



### 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
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 September Member of the Month Award goes to **Dave Nicholls**, who took part in 19 races year to date, regularly attends the Tuesday and Thursday training, and completed both the SAPS Striders and Township to Township 21 km walks in September, 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.

To date, we have 23 entries for Comrades, and 12 for Two Oceans 56 km.

#### **Dates to remember:**

- **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
  - Start / finish at 128 Northway - Halloween House! (Jono and Rose Whittington) – park across the road at school



- **Sat 19 Nov: Year end function and prize-giving:**
  - 14h30 for 15h00 prompt start
  - In Pavillion pub at club, between rugby and hockey fields
  - Braai after the formalities
  - 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.

**2017:**

1. License numbers – no news yet from KZNA;
2. Race fixtures – no news yet, will circulate it once we received it;
3. Fees – to be finalized, but meanwhile budget for a small increase;
4. Registration – with so many members, admin is a bit of an issue, so we will arrange specific registration times, please make an effort to come and collect your 2017 numbers during these times !

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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	Sep	Total
Nicola Hewitt	310	322	296.8	390.5	304	150	207.5	203	217	2400.8
Tarryn Payne	271.43	253	307	405	304.5	70	157	253	287.1	2308.03
Jana Niehaus	178	150	195	206	205	205	256	288	216	1899
Andrea Moroney	308	253	197	297	78	175	187	222.2	89	1806.2
Ivan Freese	207	196.47	258.38	279.89	206.27	52.26	127.96	154.37	183.96	1666.56
Sally Botha	220	228.8	257	380.7	243.5	10	16	84.7	117.4	1557.9
Jaco Smith	185.3	105.77	183.91	176.27	168.89	138.37	180.32	174.95	243.6	1557.38
Alison Chadwick	210.36	155	152	135	171.5	174	190	201	166	1554.86
Pam Jones	129	108	182	271.2	157.9	120	160	220	198	1546.1
Terri Atkinson	237	164	227	264	214	69	171	152	40	1538
Ann Turner	130	226	204	209	222	59	132	151	154	1487
Scott Couper	214	198	281	289.6	282.2	101	103	0	0	1468.8
Dale Johnson	198	218	266	230.5	228.6	80	84.2	71.7	70	1447
Johann v Rooyen	256	244	204	218	253	0	0	116	127	1418
Ampie Niehaus	289	152	233	93	35	126	128	181	147	1384
Rob Goldman	205	149	160	140	154	97	180	134	95	1314
Michelle Maharaj	71.56	204.92	267.21	302	236	146	86	-	-	1313.71
Chantel Robins	241.62	84	218.67	329.31	284.9	0	0	0	0	1198.5

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Andries Nkuna	153	130	184.2	193	138	0	0	166	207.3	1171.5
Ted Liddiatt	139	147.2	153	139.1	131.1	114.5	86	90	112	1111.9
Elsie d Buisson (W)	110.7	29.7	152.35	205.4	189	202.7	30	57.1	120.2	1097.15
Lee-Anne Steward	103.41	134.36	93	116	176.4	34.42	141.48	155.91	178.18	1098.74
Clare Mangan	145	150	30	110	131	126	100	125	76	993
Gale Viljoen	112	152	80	79	75	70	118	140	152	977
Emile Streicher	173	60	73	54	124	132	121	131	105	973
Margie Liddiatt	139	137.2	143	127.1	121.1	106.5	29	60	105	968.5
Sally Goldman	138.5	136	133	97	113	56	113	83	89.5	958.5
Tamlyn Reid	178	158	181	208	79.5	60	-	-	-	954.5
Candice Jenkinson	143.25	149.23	156.83	113.3	139.7	56	33	111.9	48	951.21
Rob Scholtz	124	98	111	104	82	107	114	64	87	891
Leslie Ogle (W)	81	51	230	123	78	61	69	84	103	880
Margaret Marshall	106	85	80	156	65	65	20	148	135	860
Chris Doorasamy	96	96	62.5	73	140.1	66.9	95	87.5	116.5	833.5
Bruce Anderson	133	160	107	198	188	0	0	0	0	786
Barry Marshall (W)	35	60	65	125	70	95	15	93	82	641
Debbie Marshall	198	106	95	12	22	20	60	63	53	629
Dave Nicholls (W)	-	-	-	-	159	103	104	99	139	604
Juanita Sutton (W)	-	100	52.6	95.7	88.6	50.35	43.6	69.8	57.98	558.63
Rosslyn Doorasamy	14	58	40.5	71	101.5	39	47	50.5	24	496
Angela Parry	-	131	123	119	64	0	0	0	0	437
Grant Horner	228	45.5	56	97.5	0	0	0	0	0	427
Bobby Horsfield	135	108	67	101	-	-	-	-	-	411
Janis Nicholls (W)	-	-	-	-	71	81	54	72	65	343
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

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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	Kears	Stella	Gate	Tong	MEV	For	Dbn	SAPS	New	Ow	Tot
Brett Ward	74:45	66:00	64:08	63:14	60:58	62:18	62:38	59:13	57:47		24
Patrick Rostenne	73:53	65:54	66:25	64:00	61:11	64:02	67:44	66:00	62:26		21
Ted Liddiatt	71:51	75:15	65:40	62:36	62:35	61:50	-	66:07	??		20
Rose Whittington	100:05	96:22	92:45	91:37	89:06	86:36	87:26	-	-		19
Gale Viljoen	90:46	75:15	75:47	85:36	-	75:18	77:47	73:44	72:15		19
Emile Streicher	74:45	66:00	-	63:14	60:58	-	62:38	59:13	57:48		19
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
Tracy Blakeway	100:04	96:22	97:22	92:57	93:43	89:55	-	-	96:23		17
Juanita Sutton	-	88:56	90:39	87:57	84:36	-	87:26	81:00	82:07		17
Margie Liddiatt	77:35	80:03	74:01	70:38	71:26	-	-	71:50	72:49		16
Janis Nicholls	-	97:19	98:52	94:16	91:08	90:02	-	90:20	-		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
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
Clare Mangan	-	-	-	60:20	59:27	-	62:20	-	62:06		9
Michelle Maharaj	68:45	-	-	-	-	-	-	66:32	61:36		8
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
Zandile Dlamini	-	85:57	77:24	-	80:00	-	-	-	-		7
Leslie Ogle	97:35	90:25	-	-	-	-	-	-	-		5
Elsie du Buisson	-	88:13	83:28	-	-	-	-	-	-		5

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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 v Schalkwyk	65:23	62:46	-	-	-	-	-	-	-	5
Lea Hollinshead	-	78:15	-	-	69:47	-	-	-	-	5
Robyn Mcmenemey	-	108:11	-	-	-	107:34	-	-	-	5
Keswyn Mackintosh	-	-	-	-	-	-	72:49	-	63:33	5
Michelle Lardant	-	-	-	-	-	68:56	-	-	62:37	5
Gloria Bowles	-	-	-	-	-	-	-	69:58	66:40	5
Bronwyn Kirk	-	-	-	-	-	-	-	81:00	76:27	5
Debbie Marshall	-	-	-	-	-	67:03	-	75:27	-	4
Chris Doorasamy		86:27	87:00	-	-	-	-	-	-	4
Angela Lardant	-	-	-	-	-	83:57	-	-	85:15	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

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Barbara Florence	-	-	-	-	59:17	-	-	-		2
Terri Atkinson	-	-	-	-	-	49:12	-	-		2
Tarryn Payne	-	-	-	-	-	53:31	-	-		2
Di Cilliers	-	-	-	-	-	62:05	-	-		2
Brent Payne	-	-	-	-	-	80:34	-	-		2
Angie Potgieter	-	-	-	-	-	-	-	-	55:47	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
Caron Hean	-	-	-	-	-	-	-	70:28	-	2
Ellie Gillies	-	-	-	-	-	-	-	72:28	-	2
Debra Symington	-	-	-	-	-	-	-	-	58:55	2
Neela Naidoo	-	-	-	-	-	-	-	-	86:10	2

Here are the 2016 Time Trial best time trial times to date, as on **Wednesday 19 October**. 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>21:22</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

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Pos	Name – 5.1 km	Time	2015	Pos	Name – 8 km	Time	2015
16	Nicola Hewitt	23:41	21:17	16	Monique Ward	38:52	-
17	Ryan Morgan	23:44	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	Craig Speirs	23:54	22:53	19	Ampie Niehaus	40:18	39:40
20	Brad Rochat	24:09	24:49	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	Brett Ward	52:50	-
41	Mike Fell	27:00	-	41	Eileen Durand	55:11	-
42	Taron Ridsdale	27:01	26:54	42	Gloria Bowles	58:49	-
43	Sally Botha	27:03	23:05	43	Gale Viljoen	63:41	59:05
44	Izanne Jacobs	27:11	-	44	Lynn Wallis	69:56	63:00
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	Phillipa Charnaud	27:39	-				
50	Brett Ward	27:41	33:04				
51	Lesley Slade	27:50	-				

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Pos	Name – 5.1 km	Time	2015	Pos	Name – 8 km	Time	2015
52	Mandy Skye	27:55	-				
53	Andrew Perkins	28:04	28:21				
54	Taryn Brown	28:17	24:53				
55	Baron Combrinck	28:24	28:23				
56	Krystel Terblanche	28:28	27:01				
57	Greg Beckwith	28:36	-				
58	Asanda Sigodi	28:41	-				
59	Sithe Mgubane	28:41	-				
60	Michelle Maharaj	28:45	28:21				
61	Angela Parry	28:48	-				
62	Candice Jenkinson	28:50	30:22				
63	Melanie Wagner	28:53	-				
64	Geraldine Cronje	28:54	26:14				
65	Inga Good	28:55	-				
66	Simone Liebenberg	29:07	-				
67	Tamlyn Reid	29:08	27:05				
68	Kim Robinson	29:14	-				
69	Kris Breytenbach	29:18	-				
70	Izanne Jacobs	29:22	-				
71	Clare Mangan	29:30	29:52				
72	Elizabeth Perkins	29:32	27:33				
73	Vinnie Papenfus	29:43	-				
74	Alison Chadwick	29:43	31:38				
75	Debra Symington	29:55	30:18				
76	Claudia Belcher	29:58	-				
77	Carolyn Goltman	30:00	29:58				
78	Bronwyn Kirk	30:00	39:00				
79	Lee-Anne Lock	30:04	28:00				
80	Shan McClelland	30:12	28:34				
81	Debbie Marshall	30:32	28:41				
82	Jacqui Bowles	30:50	-				
83	Jaco Pretorius	31:00	31:22				
84	Patrick Rostenne	31:10	32:29				
85	Sandy Jenkins	31:12	29:25				
86	Di Cilliers	31:44	-				
87	Helen Marshall	31:58	32:28				



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Pos	Name – 5.1 km	Time	2015	Pos	Name – 8 km	Time	2015
88	Noreen Everton	32:12	33:00				
89	Michelle Lardant	32:13	-				
90	Keswyn Mackintosh	32:14	-				
91	Eileen Durand	33:01	33:51				
92	Tracy Wittstock	33:09	36:28				
93	Gloria Bowles	33:41	-				
94	Tezz Olds	33:45	-				
95	Sally Goldman (W)	33:53	37:59				
96	Lea Hollinshead	33:56	-				
97	Keith Calitz	34:00	-				
98	Lee Wearne	34:30	-				
99	Gale Viljoen	34:47	35:01				
100	Leanne Fenwick	34:54	-				
101	Brent Payne	34:57	-				
102	Nikita Pamla	35:00	-				
103	Jackie Cramb	35:00	-				
104	Zandile Dlamini	35:04	34:00				
105	Fiona Calitz (W)	35:12	39:06				
106	Ellie Gillies	35:47	36:50				
107	Leanne Douglas	36:00	37:35				
108	Lynne Wallis (W)	36:37	40:24				
109	Janine Fokkens	36:48	-				
110	Richard Aitken	37:20	-				
111	Cathy Coates	38:00	46:00				
112	Claire Kotze	39:06	37:28				
113	Taryn Stubbs	39:06	38:08				
114	Angela Lardant	39:10	-				
115	Louis Botha	39:21	38:20				
116	Carol Williams	39:40	-				
117	Chris Doorasamy	39:41	39:23				
118	Rosslyn Doorasamy	40:00	-				
119	Sarah McVicar	40:17	39:39				
120	Margaret Marshall	40:49	-				
121	Elsie du Buisson (W)	41:02	38:35				
122	Juanita Sutton (W)	42:07	-				
123	Di Ching (W)	42:10	40:25				



Pos	Name – 5.1 km	Time	2015	Pos	Name – 8 km	Time	2015
124	Jackie Botha	42:10	-				
125	Leslie Ogle (W)	43:57	44:42				
126	Rose Whittington (W)	44:15	42:48				
127	Neela Naidoo (W)	44:30	44:13				
128	Lauren Lister	45:47	-				
129	Tracy Blakeway (W)	46:23	43:09				
130	Sumita Ramgareeb (W)	46:55	47:00				
131	Ingrid Knott (W)	47:24	46:00				
132	Adele Allison (W)	48:00	41:35				
133	Felicity Holbrook (W)	49:10	-				
134	Barbara Rankin (W)	50:00	-				
135	Juliette Spence (W)	50:00	43:20				
136	Dick Whittington (W)	50:00	55:00				
137	Robyn Coote (W)	51:00	51:00				
138	Christo v Rensburg (W)	55:00	49:00				
139	Jenny Johnson (W)	55:00	50:00				

(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 19 October:**

No.	Name	5.1 km	8 km	Total
1	<b>Craig Speirs</b>	26	11	<b>37</b>
2	<b>Alvinesh Sookoo</b>	24	10	<b>34</b>
3	<b>Greg Labuschagne</b>	19	12	<b>31</b>
4	<b>Emile Streicher</b>	31		<b>31</b>
5	<b>Jaco Smith</b>	18	12	<b>30</b>
6	<b>Tracy Wittstock</b>	27		<b>27</b>
7	<b>Rose Whittington</b>	27		<b>27</b>
8	<b>Geoff Speirs</b>	17	10	<b>27</b>
9	<b>Candice Jenkinson</b>	27		<b>27</b>
10	<b>Eileen Anderson</b>	23	2	<b>25</b>
11	<b>Jackie Botha</b>	24		<b>24</b>
12	<b>Dale Johnson</b>	11	12	<b>23</b>
13	<b>Louis Botha</b>	23		<b>23</b>
14	<b>Lynn Wallis</b>	21	1	<b>22</b>
15	<b>Debbie Marshall</b>	18	4	<b>22</b>

# RIVERSIDE HARRIERS NEWSLETTER

## NOVEMBER 2016



16	<b>Nicolus Tingle</b>	12	9	<b>21</b>
17	<b>Noreen Everton</b>	21		<b>21</b>
18	<b>Di Ching</b>	21		<b>21</b>
19	<b>Clare Mangan</b>	15	6	<b>21</b>
20	<b>Tezz Olds</b>	20		<b>20</b>
21	<b>Kim Robinson</b>	20		<b>20</b>
22	<b>Tarryn Payne</b>	17	3	<b>20</b>
23	Elsie Du Bussion	19		<b>19</b>
24	Nicola Hewitt	17	2	<b>19</b>
25	Leslie Ogle	19		<b>19</b>
26	Helen Marshall	18		<b>18</b>
27	Gale Viljoen	17	2	<b>18</b>
28	Terri Atkinson	15	3	<b>18</b>
29	Lea Hollinshead	17		<b>17</b>
30	Fiona Calitz	17		<b>17</b>
31	Neela Naidoo	17		<b>17</b>
32	Alison Chadwick	17		<b>17</b>
33	Ampie Niehaus	12	4	<b>16</b>
34	Sally Goldman	16		<b>16</b>
35	Brett Ward	15	1	<b>16</b>
36	Tamlyn Reid	9	7	<b>16</b>
37	Andries Nkuna	7	8	<b>15</b>
38	Bruce Anderson	12	3	<b>15</b>
39	Eric Prange	13	2	<b>15</b>
40	Vicki Freemantle	9	5	<b>14</b>
41	Michelle Maharaj	14		<b>14</b>
42	Rob Goldman	11	2	<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	12		<b>12</b>
50	Angie Potgieter	12		<b>12</b>
51	Jaco van Schalkwyk	12		<b>12</b>

# RIVERSIDE HARRIERS NEWSLETTER

## NOVEMBER 2016



52	Heather Speirs	11		<b>11</b>
53	Juliette Spence	11		<b>11</b>
54	Brent Payne	10		<b>10</b>
55	Krystal Terblanche	10		<b>10</b>
56	Ryan Morgan	1	9	<b>10</b>
57	Chantel Robins	7	3	<b>10</b>
58	Rob Scholtz	10		<b>10</b>
59	Sally Botha	7	3	<b>10</b>
60	Dumisani Shoyise	3	7	<b>10</b>
61	Cathy Coates	9		9
62	Sumita Ramgareeb	9		9
63	Gloria Bowles	8	1	9
64	Elizabeth Perkins	8		8
65	Chris Doorasamy	8		8
66	Robyn Pitot	7	1	8
67	Larry Wood	4	4	8
68	Ingrid Knott	8		8
69	Felicity Holbrook	8		8
70	Keshwyn Mackintosh	7		7
71	Keith Calitz	7		7
72	Mandy Skye	5	2	7
73	Taryn Stubbs	7		7
74	Claire Kotze	7		7
75	Asanda Sigodi	7		7
76	Debrah Symington	6		6
77	Simon Hoffe	6		6
78	Bronwyn Kirk	6		6
79	Kris Breytenbach	6		6
80	Wessel Cronje	3	3	6
81	Angela Lardant	6		6
82	Sandy Jenkins	5	1	6
83	Mike Fell	6		6
84	Neil Gibb	4	2	6
85	Carol Williams	6		6
86	Adele Allison	6		6
87	Taryn Brown	5		5

# RIVERSIDE HARRIERS NEWSLETTER

## NOVEMBER 2016



88	Maxine Stobart	4	1	5
89	Nigel Sherriff	5		5
90	Izanne Jacobs	5		5
91	Juanita Sutton	5		5
92	Michelle Lardant	5		5
93	Carolyn Goltman	4		4
94	Melanie Wagner	4		4
95	Richard Aitken	4		4
96	Dave Elliott	1	3	4
97	Monique Ward	3	1	4
98	Felicity Holbrook	4		4
99	Lauren Lister	4		4
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	Sithe Mgubane	3		3
108	Claudia Belcher	3		3
109	Inga Good	3		3
110	Desree Viviers	3		3
111	Dick Whittington	3		3
112	Sarah McVicar	3		3
113	Taryn Mundell	2		2
114	Clare Ramsay	1	1	2
115	Angela Parry	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	James Boyes	2		2
123	Jacqui Cramb	2		2



124	Phillipa Charnaud	2		2
125	Lesley Slade	2		2
126	Jaco Pretorius	1		1
127	Geraldine Cronje	1		1
128	Di Cilliers	1		1
129	Patrick Rostenne	1		1
130	Dave Nicholls	1		1
131	Janis Nicholls	1		1
132	Lindsey Rogerson	1		1
133	Zanile Shoyise	1		1
134	Baron Combrinck	1		1
135	Janine Fokkens	1		1
136	Lee-Anne Lock	1		1
137	Robyn Coote	1		1
138	Shan McClelland	1		1
139	Barbara Rankin	1		1
140	Margaret Marshall	1		1
141	Lee Wearne	1		1
142	Nikita Pamla	1		1
143	Christo van Rensburg	1		1
144	Jenny Johnson	1		1

**Race Results:**

**Township to Township 21 & 42 km – 25 September 2016:**

Pos	Name – 21 km	Time	Pos	Name – 42 km	Time
716	Sarah McVicar	3 hr 09:00	269	Andries Nkuna	3 hr 46:02
717	Dave Nicholls	3 hr 09:00	360	Jana Niehaus	4 hr 03:08
718	Elsie du Buisson	3 hr 09:00	387	Amylyn Kyle	4 hr 10:41
			506	Ampie Niehaus	4 hr 45:03

There were 801 finishers

There were 680 finishers

**Newlands Coo-ee 10, 21 & 42 km : 2 October 2016:**

Name	Surname	Time : 42 km
Nicci	Willis	4:42:22
Pam	Jones	4:42:22
Barbara	Florence	4:56:30



<b>Name</b>	<b>Surname</b>	<b>Time : 21 km</b>
Nicola	Hewitt	1:35:40
Geraldine	Cronje	1:49:11
Caron	Botha	1:53:06
Tarryn	Payne	1:54:06
Lawrence	Avis	1:58:11
John	McClelland	1:59:55
Andrea	Moroney	2:06:23
Ann	Turner	2:17:04
Carolyn	Goltman	2:17:04
Candice	Jenkinson	2:26:39
Shan	McClelland	2:27:38
Noreen	Everton	2:28:54
Tracy	Wittstock	2:31:27
Fiona	Calitz	2:36:54
Helen	Marchall	2:43:34
Elsie	Du Buisson	2:46:42
<b>Name</b>	<b>Surname</b>	<b>Time : 10 km</b>
Angie	Potgieter	0:55:47
Brett	Ward	0:57:47
Emile	Streicher	0:57:48
Debra	Symington	0:58:55
Michelle	Sukhraj	1:01:37
Clare	Mangan	1:02:06
Patrick	Rostenne	1:02:26
Michele	Lardant	1:02:37
Keswyn	MacKintosh	1:03:33
Gloria	Bowles	1:06:40
Gale	Viljoen	1:12:15
Margie	Liddiatt	1:12:49
Bronwyn	Kirk	1:16:27
Juanita	Sutton	1:22:07
Angela	Lardant	1:25:15
Neela	Naidoo	1:26:10
Tracy	Blakeway	1:36:23

**South Coast 21 & 42 km : 16 October 2016:**

<b>Name</b>	<b>Time: 42.2 km</b>
Andries	Nkuna 3:37:22
Tarryn	Payne 4:00:59
David	Elliott 4:12:02
Jaco	Smith 4:18:13
Geraldine	Cronje 4:20:01
Taron	Ridsdale 4:48:35
Angie	Potgieter 4:55:10



<b>Name</b>	<b>Surname</b>	<b>Time : 21 km</b>
Lindsay	Rogerson	1:46:46
Emile	Streicher	2:05:23
Tracy	Chalker	2:13:36
Ryan	Morgan	2:15:37
LeeAnne	Stewart	2:16:26
Simon	Chalker	2:19:22
Candice	Jenkinson	2:19:45
Clare	Akerman	2:23:54
Ted	Liddiatt	2:28:45
Noreen	Everton	2:32:15
Patrick	Rostenne	2:34:48
Debbie	Marshall	2:35:36
Margie	Liddiatt	2:39:46
Tamar	Panaino	2:40:19
Robin	Kotze	2:42:52
Helen	Marshall	2:45:09
Gale	Viljoen	2:51:17
Claire	Kotze	2:51:56
Taryn	Stubbs	2:51:57
Bronwyn	Kirk	3:13:21
Elsie	Du Buisson	2:49:41
Sarah	McVicar	2:57:52
Juanita	Sutton	3:06:26
Dave	Nicholls	3:07:03

### **RUNNERS CORNER:**

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

1. People who think they know everything are a great annoyance to those of us who do.
2. Procrastination is the art of keeping up with yesterday.
3. Laziness is nothing more than the habit of resting before you get tired.
4. No man has a good enough memory to be a successful liar.
5. Only the mediocre are always at their best.

Welcome to new member **Philippa Charnaud, Wayne Kerr, Jane Stott**- we trust you will enjoy your running and walking with us.

Sunday 26 September was a very busy day, with a choice of several events – A few members took part in the Township to Township 21 and 42 km - in the 21 km, our 3 walkers **Sarah McVicar, Dave Nicholls** and **Elsie du Buisson** finished in 3 hr 09. **Andries Nkuna** was our first runner in the marathon, in 3 hr 46, with **Jana Niehaus** next in 4 hr 03, followed by **Amylyn Kyle**, in her first marathon, in 4 hr 10, while **Ampie Niehaus** finished in 4 hr 45.

A few members took part in the Green Hub run in the Blue Lagoon area, where we had a great turnout at the Rhino Run, at Sugar Rush, near Ballito, where we changed tar for gravel.

**Debbie Marshall** took part in the Duke of York 16 km near Pietermaritzburg on Sunday 2 October, while many of us took part in the Coe-ee Newlands 10 (penultimate leg of the 10 x 10 km Challenge), 21 and 42 km, from Kingspark. **Helen Marshall** made a very appropriate comment, while members were drifting towards the club tent before the start of the race, she mentioned that it looked like "the Red Ants





were arriving" ! We were indeed very visible in our red long sleeve shirts! **Angie Potgieter** was our first 10 km runner, in 55:47, after running 30 km the day before! Next was **Brett Ward** and **Emile Streicher**, who both had to pull finger to earn that elusive bonus point, but they managed to sneak in! **Debra Symington** seemed very surprised to finish in a sub 60 minute time, as she has spent more time in the gym than on the road. **Michelle Maharaj** finished in a PB of 61:37, with **Clare Mangan** next in 62:07. **Patrick Rostenne**, who, together with **Brett Ward**, has not missed a single 10 x 10 km event, and finished in 62:26. Next to finish was **Michele Lardant** (62:37), **Keswyn Mackintosh** (in a PB of 63:33), **Gloria Bowles**, **Gale Viljoen**, **Margie Liddiatt**, **Bronwyn Kirk**, **Juanita Sutton**, **Angela Lardant**, **Neela Naidoo** and **Tracey Blakeway**.

**Nicola Hewitt** was our first runner in the 21 km, in a great time of 1 hr 35! **Geraldine Cronje**, in preparation for her first marathon, finished in a strong PB of 1 hr 49, well done! **Caron Botha** also sneaked a PB (1 hr 53), with **Tarryn Payne**, **Lawrence Avis** and John McClelland all dipping below 2 hours. **Andrea Moroney** finished in a steady 2 hr 06, with **Ann Turner** and **Carolyn Goltman** next in 2 hr 17. **Candice Jenkinson** was next in 2 hr 26, **Shan McClelland** in 2 hr 27 and **Noreen Everton** in 2 hr 28. **Tracy Wittstock** finished her first 21 km in 2 hr 31, well done! **Fiona Calitz** was next, in 2 hr 36, followed by **Helen Marshall** (2 hr 43) and **Elsie du Buisson** (2 hr 46).

We had 3 brave ladies taking part in the marathon, which meant a tough finish into a strong south-westerly wind. **Nicci Willis** and **Pam Jones** finished in 4 hr 42, while **Barbara Florence** finished in 4 hr 56. Well done to everybody who made the effort to take part, despite the risk of rain!

On a cool, look like rain, Saturday morning, 8 October, about 40 of us arrived for our annual beach breakfast run, where we this year opted to go to Umhlanga area, opposed to the previous years run on the main beach front. The weather was kind, and despite a hiccup with "Iwantmycoffee", it was an enjoyable morning – we even saw a few of our runners taking part in the park Run. Thanks to **Leslie Ogle** and **Debbie Marshal** for putting this event together.

Congratulations to **Jacqui Cramb**, who recently got engaged!

On the family front, congratulations to **Terri** and **Terence Atkinson**, who are expecting a baby in April 2017!

On a cool, look like rain (and it did rain!) Wednesday 12 October, we had the record low number of people for 2016 at time trial : 8! Despite the conditions, **Noreen Everton** (32:12) and **Greg Labuscagne** (21:22) achieved 5 km PB's!

Sunday 16 October was a busy day, with many members taking part in the Amashovashova cycle race, but a bit further south, many of us took part in the South Coast 21 and 42 km, which this year meant, no train ride. **Lindsey Roberson** was our first 21 km runner, and narrowly missed out on an age category prize, by finishing in 1 hr 46. **Emile Streicher** was next, in 2 hr 05, his fastest 21 km for several years. **Tracey Chalker** made a surprise appearance at a race and finished in 2 hr 13, followed by **Ryan Morgan** in 2 hr 15. **Lee-Anne Steward** finished in 2 hr 16, with **Simon Chalker** and **Candice Jenkinson** next, in 2 hr 19, followed by **Clare Mangan** (2 hr 23), **Ted Liddiatt** (2 hr 28), **Noreen Everton** (2 hr 32) and **Patrick Rostenne** (2 hr 34). According to **Patrick**, he got the message all wrong – when he heard "no train", he assumed it meant he was not allowed to train for the race! **Debbie Marshall** finished in 2 hr 35, **Margie Liddiatt** was next in 2 hr 39, followed by **Tamar Panaino** (2 hr 40), **Robin Kotze** (his first half marathon : 2 hr 42), **Helen Marshall** ( 2 hr 45), **Elsie du Buisson** (2 hr 49 – first walker in her age category), **Gale Viljoen**, **Claire Kotze** and **Tarryn Stubbs** (2 hr 51), **Sarah McVicar** (2 hr 57), **Juanita Sutton** (3 hr 06), **Dave Nicholls** (3 hr 07) and **Bronwyn Kirk** (3 hr 13).

**Andries Nkuna** was our first marathon finisher, in a great PB of 4 hr 37! **Tarryn Payne** narrowly missed out on a sub 4 hour finish (4 hr 00:59), while **Dave Elliott** finished in 4 hr 12. **Jaco Smith** was going well, with **Andries**, until he started to suffer from cramps at the 29 km mark, **Jaco** had to dig deep and finished in 4 hr 18. **Geraldine Cronje** made it look so easy and finished her first marathon in 4 hr 20, with **Taron Ridsdale** finishing in 4 hr 48 and **Angie Potgieter** in 4 hr 55. The new route proved to be challenging, with a steep hill barely 500 m into the race, as well as the congestion of a 21 km and 42 km start at the same place, opposed to 2 start venues in the past. All in all, a well organised race, well done to all the finishers!

**Nigel Sherriff** was our only representative at the Harrismith Mountain race, he finished in 2 hr 30 – well done!



Another one! We have to say farewell to **Larry Wood**, who is leaving us to go to the UK, thanks for all the runs and chats, till we meet again!

\*\*\*\*\*

**This month 1 year ago:**

**Baron Combrinck** bumped into **Candice Jacobs** at the Bokke vs Scotland game in Newcastle, UK!

**Craig Speirs** was our first runner in the South Coast 21 km run, and finished in 1 hr 49, with **Jana Niehaus** our first marathon finisher, in 3 hr 34.

**Andries Nkuna** finished his first marathon in 4 hr 15, with **Chantel Robins** also finishing her first marathon, in 4 hr 44.

**This month 5 years ago:**

**Debbie Marshall** successfully defended her 10 x 10 km Challenge title.

**Kevin Keddie** ran the fastest 5 km (19:47) and 8 km (31:55) year to date.

**Craig Speirs** completed the South Coast 42 km in 3 hr 47.

**Julie Calboutin** finished her first marathon, in 4 hr 45.

**This month 10 years ago:**

2006 year to date – **Dale Johnson** had run the fastest 8 km (36:03) and **Nigel Sheriff** the fastest 5 km (21:32).

**Leslie Ogle, Clare Mangan** and **Emile Streicher** completed the Harrismith Mountain race – for more information, speak to **Leslie!** We plan a club weekend in 2017, as the date won't clash with the South Coast race. Up to 2006, only 4 of our members (as far as we know) have completed this run, the 4<sup>th</sup> member is **Eric Prange** – since then several more have joined. It is the oldest race in SA, and claimed to be "Toughest in the world" !- Hope to see many of us there in 2017.

**Fiona Hoareau** completed her first marathon.

**This month 15 years ago:**

Comrades 2002 qualifying time moved back to 4 hr 30, after being 5 h00 for the previous 2 years.

Club stalwarts **Andre** and **Angela Wesson** moved to Johannesburg, while **Greg** and **Celeste Mackenzie** emigrated to USA.

The rugby posts at our club was stolen during one Friday night!

**This month 18 years ago:**

**Patrick Rostenne** took part in the Amashovashova cycle race, obviously with no training. He claimed it was very similar to running, whenever he was tired, he simply walked! By the time he got to Durban, he had to weave through traffic, as the organisers had already re-opened the roads!

**Emile Streicher** and paddling partner **Janine (Bunzie) Viljoen** had to bail during an 8 km TT (dice), as **Emile** complained about cramps in his calves (normally a running injury?!)

\*\*\*\*\*



**Mail received:**

As you know I'm in Joburg now... But I filtered a race from the weekend to Riverside Harriers and I see there were 3 of us! It was quite a tough run in the heat and Constitution Hill could aptly be renamed Constitution Mountain!!!  
Regards  
Graham Christensen

\*\*\*\*\*

This morning's marathon- we came; we saw; we just barely qualified. Although the route was not very challenging it was definitely one of my toughest runs. Running injured is not for sissies. Thank goodness for these 2 ladies for keeping me going. Sergeant majors voice aka **Nicci Willis**, pulled me up Maryland as I knew if I stopped I'd get an earful. The strong headwind along Fairways (yes **Debbie Fouche**, I did say Fairway) was a real killer and I regretted not turning home but I knew my team mates **Barbara Florence** and Nix would have found this totally unacceptable. Somehow we made it to the end and forced a smile. Don't know if I'll walk for the next two weeks. Tkanks to coach Craig and Riverside Harriers, for all the training runs and special mention for keeping the tent up just for us tortoises. U guys rock.

Pam Jones

\*\*\*\*\*

So proud of this group of ladies from the Riverside Harriers Les Minions group. Ladies you all rocked that 21km. Well done on PB s and finished and to Tracy Wittstock on her first of many 21km.

Leslie Ogle

\*\*\*\*\*

We had such fun at the race today, such a great bunch of people and really enjoyed the club spirit, thank you guys so much! Many more to come

Wayne Kerr

\*\*\*\*\*

Completed in my first half marathon today 21.1km and can honestly say I loved every minute of it - did a decent time and ran in strong. Thanks to **Leslie Ogle** and Riverside Harriers, the training is paying off - as well as to JP and the kids as the training is time away from home xx

Tracy Wittstock

\*\*\*\*\*

Very happy with today's run given the long 30km plod yesterday, proving that running on tired legs is the best way to prep for a marathon. **Grant Williams**, I would like to dedicate my little trot to you today - to your fight, your strength, your courage and your positive attitude. With all these things plus your beautiful wife by your side, I have no doubt you will boot this thing. I thought about you and what you must be going through and how we take things for granted. Head up and keep moving forward - you have people who love and support you every step of the way.

Angie Potgieter

\*\*\*\*\*

Thank you for the congratulations, but to be honest, I find it a bit embarrassing, as I don't think I did anything to deserve an award. For the guys who take the cooler box with beers to races deserve that award far more than myself. Please pass on my thank for the award to all involved.

Kind Regards  
Dave Nicholls (September member of the Month)

\*\*\*\*\*

**Interview:**



This month we speak to **Andries Nkuna** :

- 1. Where were you born?** Bushbuckridge, Mpumalanga.
- 2. Where did you matriculate?** James Khosa High School, Bushbuckridge.
- 3. Family?** Two kids (girls)
- 4. Did you participate in sport at school?** Yes
- 5. What are your personal sporting highlights?** Winning a relay race in schools competitions.
- 6. What are your future sporting ambitions?** Keeping fit and achieving my Comrade Green Number (10 Comrade runs)
- 7. Why do you run? To keep fit and meet people.**
- 8. How long have you been a member of Glenwood / Riverside Harriers?** A year and half.
- 9. What does the club mean to you?** A family away from my family.
- 10. Profession?** Agriculture
- 11. Other sporting activities?** Ambition for cycling – not started yet.
- 12. Hobbies & interests?** Reading business, autobiographies and political books.
- 13. Any disappointments in sport?** None
- 14. Message for newcomers to running / walking?** If you want to advance your running or walking – you better be a club member. It is not about being a club member only, but also being part of the bigger exciting family sharing pains, joy and achievements together and leveraging on each other's energies.



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

**Jaco Smith:** "Guys, with running up Clinch, I've cut out the worst of Danville".

Conversation after a club run - **Emile Streicher** and **Jaco van Schalkwyk** complained about niggles, shortly after buying new shoes:



**Craig Speirs:** "You should put your old inner soles in your new shoes, for a few weeks, until you get used to your new shoes".

**Emile Streicher:** "Ok then, when I get home, I will do some soul searching".

**Patrick Rostenne :** "Now that I am a bit older and slower, I follow the Polish approach in races – I run to a pole, then walk to the next pole".

**Greg Labuscagne (to Jaco van Schalkwyk):** "If you get 2 pets, call them one and two. If one runs away, you'll still have two. If two runs away, at least you'll still have one. You can't lose!"

**Birthdays:**

Oct	Name	Nov	Name	Dec	
1	Ann Turner	2	Mike de Beer	1	Jana Niehaus
4	Richard Widdows	9	Elsie Du Buisson	2	Vinnie Papenfus
6	Alison Chadwick	13	Barbara Florence	4	Clare Mangan
6	Tim Ewing	16	Claire Kotze	6	Andrea Moroney
9	Neil Gibb	18	Ellie Gillies	10	Philippa Charnaud
10	Heather Speirs	21	Barbara Mayers	10	Brett Ward
10	Antone van Rooyen	23	Craig Speirs	10	John McClelland
15	Angela Parry	24	Barry Marshall	11	Kevin Keddie
22	Monique Ward			12	Sue Wardop
24	Jaco van Schalkwyk			19	Dale Johnson
25	Lee-Anne Steward			22	Zanele Shoyise
28	Brent Payne			26	Sarah McVicar
29	Ingrid Knott			26	Rojean Hanekom
29	Nicola Hewitt			27	Cathy Coates
31	Zaheera Kahn			28	Dave Elliott
				29	Mike Fell
				31	Zandile Dlamini

**HUMOUR:**

Pessimist: "Things just can't get any worse!"

Optimist: "Nah, of course they can!"

**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.

