



### 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 7 Sept	Spring handicap time trial	Start according to 2016 best 5 km times
Wed 7 Sept	Monthly braai	
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 **06h00**. From Saturday 3 September, we will start 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 July Member of the Month Award goes to **Jaco Smith**, for his dedicated to training and his great improvements in his time trial times, 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. **Spring handicap time trial:**

###### a. **Wednesday 7 September**

b. Everybody run / walk 5 km;

c. We start according to 2016 best 5 km times.... walkers just after 17h00 and the fastest runner about 17h35.

d. **Red** shorts and white shirts



e. Stay for short prize-giving, followed by 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.

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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	Total
Nicola Hewitt	310	322	296.8	390.5	304	150	207.5	1980.8
Tarryn Payne	271.43	253	307	405	304.5	70	157	1767.93
Scott Couper	214	198	281	289.6	282.2	101	103	1468.8
Andrea Moroney	308	253	197	297	78	175	187	1495
Jana Niehaus	178	150	195	206	205	205	256	1395
Sally Botha	220	228.8	257	380.7	243.5	10	16	1355.8
Terri Atkinson	237	164	227	264	214	69	171	1346
Ivan Freese	207	196.47	258.38	279.89	206.27	52.26	127.96	1328.23
Michelle Maharaj	71.56	204.92	267.21	302	236	146	86	1313.71
Dale Johnson	198	218	266	230.5	228.6	80	84.2	1305.3
Chantel Robins	241.62	84	218.67	329.31	284.9	0	0	1198.5
Alison Chadwick	210.36	155	152	135	171.5	174	190	1187.86
Ann Turner	130	226	204	209	222	59	132	1182
Johann van Rooyen	256	244	204	218	253	0	0	1175
Jaco Smith	185.3	105.77	183.91	176.27	168.89	138.37	180.32	1138.83
Rob Goldman	205	149	160	140	154	97	180	1085
Ampie Niehaus	289	152	233	93	35	126	128	1056
Pam Jones	129	108	182	271.2	157.9	120	-	968.1
Tamlyn Reid	178	158	181	208	79.5	60	-	954.5
Elsie du Buisson(W)	110.7	29.7	152.35	205.4	189	202.7	30	919.85
Ted Liddiatt	139	147.2	153	139.1	131.1	114.5	86	909.9
Margie Liddiatt	139	137.2	143	127.1	121.1	106.5	29	803.5
Andries Nkuna	153	130	184.2	193	138	0	0	798.2
Clare Mangan	145	150	30	110	131	126	100	792
Candice Jenkinson	143.25	149.23	156.83	113.3	139.7	56	33	791.31
Sally Goldman	138.5	136	133	97	113	56	113	786
Bruce Anderson	133	160	107	198	188	0	0	786

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Lee-Anne Steward	103.41	134.36	93	116	176.4	34.42	141.48	764.65
Rob Scholtz	124	98	111	104	82	107	114	740
Emile Streicher	173	60	73	54	124	132	121	737
Gale Viljoen	112	152	80	79	75	70	118	685
Chris Doorasamy	96	96	62.5	73	140.1	66.9	95	629.5
Leslie Ogle (W)	81	51	230	123	78	61	69	693
Margaret Marshall	106	85	80	156	65	65	20	577
Debbie Marshall	198	106	95	12	22	20	60	513
Barry Marshall (W)	35	60	65	125	70	95	15	466
Angela Parry	-	131	123	119	64	0	0	437
Juanita Sutton (W)	-	100	52.6	95.7	88.6	50.35	43.6	430.85
Grant Horner	228	45.5	56	97.5	0	0	0	427
Bobby Horsfield	135	108	67	101	-	-	-	411
Rosslyn Doorasamy	14	58	40.5	71	101.5	39	47	371
Dave Nicholls (W)	-	-	-	-	159	103	104	366
Janis Nicholls (W)	-	-	-	-	71	81	54	206
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	Dbn Run	Total
Rose Whittington	100:05	<b>96:22</b>	<b>92:45</b>	<b>91:37</b>	<b>89:06</b>	<b>86:36</b>	87:26	19

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Brett Ward	74:45	66:00	64:08	63:14	60:58	62:18	62:38	18
Patrick Rostenne	73:53	65:54	66:25	64:00	61:11	64:02	67:44	17
Liesl Quinn	77:47	72:58	72:16	69:12	67:28	66:08	-	17
Ted Liddiatt	71:51	75:15	65:40	62:36	62:35	61:50	-	16
Tracy Blakeway	100:04	96:22	97:22	92:57	93:43	89:55	-	15
Fiona Calitz	-	82:30	78:46	75:56	72:30	72:52	75:14	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
Di Ching	89:06	82:49	82:03	81:03	81:30	-	-	13
Gale Viljoen	90:46	75:15	75:47	85:36	-	75:18	77:47	13
Emile Streicher	74:45	66:00	-	63:14	60:58	-	62:38	13
Janis Nicholls	-	97:19	98:52	94:16	91:08	90:02	-	13
Margie Liddiatt	77:35	80:03	74:01	70:38	71:26	-	-	12
Juanita Sutton	-	88:56	90:39	87:57	84:36	-	87:26	12
Helen Marshall	82:01	75:16	75:11	-	-	68:17	-	11
Dave Nicholls	93:46	97:19	-	-	-	90:05	88:48	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
Eric Prange	-	47:03	47:42	-	-	51:45	54:59	8
Tracey Wittstock	-	-	79:14	-	75:20	-	73:31	8
Clare Mangan	-	-	-	60:20	59:27	-	62:20	7
Zandile Dlamini	-	85:57	77:24	-	80:00	-	-	7
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
Robyn Mcmenemey	-	108:11	-	-	-	107:34	-	5
Chris Doorasamy		86:27	87:00	-	-	-	-	4
Michelle Maharaj	68:45	-	-	-	-	-	-	2

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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
Keswyn Mackintosh	-	-	-	-	-	-	72:49	2
Leanne Fenwick	-	-	-	-	-	-	78:-38	2
Leanne Douglas	-	-	-	-	-	-	84:15	2

Here are the 2016 Time Trial best time trial times to date, as on **Wednesday 24 August**. 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	20:38	-	1	Geoff Speirs	32:55	-
2	Wessel Cronje	20:48	23:45	2	Wessel Cronje	33:05	40:27
3	Jaco Smith	21:20	22:20	3	Scott Couper	33:46	34:41
4	Andries Nkuna	21:21	22:42	4	Jaco Smith	34:39	37:14
5	Greg Labushagne	21:46	23:20	5	Greg Labuschagne	34:58	-
6	Eric Prange	21:56	23:52	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
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	

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Pos	Name – 5.1 km	Time	2015	Pos	Name – 8 km	Time	2015
37	Rojean Hanekom	25:58	-	37	Clare Mangan	48:40	45:07
38	Angie Potgieter	26:26	-	38	Debbie Marshall	49:07	48:54
39	Mike Lock	26:55	28:00	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	27:46	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	Krystel Terblanche	28:28	27:01				
55	Asanda Sigodi	28:41	-				
56	Sithe Mgubane	28:41	-				
57	Michelle Maharaj	28:45	28:21				
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	Kim Robinson	29:14	-				
66	Kris Breytenbach	29:18	-				
67	Izanne Jacobs	29:22	-				
68	Clare Mangan	29:30	29:52				
69	Elizabeth Perkins	29:32	27:33				
70	Vinnie Papenfus	29:43	-				
71	Alison Chadwick	29:43	31:38				
72	Debra Symington	29:55	30:18				



Pos	Name – 5.1 km	Time	2015	Pos	Name – 8 km	Time	2015
73	Claudia Belcher	29:58	-				
74	Carolyn Goltman	30:00	29:58				
75	Bronwyn Kirk	30:00	39:00				
76	Lee-Anne Lock	30:04	28:00				
77	Shan McClelland	30:12	28:34				
78	Debbie Marshall	30:32	28:41				
79	Jaco Pretorius	31:00	31:22				
80	Patrick Rostenne	31:10	32:29				
81	Sandy Jenkins	31:12	29:25				
82	Di Cilliers	31:44	-				
83	Helen Marshall	31:58	32:28				
84	Michelle Lardant	32:13	-				
85	Noreen Everton	33:00	33:00				
86	Eileen Durand	33:01	33:51				
87	Tracy Wittstock	33:10	36:28				
88	Keswyn Mackintosh	33:34	-				
89	Gloria Bowles	33:41	-				
90	Tezz Olds	33:45	-				
91	Sally Goldman (W)	33:53	37:59				
92	Lea Hollinshead	33:56	-				
93	Keith Calitz	34:00	-				
94	Lee Wearne	34:30	-				
95	Leanne Fenwick	34:54	-				
96	Brent Payne	34:57	-				
97	Zandile Dlamini	35:04	34:00				
98	Gale Viljoen	35:30	35:01				
99	Ellie Gillies	35:47	36:50				
100	Fiona Calitz (W)	35:50	39:06				
101	Leanne Douglas	36:00	37:35				
102	Lynne Wallis (W)	36:37	40:24				
103	Janine Fokkens	36:48	-				
104	Richard Aitken	37:20	-				
105	Claire Kotze	39:06	37:28				
106	Taryn Stubbs	39:06	38:08				
107	Angela Lardant	39:10	-				
108	Louis Botha	39:21	38:20				



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Pos	Name – 5.1 km	Time	2015	Pos	Name – 8 km	Time	2015
109	Chris Doorasamy	39:41	39:23				
110	Rossllyn Doorasamy	40:00	-				
111	Sarah McVicar	40:17	39:39				
112	Margaret Marshall	40:49	-				
113	Elsie du Buisson (W)	41:05	38:35				
114	Juanita Sutton (W)	42:07	-				
115	Di Ching (W)	42:10	40:25				
116	Jackie Botha	42:10	-				
117	Leslie Ogle (W)	43:57	44:42				
118	Rose Whittington (W)	44:15	42:48				
119	Carol Williams	44:25	-				
120	Neela Naidoo (W)	44:30	44:13				
121	Cathy Coates	44:50	46:00				
122	Tracy Blakeway (W)	46:23	43:09				
123	Lauren Lister	46:48	-				
124	Sumita Ramgareeb (W)	46:55	47:00				
125	Ingrid Knott (W)	47:24	46:00				
126	Adele Allison (W)	49:00	41:35				
127	Felicity Holbrook (W)	49:10	-				
128	Barbara Rankin (W)	50:00	-				
129	Juliette Spence (W)	50:00	43:20				
130	Dick Whittington (W)	50:00	55:00				
131	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 24 August:**

No.	Name	5.1 km	8 km	Total
1	<b>Craig Speirs</b>	18	11	<b>29</b>
2	<b>Alvinesh Sookoo</b>	18	10	<b>28</b>
3	<b>Greg Labuschagne</b>	15	11	<b>26</b>
4	<b>Rose Whittington</b>	25		<b>25</b>
5	<b>Emile Streicher</b>	24		<b>24</b>

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6	<b>Candice Jenkinson</b>	24		<b>24</b>
7	<b>Tracy Wittstock</b>	23		<b>23</b>
8	<b>Geoff Speirs</b>	13	10	<b>23</b>
9	<b>Jackie Botha</b>	23		<b>23</b>
10	<b>Eileen Anderson</b>	20	2	<b>22</b>
11	<b>Louis Botha</b>	22		<b>22</b>
12	<b>Jaco Smith</b>	11	11	<b>22</b>
13	<b>Debbie Marshall</b>	16	4	<b>20</b>
14	<b>Dale Johnson</b>	8	12	<b>20</b>
15	Nicolus Tingle	10	9	<b>19</b>
16	Di Ching	19		<b>19</b>
17	Lynn Wallis	18	1	<b>19</b>
18	Terri Atkinson	15	3	<b>18</b>
19	Kim Robinson	18		<b>18</b>
20	Alison Chadwick	17		<b>17</b>
21	Tamlyn Reid	9	7	<b>16</b>
22	Elsie Du Bussion	16		<b>16</b>
23	Clare Mangan	13	3	<b>16</b>
24	Tarryn Payne	13	3	<b>16</b>
25	Noreen Everton	16		<b>16</b>
26	Nicola Hewitt	14	2	<b>16</b>
27	Tezz Olds	15		<b>15</b>
28	Leslie Ogle	15		<b>15</b>
29	Helen Marshall	15		<b>15</b>
30	Neela Naidoo	15		<b>15</b>
31	Vicki Freemantle	9	5	<b>14</b>
32	Eric Prange	12	2	<b>14</b>
33	Ampie Niehaus	11	3	<b>14</b>
34	Sally Goldman	14		<b>14</b>
35	Lea Hollinshead	13		<b>13</b>
36	Fiona Calitz	13		<b>13</b>
37	Brett Ward	13		<b>13</b>
38	Bruce Anderson	10	3	<b>13</b>
39	Gale Viljoen	11	2	<b>13</b>
40	Michelle Maharaj	12		<b>12</b>
41	Rob Goldman	10	2	<b>12</b>

# RIVERSIDE HARRIERS NEWSLETTER

## SEPTEMBER 2016



42	Jana Niehaus	10	2	<b>12</b>
43	Njabulo Dlamini	9	3	<b>12</b>
44	Andrew Perkins	12		<b>12</b>
45	Scott Couper	2	10	<b>12</b>
46	Andries Nkuna	4	7	<b>11</b>
47	Taron Ridsdale	10	1	<b>11</b>
48	Simone Liebenberg	8	3	<b>11</b>
49	Juliette Spence	10		<b>10</b>
50	Ryan Morgan	1	9	<b>10</b>
51	Chantel Robins	7	3	<b>10</b>
52	Rob Scholtz	10		<b>10</b>
53	Sally Botha	6	3	9
54	Heather Speirs	9		9
55	Sumita Ramgareeb	9		9
56	Mike Lock	9		9
57	Elizabeth Perkins	8		8
58	Dumisani Shoyise	2	6	8
59	Chris Doorasamy	8		8
60	Jaco van Schalkwyk	8		8
61	Robyn Pitot	7	1	8
62	Krystal Terblanche	8		8
63	Angie Potgieter	8		8
64	Mandy Skye	5	2	7
65	Taryn Stubbs	7		7
66	Claire Kotze	7		7
67	Cathy Coates	7		7
68	Larry Wood	3	4	7
69	Mike Fell	6		6
70	Neil Gibb	4	2	6
71	Keith Calitz	6		6
72	Simon Hoffe	6		6
73	Bronwyn Kirk	6		6
74	Kris Breytenbach	6		6
75	Wessel Cronje	3	3	6
76	Ingrid Knott	6		6
77	Sandy Jenkins	5	1	6

# RIVERSIDE HARRIERS NEWSLETTER

## SEPTEMBER 2016



78	Brent Payne	6		6
79	Felicity Holbrook	6		6
80	Angela Lardant	6		6
81	Maxine Stobart	4	1	5
82	Nigel Sherriff	5		5
83	Izanne Jacobs	5		5
84	Adele Allison	5		5
85	Asanda Sigodi	5		5
86	Taryn Brown	5		5
87	Gloria Bowles	3	1	4
88	Richard Aitken	4		4
89	Dave Elliott	1	3	4
90	Michelle Lardant	4		4
91	Debrah Symington	4		4
92	Monique Ward	3	1	4
93	Felicity Holbrook	4		4
94	Melanie Wagner	4		4
95	Carol Williams	4		4
96	Keshwyn Mackintosh	4		4
97	Inga Good	3		3
98	Sithe Mgubane	3		3
99	Tracy Blakeway	3		3
100	Lawrence Avis	3		3
101	Zandile Dlamini	3		3
102	Juanita Sutton	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	Sarah McVicar	2		2
109	Lauren Lister	2		2
110	Taryn Mundell	2		2
111	Clare Ramsay	1	1	2
112	Angela Parry	2		2
113	Claudia Belcher	3		3



114	Zoe Papadakis	2		2
115	Ellie Gillies	2		2
116	Carolyn Goltman	3		3
117	Dick Whittington	3		3
118	Leanne Douglas	2		2
119	Leanne Fenwick	2		2
120	Di Cilliers	1		1
121	Jaco Pretorius	1		1
122	Geraldine Cronje	1		1
123	James Boyes	1		1
124	Patrick Rostenne	1		1
125	Dave Nicholls	1		1
126	Janis Nicholls	1		1
127	Lindsey Rogerson	1		1
128	Zanile Shoyise	1		1
129	Baron Combrinck	1		1
130	Janine Fokkens	1		1
131	Lee-Anne Lock	1		1
132	Robyn Coote	1		1
133	Shan McClelland	1		1
134	Barbara Rankin	1		1
135	Margaret Marshall	1		1
136	Lee Wearne	1		1

**Race Results:**

**Mtunzini Bush Challenge :10 & 16 km – 7 August 2016:**

Pos	Name – 10 km	Time	Pos	Name – 16 km	Time
170	Fiona Calitz	1 hr 35:40	81	Lindsay Rogerson	1 hr 32:33
171	Rose Whittington	1 hr 35:42	101	Craig Speirs	1 hr 35:06
172	Claire Kotze	1 hr 36:16	111	Lynda Hoppe	1 hr 37:37
173	Tarryn Stubbs	1 hr 36:19	266	Melanie Miles	2 hr 04:08
			267	Nigel Sherriff	2 hr 04:09
			271	Carolyn Goltman	2 hr 05:01
			280	Tamar Panaino	2 hr 06:57
			302	Debbie Marshall	2 hr 14:46
			316	Caron Hean	2 hr 20:39

# RIVERSIDE HARRIERS NEWSLETTER

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			318	Tezz Olds	2 hr 21:13
			319	Lea Hollinshead	2 hr 21:14
			320	Emile Streicher	2 hr 21:16
			351	Patrick Rostenne	2 hr 34:40

There were 184 finishers

There were 364 finishers

### **Savages Supa Mama 10 & 21 km : 14 August 2016:**

Pos	Name – 10 km run	Time	Pos	Name – 21 km	Time
51	Nicola Hewitt	51:15	89	Andries Nkuna	1 hr 44:35
87	Clare Ramsay	56:33	90	Geoff Speirs	1 hr 44:36
101	Fred Akal	58:10	166	Rob Goldman	1 hr 53:51
106	Llewellyn Anderson	58:44	189	Amylyn Kyle	1 hr 55:34
124	Emile Streicher	61:04	194	Geraldine Cronje	1 hr 56:17
125	Johann van Rooyen	64:22	216	Lynda Hoppe	1 hr 58:55
164	Elizabeth Perkins	64:22	243	Craig Speirs	2 hr 03:20
168	Debra Symington	64:47	256	Tarryn Payne	2 hr 05:10
182	Kim Robinson	66:07	262	John McClelland	2 hr 05:33
223	Ted Liddiatt	69:15	280	Zaheera Kahn	2 hr 07:07
225	Krystel Terblanche	69:26	344	Pam Jones	2 hr 12:15
236	Noreen Everton	69:56	363	Andrea Moroney	2 hr 13:52
253	Helen Marshall	71:16	454	Carolyn Goltman	2 hr 22:59
263	Michele Lardant	72:04	503	Alison Chadwick	2 hr 29:18
293	Caron Hean	74:25	520	Leanne Steward	2 hr 31:25
320	Antone van Rooyen	76:16	530	Shan McClelland	2hr 33:00
349	Sally Goldman	78:45			
353	Gale Viljoen	79:14			
394	Margaret Marshall	83:27			
395	Angela Lardant	83:49			
400	Margie Liddiatt	83:59			
	There were 483 finishers				
Pos	Name – 10 km walk	Time			
16	Sarah McVicar	82:44			
32	Janis Nicholls	94:43			
33	Dave Nicholls	94:49			

There were 48 finishers

There were 678 finishers

### **Capital Climb 15 km : 20 August 2016:**

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



171	Jaco Smith	1 hr 22:43
578	Melanie Wagner	1 hr 47:47
579	Nigel Sherriff	1 hr 47:48
668	Lea Hollinshead	1 hr 53:28

### **RUNNERS CORNER:**

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

1. Hard work pays off in the future, laziness pays off now.
2. A conclusion is the place when you get tired of thinking.
3. Mental toughness is when you find fuel in an empty tank.

Welcome to new members **Tobeka Nikita Pamla, Jacqueline Bowles, Jean-Marc George** – we trust you will enjoy your running and walking with us.

Congratulations to **Josh** and **Kristin Thomson**, on the birth of daughter **Emily!!**

Despite the cold, rain and darkness, we still get good attendance at our Wednesday time trials, with good improvements as well! On Wednesday 27 July, **Kim Robinson** (29:46), **Noreen Everton** (33:00), **Tracy Wittstock** (34:22), **Gale Viljoen** (35:45), **Lea Hollinshead** (33:56) and **Debbie Marshall** (30:32) all set best times for 2016, congratulations!

On Friday 29 July, several members were seen supporting the CPF 5 and 10 km run, at crusaders club – seen at the event were **Emile Streicher, Clare Mangan, Dale Johnson, Debbie Marshall, Nicola Hewitt, Brent and Tarryn Payne, Graham Philips** and **Penny Goodrick**.

Hats off to **Dale Johnson**, who is driving the CLEAN BLUE LAGUNE initiative – for more information, contact Dale.

On 3 August, Election Day, we arranged a chilled 10 km club run, with about 40 runners arriving, followed by coffee and breakfast at Java, it was a brilliant way to get in the mood for voting!

**Dale Johnson** and **Clare Ramsay** recently took part in the Skukuza 21 km in Kruger national Park – sounds like a great event! (spare a thought for **Brett Ward**, who went to Skukuza twice, but was man down with flu both times).

We wish **Scott Couper** a speedy and full recovery, after the recent freak accident, when he broke his hip when he tripped and fell during a training run.

Mtunzini 2016 – another great club weekend away! We fished, walked, cycled, braaied, sipped beer, wine and champagne, chilled, chatted, relaxed and even ran the Mtunzini race (10 or 16 km) on Sunday 7 August! **Fiona Calitz, Rose Whittington, Claire Kotze** and **Tarryn Stubbs** all completed the 10 km, while **Richard Aitken** took part in the 5 km fun run with his daughter, **Shannon**. In the 16 km, **Lindsay Rogerson** was our first runner, in 1 hr 32, closely followed by **Craig Speirs** and **Lynda Hoppe**. Next to finish were **Melanie Miles, Nigel Sherriff, Carolyn Goltman, Tamar Panaino** (her first race since joining us), **Debbie Marshall** (very relieved there was no **Barry Marshall** walking the race!), **Caron Hean, Tezz Olds, Lea Hollinshead, Emile Streicher**, and **Patrick Rostenne**.....who kept us waiting and waiting, after he somehow “disappeared” from the route?! It turned out Patrick accidentally followed the 10 km runners, and then had to run about 4 km extra to get back on the 16 km route – in the process he also made close contact with a low hanging branch and had to receive medical attention afterwards! **Dick Whittington** and **Di Ching** were awarded the Mtunzini Floating Trophy, for their dedication and commitment, ie, driving all the way back from the Wild Coast Sun, to be with their fellow campers. **Di** also won the golf tournament – again! All in all, a very relaxing fun weekend!

On Wednesday 10 August, we hosted our Ladies Time Trial, where we honour all our club ladies, it was a great turnout, with 45 ladies taking part! Thank you to **Leslie Ogle**, for putting the goodie bags together, and to **Clare Mangan** (Jockey), **Desiree Viviers** (chocolates) and **Rose Whittington** (cup cakes) – many members improved on their 2016 time trial times, well done **Kim Robinson** (29:14), **Alison**



**Chadwick** (29:43), **Michele Lardant** (32:13), **Tracey Wittstock** (33:10), **Lynn Wallis** (36:37), **Angie Potgieter** (26:26), **Debra Symington** (29:55) and **Lauren Lister** (46:48)!

On Sunday 14 August was the Savages Supa Mama 10 and 21 km, for most of us, it was a first on this new route, as we previous years have volunteered to work at a table. We had a good turnout, in both distances, and overall we had 40 finishers, the club with the 4th most entries! **Sarah McVicar**, **Dave** and **Janis Nicholls** completed the 10 km walk, with **Sarah** first to finish, in 1 hr 22:44.

**Nicola Hewitt** was our first runner to finish in the 10 km run, in 51:15, followed by **Clare Ramsay**, **Fred Akal** and **Llewellyn Anderson**, who all dipped below 60 minutes, with **Llewellyn** achieving a PB of 58:44. Next to finish the 10 km were **Emile Streicher**, **Johann van Rooyen**, **Elizabeth Perkins**, **Debra Symington**, **Kim Robinson**, **Tedd Lidiatt**, **Krystal Terblanche**, **Noreen Everton**, **Helen Marshall**, **Michele Lardant**, **Caron Hean**, **Antone van Rooyen**, **Sally Goldman** (who made use of her own bathroom during the run!), **Gale Viljoen**, **Margaret Marshall**, **Angela Lardant** and **Margie Liddiatt**.

**Andries Nkuna** and **Geoff Speirs** were our first runners in the 21 km, in 1 hr 44. **Rob Goldman** was next, in 1 hr 53, while **Amylyn Kyle**, **Geraldine Cronje** and **Lynda Hoppe** also finished in sub 2 hours. Next to finish were **Craig Speirs**, **Tarryn Payne**, **John McClelland**, **Zaheera Kahn**, **Pam Jones**, **Andrea Moroney**, **Carolyn Goltman**, **Alison Chadwick**, **Leanne Steward** and **Shan McClelland**. All in all, it was a great event, well organised, with the "odd hill" thrown in!

On Saturday 20 August, a few members took part in the Capital Climb 15 km in Pietermaritzburg, a tough race! Seen at the race were **Jaco Smith**, **Nigel Sherriff**, **Melanie Wagner** and **Lea Hollinshead**, well done to you!

The next day was the Durban Runner 10 and 21 km, where the 10km was the next leg of our 2016 10 x 10 km Challenge. There was heavy rain during the night, even before the start, while the club tent was being put up, but.....it cleared and those who braved it, ended up running / walking in perfect conditions!

The 10 km was also the next leg of our 10 x 10 km Challenge and many of the top contenders were there - several however were not able to achieve a bonus point, as the route seemed to be 10.3 km, instead of 10 km! **Eric Prange** was our first runner in the 10 km, in 54:59, followed by **Clare Mangan**, **Brett Ward**, **Emile Streicher**, **Patrick Rostenne**, **Keswyn Mackintosh** (her first race ever!), **Tracy Wittstock**, **Fiona Calitz**, **Gale Viljoen**, **Leanne Fenwick**, **Leanne Douglas**, **Juanita Sutton**, **Rose Whittington** and **Dave Nicholls**.

**Amylyn Kyle** was our first 21 km runner, in 1 hr 56, followed by **Geraldine Cronje**, **Angie Potgieter** and **Helen Marshall**. Well done to **Juanita**, who was 3<sup>rd</sup> lady walker in the 10 km, and **Tracy Wittstock**, who won a pair of Asics running shoes in the lucky draw!

Meanwhile, a bit further north, **Monique Ward** has achieved a 21 km PB of 1 hr 42, in Sweden !

Congratulations to **Dale Johnson**, who is Northglen News Community member of the month, for his initiative in the cleaning of Blue Lagoon, his involvement in the SPCA Trail run (running in a costume to generate funds) and the Friday Red Socks initiative, well done!

We wish **Sumita Ramgareeb** a speedy recovery from her recent operation. We also wish **Adelle Alison** a speedy recovery after her recent setback.

Lots of action at time trial on Wednesday 24 August – **Geoff Speirs** (20:38), **Jaco Smith** (21:20), **Mike Lock** (26:55), **Desiree Viviers** (24:55), **Carol Williams** (41:10) and **Gale Viljoen** (35:30) all achieved 2016 best 5 km times, well done!

### **Walkers News - July 2016:**

#### **Run/ Walkers Muddy Princess**

An awesome afternoon of team building with a wonderful group of ladies.

What was supposed to have been me supporting my ladies at the muddy princess challenge ended up in me taking part as **Rosie Whittington** was ill.

A lot of secret planning went on in the "Minion Group" and the ladies were super organised with blue tutu's, "white" t shirts with logo "Les- Minions" and a super revved up attitude.

The route, a 5km with various streams of water that had to be crossed, skips with muddy water, ropes and poles to climb up and down and a section of 3 drums below ground level that needed to be crawled





through. Ellie ran with a video cam on her head to film threwh antics that the ladies got up to. **Michelle M** and **Tracey W** seemed to get to every stream or muddy skip first to throw water on the rest of us as we crossed over. The support in the team was awesome as we cheered and clapped everyone through the various stages. With three of the team having done the Super Mama in the morning they took a little strain on the hills and we stopped and grouped up before each obstacle so that it was done as a team. A group of Scottish bagpipers were on the route which had the team skipping along as dancing a highland fling wasn't possible. The second last obstacle was three big banks of mud that you had to climb up and then slide down into three big ponds of muddy water. Loads of shrieking and a few of us being dunked caused loads of laughter afterwards. The final hurdle was climbing a huge jumping castle and sliding down the other end into a puddle of "more" mud.

Our supporters were not able to follow us on the course but were there to see us start and cheer us in at the finish. Thanks to **Sandy J, Neela, Keith C** and family, **Erin, Noreen, Bronwyn** and the **Maharaj** family.

Thanks to a wonderful group of ladies for an awesome team event – **Fiona Calitz, Tracey Blakeway, Tracey Whittstock, Michelle Maharaj, Helen Marshall, Gale Viljoen, Ellie Gillies, Juanita Sutton** and **Candice Jenkinson**. You ladies ROCK !!!

Leslie Ogle



\*\*\*\*\*

**This month 1 year ago:**

**Craig Speirs** was our first runner in the Mtunzini 16 km, in 1 hr 31.

**Barry Marshall** took part in the Longest Day event in Pmb, where he walked for 12 hours, around a 400 m track – he covered 81 km and was first male walker!

**Clare Ramsay, Matt Young, John McClelland** and **Caron Botha** completed the Ironman 70.3 event in Durban.

**This month 5 years ago:**

**Kevin Keddie** ran the fastest 5 km (20:23) and 8 km (31:55) year to date. **Kevin** was also our first runner in the Savages 21 km, in 1 hr 33 - in his first ever 21 km race.

We had 34 runners and walkers at the Mtunzini 16 km race. **Kevin Keddie** was also our first runner here, in 1 hr 15.

**Dale Johnson** made a mini-comeback, but could not find his 2011 license number, and had to pay for a temporary number- plus, he could not find his red shorts and had to run in black shorts!

**This month 10 years ago:**

It is now 10 years since **Di Ching's** horrific car accident, we are all grateful that Di survived and recovered fully.



We had 28 campers in Mkuze Game reserve, to take part in the Mkuze 16 km race (since cancelled, and replaced by Mtunzini weekend) – this is where **Emile (Emily?!) Streicher** was awarded the 2<sup>nd</sup> lady veteran price (should have been **Clare Mangan!**)

**This month 15 years ago:**

It was a very quiet month, not much happening!

**This month 18 years ago:**

**Craig Speirs** completed the DBO 21 km in 1 hr 33. **Craig** also completed the Great South 21 km in 1 hr 36, **Patrick Rostenne** in 1 hr 37 and **Lawrence Avis** in 1 hr 48.

**Ann Turner** and **Andrew Gielink** tied the knot!

\*\*\*\*\*

**Mail received:**

Dearest Riverside Harriers - Thank you so much for the lovely flowers we got when little Emily was born!!! They are so beautiful. We are back home from hospital and doing well! The two brothers absolutely love their little sister!

Lots of love, from the Thomson family

\*\*\*\*\*

Thank you **Riverside Harriers** for the lovely goodie bag for our Woman's Day Time Trail tonight! And hey I got a PB to go with it, thanks **Kim Robinson** for the encouragement! Thank you once again for spoiling us and for all you do for us.

Alison Chadwick

\*\*\*\*\*

Thank you Leslie & Riverside Harriers for the wonderful goodies. Such a thoughtful spoil.

Kim Robinson

\*\*\*\*\*

Thank you for the lovely spoils tonight and for making all us ladies feel very special.

Terri Atkinson

\*\*\*\*\*

Thank you so much for the lovely Woman's Day Time Trial this evening! The cupcakes were delicious! The goodie bag was just so lovely! Really appreciate it.

Elizabeth Perkins

\*\*\*\*\*

Thank you so much for the Women's Day gift, this is the bestest club, you guys rock!!!!

Robyn McMenemey

\*\*\*\*\*

Thanks again Leslie and helpers, for the surprises, and to Rose for the delicious cup cakes, much appreciated Cathy Coates

\*\*\*\*\*



Awesome socks and awesome gifts! Thanks to Riverside and all sponsors.  
Mandy Skye

\*\*\*\*\*

Thank you for reminding me that I belong to the best club! Thanks so much to everyone involved for making us ladies feel so special and for our special gifts.  
Angie Potgieter

\*\*\*\*\*

Greetings.

No one wants to hear a running tragedy, but I have suffered one.

On voting day, I went out for a lovely ten km.

My shoelaces are too long on my Asics, so though tied and double knotted, on my run my right foot caught the loop of my left shoelace causing my hip to, well, blow-up.

I have been in the hospital for just under a week. I have two plates and nine screws reconstructing my right hip.

No doubt, I will recover, and am doing so at home now.

However, it will take many hours of rehab, physical therapy and gyming before I am back on the road again.

Perhaps, I can still participate in the club by meeting folks for time trials and volunteering myself to write down times.

Obviously, I'm not doing the Mandela half marathon.

Sorry to report this news to you.

Believe me, I have had many dark nights, but each new day has brought some small improvement and thus good news.

Be well.

Cheers, Scott Couper

\*\*\*\*\*

### **Interview:**

This month we speak to **Michelle Maharaj:**

**1. Where were you born?** I was born in Greytown

**2. Where did you matriculate?** I matriculated at Palmview Secondary

**3. Family?** I am the youngest of three children, I have two older brothers. Married to Randhir and have two beautiful kids my son Qraav 11 and daughter Dhiya 3.

**4. Did you participate in sport at school?** Yes, participated in both track and field events

**5. What are your personal sporting highlights?** Top of the list will have to be completing my first Comrades this year. Representing my school at inter-zonal level and receiving the sports girl award for 5 consecutive years.

**6. What are your future sporting ambitions?** Two Oceans and going for my back to back Comrades medal.

**7. Why do you run?** Besides from keeping fit, I enjoy running it takes me to my happy place.



- 8. How long have you been a member of Glenwood / Riverside Harriers?** 1 year
- 9. What does the club mean to you?** Best club ever ! The love and support you get from fellow members is absolutely amazing .
- 10. Profession?** I am an intra dermal physician by profession and a businesswoman .
- 11. Other sporting activities?** Tennis
- 12. Hobbies & interests?** I love to travel and enjoy family time
- 13. Any disappointments in sport?** This year I ran comrades in memory of my dad , I should have done it when he was around . He was my biggest supporter in whatever I did .
- 14. Message for newcomers to running / walking?** When your legs can't run anymore , run with your heart and believe in yourself .



**Quotes of the month:**

- Patrick Rostenne** (after he went "missing "during the Mtunzini 16 km run): "I was not lost, I just took a wrong turn".
- Patrick Rostenne:**"I did not see the tree".
- Ampie Niehaus:**"I have just realised.....I will never make it to the Olympics".
- Dale Johnson :**" I am not running tonight, it is my off-season".
- Jaco van Schalkwyk:** "Sometimes it takes determination to quit".
- Emile Streicher** (to **Craig Speirs**, early on Mtunzini race day):"Craig, can we please swop places?"
- Craig Speirs:** "What do you mean, I must drive to the start?"
- Emile Streicher:** "No, you can start drinking, and I will stop drinking".

**Birthdays:**

Aug	Name	Sept	Name	Oct	Name
6	Helen Marshall	2	Leslie Ogle	1	Ann Turner
8	Alvinesh Sookoo	2	Nigel Sherriff	4	Richard Widdows
11	Adelle Alison	3	Shaun Manning	6	Alison Chadwick



13	Nicholus Mhlengana	6	Christo janse van Rensburg	6	Tim Ewing
17	Lynda Hoppe	7	Amylyn Kyle	9	Neil Gibb
17	Brad Rochat	15	Carol Williams	10	Heather Speirs
18	Graham Christensen	18	Rob Scholtz	10	Antone van Rooyen
19	Louis Botha	19	Maxine Stobart	15	Angela Parry
19	Shan McClelland	20	Evelyn O' Byrne	22	Monique Ward
21	Sithembiso Mgabyne	21	Clint Morgan	24	Jaco van Schalkwyk
21	Keshwyn Mackintosh	21	Priscilla Wyndham	25	Lee-Anne Steward
23	Di Ching	21	Ryan Morgan	28	Brent Payne
23	Michelle Maharaj	21	Debbie Marshall	29	Ingrid Knott
25	Nicci Willis	21	Rose Whittington	29	Nicola Hewitt
27	Vicki Freemantle	25	Bronwyn Kirk		
28	Lee-Anne Lock	25	Caron Botha		
28	Robyn Pitot	27	Jaco Pretorius		
30	Bruce Anderson	29	Fiona Hoareau		
		29	Caron Hean		
		30	Jenny Johnstone		
		30	Colleen Nicholas		

**HUMOUR:**

A man named O'Gara was arrested and tried for a bank robbery. After the trial, the jury returned a verdict of not guilty. O'Gara stood up and shouted, "Does that mean I get to keep the money?"

**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.

