



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 5 Oct	Monthly braai	
Sat 8 Oct	Beach breakfast run	A fun morning
Sat 29 Oct	Halloween run	A fun event
Wed 2 Nov	Monthly braai	
Sat 19 Nov	Year-end function and prize-giving	We award all our achievers and socialise
Wed 7 Dec	Monthly braai	Last braai for 2016

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**.

3. **GENERAL:**

The 2016 race dates are available at [www.eventtiming.co.za](http://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](http://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 August Member of the Month Award goes to a person who is a committee member, ultra distance runner, swimmer, environmentalist, our club PRO, involved in the Clean Blue Lagoon initiative, promoting the Red Socks Friday runs, ran in a dog outfit as Dougal, at the SPCA trail run and was awarded the Northglen News Community Hero of the Month - congratulations **Dale Johnson!**

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.

To date, we gave 20 entries for Comrades, and 10 for Two Oceans 56 km.

**Dates to remember:**

- **Sat 8 Oct : Beach breakfast run - Umhlanga area:**
  - 06h00 start
  - 12 km (walkers 6 -7 km)
  - Meet at the Parking lot at south end of Umhlanga Promenade - Lighthouse parking
  - Followed by breakfast.....at the mobile coffee / snack van on the grass
  - RSVP would be appreciated , to Leslie, for catering purposes.



- Cost –bring your money, as you will purchase your own drinks and light breakfast from the vehicle – not expensive
- We will then meet and eat under the gazebo on the grass area
- Those who want to run longer, can arrange to start earlier
- Social uniform, ie **red** shorts and white shirts
- **Sat 29 Oct : Club 10 km run – last leg of 10 x 10 km Challenge:**
  - 06h00
  - Halloween theme
  - Social run, not recording times, get 2 points for taking part
  - More details to follow

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.

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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	July	Aug	Total
Nicola Hewitt	310	322	296.8	390.5	304	150	207.5	203	2183.8
Tarryn Payne	271.43	253	307	405	304.5	70	157	253	2020.93
Andrea Moroney	308	253	197	297	78	175	187	222.2	1717.2
Jana Niehaus	178	150	195	206	205	205	256	288	1683
Terri Atkinson	237	164	227	264	214	69	171	152	1498
Ivan Freese	207	196.47	258.38	279.89	206.27	52.26	127.96	154.37	1482.6
Scott Couper	214	198	281	289.6	282.2	101	103	0	1468.8
Sally Botha	220	228.8	257	380.7	243.5	10	16	84.7	1440.5
Alison Chadwick	210.36	155	152	135	171.5	174	190	201	1388.86
Dale Johnson	198	218	266	230.5	228.6	80	84.2	71.7	1377
Ann Turner	130	226	204	209	222	59	132	151	1333
Jaco Smith	185.3	105.77	183.91	176.27	168.89	138.37	180.32	174.95	1313.78
Michelle Maharaj	71.56	204.92	267.21	302	236	146	86	-	1313.71
Johann van Rooyen	256	244	204	218	253	0	0	116	1291
Ampie Niehaus	289	152	233	93	35	126	128	181	1237
Rob Goldman	205	149	160	140	154	97	180	134	1219
Chantel Robins	241.62	84	218.67	329.31	284.9	0	0	0	1198.5
Ted Liddiatt	139	147.2	153	139.1	131.1	114.5	86	90	999.9
Elsie du Buisson(W)	110.7	29.7	152.35	205.4	189	202.7	30	57.1	976.95
Pam Jones	129	108	182	271.2	157.9	120	-	-	968.1



Andries Nkuna	153	130	184.2	193	138	0	0	166	964.2
Tamlyn Reid	178	158	181	208	79.5	60	-	-	954.5
Lee-Anne Steward	103.41	134.36	93	116	176.4	34.42	141.48	155.91	920.56
Clare Mangan	145	150	30	110	131	126	100	125	917
Candice Jenkinson	143.25	149.23	156.83	113.3	139.7	56	33	111.9	903.21
Sally Goldman	138.5	136	133	97	113	56	113	83	869
Emile Streicher	173	60	73	54	124	132	121	131	868
Margie Liddiatt	139	137.2	143	127.1	121.1	106.5	29	60	863.5
Gale Viljoen	112	152	80	79	75	70	118	140	825
Rob Scholtz	124	98	111	104	82	107	114	64	804
Bruce Anderson	133	160	107	198	188	0	0	0	786
Leslie Ogle (W)	81	51	230	123	78	61	69	84	777
Margaret Marshall	106	85	80	156	65	65	20	148	725
Chris Doorasamy	96	96	62.5	73	140.1	66.9	95	87.5	717
Debbie Marshall	198	106	95	12	22	20	60	63	576
Barry Marshall (W)	35	60	65	125	70	95	15	93	559
Juanita Sutton (W)	-	100	52.6	95.7	88.6	50.35	43.6	69.8	500.65
Rosslyn Doorasamy	14	58	40.5	71	101.5	39	47	50.5	472
Dave Nicholls (W)	-	-	-	-	159	103	104	99	465
Angela Parry	-	131	123	119	64	0	0	0	437
Grant Horner	228	45.5	56	97.5	0	0	0	0	427
Bobby Horsfield	135	108	67	101	-	-	-	-	411
Janis Nicholls (W)	-	-	-	-	71	81	54	72	278
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

# RIVERSIDE HARRIERS NEWSLETTER

## OCTOBER 2016



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	Kears	Stella	Gate	Tong	MEV	For	Dbn	SAPS	New	Own	Tot
Brett Ward	74:45	66:00	64:08	63:14	60:58	62:18	62:38	59:13			21
Rose Whittington	100:05	96:22	92:45	91:37	89:06	86:36	87:26	-			19
Patrick Rostenne	73:53	65:54	66:25	64:00	61:11	64:02	67:44	66:00			19
Ted Liddiatt	71:51	75:15	65:40	62:36	62:35	61:50	-	66:07			18
Fiona Calitz	-	82:30	78:46	75:56	72:30	72:52	75:14	72:28			18
Liesl Quinn	77:47	72:58	72:16	69:12	67:28	66:08	-	-			17
Gale Viljoen	90:46	75:15	75:47	85:36	-	75:18	77:47	73:4;4			16
Emile Streicher	74:45	66:00	-	63:14	60:58	-	62:38	59:13			16
Janis Nicholls	-	97:19	98:52	94:16	91:08	90:02	-	90:20			15
Tracy Blakeway	100:04	96:22	97:22	92:57	93:43	89:55	-	-			15
Juanita Sutton	-	88:56	90:39	87:57	84:36	-	87:26	81:00			15
Margie Liddiatt	77:35	80:03	74:01	70:38	71:26	-	-	71:50			14
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
Di Ching	89:06	82:49	82:03	81:03	81:30	-	-	-			13
Helen Marshall	82:01	75:16	75:11	-	-	68:17	-	-			11
Dave Nicholls	93:46	97:19	-	-	-	90:05	88:48	-			10
Eric Prange	-	47:03	47:42	-	-	51:45	54:59	48:57			10
Tracey Wittstock	-	-	79:14	-	75:20	-	73:31	-			8
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
Clare Mangan	-	-	-	60:20	59:27	-	62:20	-			7
Zandile Dlamini	-	85:57	77:24	-	80:00	-	-	-			7
Michelle Maharaj	68:45	-	-	-	-	-	-	66:32			5
Leslie Ogle	97:35	90:25	-	-	-	-	-	-			5
Elsie du Buisson	-	88:13	83:28	-	-	-	-	-			5
Candice Jenkinson	75:02	67:20	-	-	-	-	-	-			5

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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 v Schalkwyk	65:23	62:46	-	-	-	-	-	-	-	5
Lea Hollinshead	-	78:15	-	-	69:47	-	-	-	-	5
Robyn Mcmenemey	-	108:11	-	-	-	107:34	-	-	-	5
Chris Doorasamy		86:27	87:00	-	-	-	-	-	-	4
Debbie Marshall	-	-	-	-	-	67:03	-	75:27	-	4
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
Michelle Lardant	-	-	-	-	-	68:56	-	-	-	2



Brent Payne	-	-	-	-	-	80:34	-	-		2
Angela Lardant	-	-	-	-	-	83:57	-	-		2
Keswyn Mackintosh	-	-	-	-	-	-	72:49	-		2
Leanne Fenwick	-	-	-	-	-	-	78:38	-		2
Leanne Douglas	-	-	-	-	-	-	84:15	-		2
Clare Ramsay	-	-	-	-	-	-	-	51:37		2
Simone Liebenberg	-	-	-	-	-	-	-	59:13		2
Jacqui Bowles	-	-	-	-	-	-	-	59:30		2
Ivan Freese	-	-	-	-	-	-	-	69:58		2
Gloria Bowles	-	-	-	-	-	-	-	69:58		2
Caron Hean	-	-	-	-	-	-	-	70:28		2
Ellie Gillies	-	-	-	-	-	-	-	72:28		2
Bronwyn Kirk	-	-	-	-	-	-	-	81:00		2

Here are the 2016 Time Trial best time trial times to date, as on **Wednesday 21 September**. 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	Jaco Smith	<b>20:18</b>	22:20	1	Geoff Speirs	32:55	-
2	Geoff Speirs	20:21	-	2	Wessel Cronje	<b>33:05</b>	40:27
3	Wessel Cronje	<b>20:48</b>	23:45	3	Scott Couper	<b>33:46</b>	34:41
4	Andries Nkuna	<b>21:21</b>	22:42	4	Jaco Smith	<b>34:39</b>	37:14
5	Greg Labushagne	<b>21:46</b>	23:20	5	Andries Nkuna	34:49	-
6	Eric Prange	<b>21:56</b>	23:52	6	Greg Labuschagne	34:58	-
7	James Boyes	21:59	-	7	Eric Prange	<b>35:28</b>	38:12
8	Bruce Anderson	<b>22:23</b>	22:53	8	Dave Elliot	37:04	-
9	Nigel Sheriff	<b>22:35</b>	24:05	9	Dale Johnson	<b>37:08</b>	38:57
10	Jana Niehaus	22:55	22:47	10	Nic Tingle	37:29	-
11	Dumisani Shoyise	23:00	22:37	11	Ryan Morgan	<b>37:45</b>	37:55
12	Robyn Pitot	23:06	23:03	12	Bruce Anderson	38:05	-
13	Nicolus Tingle	23:32	-	13	Craig Speirs	38:27	38:18
14	Rob Goldman	<b>23:37</b>	24:05	14	Rob Goldman	<b>38:46</b>	40:58
15	Monique Ward	<b>23:38</b>	25:26	15	Larry Wood	<b>38:51</b>	38:58
16	Nicola Hewitt	23:41	21:17	16	Monique Ward	38:52	-
17	Ryan Morgan	<b>23:44</b>	24:26	17	Dumisani Shoyise	39:42	36:15
18	Jaco van Schalkwyk	23:49	22:44	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
27	Alvinesh Sookoo	24:39	24:33	27	Chantel Robins	43:45	45:35
28	Desree Viviers	24:55	-	28	Tamlyn Reid	43:51	44:42
29	Dale Johnson	24:59	25:08	29	Neil Gibb	43:56	43:20
30	Lindsey Rogerson	25:18	24:44	30	Vicki Freemantle	44:18	44:14
31	Maxine Stobart	25:37	26:48	31	Vinnie Papenfus	44:23	-
32	Njabulo Dlamini	25:39	25:58	32	Mandy Skye	45:04	-
33	Zoe Papadakis	25:40	-	33	Robyn Pitot	45:32	37:11
34	Simon Hoff	25:46	-	34	Clare Ramsay	47:02	-
35	Ampie Niehaus	25:47	24:30	35	Taron Ridsdale	47:23	46:48
36	Chantel Robins	25:53	27:50	36	Simone Liebenberg	47:50	
37	Rojean Hanekom	25:58	-	37	Clare Mangan	48:40	45:07
38	Mike Lock	26:25	28:00	38	Debbie Marshall	49:07	48:54
39	Angie Potgieter	26:26	-	39	Sandy Jenkins	52:37	48:29
40	Clare Ramsay	26:58		40	Eileen Durand	55:11	-
41	Mike Fell	27:00	-	41	Gloria Bowles	58:49	-
42	Taron Ridsdale	27:01	26:54	42	Gale Viljoen	63:41	59:05
43	Sally Botha	27:03	23:05	43	Lynn Wallis	69:56	63:00
44	Izanne Jacobs	27:11	-				
45	Scott Couper	27:19	24:29				
46	Taryn Mundell	27:20	26:20				
47	Vicki Freemantle	27:32	27:05				
48	Lawrence Avis	27:37	28:27				
49	Brett Ward	27:41	33:04				
50	Mandy Skye	27:55	-				
51	Andrew Perkins	28:04	28:21				
52	Taryn Brown	28:17	24:53				
53	Baron Combrinck	28:24	28:23				



54	Krystal Terblanche	28:28	27:01				
55	Greg Beckwith	28:36	-				
56	Asanda Sigodi	28:41	-				
57	Sithe Mgubane	28:41	-				
58	Michelle Maharaj	28:45	28:21				
59	Angela Parry	28:48	-				
60	Candice Jenkinson	28:50	30:22				
61	Melanie Wagner	28:53	-				
62	Geraldine Cronje	28:54	26:14				
63	Inga Good	28:55	-				
64	Simone Liebenberg	29:07	-				
65	Tamlyn Reid	29:08	27:05				
66	Kim Robinson	29:14	-				
67	Kris Breytenbach	29:18	-				
68	Izanne Jacobs	29:22	-				
69	Clare Mangan	29:30	29:52				
70	Elizabeth Perkins	29:32	27:33				
71	Vinnie Papenfus	29:43	-				
72	Alison Chadwick	29:43	31:38				
73	Debra Symington	29:55	30:18				
74	Claudia Belcher	29:58	-				
75	Carolyn Goltman	30:00	29:58				
76	Bronwyn Kirk	30:00	39:00				
77	Lee-Anne Lock	30:04	28:00				
78	Shan McClelland	30:12	28:34				
79	Debbie Marshall	30:32	28:41				
80	Jacqui Bowles	30:50	-				
81	Jaco Pretorius	31:00	31:22				
82	Patrick Rostenne	31:10	32:29				
83	Sandy Jenkins	31:12	29:25				
84	Di Cilliers	31:44	-				
85	Helen Marshall	31:58	32:28				
86	Michelle Lardant	32:13	-				
87	Keswyn Mackintosh	32:57	-				
88	Noreen Everton	33:00	33:00				





89	Eileen Durand	33:01	33:51			
90	Tracy Wittstock	33:10	36:28			
91	Gloria Bowles	33:41	-			
92	Tezz Olds	33:45	-			
93	Sally Goldman (W)	33:53	37:59			
94	Lea Hollinshead	33:56	-			
95	Keith Calitz	34:00	-			
96	Lee Wearne	34:30	-			
97	Gale Viljoen	34:47	35:01			
98	Leanne Fenwick	34:54	-			
99	Brent Payne	34:57	-			
100	Nikita Pamla	35:00	-			
101	Jackie Cramb	35:00	-			
102	Zandile Dlamini	35:04	34:00			
103	Ellie Gillies	35:47	36:50			
104	Fiona Calitz (W)	35:50	39:06			
105	Leanne Douglas	36:00	37:35			
106	Lynne Wallis (W)	36:37	40:24			
107	Janine Fokkens	36:48	-			
108	Richard Aitken	37:20	-			
109	Claire Kotze	39:06	37:28			
110	Taryn Stubbs	39:06	38:08			
111	Angela Lardant	39:10	-			
112	Louis Botha	39:21	38:20			
113	Carol Williams	39:40	-			
114	Chris Doorasamy	39:41	39:23			
115	Roslyn Doorasamy	40:00	-			
116	Sarah McVicar	40:17	39:39			
117	Margaret Marshall	40:49	-			
118	Elsie du Buisson (W)	41:05	38:35			
119	Juanita Sutton (W)	42:07	-			
120	Di Ching (W)	42:10	40:25			
121	Jackie Botha	42:10	-			
122	Leslie Ogle (W)	43:57	44:42			
123	Rose Whittington (W)	44:15	42:48			



124	Neela Naidoo (W)	44:30	44:13			
125	Cathy Coates	44:50	46:00			
126	Tracy Blakeway (W)	46:23	43:09			
127	Lauren Lister	46:48	-			
128	Sumita Ramgareeb (W)	46:55	47:00			
129	Ingrid Knott (W)	47:24	46:00			
130	Adele Allison (W)	49:00	41:35			
131	Felicity Holbrook (W)	49:10	-			
132	Barbara Rankin (W)	50:00	-			
133	Juliette Spence (W)	50:00	43:20			
134	Dick Whittington (W)	50:00	55:00			
135	Robyn Coote (W)	51:00	51:00			

(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 21 September:**

No.	Name	5.1 km	8 km	Total
1	<b>Craig Speirs</b>	22	11	<b>33</b>
2	<b>Alvinesh Sookoo</b>	21	10	<b>31</b>
3	<b>Greg Labuschagne</b>	16	12	<b>28</b>
4	<b>Rose Whittington</b>	27		<b>27</b>
5	<b>Emile Streicher</b>	27		<b>27</b>
6	<b>Tracy Wittstock</b>	26		<b>26</b>
7	<b>Jaco Smith</b>	14	12	<b>26</b>
8	<b>Geoff Speirs</b>	15	10	<b>25</b>
9	<b>Candice Jenkinson</b>	25		<b>25</b>
10	<b>Eileen Anderson</b>	22	2	<b>24</b>
11	<b>Jackie Botha</b>	23		<b>23</b>
12	<b>Dale Johnson</b>	11	12	<b>23</b>
13	<b>Debbie Marshall</b>	18	4	<b>22</b>
14	<b>Louis Botha</b>	22		<b>22</b>
15	<b>Nicolus Tingle</b>	11	9	<b>20</b>
16	<b>Di Ching</b>	20		<b>20</b>
17	<b>Lynn Wallis</b>	19	1	<b>20</b>
18	Kim Robinson	19		<b>19</b>



19	Tarryn Payne	16	3	<b>19</b>
20	Noreen Everton	19		<b>19</b>
21	Clare Mangan	14	4	<b>18</b>
22	Terri Atkinson	15	3	<b>18</b>
23	Tezz Olds	18		<b>18</b>
24	Elsie Du Bussion	17		<b>17</b>
25	Nicola Hewitt	15	2	<b>17</b>
26	Alison Chadwick	17		<b>17</b>
27	Leslie Ogle	17		<b>17</b>
28	Neela Naidoo	17		<b>17</b>
29	Gale Viljoen	15	2	<b>17</b>
30	Tamlyn Reid	9	7	<b>16</b>
31	Helen Marshall	16		<b>16</b>
32	Sally Goldman	15		<b>15</b>
33	Lea Hollinshead	15		<b>15</b>
34	Fiona Calitz	15		<b>15</b>
35	Brett Ward	15		<b>15</b>
36	Eric Prange	13	2	<b>15</b>
37	Bruce Anderson	11	3	<b>14</b>
38	Vicki Freemantle	9	5	<b>14</b>
39	Ampie Niehaus	11	3	<b>14</b>
40	Michelle Maharaj	13		<b>13</b>
41	Rob Goldman	11	2	<b>13</b>
42	Andries Nkuna	5	8	<b>13</b>
43	Njabulo Dlamini	9	3	<b>12</b>
44	Andrew Perkins	12		<b>12</b>
45	Jana Niehaus	10	2	<b>12</b>
46	Scott Couper	2	10	<b>12</b>
47	Taron Ridsdale	11	1	<b>12</b>
48	Simone Liebenberg	9	3	<b>12</b>
49	Mike Lock	11		<b>11</b>
50	Juliette Spence	10		<b>10</b>
51	Ryan Morgan	1	9	<b>10</b>
52	Chantel Robins	7	3	<b>10</b>



53	Rob Scholtz	10		<b>10</b>
54	Sally Botha	7	3	<b>10</b>
55	Heather Speirs	10		<b>10</b>
56	Angie Potgieter	10		<b>10</b>
57	Dumisani Shoyise	3	7	<b>10</b>
58	Jaco van Schalkwyk	10		<b>10</b>
59	Krystal Terblanche	9		9
60	Sumita Ramgareeb	9		9
61	Brent Payne	9		9
62	Chris Doorasamy	8		8
63	Robyn Pitot	7	1	8
64	Cathy Coates	8		8
65	Larry Wood	4	4	8
66	Elizabeth Perkins	8		8
67	Keith Calitz	7		7
68	Mandy Skye	5	2	7
69	Taryn Stubbs	7		7
70	Claire Kotze	7		7
71	Asanda Sigodi	7		7
72	Gloria Bowles	6	1	7
73	Simon Hoffe	6		6
74	Bronwyn Kirk	6		6
75	Kris Breytenbach	6		6
76	Wessel Cronje	3	3	6
77	Ingrid Knott	6		6
78	Sandy Jenkins	5	1	6
79	Felicity Holbrook	6		6
80	Angela Lardant	6		6
81	Mike Fell	6		6
82	Neil Gibb	4	2	6
83	Carol Williams	6		6
84	Keshwyn Mackintosh	6		6
85	Maxine Stobart	4	1	5
86	Nigel Sherriff	5		5



87	Izanne Jacobs	5		5
88	Adele Allison	5		5
89	Michelle Lardant	5		5
90	Debrah Symington	5		5
91	Taryn Brown	5		5
92	Richard Aitken	4		4
93	Dave Elliott	1	3	4
94	Monique Ward	3	1	4
95	Felicity Holbrook	4		4
96	Melanie Wagner	4		4
97	Juanita Sutton	4		4
98	Carolyn Goltman	4		4
99	Sithe Mgubane	3		3
100	Tracy Blakeway	3		3
101	Lawrence Avis	3		3
102	Zandile Dlamini	3		3
103	Rosslyn Doorasamy	3		3
104	Rojean Hanekom	2	1	3
105	Brad Rochat	3		3
106	Vinnie Papenfus	1	2	3
107	Desree Viviers	3		3
108	Lauren Lister	3		3
109	Claudia Belcher	3		3
110	Inga Good	3		3
111	Dick Whittington	3		3
112	Taryn Mundell	2		2
113	Clare Ramsay	1	1	2
114	Angela Parry	2		2
115	Sarah McVicar	2		2
116	Zoe Papadakis	2		2
117	Ellie Gillies	2		2
118	Leanne Douglas	2		2
119	Leanne Fenwick	2		2
120	Jacqui Bowles	2		2



121	Greg Beckwith	2		2
122	Di Cilliers	1		1
123	Jaco Pretorius	1		1
124	Geraldine Cronje	1		1
125	James Boyes	1		1
126	Patrick Rostenne	1		1
127	Dave Nicholls	1		1
128	Janis Nicholls	1		1
129	Lindsey Rogerson	1		1
130	Zanile Shoyise	1		1
131	Baron Combrinck	1		1
132	Janine Fokkens	1		1
133	Lee-Anne Lock	1		1
134	Robyn Coote	1		1
135	Shan McClelland	1		1
136	Barbara Rankin	1		1
137	Margaret Marshall	1		1
138	Lee Wearne	1		1
139	Nikita Pamla	1		1
140	Jacqui Cramb	1		1

**Race Results:**

**Mandela 21 & 42 km - 28 August 2016:**

Pos	Name – 21 km	Time	Pos	Name – 42 km	Time
	Graham Christenssen	2 hr 02:03		Wanda Zungu	3 hr 33:10
	Caron Botha	2 hr 06:54		Andries Nkuna	4 hr 18:33
	Asanda Sigodi	2 hr 31:45		Dumisaani Shoyise	4 hr 59:00
	Lea Hollinshead	2 hr 37:08			

**RUNNERS CORNER:**

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

1. The mighty oak tree, was once a tiny nut, that held its ground.
2. The most important trip you may have to take in life, is to meet people half way.
3. Never do card tricks for the group that you play poker with.

Welcome to new member **Greg Beckwith**- we trust you will enjoy your running and walking with us.



Sunday 28 August was a very busy day, with a choice of 3 events - Mandela 21 and 42 km, Formula 1 10 and 21 km, and the SPCA Trail run! **Graham Christensen, Caron Botha, Asanda Sigodi** and **Lea Holinshead** completed the Mandela 21 km, while **Wanda Zungu** (3 hr 33), **Andries Nkuna** (4 hr 18) and **Dumisani Shoyise** (4 hr 59) completed the marathon.

**Nicola Hewitt** completed the Formula 1 21 km in 1 hr 40, while **Ted** and **Margie Liddiatt** took part in the 10 km, **Lindsey Rogerson** was also seen on the road.

Many of our members took part in the SPCA Charity Trail run, and also offered to be Dougal the Dog (**Dale Johnson**) handlers. **Dale** ran for charity and collected the great figure of R18000 for the SPCA funds.

We wish **Mandy Skye** a speedy and full recovery, after her recent injury and operation. We also wish **Heather Speirs** a speedy recovery from her recent operation.

On a windy Spring evening, 7 September, we hosted our annual Spring Handicap Time Trial, where we started according to everybody's 2016 best 5 km times - if we all ran or walked to our potential, we would have all finished together, but, there was a 9 minute gap between first and last person! **Craig Speirs** ran to his handicap, and finished in 20th position, so 19 people achieved 2016 best times! Well done to our winner, **Cathy Coates**, followed by **Keswyn Mackintosh** and **Elsie du Buisson**. Thanks to our starter, **Leslie Ogle**, and to the sponsors of prizes, **Jonathan Whittington** and **Elsie du Buisson**. **Jaco Smith** improved his PB to a great 20:18!

On a chilly and windy Sunday 11 September, many of us took part in the SAPS 10 & 21 km, from Hoy Park, the 10 km was the next leg of the 10 x 10 km Challenge. **Eric Prange** was our first runner in the 10 km, in 48:57, followed by **Clare Ramsay** (51:37). Next to finish, with a bit of pressure to go sub 60 minutes (and earn bonus points) were **Brett Ward** and **Emile Streicher**, assisted by **Simone Liebenberg**, to finish in 59:13. Next to finish, in her first race ever, was **Jacqui Bowles** (59:30). **Patrick Rostenne** was next, in 66:00 - **Patrick** was seen carrying a back pack when he finished, it turned out that he did not want to waste a trip, and stopped at his car before finishing, collected his beers, then continued and finished! **Ted Liddiatt** was next (66:07), followed by **Michelle Maharaj** (66:32), **Ivan Freese** (69:58), **Gloria Bowles** (69:58), **Caron Hean** (70:28), **Margie Liddiatt** (71:50), **Ellie Gillies** and **Fiona Calitz** (72:28), **Gale Viljoen** (73:44), **Debbie Marshall** (75:27), **Bronwyn Kirk** and **Juanita Sutton** (81:00) and **Janise Nicholls** (90:20). Unfortunately, **Rose Whittington**, who was leading the 10 x 10 Km Challenge, started the race with a niggle, which got worse and she had to be transported to the finish in an ambulance, with **Neela Naidoo** keeping her company, we wish you a speedy recovery Rose.

**Andries Nkuna** was our first runner in the 21 km, in 1 hr 35, followed by **Shaun Manning**, in a great comeback (1 hr 38), **Jaco Smith**, in a great PB of 1 hr 39 (after running 25 km the day before!). **John McClelland**, **Tarryn Payne** and **Angie Potgieter** finished next, in 1 hr 57 (PB for Angie!), followed by **Asanda Sigodi** (2 hr 14), **Ann Turner**, **Carolyn Goltman**, **Shan McClelland** (2 hr 17), **Candice Jenkinson** (2 hr 19), **Helen Marshall** (2 hr 29), **Noreen Everton** (2 hr 33), **Elsie du Buisson** (2 hr 45 - welcome back!) and **Dave Nicholls** (3 hr 05) - well done to all the finishers and to those who achieved PB's! Hard lines **Nicola Hewitt**, who had to pull out at the 14 km mark, due to injury.

At the time trial on Wednesday 14 September - an ominous, chilly windy evening- many members achieved PB's - well done **Gale Viljoen** (34:47), **Nick Tingle** (23:37), **Carol Williams** (39:50), **Brett Ward** (27:39) and **Andries Nkuna** (35:49 -8 km).

Saturday club runs have progressively got longer, as we approach the South Coast marathon, thanks to **Craig Speirs** for putting all these routes together for us! There are always shorter options as well, so don't feel intimidated!

### Walkers/ Intermediate Group - News Letter - SEPTEMBER 2016

I can't figure how this section has just grown and grown. There are just so many people out there who want to run but need a place to start and how ideal is a group like this.

The only thing I must reiterate is that **it takes commitment** to get to where you want to be / achieve your goal.

There are runners in this section who come and train religiously every Tuesday and Thursday, make sure they are there for the time trial on a Wednesday and then add in a group fun run on a Saturday. These are the runners that you can see improving in leaps and bounds.

Those that join, come run, stay away, come back and run then buzz off again are going to take a very



long time achieving what they want. Remember you can't join the big guns until you are fully capable of running their pace and distance or it will totally demoralise you.

In saying this we are heading towards December where everyone goes on leave or just doesn't do anything because its holidays. I will have a programme that you can take and use during the month off as well as join in on the odd "coffee" morning runs that the group will be doing. So we will aim at keeping fit and distance on legs so that we can go smoothly into races when they start in January.

There are a lot of ladies in the group that will be upping their race distance in the new year. Some moving from a 10km to finally do 16km, some finally doing 21km and then the "comrades 2018" group who will be moving to 32km and their goal of a marathon mid year !!! So much excitement.....

I am really pleased to see how many in the group have improved their time trial times as well as their race times. The utter joy on your faces when you gain a new PB is awesome !!! The training walks are going to get harder and longer now that summer is here. I will be pushing you on the runs as well as taking it easy at times but remember - success only comes from hard work.

NO PAIN – NO GAIN.

Everyone, including the walkers in the group and the slower group will gain if you just persevere.

I am sorry to see that so many people got sick during the crazy winter months and hope that all the coughing, sniffles will now go away. To those that ended up with major aches and pains, take it easy and recover fully before you come back on the road. I will be checking on you as we go.

There are still some good races ahead before the end of the year, so do your best to enter as many as you can. Remember to send me results especially if I am not there.

#### **Fun things ahead:**

**Breakfast beach run on Sat 8<sup>th</sup> October in Umhlanga** – Come and join us there will be a shorter option for walkers and intermediate group will run and fetch - Emile will advise

**Group Halloween run ( night) on Thursday 27<sup>th</sup> October** – more details to follow closer to the time

**Club Halloween Run on Sat 29<sup>th</sup> October** – Emile to advise as its part of the 10 x 10 challenge

**Club prize giving on Sat 19 Nov** – Come braai with us and congratulate all the clubs prize winners - Emile to advise

**Group fun farewell xmas evening 8<sup>th</sup> Dec** – Fun and laughter and lots of surprises - more details to follow

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:**

**Monique Ward** was our first runner in the SAPS 10 km, in 47:53.

**Nicola Hewitt** was our first 21 km finisher, in 1 hr 37.

**Lawrence Avis** and **Pam Jones** finished combined first in the Spring Handicap time trial.

**Fiona Calitz** completed her first 21 km, the SAPS 21 km, in 2 hr 51.

#### **This month 5 years ago:**

**Debbie Marshall** (inaugural winner in 2010) – held onto her lead in the 10 x 10 km Challenge.

**Kevin Keddie** held the lead in both the 5 km (20:23) and 8 km (31:55) time trial distances.

**Kevin Keddie** finished the Forest 10 km in 41:29.

**Clare Mangan** won the Spring handicap time trial.





### **This month 10 years ago:**

We arranged a club golf day at Umhlali country club – **Clare Mangan** won the lucky draw prize, a weekend at The Cavern!

**Fiona Hoareau** completed her first 32 km race, Beds for Africa, in 3 hr 49.

### **This month 15 years ago:**

Preparations started for 2001 year end function, where we had a “hippy theme”.

Normally runners get bitten by dogs while running, but.....**Ann-marie Bateman** got bitten by a pig!

### **This month 18 years ago:**

The 1999 club fees, including license number and the main club portion, has increased to R210.

**1998 best times**, for longer distances, for members who still belong to our club in 2016:

42 km : Craig Speirs (3 hr 34); Patrick Rostenne (3 hr 40); Jackie Botha (4 hr 14)

56 km : Rob Goldman (5 hr 05); Mike Lock (5 hr 35) ; Jackie Botha (6 hr 07)

Comrades : Craig Speirs (8 hr 53); Emile Streicher (9 hr 56) ; Jackie Botha (10 hr 54)

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### **Mail received:**

It's been one hell of a year. I never thought I would get as far as I have. There have been tears of frustration and elation. Sh\*t runs and perfect runs. PBs and injuries. But most of all, there has been love, support, laughter and the start of lifelong friendships that have made my heart so happy. Thanks for the memories, see you on the road!

Candice Jenkinson

\*\*\*\*\*

Had to share this info that was in the Daily News last night about my Grandfather, Llynvi Mitcalfe, he completed the 1st Comrades in 11:08 and then ran home!

Carol Williams

\*\*\*\*\*

### **Interview:**

This month we speak **to Greg Labushagne:**

**1. Where were you born?** Durban

**2. Where did you matriculate?** Beachwood Boys High - Durban North. The last year of the school's existence

**3. Family?** Yes, married to Sharon and we have a son - Byron and daughter - Ciara

**4. Did you participate in sport at school?** I did a bit of everything at school, including hockey and water polo. My best efforts were in athletics and swimming

**5. What are your personal sporting highlights?** Riding up Alp d'huez in France with friends in 2004. More competitively though was bicycle racing in Ireland and finishing the Amashova in 2:37. More recently was finishing the Comrades Marathon this year.



**6. What are your future sporting ambitions?** I've entered Comrades again 2017 and Midmar Mile to get my Biathlon medal. I'd like to complete a half Ironman soon as well.

**7. Why do you run?** Sometimes I ask myself the same question...Seriously though, I suppose for the challenges and the fitness it provides.

**8. How long have you been a member of Glenwood / Riverside Harriers?** 1 year with Riverside Harriers although I was a member of the Glenwood Old Boys Tennis Club for several years in the 1990's.

**9. What does the club mean to you?** The club and it's members are a source of inspiration, motivation and information. Although I don't mind training on my own, it's always more fun with club members.

**10. Profession?** Self-employed Surveyor and Photographer

**11. Other sporting activities?** Swimming, Trail Running, Triathlon, Road Cycling and MTB..is that enough?

**12. Hobbies & interests?** Flying my drone, watching TV, not much time for anything else.

**13. Any disappointments in sport?** I wish I'd pushed myself more at school sport. Now it's just about personal targets.

**14. Message for newcomers to running / walking?** Start slowly but continue to build consistently, Don't underestimate yourself or the value of training with a club or experienced runners.



#### **Quotes of the month:**

**Debbie Marshall** (before her first 10 x 10 km race of the year): "Do you think I can still win it?"

**Patrick Rostenne:** "I was not going to improve my time anyway, so I went to my car to fetch beers, before finishing the race".

**Jaco van Schalkwyk:** "I planned to run 25 km, but in the carpark decided to run 15 km. I then started off to do 10 km, but ended up doing 2 km".

**Dale Johnson :**"I am an environmentalist".



**Emile Streicher:** "There is no hill that can't be walked".

**Birthdays:**

Sept	Name	Oct	Name	Nov	Name
2	Leslie Ogle	1	Ann Turner	2	Mike de Beer
2	Nigel Sherriff	4	Richard Widdows	9	Elsie Du Buisson
3	Shaun Manning	6	Alison Chadwick	13	Barbara Florence
6	Christo janse van Rensburg	6	Tim Ewing	16	Claire Kotze
7	Amylyn Kyle	9	Neil Gibb	18	Ellie Gillies
15	Carol Williams	10	Heather Speirs	21	Barbara Mayers
18	Rob Scholtz	10	Antone van Rooyen	23	Craig Speirs
19	Maxine Stobart	15	Angela Parry	24	Barry Marshall
20	Evelyn O' Byrne	22	Monique Ward		
21	Clint Morgan	24	Jaco van Schalkwyk		
21	Priscilla Wyndham	25	Lee-Anne Steward		
21	Ryan Morgan	28	Brent Payne		
21	Debbie Marshall	29	Ingrid Knott		
21	Rose Whittington	29	Nicola Hewitt		
25	Bronwyn Kirk	31	Zaheera Kahn		
25	Caron Botha				
27	Jaco Pretorius				
29	Fiona Hoareau				
29	Caron Hean				
30	Jenny Johnstone				
30	Colleen Nicholas				

**HUMOUR:**

Van der Merwe went to the game reserve : "I got out of my car to take pictures of the lions, which were very close to my car".

Friend: "Did the lions not charge you?"

Van : "No, not a cent".

**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](mailto: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.

