

RIVERSIDE HARRIERS NEWSLETTER

AUGUST 2016



1. SOCIALS & OTHER DATES:

Please take a pen and diarise all these dates! Lots of activities, feel free to join in the fun!

Date	Event	Comments
Wed 3 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, - the June Member of the Month Award goes to **Emile Streicher**, for good training attendance, 5 km time trial times improvements and general admin, 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:

1. **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.

2. **Ladies time trial:**

- a. Wednesday 10 August
- b. All ladies to try and participate, we run in celebration of Women's day;
- c. A request for small items to be used as gifts in goodie bags.
- d. Men are all welcome to run as well.
- e. Stay for bring and braai afterwards.



3. Spring handicap time trial:

- a. Wednesday 7 September
- b. Everybody run 5 km;
- c. We start according to 2016 best 6 km times.... walkers just after 17h00 and the fastest runner about 17h35.
- d. **Red** shorts and white shirts
- e. Stay for short prize-giving and bring and braai.

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	June	Total
Nicola Hewitt	310	322	296.8	390.5	304	150	1773.3
Tarryn Payne	271.43	253	307	405	304.5	70	1610.93
Scott Couper	214	198	281	289.6	282.2	101	1365.8
Sally Botha	220	228.8	257	380.7	243.5	10	1339.8
Andrea Moroney	308	253	197	297	78	175	1308
Michelle Maharaj	71.56	204.92	267.21	302	236	146	1227.71
Dale Johnson	198	218	266	230.5	228.6	80	1221.1
Ivan Freese	207	196.47	258.38	279.89	206.27	52.26	1200.27
Chantel Robins	241.62	84	218.67	329.31	284.9	0	1198.5
Johann van Rooyen	256	244	204	218	253	0	1175
Terri Atkinson	237	164	227	264	214	69	1175
Jana Niehaus	178	150	195	206	205	205	1139
Ann Turner	130	226	204	209	222	59	1050
Alison Chadwick	210.36	155	152	135	171.5	174	997.86
Jaco Smith	185.3	105.77	183.91	176.27	168.89	138.37	958.51
Tamlyn Reid	178	158	181	208	79.5	60	954.5
Ampie Niehaus	289	152	233	93	35	126	928
Rob Goldman	205	149	160	140	154	97	905
Elsie du Buisson(W)	110.7	29.7	152.35	205.4	189	202.7	889.85
Ted Liddiatt	139	147.2	153	139.1	131.1	114.5	823.9
Andries Nkuna	153	130	184.2	193	138	0	798.2
Bruce Anderson	133	160	107	198	188	0	786
Margie Liddiatt	139	137.2	143	127.1	121.1	106.5	774.5
Candice Jenkinson	143.25	149.23	156.83	113.3	139.7	-	702.31
Clare Mangan	145	150	30	110	131	126	692
Pam Jones	129	108	182	271.2	-	-	690.2
Sally Goldman	138.5	136	133	97	113	56	673
Rob Scholtz	124	98	111	104	82	107	626
Leslie Ogle (W)	81	51	230	123	78	61	624
Lee-Anne Steward	103.41	134.36	93	116	176.4	34.42	623.17
Emile Streicher	173	60	73	54	124	132	616
Gale Viljoen	112	152	80	79	75	70	568
Margaret Marshall	106	85	80	156	65	65	557
Chris Doorasamy	96	96	62.5	73	140.1	66.9	534.5
Debbie Marshall	198	106	95	12	22	20	453
Barry Marshall (W)	35	60	65	125	70	95	451
Angela Parry	-	131	123	119	64	0	437
Grant Horner	228	45.5	56	97.5	0	0	427
Bobby Horsfield	135	108	67	101	-	-	411
Juanita Sutton (W)	-	100	52.6	95.7	88.6	50.35	387.25
Rosslyn Doorasamy	14	58	40.5	71	101.5	39	324
Dave Nicholls (W)	-	-	-	-	159	103	262



Janis Nicholls (W)	-	-	-	-	71	81	152
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

It is looking very crowded at the top!

Name	Kearsney	Stella	Gate	Tong	MEV	For	Total
Liesl Quinn	77:47	72:58	72:16	69:12	67:28	66:08	17
Rose Whittington	100:05	96:22	92:45	91:37	89:06	86:36	17
Brett Ward	74:45	66:00	64:08	63:14	60:58	62:18	16
Ted Liddiatt	71:51	75:15	65:40	62:36	62:35	61:50	16
Patrick Rostenne	73:53	65:54	66:25	64:00	61:11	64:02	15
Tracy Blakeway	100:04	96:22	97:22	92:57	93:43	89:55	15
Monique Ward	56:39	50:08	49:47	48:38	47:53	-	14
Llewellyn Anderson	77:49	72:57	-	69:12	67:28	66:10	14
Janis Nicholls	-	97:19	98:52	94:16	91:08	90:02	13
Fiona Calitz	-	82:30	78:46	75:56	72:30	72:52	13
Di Ching	89:06	82:49	82:03	81:03	81:30	-	13
Margie Liddiatt	77:35	80:03	74:01	70:38	71:26	-	12
Gale Viljoen	90:46	75:15	75:47	85:36	-	75:18	11
Helen Marshall	82:01	75:16	75:11	-	-	68:17	11
Emile Streicher	74:45	66:00	-	63:14	60:58	-	11
Juanita Sutton	-	88:56	90:39	87:57	84:36	-	10
Kim Robinson	74:30	68:06	-	-	-	62:10	8
Sarah McVicar	86:57	85:57	-	-	-	80:24	8
Lindsey Rogerson	-	50:55	-	50:00	46:30	45:49	8
Zandile Dlamini	-	85:57	77:24	-	80:00	-	7
Dave Nicholls	93:46	97:19	-	-	-	90:05	7
Eric Prange	-	47:03	47:42	-	-	51:45	6
Leslie Ogle	97:35	90:25	-	-	-	-	5
Elsie du Buisson	-	88:13	83:28	-	-	-	5
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
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
Robyn Mcmenemey	-	108:11	-	-	-	107:34	5
Chris Doorasamy	-	86:27	87:00	-	-	-	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
Heidi Sclanders	-	82:45	-	-	-	-	2
Geraldine Cronje	-	-	60:16	-	-	-	2
Taryn Brown	-	-	67:51	-	-	-	2
Barbara Florence	-	-	-	-	59:17	-	2
Terri Atkinson	-	-	-	-	-	49:12	2
Tarryn Payne	-	-	-	-	-	53:31	2
Di Cilliers	-	-	-	-	-	62:05	2
Debbie Marshall	-	-	-	-	-	67:03	2
Michelle Lardant	-	-	-	-	-	68:56	2
Brent Payne	-	-	-	-	-	80:34	2
Angela Lardant	-	-	-	-	-	83:57	2

Here are the 2016 Time Trial best time trial times to date, as on **Wednesday 20 July**. 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	20:47	-	1	Geoff Speirs	32:55	-
2	Wessel Cronje	20:48	23:45	2	Wessel Cronje	33:05	40:27
3	Andries Nkuna	21:21	22:42	3	Scott Couper	33:46	34:41
4	Greg Labuschagne	21:46	23:20	4	Jaco Smith	34:39	37:14
5	Eric Prange	21:56	23:52	5	Greg Labuschagne	34:58	-
6	Jaco Smith	21:59	22:20	6	Andries Nkuna	34:59	-
7	James Boyes	21:59	-	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	Monique Ward	23:38	25:26	14	Rob Goldman	38:46	40:58
15	Nicola Hewitt	23:41	21:17	15	Larry Wood	38:51	38:58
16	Ryan Morgan	23:44	24:26	16	Monique Ward	38:52	-
17	Jaco van Schalkwyk	23:49	22:44	17	Dumisani Shoyise	39:42	36:15
18	Nicolus Tingle	24:00	-	18	Terri Atkinson	39:51	38:08
19	Brad Rochat	24:09	24:49	19	Ampie Niehaus	40:18	39:40
20	Craig Speirs	24:20	22:53	20	Njabula Dlamini	40:19	-
21	Terri Atkinson	24:26	23:09	21	Sally Botha	40:42	40:30
22	Emile Streicher	24:28	27:40	22	Jana Niehaus	40:54	35:27
23	Larry Wood	24:31	25:05	23	Alvinesh Sookoo	41:05	44:08
24	Rob Scholtz	24:35	24:57	24	Rojean Hanekom	41:14	-
25	Taryn Payne	24:36	-	25	Tarryn Payne	43:09	-
26	Neil Gibb	24:38	23:09	26	Nicola Hewitt	43:45	34:46

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27	Alvinesh Sookoo	24:39	24:33	27	Chantel Robins	43:45	45:35
28	Dale Johnson	24:59	25:08	28	Tamlyn Reid	43:51	44:42
29	Lindsey Rogerson	25:18	24:44	29	Neil Gibb	43:56	43:20
30	Maxine Stobart	25:37	26:48	30	Vicki Freemantle	44:18	44:14
31	Njabulo Dlamini	25:39	25:58	31	Vinnie Papenfus	44:23	-
32	Zoe Papadakis	25:40	-	32	Mandy Skye	45:04	-
33	Simon Hoff	25:46	-	33	Clare Ramsay	47:02	-
34	Ampie Niehaus	25:47	24:30	34	Taron Ridsdale	47:23	46:48
35	Chantel Robins	25:53	27:50	35	Simone Liebenberg	47:50	
36	Rojean Hanekom	25:58	-	36	Clare Mangan	48:40	45:07
37	Angie Potgieter	26:50	-	37	Debbie Marshall	49:07	48:54
38	Clare Ramsay	26:58		38	Sandy Jenkins	52:37	48:29
39	Mike Fell	27:00	-	39	Eileen Durand	55:11	-
40	Taron Ridsdale	27:01	26:54	40	Gale Viljoen	69:56	59:05
41	Sally Botha	27:03	23:05	41	Lynn Wallis	69:56	63:00
42	Izanne Jacobs	27:11	-				
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	Mike Lock	28:21	28:00				
52	Baron Combrinck	28:24	28:23				
53	Krystel Terblanche	28:28	27:01				
54	Asanda Sigodi	28:41	-				
55	Sithe Mgubane	28:41	-				
56	Michelle Maharaj	28:45	28:21				
57	Desree Viviers	28:45	-				
58	Angela Parry	28:48	-				
59	Candice Jenkinson	28:50	30:22				
60	Melanie Wagner	28:53	-				
61	Geraldine Cronje	28:54	26:14				
62	Inga Good	28:55	-				
63	Simone Liebenberg	29:07	-				
64	Tamlyn Reid	29:08	27:05				
65	Kris Breytenbach	29:18	-				
66	Izanne Jacobs	29:22	-				
67	Clare Mangan	29:30	29:52				
68	Elizabeth Perkins	29:32	27:33				
69	Vinnie papenfus	29:43	-				
70	Alison Chadwick	29:56	31:38				
71	Claudia Belcher	29:58	-				
72	Bronwyn Kirk	30:00	39:00				
73	Lee-Anne Lock	30:04	28:00				
74	Kim Robinson	30:04	-				
75	Debra Symington	30:20	30:18				
76	Jaco Pretorius	31:00	31:22				
77	Patrick Rostenne	31:10	32:29				
78	Sandy Jenkins	31:12	29:25				
79	Di Cilliers	31:44	-				
80	Debbie Marshall	31:46	28:41				
81	Helen Marshall	31:58	32:28				
82	Eileen Durand	33:01	33:51				
83	Tezz Olds	33:45	-				
84	Keith Calitz	34:00	-				
85	Sally Goldman (W)	34:16	37:59				
86	Michelle Lardant	34:18	-				
87	Keswyn Mackintosh	34:18	-				



88	Lee Wearne	34:30	-		
89	Tracy Wittstock	34:38	36:28		
90	Brent Payne	34:57	-		
91	Lea Hollinshead	34:58	-		
92	Noreen Everton	35:00	33:00		
93	Zandile Dlamini	35:04	34:00		
94	Ellie Gillies	35:47	36:50		
95	Fiona Calitz (W)	35:50	39:06		
96	Leanne Douglas	36:00	37:35		
97	Gale Viljoen	36:10	35:01		
98	Janine Fokkens	36:48	-		
99	Richard Aitken	37:20	-		
100	Lynne Wallis (W)	37:23	40:24		
101	Claire Kotze	39:06	37:28		
102	Taryn Stubbs	39:06	38:08		
103	Angela Lardant	39:10	-		
104	Louis Botha	39:21	38:20		
105	Chris Doorasamy	39:41	39:23		
106	Rosslyn Doorasamy	40:00	-		
107	Sarah McVicar	40:17	39:39		
108	Margaret Marshall	40:49	-		
109	Elsie du Buisson (W)	41:05	38:35		
110	Gloria Bowles	41:50	-		
111	Juanita Sutton (W)	42:07	-		
112	Di Ching (W)	42:10	40:25		
113	Jackie Botha	42:10	-		
114	Leslie Ogle (W)	43:57	44:42		
115	Rose Whittington (W)	44:15	42:48		
116	Carol Williams	44:25	-		
117	Neela Naidoo (W)	44:30	44:13		
118	Cathy Coates	46:00	46:00		
119	Tracy Blakeway (W)	46:23	43:09		
120	Sumita Ramgareeb (W)	46:55	47:00		
121	Lauren Lister	46:56	-		
122	Ingrid Knott (W)	47:24	46:00		
123	Adele Allison (W)	49:00	41:35		
124	Felicity Holbrook (W)	49:10	-		
125	Barbara Rankin (W)	50:00	-		
126	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 July**:

No.	Name	5.1 km	8 km	Total
1	Alvinesh Sookoo	17	10	27
2	Craig Speirs	14	11	25
3	Rose Whittington	22		22
4	Greg Labuschagne	13	9	22
5	Eileen Anderson	19	2	21
6	Emile Streicher	21		21
7	Geoff Speirs	10	10	20
8	Candice Jenkinson	20		20
9	Tracy Wittstock	20		20
10	Jaco Smith	10	9	19
11	Jackie Botha	19		19
12	Louis Botha	18		18
13	Dale Johnson	6	12	18
14	Debbie Marshall	15	3	18
15	Di Ching	17		17
16	Lynn Wallis	16	1	17
17	Nicolus Tingle	8	9	17
18	Kim Robinson	16		16



19	Tamlyn Reid	9	7	16
20	Alison Chadwick	15		15
21	Terri Atkinson	13	2	15
22	Leslie Ogle	14		14
23	Clare Mangan	11	3	14
24	Ampie Niehaus	11	3	14
25	Elsie Du Bussion	14		14
26	Vicki Freemantle	9	5	14
27	Eric Prange	11	2	13
28	Fiona Calitz	13		13
29	Tarryn Payne	10	3	13
30	Noreen Everton	13		13
31	Helen Marshall	12		12
32	Njabulo Dlamini	9	3	12
33	Andrew Perkins	12		12
34	Tezz Olds	13		13
35	Scott Couper	2	10	12
36	Bruce Anderson	9	3	12
37	Neela Naidoo	12		12
38	Nicola Hewitt	10	2	12
39	Sally Goldman	12		12
40	Jana Niehaus	10	2	12
41	Brett Ward	12		12
42	Lea Hollinshead	12		12
43	Andries Nkuna	4	7	11
44	Taron Ridsdale	10	1	11
45	Juliette Spence	10		10
46	Michelle Maharaj	10		10
47	Rob Goldman	8	2	10
48	Ryan Morgan	1	9	10
49	Simone Liebenberg	7	3	10
50	Chantel Robins	7	3	10
51	Gale Viljoen	8	1	9
52	Sally Botha	6	3	9
53	Heather Speirs	8		8
54	Dumisani Shoyise	2	6	8
55	Rob Scholtz	8		8
56	Sumita Ramgareeb	8		8
57	Jaco van Schalkwyk	7		7
58	Chris Doorasamy	7		7
59	Larry Wood	3	4	7
60	Mike Lock	7		7
61	Elizabeth Perkins	7		7
62	Robyn Pitot	6		6
63	Mike Fell	6		6
64	Neil Gibb	4	2	6
65	Keith Calitz	6		6
66	Simon Hoffe	6		6
67	Mandy Skye	5	1	6
68	Bronwyn Kirk	6		6
69	Kris Breytenbach	6		6
70	Wessel Cronje	3	3	6
71	Ingrid Knott	6		6
72	Sandy Jenkins	5	1	6
73	Brent Payne	6		6
74	Nigel Sherriff	5		5
75	Krystel Terblanche	5		5
76	Taryn Brown	5		5
77	Maxine Stobart	4	1	5
78	Taryn Stubbs	5		5
79	Claire Kotze	5		5



80	Izanne Jacobs	5		5
81	Adele Allison	5		5
82	Asanda Sigodi	5		5
83	Cathy Coates	5		5
84	Melanie Wagner	4		4
85	Richard Aitken	4		4
86	Felicity Holbrook	4		4
87	Dave Elliott	1	3	4
88	Angela Lardant	4		4
89	Monique Ward	3	1	4
90	Felicity Holbrook	4		4
91	Angie Potgieter	4		4
92	Tracy Blakeway	3		3
93	Lawrence Avis	3		3
94	Zandile Dlamini	3		3
95	Juanita Sutton	3		3
96	Rosslyn Doorasamy	3		3
97	Rojean Hanekom	2	1	3
98	Brad Rochat	3		3
99	Vinnie Papenfus	1	2	3
100	Inga Good	3		3
101	Sithe Mgubane	3		3
102	Michelle Lardant	3		3
103	Carol Williams	3		3
104	Taryn Mundell	2		2
105	Clare Ramsay	1	1	2
106	Angela Parry	2		2
107	Claudia Belcher	2		2
108	Zoe Papadakis	2		2
109	Sarah McVicar	2		2
110	Debrah Symington	2		2
111	Keshwyn Mackintosh	2		2
112	Desree Viviers	2		2
113	Ellie Gillies	2		2
114	Di Cilliers	1		1
115	Jaco Pretorius	1		1
116	Geraldine Cronje	1		1
117	James Boyes	1		1
118	Patrick Rostenne	1		1
119	Carolyn Goltman	1		1
120	Dave Nicholls	1		1
121	Janis Nicholls	1		1
122	Lindsey Rogerson	1		1
123	Leanne Douglas	1		1
124	Baron Combrinck	1		1
125	Janine Fokkens	1		1
126	Lee-Anne Lock	1		1
127	Dick Whittington	1		1
128	Zanile Shoyise	1		1
129	Barbara Rankin	1		1
130	Margaret Marshall	1		1
131	Lee Wearne	1		1
132	Lauren Lister	1		1
133	Gloria Bowles	1		1



Race Results:

Knysna Forest 21 km – 9 July 2016:

Pos 1317 : Emile Streicher – 2 hr 07:59

Pos 2005: Clare Mangan – 2 hr 18:55

There were 5122 finishers

Knysna Forest 42 km:

Pos 560 : Dale Johnson – 5 hr 05:03

There were 743 finishers.

Forest Hills 10 km : 10 July 2016:

Lindsay ROBERSON	00:45:49
Terri ATKINSON	00:49:12
Eric Prange	00:51:45
Tarryn PAYNE	00:53:31
Ted Liddiat	01:01:50
Dianne CILLIERS	01:02:05
Kim ROBINSON	01:02:10
Brett WARD	01:02:18
Patrick ROSTENNE	01:04:02
Liesl Quinn	01:06:08
Llewellyn ANDERSON	01:06:10
Debbie MARSHALL	01:07:03
Helen Marshall	01:08:17
Michele LARDANT	01:08:56
Fiona CALITZ	01:12:52
Gayle Viljoen	01:15:18
Sarah MCVICAR	01:20:24
Brent PAYNE	01:20:34
Angela LARDANT	01:23:57
Rosemary Whitton	01:26:36
Tracey Blakeway	01:29:55
Janis NICHOLLS	01:30:02
Dave NICHOLLS	01:30:05
Robyn MCMENEMEY	01:47:34



Totalsports ladies 10 km : 17 July 2016:

Pos	Name	Time
88	Nicola HEWITT	00:43:45
50	Monique WARD	00:46:05
71	Terri ATKINSON	00:48:34
83	Desiree VIVIERS	00:49:53
199	Mandy SKYE	00:57:03
281	Kim ROBINSON	00:59:51
467	Helen MARSHALL	01:05:29
527	Noreen EVERTON	01:06:41
532	Michele LARDANT	01:06:44
684	Tracy WITTSTOCK	01:10:29
687	Eleanor GILLIES	01:10:32
688	Fiona CALITZ	01:10:32
693	Gale VILJOEN	01:10:37
1224	Angela LARDANT	01:23:31
1367	Neela NAIDOO	01:27:16
1368	Juanita SUTTON	01:27:16

RUNNERS CORNER:

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

1. When it is dark enough, you can see the stars.
2. Personality can open doors.....but only character can keep them open.
3. Half the people you know, are below average.
4. 42.71% of all statistics are made up on the spot.

Welcome to new members **Carol Williams, Lauren Lister, Leanne Fenwick, Tamar Panaino, Robin Kotze, Gloria Bowles** – we trust you will enjoy your running and walking with us.

We wish **Grant Horner** a speedy recovery after his recent knee operation, hope to see you back on the road soon.

On Saturday 9 July, **Dale Johnson** completed his maiden Knysna Forest Marathon, in 5 hr 06, while **Emile Streicher** (2 hr 07) and **Clare Mangan** (2 hr 18) completed the half-marathon – this remains a very festive weekend, and should be put on the bucket list!

The next day was the Forest 10 km race, where it was a bit cold for us Durbanites! Our first runner was **Lindsay Rogerson**, in 45:49 – **Lindsay** was also 3rd in his age category! **Terri Atkinson** did well to dip below 50 minutes for the race (49:12), with **Eric Prange** next in 51:45. **Tarryn Payne** finished in a good 53:31, with **Ted Liddiatt** next in 61:50. **Di Cilliers** (62:05), **Kim Robinson** (62:10), **Brett Ward** (62:18) and **Patrick Rostenne** (64:02) finished next, while **Liesl Quinn** (66:08) and **Llewellyn Anderson** (66:10) achieved 2016 best times to earn a bonus point for the 10 x 10 km challenge. **Debbie Marshall** made a welcome return to races and finished in 67:03, with **Helen Marshall** also improving her 10 km time to 68:17. **Michelle Lardant** finished in 68:56, followed by **Fiona Calitz** (72:52), **Gale Viljoen** (75:18), **Sarah McVicar** (80:24) and **Brent Payne** (80:34). **Angela Lardant** finished in 83:57, while **Rose Whittington** improved her time to 86:36. **Tracey Blakeway** was next, in 89:55, followed by **Janis** and **Dave Nicholls** (90:05) and **Robyn Mcmenemey** (107:34) – with one shoe! Well done everybody!

Time trial times are still improving! On Wednesday 6 July, **Greg Labuscagne** (21:46), **Terri Atkinson** (24:46) and **Monique Ward** (23:38) achieved best times for 2016. This continued on Wednesday 13 July, with **Tracey Wittstock** (34:38), **Lea Hollinshead** (34:58), **Carol Williams** (44:25) and **Geoff Speirs** (20:47 – the fastest 5



km time this year!) all improving their 2016 best times for the 5 km, while **Jana Niehaus** (40:54) improved her 8 km time!

Time trials are normally done at a reasonable speed, the aim is to go as fast as you can.....but **Tezz Olds** and **Lea Hollinshead** recently stopped to take pictures of a pretty tree, "on the run" !

Oops, he did it again! **Patrick Rostenne** arrived at the start of the Forest 10 km run at 05h15, and could not understand why he was the only runner there?! He quickly realized it was a 07h00 start, and not 06h00 as he thought! **Robyn Mcmenemey** was seen walking the last few km of this race, wearing only 1 shoe, explaining that the "guilty" shoe hurt her foot!

The next event was the popular Totalsports Ladies 10 km on 17 July – **Nicola Hewitt** was our first lady in a very fast 43:45, with **Monique Ward** next in 46:05. **Terri Atkinson** finished in a fast 48:34, with **Desiree Viviers** also dipping below 50 minutes (49:53). **Mandy Skye** finished in 57:03, while **Kim Robinson** managed her first sub 60 10 km (59:51)! **Helen Marshall** was next, in 65:29, with **Margie Liddiatt** (66:44), **Michelle Lardant** (66:44), **Tracy Wittstock** (70:29), **Ellie Gillies** and **Fiona Calitz** (70:32) next. They were followed by **Gale Viljoen** (70:37), **Angela Lardant** (83:31), **Juanita Sutton** and **Neela Naidoo** (87:16) – it was **Neela's** first race ever! Well done to all our lady finishers! For some reason, unlike previous years, club members were not allocated a start area in front, which was frustrating for ladies aiming for good times – we have raised it with Totalsports and hopefully things will be back to normal in 2017.

Two members from our past recently popped in – **Gillian Jones** from Nieu-Seeland, and **Katie Marais**, from the UK – it was great to catch up! We also heard that a member from years ago, **Greg Mckenzie**, was in town for a few days, all the way from USA.

Chantel Robins (still on crutches) is famous – she features on the official Comrades website!

We say good-bye to **Shirley van Rensburg** (Cape Town) and **Graham Christensen** (Johannesburg) – see you on the road somewhere!

Walkers News - July 2016:

Group Admin finally done and I have now found the time to sit and send you my half year report.

As you are all aware this section of Riverside Harriers has grown tremendously over the last 6 months. New members are joining all the time with certain goals that they want to achieve within their walking / running. The main ingredient to any success is **commitment**.....I can not emphasise this enough!!!! Coming once a week or only training once a week is not going to help you achieve your goal. Not listening to advice given is not going to help either. Make sure the advice given is from someone who knows and has experienced what they are advising. Take what you get and apply it, if it doesn't work, ask again but don't listen to too many people as **too many cooks can spoil the broth**. !!!!!

I am really chuffed with the progress so far that I have seen in all of you who have committed yourselves to a certain goal by the end of this year.

Group One

Elsie – has been coming back nicely from her operation. Rather stubborn but she knows her pain threshold. Off on a hiking tour in the UK.

Sarah – has been seen at races here and there but missing from the club while Elsie is away. Not sure if she is ill or not.

Lynne – has been training with Group three. Running nicely and keeping up fitness levels. Think she needs to RUN a full 10km race.

Dave and Janice – always at training. Remains constant in slow starts and flying towards the end. Dave has done almost every race so far this year. Janice since joining Dave in Group three training has improved remarkably and walks at a very fast pace. Keep it up -

Group Two

This group now has 30 (maybe one or two more) in it

The "**what group**" which is part of this group is made up of 15 determined ladies who train hard, talk nonsense and have fun together. Anyone is welcome to join the what group but must be committed to coming to training, doing fun runs, races and just support/ encouragement and love for each other in the group.

Angela – was doing really well until sickness crept in and knocked her back. Nice start back the other evening.

Bronwyn – still as determined as ever. Would like to see her stepping back and concentrating only on doing 21km races for rest of year and improving time to



Between 2:30 and 2:20 with a 32km in Feb if fit enough !!! Determined and stubborn though - so see no problem.

Candice – our new little star in the group. Continues to improve every time she runs.....21km for rest of year to finish on 2hr with first 32km in Feb

Ellie – oh my this packet of dynamite just gets better and better. From Kearsney to Ballito to now – what an improvement. 21km time to get to 2:30

Gale – nice to see her doing the Gale shuffle again. Nice fast pace when she walks and the run is back.....keep it up

Helen – a new star in the making. From the start of this year a new determined attitude and results are showing that her running has improved and more running

Than walking is taking place. Times are also improving. Running Posture has improved and very noticeable now when she is in her comfort zone.

Concentrate on 21km only to finish between 2:30 to 2:15 by year end.

Juanita – came from RWFL Berea. Fast, should be in group one but enjoys company of ladies in group two but will race at group one speeds. Having fun !!!

Michelle – comrades champ – should be training with Nicola – will leave to have fun with this group but encourage to do extra training with main club to increase

Speed and distance for second comrades 2017

Neela – a true gem. Has just got faster and faster and manages distance perfectly. Not interested in racing. Breathing, sounds to have improved.

Noreen – off for a while after op but back and running up a dust storm. Nice to see her out in front again and setting an example. Stay at 21km for this year.

Rose – always as constant as ever. Pace has got faster over the months but distance still remains at max of 15km.....summer must push on 15 – 21`km

Sandy – Pregnant Fairy – taking it easy. Run until uncomfortable and then continue walking till popping if possible. Back after baby and train back to 32km by end

2017

Sumita – seen at time trials but still having lots of discomfort.....really hope things get better for her

Tracey B – a real fighter. Can do miracles if she puts her mind to it. Determined and now managing 15. Keep her with Rose and push in summer. More hills !!!!!

Tracey W – watch the knee and ankle. I think she has a “skew” stride which causes her to hurt in ankle and knee. Must watch carefully and help correct stride

Can do 21km but must get over race fears.....determined but needs more encouragement and a push over the edge.

Glynis – missing, missing, missing. So wish her to get better and get back with us. Miss the determined Tiger.

Michelle L – Back again after being ill. Running steadily but needs lots more training and into 10km races. Will get there.

Di – see her then you don't. Does time trials and own beach training. Getting along nicely at races and doing good times. Keep it up.

Sally – been missing from training a lot with school functions, and away trips. Always there to encourage and get people to join her on various races. Not a good two

Oceans this year in spite of training very hard.

Keith – Here one day, gone the next. Coming along nicely.....need to see him in a 10km race before year end.

Chris D – came back and was running nicely but had the odd tough day when he was struggling. Has been seen doing the odd race.

Lauren L – New in the group. A walker with starting distance of +-5km and a pace of 10-11min/km. Need to find out her goals for training? Check her tt time.

Faye – Runs beautifully and can do long distances but at a slower pace. Need her to work on time trials to get her speed up – look at 10km race as a starter

Penny – Also a good runner that needs speed training and to do a 10km race as a starting point.

Carol – New lady – Dream of comrades but lots of work to be done. Needs distance on legs and then speed training. Current pace 9min / km. If determined to do

comrades next year ???? then needs to get to 7km/ min and a 21km by year end.....lots of hard work ahead. Opinion – leave comrades to 2018 as distance on legs and speed is vital.

Leanne – New lady. Running nicely. Still slow and needs distance but has been doing trails and putting in mileage. Needs speed work. Check if she did tt.

Leanne Gafney – was coming along nicely and pushing herself. Saw an improvement. Has caught pneumonia and been off.

Beth – she can do distance and runs nicely. Work on encouraging and getting her to run more. Will make a good runner.

Keshwin – new lady. Has ability to run, no problem. Needs distance and speed work. Look at 10km race for a starting point. Check time trial times.



Eileen – came down to me from runners. Running very steady pace at races. Stay in this group and must improve speed and distance.

Group Three

Juliette – still runs and walks. Away on holiday and needs to pick up her distance again. Struggling on 4km
Brian – comes and goes due to work. Walks at a good pace but still only 5km range – push to 7km in summer
Robyn – hurt her knee recently by tramping skew. Check progress when she comes back
Adele – still runs and walks at a good pace. – pick up distance in summer
Cathy – strong on hills. Happy with pace and distance but a very strong determined lady
Ingrid – always there but happy on her own doing field work. Encourage to join on fun walks once a month.
Felicity – a good go getter. Can lead this group and check on everyone for me. Needs to learn roads so she can bring group back to club on out walks.
Get her to practice walk and fetch with faster walkers back to slow walkers
Barbara – been missing
Jenny – comes and goes

Group Four

Vanessa and Genevieve – still on the road doing their own walks. Haven't heard from them the last month or two. Must be too cold and dark. Wait for summer

Some people who have shown their faces and not seen again.....

Jackie and Louis (do tt on Wed)

Heidi

Bibi

Liesl

Rosslyn

Jackie S

Nicole S

So, this is my half year report. Reads like a horse racing chart.....next report in December.

Well done again to everyone and please keep up the hard work.

NO PAIN NO GAIN.

See you all on the road

Kind Regards

Leslie Ogle

This month 1 year ago:

Ampie and Jana Niehaus completed the Sardine marathon in 4 hr 22.

Monique Ward was our first runner in the Forest 10 km, in 50:36.

Terri Atkinson was our first runner in the Totalsports 10 km, in 47:47.

Nicola Hewitt completed the 5 km time trial in 22:27.

This month 5 years ago: _____

Catherine Perkins completed the Ladies Spar 10 km in 48:23, other ladies who finished in 2011 were **Robyn Pitot** (51:06), **Kristin Thomson** (51:06), **Maxine Stobart** (51:45) and **Alison Chadwick** (60:21).

Duncan Sondezi finished the Sardine 21 km in 1 hr 28.

Kevin Keddie had the fastest 5 km (20:38) and 8 km (32:44) times year to date.

Cally Harvey completed her first marathon, the Knysna 42 km, in 4 hr 19.

Kevin Keddie, in his first race ever, completed the Forest 10 km in 41:26.

This month 10 years ago:

Clare Mangan and **Emile Streicher** finished the Knysna 21 km (it was Emile's first and Clare's 3rd run).

Leslie Ogle won a free make-over in the Berea / Northglen Get it magazine.

The building of the Spur at the club was in progress.

Patrick Rostenne took part in the Golden Oldies rugby tournament, and pulled a hamstring 10 minutes into the game!

This month 18 years ago:

The due of **Mike Lock** and **Emile Streicher** bailed during an 8 km canoe fun event.

Patrick Rostenne played rugby.....his team lost 101-0!



Kate Fryer completed the Ladies 10 km race (now Spar ladies).

Mail received:

Hi, thanks so much for hosting the Durban ladies run on 17 July, we appreciate that you encourage fitness and get more ladies to run / walk. Our club ladies were however very disappointed that there was no area cordoned off (like previous years) for them to start in front, it was only reserved for the elite runners. Many of our ladies are competitive and aimed for good times, but could not achieve this, as they could not get a good start. Please consider this again for club ladies in future events. Regards, Emile Streicher (Riverside Harriers)

Totalsports

Hi Riverside Harriers, thank you for bringing this to our attention. It's always great to get feedback from our participants. We will definitely take this point into consideration for next years race.

Thanks again!

Team TS

Interview:

This month we speak to **Angie Potgieter:**

- 1. Where were you born?** Durban
- 2. Where did you matriculate?** Durban Girls High School
- 3. Family?** I have a big and very close family and we are all live in Durban
- 4. Did you participate in sport at school?** In primary school, I did every sport that school offered and then High school I played Netball
- 5. What are your personal sporting highlights?** Running Two Oceans in 2016 and having the best race of my life so far!
- 6. What are your future sporting ambitions?** Running Comrades in 2017
- 7. Why do you run?** I couldn't imagine life without running. All is good with the world again after a good run. And I am a member of the best running club.
- 8. How long have you been a member of Glenwood / Riverside Harriers?** 1 wonderful year
- 9. What does the club mean to you?** The club has become a vital part of my life – it's a happy, healthy and friendly place and I have made some amazing friends
- 10. Profession?** South African Travel specialist
- 11. Other sporting activities?** Pole Fitness and gym
- 12. Hobbies & interests?** I work very closely with an orphanage which is where I spend any spare time I have when I am not running with red socks. Charity is very close to my heart.
- 13. Any disappointments in sport?** Not running Comrades this year as that was my aim but there is always next year!
- 14. Message for newcomers to running / walking?** My life changed for the better in so many ways since I joined Riverside. Riverside is a very social club so you will be guaranteed to make great friends and have unforgettable memories because the support from this club is phenomenal.

RIVERSIDE HARRIERS NEWSLETTER

AUGUST 2016



Quotes of the month:

Pam Jones: "I am Pam".

Birthdays:

July	Name	Aug	Name	Sept	Name
9	Jane Brett	6	Helen Marshall	2	Leslie Ogle
10	Coleen Hanekom	8	Alvinesh Sookoo	2	Nigel Sherriff
12	Gordon Truluck	11	Adelle Alison	6	Christo janse van Rensburg
12	Graeme Philips	13	Nicholus Mhlengana	7	Amylyn Kyle
12	Paul Ginn	17	Lynda Hoppe	15	Carol Williams
17	Eric Prange	17	Brad Rochat	18	Rob Scholtz
18	Angela Johnson	18	Graham Christensen	19	Maxine Stobart
18	Pam Jones	19	Louis Botha	20	Evelyn O' Byrne
20	Ampie Niehaus	19	Shan McClelland	21	Clint Morgan
22	Craig Tibshraeny	21	Sithembiso Mgabyne	21	Priscilla Wyndham
25	Taryn Stubbs	21	Keshwyn Mackintosh	21	Ryan Morgan
26	Larry Wood	23	Di Ching	21	Debbie Marshall
30	Shirley van Rensburg	23	Michelle Maharaj	21	Rose Whittington
		25	Nicci Willis	25	Bronwyn Kirk
		27	Vicki Freemantle	25	Caron Botha
		28	Lee-Anne Lock	27	Jaco Pretorius
		28	Robyn Pitot	29	Fiona Hoareau
		30	Bruce Anderson	29	Caron Hean
				30	Jenny Johnstone
				30	Colleen Nicholas

HUMOUR:

The candle decided to get married, when he realized he has finally met his match.

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.

