W) | 44:30 | 44:13 | | |
| 113 | Cathy Coates | 46:00 | 46:00 | | |
| 114 | Tracy Blakeway (W) | 46:23 | 43:09 | | |
| 115 | Sumita Ramgareeb (W) | 46:55 | 47:00 | | |
| 116 | Ingrid Knott (W) | 47:24 | 46:00 | | |
| 117 | Adele Allison (W) | 49:00 | 41:35 | | |
| 118 | Felicity Holbrook (W) | 49:10 | - | | |
| 119 | Barbara Rankin (W) | 50:00 | - | | |
| 120 | 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 22 June:**

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



| | | | | |
|----|--------------------|----|---|-----------|
| 37 | Neela Naidoo | 11 | | 11 |
| 38 | Noreen Everton | 11 | | 11 |
| 39 | Michelle Maharaj | 10 | | 10 |
| 40 | Nicola Hewitt | 8 | 2 | 10 |
| 41 | Sally Goldman | 10 | | 10 |
| 42 | Ryan Morgan | 1 | 9 | 10 |
| 43 | Simone Liebenberg | 7 | 3 | 10 |
| 44 | Chantel Robins | 7 | 3 | 10 |
| 45 | Tezz Olds | 10 | | 10 |
| 46 | Jana Niehaus | 9 | 1 | 10 |
| 47 | Juliette Spence | 10 | | 10 |
| 48 | Sally Botha | 6 | 3 | 9 |
| 49 | Brett Ward | 9 | | 9 |
| 50 | Lea Hollinshead | 9 | | 9 |
| 51 | Heather Speirs | 8 | | 8 |
| 52 | Dumisani Shoyise | 2 | 6 | 8 |
| 53 | Rob Goldman | 6 | 2 | 8 |
| 54 | Rob Scholtz | 8 | | 8 |
| 55 | Sumita Ramgareeb | 8 | | 8 |
| 56 | Jaco van Schalkwyk | 7 | | 7 |
| 57 | Gale Viljoen | 6 | 1 | 7 |
| 58 | Chris Doorasamy | 7 | | 7 |
| 59 | Larry Wood | 2 | 4 | 6 |
| 60 | Robyn Pitot | 6 | | 6 |
| 61 | Mike Fell | 6 | | 6 |
| 62 | Neil Gibb | 4 | 2 | 6 |
| 63 | Mike Lock | 6 | | 6 |
| 64 | Keith Calitz | 6 | | 6 |
| 65 | Simon Hoffe | 6 | | 6 |
| 66 | Mandy Skye | 5 | 1 | 6 |
| 67 | Elizabeth Perkins | 6 | | 6 |
| 68 | Bronwyn Kirk | 6 | | 6 |
| 69 | Kris Breytenbach | 6 | | 6 |
| 70 | Nigel Sherriff | 5 | | 5 |
| 71 | Krystel Terblanche | 5 | | 5 |
| 72 | Wessel Cronje | 2 | 3 | 5 |
| 73 | Taryn Brown | 5 | | 5 |
| 74 | Maxine Stobart | 4 | 1 | 5 |
| 75 | Taryn Stubbs | 5 | | 5 |
| 76 | Claire Kotze | 5 | | 5 |
| 77 | Izanne Jacobs | 5 | | 5 |
| 78 | Ingrid Knott | 5 | | 5 |
| 79 | Adele Allison | 5 | | 5 |
| 80 | Sandy Jenkins | 4 | 1 | 5 |
| 81 | Melanie Wagner | 4 | | 4 |
| 82 | Richard Aitken | 4 | | 4 |
| 83 | Felicity Holbrook | 4 | | 4 |
| 84 | Dave Elliott | 1 | 3 | 4 |
| 85 | Angela Lardant | 4 | | 4 |
| 86 | Cathy Coates | 4 | | 4 |
| 87 | Brent Payne | 4 | | 4 |
| 88 | Asanda Sigodi | 4 | | 4 |
| 89 | Tracy Blakeway | 3 | | 3 |
| 90 | Lawrence Avis | 3 | | 3 |
| 91 | Zandile Dlamini | 3 | | 3 |
| 92 | Juanita Sutton | 3 | | 3 |
| 93 | Rosslyn Doorasamy | 3 | | 3 |
| 94 | Monique Ward | 2 | 1 | 3 |
| 95 | Rojean Hanekom | 2 | 1 | 3 |
| 96 | Felicity Holbrook | 3 | | 3 |
| 97 | Brad Rochat | 3 | | 3 |

RIVERSIDE HARRIERS NEWSLETTER

JULY 2016



| | | | | |
|-----|-------------------|---|---|---|
| 98 | Vinnie Papenfus | 1 | 2 | 3 |
| 99 | Inga Good | 3 | | 3 |
| 100 | Sithe Mgubane | 3 | | 3 |
| 101 | Taryn Mundell | 2 | | 2 |
| 102 | Clare Ramsay | 1 | 1 | 2 |
| 103 | Angela Parry | 2 | | 2 |
| 104 | Michelle Lardant | 2 | | 2 |
| 105 | Claudia Belcher | 2 | | 2 |
| 106 | Zoe Papadakis | 2 | | 2 |
| 107 | Angie Potgieter | 2 | | 2 |
| 108 | Sarah McVicar | 2 | | 2 |
| 109 | Dave Nicholls | 1 | | 1 |
| 110 | Di Cilliers | 1 | | 1 |
| 111 | Jaco Pretorius | 1 | | 1 |
| 112 | Geraldine Cronje | 1 | | 1 |
| 113 | James Boyes | 1 | | 1 |
| 114 | Patrick Rostenne | 1 | | 1 |
| 115 | Carolyn Goltman | 1 | | 1 |
| 116 | Debrah Symington | 1 | | 1 |
| 117 | Janis Nicholls | 1 | | 1 |
| 118 | Lindsey Rogerson | 1 | | 1 |
| 119 | Leanne Douglas | 1 | | 1 |
| 120 | Baron Combrinck | 1 | | 1 |
| 121 | Janine Fokkens | 1 | | 1 |
| 122 | Lee-Anne Lock | 1 | | 1 |
| 123 | Dick Whittington | 1 | | 1 |
| 124 | Zanile Shoyise | 1 | | 1 |
| 125 | Barbara Rankin | 1 | | 1 |
| 126 | Margaret Marshall | 1 | | 1 |
| 127 | Lee Wearne | 1 | | 1 |

Race Results:

Comrades 2016 :

56 entries

40 starters

34 finishers

| Name | Time | Medals |
|------------------|----------|--------|
| Geoffrey Speirs | 9:03:20 | 1 |
| Nicola Hewitt | 9:16:09 | 6 |
| Wanda Zungu | 9:43:00 | 3 |
| Andries Nkuna | 10:14:32 | 1 |
| Nicholas Tingle | 10:19:43 | 1 |
| Terri Atkinson | 10:21:27 | 3 |
| Larry Wood | 10:22:10 | 4 |
| Sally Botha | 10:31:21 | 2 |
| Tarryn Payne | 10:31:21 | 6 |
| Chantel Robins | 10:49:25 | 1 |
| David Elliott | 10:51:55 | 1 |
| Scott Couper | 10:52:06 | 7 |
| Dumisani Shoyisa | 10:52:07 | 10 |
| Evelyn Obyrne | 10:55:32 | 18 |
| Richard Widdows | 11:00:43 | 3 |
| Ryan Morgan | 11:03:19 | 2 |
| Pamela Jones | 11:09:05 | 3 |

RIVERSIDE HARRIERS NEWSLETTER

JULY 2016



| | | |
|--------------------|----------|----|
| Dale Johnson | 11:11:03 | 5 |
| Maxine Stobart | 11:17:04 | 2 |
| Barbara Florence | 11:17:16 | 3 |
| Neil Gibb | 11:23:57 | 3 |
| Wessel Cronje | 11:24:03 | 11 |
| Rojean Hanekom | 11:24:26 | 2 |
| Ann Turner | 11:27:33 | 4 |
| Johann Van Rooyen | 11:27:33 | 4 |
| Caron Botha | 11:29:05 | 1 |
| John McClelland | 11:29:05 | 10 |
| Michelle Maharaj | 11:39:24 | 1 |
| Nicholas Mlengana | 11:42:03 | 14 |
| Lee Wearne | 11:42:31 | 2 |
| Graham Christensen | 11:47:01 | 2 |
| Njabulo Dlamini | 11:51:39 | 1 |
| Gregory Labuscagne | 11:56:49 | 1 |
| Bruce Anderson | 11:57:03 | 2 |
| Ivan Freese | DNF | |
| Clinton Morgan | DNF | |
| Taryn Brown | DNF | |
| Craig Speirs | DNF | |
| Vincent Papenfus | DNF | |
| Taron Ridsdale | DNF | |

Trophies:

First Male : Geoff Speirs

First Lady : Nicola Hewitt

First Male Novice : Geoff Speirs

First lady Novice: Chantel Robins

Ladies Spar 10 km : 5 June 2016:

| Pos | Name | Time | Pos | Name | Time |
|-----|-------------------|-------|------|------------------|-------|
| 99 | Monique Ward | 47:15 | 850 | Michele Lardant | 68:38 |
| 140 | Zaheera Kahn | 50:34 | 1160 | Eileen Anderson | 73:01 |
| 226 | Angie Potgieter | 55:05 | 1239 | Tracy Wittstock | 73:55 |
| 291 | Clare Mangan | 57:04 | 1244 | Gale Viljoen | 73:59 |
| 305 | Candice Jenkinson | 57:35 | 1514 | Di Ching | 77:46 |
| 360 | Elizabeth Perkins | 59:31 | 1637 | Elsie du Buisson | 79:30 |
| 419 | Kim Robinson | 60:50 | 1639 | Sarah McVicar | 79:32 |
| 515 | Margie Liddiatt | 62:45 | 2929 | Rose Whittington | 96:33 |
| 574 | Helen Marshall | 63:57 | 2931 | Tracey Blakeway | 96:33 |

RUNNERS CORNER:

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

1. Experience is something you don't get, until just after you need it.
2. Good judgement comes from experience. Experience comes from bad judgement.
3. If you want your dreams to come true, don't oversleep.
4. The best vitamin for making friends: B1
5. A turtle makes progress when it sticks its head out

Welcome to new members **Jacqui Cramb, Desiree Viviers, Keswyn Mackintosh** – we trust you will enjoy your running and walking with us.

We have to say farewell to **Vinnie Papenfus** and **Tamlyn Reid**, who will be leaving us shortly to settle in the UK, we wish you well and will miss you!



Comrades 2016 – what a day! Excitement, nerves, pain, joy, blood, sweat, tears.....you name it! For the record, we had 56 entries, 40 starters and 34 finishers. The results above cannot even begin to tell how each and every runner had his or her own personal battles on the day.....our first runner, as well as our first Male Novice, in his first Comrades, was **Geoff Speirs**, in 9 h 03, after being unable to get to the C batch seeding and had to start further back. Geoff gave it a full go but was just outside the Bill Rowan cut-off time. Our first lady runner home was **Nicola Hewitt**, in a great 9 hr 16, after suffering from nausea on the day, congratulations on the sub 10 hr finish! Next to finish was a new member, **Wanda Zungu**, in 9 hr 43, finishing his 3rd Comrades. **Andries Nkuna** finished Comrades number 1 in 10 hr 14, with **Nick Tingle**, in his first run as well, next in 10 hr 19. After missing the 2015 run due to injury, **Terri Atkinson** was back with a bang and improved her PB by 1 hour, to finish in 10 hr 21! Larry Wood finished his 4th Comrades in 10 hr 22, while **Sally Botha** and **Tarryn Payne**, with huge smiles on their faces, finished together in 10 hr 31. **Chantel Robins** showed that hard work pays off and was our first lady Novice to finish in 10 hr 49 – well done! **Dave Elliott** finished his first Comrades in 10 hr 51, with **Scott Couper**, in his 7th run, next in 10 hr 52. **Dumisani Shoyise** earned his Green Number, by finishing in 10 hr 52, with **Evelyn O' Byrne**, in her 18th finish, next in 10 hr 55. **Richard Widdows** finished his 3rd Comrades in 11 hr 00, with **Ryan Morgan** next in 11 hr 03. **Pam Jones** completed Comrades number 3, in a PB of 11 hr 09, with **Dale Johnson** digging deep, to finish his 5th run in 11 hr 11. **Maxine Stobart**, after her 2nd Comrades (11 hr 17), now believes the Up run is "easier" ! **Barbara Florence** finished her 3rd Comrades in 11 hr 17, with **Neil Gibb**, also finishing his 3rd run, next in 11 hr 23. **Wessel Cronje**, running his first run in his Green Number, finished in 11 hr 24, while **Rojean Hanekom**, in his 2nd run, was next in 11 hr 24. **Ann Turner** and **Johann van Rooyen** finished together, both in their 4th runs, in 11 hr 27. What a moment! – **John McClelland** finished his 10th, earning his Green Number, with his daughter, **Caron Botha**, in her first run, in 11 hr 29 – well done team! **Michelle Maharaj**, after joining us as a run / walker, showed what dedication can do – she finished her first Comrades in 11 hr 39 – congratulations! **Nicholas Mlengana** finished his 14th Comrades, in 11 hr 42, with **Lee Wearne**, in his 2nd run, next in 11 hr 42. **Graham Christensen**, in his 2nd run, finished in 11 hr 47, while **Njabulo Dlamini** finished his first Comrades in 11 hr 51. **Greg Labuscagne**, who looked down and out at our club tent, with 38 km to go, had to dig very deep and finished his first Comrades in 11 hr 56, with **Bruce Anderson** timing it to perfection, finishing his 2nd Comrades in 11 hr 57! Well done to all our finishers! Spare a moment for our friends who started, but for various reasons, had to pull out on the day – **Ivan Freese**, **Clint Morgan**, **Taryn Brown**, **Craig Speirs**, **Taron Ridsdale** and **Vinnie Papenfus** – just getting to the Start was already a huge achievement. A special thanks again to **Vaughn Ogle**, for securing "our spot" on Comrades route, we appreciate your efforts! Thanks to fellow club members and friends for joining us to cheer everybody on.....till next year then!

On Wednesday 1 June, we had our Post-Comrades, Aches and Pains function, with a great turnout of runners and supporters! Every participant was given a small gift from the club (thanks to all the photographers, as well as **Leslie Ogle** and **Sandy Jenkins**, for the long hours put in to get these ready on time). From the runners feedback, it was clear why this remains such a fantastic event - we listened to stories about emotional highs and lows, pain, panic, excitement, tears, hunger, nausea, stomach issues(!), injuries, joy etc! There were too many great stories to mention, but we have to mention that our last runner home, **Bruce Anderson**, finished, to the second, in exactly the same time as in 2015!! All that training and not even an improvement by 1 second!? The winner of our Guess the Time competition, was **Heather Speirs**, predicting that her son **Geoff** would finish in 9 hr 00, he finished in 9 hr 03 - well done!

The following members also received trophies, for their performances, congratulations!

First male : **Geoff Speirs**

First lady : **Nicola Hewitt**

First Male Novice: **Geoff Speirs**

First Lady Novice : **Chantel Robins**

What is going on? **Alison Cestari** has gone to Australia, **Vicki Freemantle** to Nieu-Seeland, and now 2 more ladies are leaving - thankfully not permanently. **Elizabeth Perkins** is leaving us shortly, for a 2 year stint, teaching in Bahrain, while **Monique Ward** is going to teach in Sweden for a year - good luck ladies, we are going to miss you!

Exciting news! **Leslie Ogle** is becoming a granny! This means that **Sandy Jenkins** is going to be a mommy – congratulations!

A week after Comrades, another huge running event in Durban, this time for ladies only. Many of our club ladies took part (wear club kit and start right in front) – our first runner was **Monique Ward**, in a great PB of

47:15, with **Zaheera Khan** next in 50:34. **Angie Potgieter** finished in 55:05, with **Clare Mangan** next in 57:04. **Candice Jenkinson** dipped well below 60 minutes (57:35), followed by **Elizabeth Perkins** (59:31), **Kim Robinson** (60:50), **Margie Liddiatt** (62:45), **Helen Marshall** (63:57), **Michele Lardant** (68:38), **Eileen Anderson** (73:01), **Tracy Wittstock** (73:55), **Gale Viljoen** (73:59), **Di Ching** (77:46), **Elsie du Buisson** (79:30), **Sarah McVicar** (79:32), **Tracey Blakeway** and **Rose Whittington** (96:33) – well done ladies!



After another short stint in Durban, **Kris** and **Leysan Breytenbach** are leaving us again, to work in Dubai for a year, before moving to Texas, farewell, till next time!

We again had a great outing at our annual (6th!) No Reason No Running camping trip at S Lucia, we explored Western shores, played golf at Monzi, tripped to Vidal, walked, talked, braaied, chilled and enjoyed! Our next camping weekend is for the Mtunzini bush run at Umlalazi nature reserve, at Mtunzini, in August, everybody welcome! Non-campers, there are chalets for hire as well.

Weekly club runs and time trial continue (yes, there is life after Comrades!) with some good time trial performances, during the last few weeks - **Tracey Wittstock** (34:44), **Rose Whittington** (44:15), **Neela Naidoo** (44:30), **Emile Streicher** (25:29) have all improved their 2016 5 km times, while **Jaco Smith** has improved his 8 km time to 34:39, well done!

Welcome back to **Debbie Marshall**, after a lengthy injury, and we also hope to see **Craig Tibshraeny** back on the road soon, after his recent operation. **Jono Whittington** is also recovering well from his recent operation.

We have a few members traveling to Knysna, to take part in the Oyster festival 21 and 42 km, good luck and enjoy!

On Thursday 23 June, the Run/walk section arranged a Christmas in Winter event, where the crew walked 5 km and then had a social get-together at **Jono** and **Rose Whittington's** house, great fun was had by all!

Walkers News - June 2016:

Walkers News Letter JUNE 2016

Winter has truly set in and it is very dark out there.
Please remember to carry torches or just light yourself up as much as possible.
No "necklacing" just artificial lights.....

We have had a few very good walks even though my ruling has been to keep it close to the club. I still find not everyone listens when I call the route and we have had a few souls who tend to either walk to fast or walk to slow, getting lost. As long as there are two or more of you it is fine to do another route. Those people who still find themselves lagging behind in the group they are walking with, either need to increase their fitness and speed levels or move down a group until you are fit enough. We can not baby sit you if you only come once in a while and are slow and cant walk more than 5km.....please do a few weekend walks to up your distance and speed!!!!

It is nice to report that the intermediate group is still going from strength to strength.....in numbers
As well as with their results. Its wonderful to see PB's on races and at time trials. Keep it up !!!!

There are a few crazy ladies running/ walking on a Saturday morning.....please feel free to join them if you are up to it. Some of us are waiting for August as it gets lighter and you then don't mind rolling out of bed on a weekend. I will be calling other routes and starting points as soon as summer is here.

We are still doing our one surprise walk a month and are always grateful to Rose and Jono for allowing us to stop in at "Dirty Dicks" for a refreshment.

We are looking forward to our Christmas in winter walk on Thursday evening and what Rose may have up her sleeve at the pub.

So with not many races to report on.....all I can say is keep walking/ running.....dont slack down as we are hitting those hills and distance in September !!!

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:

Dale Johnson was Member of the Month, for sticking to his decision, made on Comrades Day 2014, to run the 2015 race – after having to rub the legs of several male runners on the day!

Michelle Maharaj, Zaheera Kahn and **Angie Potgieter** joined our club.

We had 43 Comrades starters, 33 starters and 30 finishers.

Nicola Hewitt was our first Comrades runner, in 8 hr 49.

Terri Atkinson ran a great 5 km PB of 23:45.

We had 18 campers at our 6th "No Reason No Running" camping at St Lucia, and had a great time, even with no water in the taps!

This month 5 years ago:

Kevin Keddie ran the fastest 5 km year to date (20:59) and **Dumsani Shoyise** the fastest 8 km (34:39).

Steven Nimmo was our first Comrades runner, in 7 hr 43.

We had 40 Comrades entries, 29 starters, 20 finishers.

This month 10 years ago:

Evelyn O' Byrne completed her 10th Comrades in 8 hr 38.

We had 12 Comrades entries in 2006, 11 starters and 8 finishers.

This month 15 years ago:

Michael Gowar was our first runner in Comrades 2001, in 7 hr 34.

We had 28 Comrades entries, 25 starters, and 17 finishers.

Craig Speirs earned his Green Number.

The Main Club has signed a deal with Varsity College, and since then we have not looked back!

After his DNF in Comrades 2001, **Emile Streicher** completed his hat-trick of DNF's in 3 endurance events: Duzi, Midmar, Comrades!

Apologies – the July 1998 newsletter have gone missing!

Mail received:

It was so nice to see you all at the tent yesterday – thank you so much for always being so supportive and for making the club such a fun one to belong to! See you at the Aches and Pains party!

Take care, Ann Turner

Just wanted to make special mention of my awesome club Riverside Harriers, for all the support yesterday - you guys were amazing. Have been very blessed this year being part of this awesome club!!!

Tarryn Payne

Was such a special moment finishing my 10th Comrades with my daughter, **Caron Botha** and getting that Green Number. Thank you to my wonderful and beautiful wife **Shan McClelland**, who has been a world class supporter 10 times over. She got Gold for supporting. To running friends and Riverside Harriers thanks for all the support. All special humans.

John McClelland

I just had to share these incredible photos of the best team in the world. Well done to each and every one of you for taking on the Comrades yesterday. I feel very blessed to be apart of Riverside Harriers!

Angie Potgieter

To all the runners from yesterday, Well done, fantastic achievement. To those I saw on the road, you looked great, even though I know you did not feel great. **Chantel** and **Dumi** for giving me smiles and blowing kisses at every spot I saw you, you seemed like you really were having a great time. I did Comrades in the car and was bugged so take the day off and you can have that wine now, apparently red goes well with steak. See you at the Aches and Pains party

Eileen Anderson



Thanks to my amazing club Riverside harriers for your support, training, and brilliant training runs. Not forgetting **Dave Anstey, Barbara Florence, Nicci Willis**, for the best training runs ever and to **Ann Turner** and **Gecko** for the lift up where we were treated like royalty. Then to my hubby **Clint Jones**. Thank you for absolutely everything. You made this possible. To the rest of my family and the rest. A very big thank you for all the sacrifices you made on the day to make this day possible. I love and appreciate you all. You all helped to make my PB possible. If I have forgotten anyone I apologise, you know I love and appreciate you all.
Pam Jones

Before I pass out, I just wanted to make mention of a few special people that made today so special. Firstly my family for their patience with all my training and racing. To **Debbie** and **Tezz** for going out of their way to get me to the start with plenty of time and their support along the way. Next my club, Riverside Harriers, and the awesome people that are involved in running whether on road or trail. Their selfless support of not just members but everyone associated with the past-time we call running, is truly commendable and inspiring. Thanks for the massages, **Monique** and **Tezz**, the beverages and sandwiches and the banting pain killers **Vaughn** and for kicking my butt back onto the road when I really didn't feel like I had any more go in me, **Fiona**. Thanks to all of you along the route both runners and spectators. You guys don't know how much you help not just today but in the months leading up to today. I was planning this but decided this morning to dedicate today to my mate **Jason Trauner**, who passed away while running in Oz nearly 2 years ago. **Jay** always gave everything 100% and loved Africa so today was really appropriate, especially watching the sun rise over the Valley of 1000 Hills. Just to ensure I remembered this at some random point today, someone in the crowd shouted "Go JT!" I didn't have to turn around, I knew who it was for. Later I passed a table which had "Impi" by **Johnny Clegg** blasting out. Of all the songs to be playing... I knew for sure he was with me today. Very special.
Greg Labuscagne

To everyone at Riverside Harriers - runners and also supporters, you guys and girls make up the best club I have ever belonged to. What gets done just happens and I know that there many that really appreciate it. I had to make a decision to stop running today, and had no doubt that the club tent was the place to do it, and that somehow I would be able to get to the finish to see **Geoff** finish. Thanks **Rob Goldman** for the lift.
Craig Speirs

Comrades 2016 - "Izokuthoba - it will humble you" Yesterday I was truly humbled - what a tough day. Thanks to my terrific seconds, my running club, friends, family and the amazing support from strangers along that long tough road. Some really hot chicks seen, SA girls still the best! Now for the serious part I am welling up, as I did in the last kilometer, as I held the photo of **Lil Trev** to my heart and battled my way to the finish line with the most grueling pain my legs have ever felt. **Lil Trev**, you little champ, you made me finish ! You may have lost your 3rd battle but yesterday you won your 4th. Thank you lil guy that I never met, for making the day so very special and fitting to a lil guy who has crept into all our hearts ! You little angel - keep shining !!!
Dale Johnson

Sitting in the business class lounge at Shaka International with tears streaming as watching my friends cross the Comrades finish line. So proud of you!! ; I love you guys stukkend! Just saw **Neil Gibb** cross the finish line. **Maxine Stobart**???? Well well done to all of you champs. I'm going to have a glass of champagne for you all. Not a glass for each of you cos that would be like 50 glasses. But for you all combined. Haha. Can't wait to train again and run with you next year. Xxx
Andrea Moroney

To all my friends who finished Comrades yesterday - I have such admiration for you! To the ones who sadly didn't finish...you had the guts to go out there, stand at the start line and give it everything you had so I have no less admiration for you! Well done!
Carolyn Goltman



Thanks for all the support pre and during the comrade. Special thanks to my club, Riverside Harriers, for the sterling job.

Andries Nkuna

[Comrades2016](#)... Ain't nobody do that sh*t alone!! The commitment and sacrifice is not just yours but your family feels it too! And... They're going to keep feeling it for a while. I managed to tear my calf in two places one 5 cm tear and one 9 cm tear (started really hurting about 15k from the finish) but I finished! 10hours 49 minutes! I got my bronze baby!!! I am facing about 3 months of rehab. So it's a long road ahead, but I'll be back for my back to back Medal next year – Comrades 2017 - bring it! First I need to thank my Husband, my Tiger, **Steven Robins** I love you, I thank you for your love, support and unending faith in me! My beautiful kids who are my biggest supporters, my family **Margaret Beechey, Terrence Beechey, Kayla Beechey**, thank you... For everything! I don't have enough words! To my club Riverside Harriers and the amazing friendships that were born pounding the tar ... You all played a part in my being able to say "I did it!" and for that I Thank you! **Tamlyn Reid, Terri Atkinson, Jana Niehaus, Ampie Niehaus, Greg Labuscagne, Dale Johnson, Clare Ramsay, Maxine Stobart, Neil Gibb, Jaco Smith, Craig Speirs, Andries Nkuna, Andrea Moroney, John William McClelland** (oh gosh I hope I haven't left anyone off... forgive me if I have) you guys made those long runs Fun!

Special mention to **Simone Liebenberg** and **Dave Chaplin**, who planted the seed 18 months ago, when you suggested that maybe I should try running the promenade and not just walking it... ! Can you even believe it?!?!

And finally... The [Chalice Of Dreams](#) - [Circle of Trust](#) - [Golden Sachet](#) Team : **Nicola Hewitt, Sally Botha, Tarryn Payne, Douglas Watson** - Long may it last!

You guys are amazing and I cannot wait to get back on the road with you again!!!

Chantel Robins

Hi all, thanks again for all the good luck wishes I got from everybody and a big thanks to my club Riverside Harriers at just after half way, you guys are just awesome. **Gordon, Alison** and **Tammy** for getting my food ready as I came whizzing past. I unfortunately had to stop at the 82 km mark as I missed the cut off. I am gutted but what an awesome and great race to be apart of. To **Kelly Morgan** and **Mrs Tuck**, thanks for the support along the road and **Shan Thomson & Mrs E** for telling me not to quit, as we reached the bottom of Fields Hill going into Pine-town "just keep on moving forward". To my wonderful wife **Tamlyn**, you are my rock of Gibraltar and my strength. I could not have done this without your "get out of bed, you running Comrades in 3 weeks" hehehehe I love you so much. Thanks again to everyone and to all club members that finished, I salute you, so awesome. My medal will come one day, that is a guarantee.

Vinnie Papenfus

We did it... we completed Comrades 2016. I have achieved my back to back medals! It's a feeling like no other running into that stadium. We were so happy to see so many familiar faces supporting along the way. Thank you to everyone who shouted and cheered us on. Oh and who ever said the Down was easier than the up... you sir, are a liar.

Maxine Stobart

The Best-est seconds! Thank you so much to **Deb** for driving us to the start (at 03h00!!) and driving me...all day! And to **Rob**s who was with us all the way from our very chilly first stop at Lion's River/Park - You Rock!

It was quite a day, I think I went through my full range of emotions...the excitement; the worry that you will miss the runners you're waiting for in the sea of thousands (happened a couple of times!); the stress watching a tracker dot on the map freeze and wondering if that's just a technical hiccup or if there's an issue; the relief when you see them cresting your hill; the angst at seeing them in pain and not being able to do very much about it; the support and camaraderie of everyone from our club: Riverside, you're just the best!; our last dash through the traffic to the finish, just making it in time to see **Dale** coming through; the sorrow at seeing some of the runners collapsing so close to the finish and hoping they will pull through; and the immense relief and happiness as our runners made it over the line in time before cut-off! Well done on an amazing achievement!

Tezz Olds

RIVERSIDE HARRIERS NEWSLETTER

JULY 2016



Thank you so, so much for all your support on Sunday. I couldn't belong to any better club - Riverside is AMAZING!!!

Terri Atkinson

It has taken quite some time to absorb everything experienced from Sunday, I would just like to thank a few special people who made it all possible. Firstly, to my wife, for all the love, support and encouragement to reach this goal, **Geoff**, for being the ultimate running partner, thank you for your company throughout the many hours of training, and then finally to the best seconds anyone could ask for, thank you. What a privilege it has been to run in the Riverside colours, it feels unreal achieving my goal and being part of this humbling race.

Nick Tingle

Well I finally did it! I got my back to back medal on the down run. It only took me 11:03 - which I am extremely proud of, almost 40 minutes faster than last year. A special thanks to my folks and **Clinton-kelly Morgan**, for your amazing seconding, **Kelly & Desiree** for popping up when I needed you most. A massive thanks to **Sally Botha** and **Tarryn Payne**, for getting my race off on the right foot. To **Dale Johnson**, for getting me to half way. To **Scott Couper** for getting me to Hillcrest. Even **Jodi Dickerson**, for an awesome bitch session about, what the hell were we thinking running this race. Then all the supporters at Riverside Harriers, **Angie Potgieter**, for being such good running partners for the last 6 months, **Nicola Hewitt & Craig Speirs**, for all the help and advice. Then a special thanks to my brother, sister and **Vinnie** for helping me make it! It's been awesome running with you guys!

Ryan Morgan

I cannot, for the life of me, remember the ladies names from Riverside Harriers, but two of you helped to get me to Hillcrest to be fetched by my boyfriend and I'm so so so so grateful that I didn't have to sit in the rescue bus, on top of having to deal with my emotions of not being able to complete the race! Thank you so so so so so so much!

Shannon (runner from Pmb, who stopped at our club tent)

I think that the slogan this year for Comrades - "It will humble you" - was very appropriate. It really humbled me and realised that you can never take anything for granted with this fantastic race. You always assume that all will go well but when things go wrong it becomes a very tough race. I had serious tummy issues from 55km onward and where I was never interested in where the toilets were on the route in previous races, I got seriously interested this year! I can confirm that there is basically nothing in the last stretch of 8km!! My biggest challenge other than to try and finish was to finish with my dignity still intact! I will be back next year after a disappointing race this year. Every race teaches you something and this year was no different. I got to understand what perseverance is and made me a much stronger person. Thank you to all of you for your support along the route, all the people that trained with me at some point over the last 6 months and off course my family.

See you on the road.

Johann van Rooyen

I would just like to take a moment and reflect on Comrades 2016... firstly, thank you for all the overwhelming support and good wishes, every single one really made the difference! Secondly to our seconds (pun intended) who without your support along the route would have made the race impossible, thank you **Filly Stobart, Shaun Stobart, Kim Gibb** and my dad, **Rob Gibb**, for your sacrifice on the day! Thirdly to everyone who cheered us on the day, your cheers were the fuel for our tired legs and the reassurance to our minds that we can do this and never give in! Lastly to my beautiful fiancé, **Maxine Stobart**, who is also my best friend, I could not ask for a better running partner and companion on such a long race! Your determination and willpower is truly something to be admired!! Thank you my love, for another unforgettable journey and many great memories from an interesting and challenging day, everything the day threw at us, we hit out the park!!

Neil Gibb



Thanks for organising the Aches and Pains party tonight guys - great to see everyone, chuffed with their achievements! ... and thanks for the photo canvases! We should video everyone's war stories and resolutions to "never do it again" and play them back in January 2017! I still can't believe **Scott** ran the time trial tonight after running 90k 3 days ago
Ann Turner

Just to let you know, we have moved to Fish Hoek.

I wasn't the most active member of your club, and I'm sorry that I never got to meet you. But oh, my, I gained such a lot from being a member of an athletics club - something that I never thought I would do.

With Maggie's help, I got into the habit of doing a walk/run every morning. I love it, and it's done such a lot for my health and well being. It's become a habit. I'm hoping to increase my speed with intervals, sprints etc. I may be 54 but there's life in me yet.

You have probably entered races here - and are probably aware of the beautiful routes here. From Fish Hoek to Glencairn is 4kms, and further to Simon's Town 8kms. They are surely the most scenic routes in the world.

I'm going to see where there's a niche for me here. There are many races - I haven't entered one yet, but will do soon.

Thanks for everything,

Signing off,
Bobby (Anne) Horsfield

Interview:

This month we speak to **Monique Ward:**

1. Where were you born?

Nelspruit, Mpumalanga

2. Where did you matriculate?

Lowveld High School, Nelspruit

3. Family?

Oldest of 3 siblings, current family - husband Brett, and 3 "furdids".

4. Did you participate in sport at school?

Yes, I participated in Hockey and Netball.

5. What are your personal sporting highlights?

Placings in trail and road races.
KZN Novice dressage champion
Competitive showjumper in KZN.

6. What are your future sporting ambitions?

To keep on improving my 10 & 21km times.
To run a marathon.
Compete in Open level showjumping.

7. Why do you run?

To get fit and to challenge myself.

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

Joined as a Riverside member in January 2015.



9. What does the club mean to you?

A great bunch of friends who support, encourage and motivate each other, are awesome company and are always up for fun.

10. Profession?

School teacher.

11. Other sporting activities?

Competitive Showjumping and Dressage.

12. Hobbies & interests?

Painting, reading, arts & crafts, wildlife, cooking and Mountain biking.

13. Any disappointments in sport?

None that spring to mind.

14. Message for newcomers to running / walking?

Don't give up, in the beginning it's hard and it hurts.... but it does get better quickly!
It's a great way to meet new people and grow friendships



Quotes of the month:

Louis Botha (after being married to **Jackie** for 47 years): "The first 45 years are the most difficult".

Chantel Robins (on why she did not pull out after tearing calf muscles and getting a stress fracture....) : "Every-body told me I would experience pain".

Birthdays:

| June | Name | July | Name | Aug | Name |
|------|--------------------|------|------------------|-----|--------------------|
| 1 | Krystel Terblanche | 9 | Jane Brett | 6 | Helen Marshall |
| 1 | Neela Naidoo | 10 | Coleen Hanekom | 8 | Alvinesh Sookoo |
| 2 | Donovan Calvert | 12 | Gordon Truluck | 11 | Adelle Alison |
| 7 | Greg Labuscagne | 12 | Graeme Philips | 13 | Nicholus Mhlengana |
| 9 | Vanessa Julius | 12 | Paul Ginn | 17 | Lynda Hoppe |
| 10 | Craig Bergset | 17 | Eric Prange | 17 | Brad Rochat |
| 11 | Patrick Rostenne | 18 | Angela Johnson | 18 | Graham Christensen |
| 14 | Clare Ramsay | 18 | Pam Jones | 19 | Louis Botha |
| 19 | Nic Tingle | 20 | Ampie Niehaus | 19 | Shan McClelland |
| 21 | Tracy Chalker | 22 | Craig Tibshraeny | 21 | Sithembiso Mgabyne |
| 21 | Taryn Mundell | 25 | Taryn Stubbs | 23 | Di Ching |
| 25 | Margie Liddiatt | 26 | Larry Wood | 23 | Michelle Maharaj |
| 25 | Elizabeth Perkins | | | 25 | Nicci Willis |
| 26 | Lea Hollinshead | | | 27 | Vicki Freemantle |
| 28 | Lindsey Rogerson | | | 28 | Lee-Anne Lock |
| 29 | Ivan Freese | | | 28 | Robyn Pitot |
| 30 | Wessel Cronje | | | 30 | Bruce Anderson |



HUMOUR:

Two snails were walking along and suddenly saw an apple tree, with 1 big apple right on top.

"See that apple? Let's go and eat it".

"No you silly, it is not ripe".

"It will be by the time we get there".

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.

