



**1. SOCIALS & OTHER DATES:**

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

<b>Date</b>	<b>Event</b>	<b>Comments</b>
Tues 31 Jan	Comrades Oceans Clinic(COC)	18h30, bring your questions, bring your experience, everybody welcome!
Wed 1 Feb	First braai for 2017!	
Wed 15 Feb	Valentines time trial	Run in teams of 2, no watches, predict times
Wed 22 Feb	AGM	Get the admin out of the way
Wed 1 Mar	Monthly braai	
Fri 10 - Sun 12 Mar	Midmar camping weekend	Run the Umgeni water 15, 32 or 42 km race
Wed 5 Apr	Monthly braai	
Wed 12 Apr	Easter Time Trial	Run TT in funny Easter outfits
Wed 3 May	Two Oceans Awards evening	All Two Oceans runners please attend!
Wed 3 May	Monthly braai	
Wed 24 May	Pre-Comrades evening	We wish all our runners well!
Sun 4 June	Comrades!	Join us at our supporters spot on the route!
Wed 7 Jun	Monthly braai	
Wed 7 June	Aches & Pains function	Listen to all the Comrades stories
Thur 15 -Sun 18 Jun	No reason no running camping	Camp at St Lucia, take a break from running!
Wed 5 Jul	Monthly braai	
Wed 2 Aug	Women's Time trial	We honour all our club ladies
Wed 2 Aug	Monthly braai	
Fri 4 - Sun 6 Aug	Mtunzini camping weekend	Run the Mtunzini 10 or 16 km bush run
Wed 6 Sept	Spring handicap time trial	Scattered start, according to 2017 best times
Wed 6 Sept	Monthly braai	
Wed 4 Oct	Monthly braai	
Wed 1 Nov	Monthly braai	
Sat 4 Nov	Halloween run	Part of the 10 x 10 km challenge
Sat 18 Nov	Year-end function	
Wed 6 Dec	Monthly braai	



TBC	Beach Bush breakfast run	Relaxed run with a difference!
TBC	Pub run!!!	One of the highlights of the year!
TBC	Beach breakfast run	Relaxed beach breakfast run

## 2. **CLUB RUNS:**

Tuesdays: 8 - 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:**

On behalf of the committee, we wish everybody a great 2017!

The 2017 race dates are available, for detailed information, it can also be viewed at the eventtiming website. 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 : [www.riversidesports.co.za](http://www.riversidesports.co.za)

The 2017 Time Trial Challenge has started on **Wednesday 11 January** and will "run" to the last Wednesday before 2017 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 December Member of the Month Award goes to **Juanita Sutton**, for her dedication to training, regular participation in races, enthusiasm (an example to the rest of us), regular podium finishes and specifically winning her age category at the Big Hill 10 km in December.

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 34 entries for Comrades, 16 for Two Oceans 56 km and 17 for Two Oceans 21 km.

A reminder, especially for newcomers, besides the running section, we have a very active Intermediate Group, for more information about their activities, contact **Leslie Ogle**.

For safety reasons, please wear contact details, as well as medical information on your wrist or shoe, eg visit [www.iceid.co.za](http://www.iceid.co.za).

### **Dates to remember:**

#### **Some dates:**

##### 1. **Wed 15 Feb : Valentines time trial:**

- Red** shorts and white shirts
- Run in teams of 2 - select your partner, or we can allocate teams
- Everybody runs 5 km
- Predict your individual times, then try and run as close as possible to your predicted times
- Team members don't have to run together
- BUT - no watches!!
- Everybody to please stay for short prize-giving



## 2. Fri 10 – Sun 12 March : Midmar Dam Camp weekend:

- Run the Umgeni Water 15, 32 or 42 km – pre-entry only!
- We have booked sites, simply give us your names
- Cost R110 pppn
- Sites have electricity
- Non campers, book own chalets at 033-8451000

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:

- License numbers – not available yet
- Race fixtures – ensure you check which races are pre-entry.
- Fees :
 

	2016	2017
Main club	350	400
KZNA	110	120
Harriers	100	100
Total	560	620
- 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 !

\*\*\*\*\*

The 2017 **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 2016 winner was **Nicola Hewitt**.

## 4. The 2017 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 2016 winner was **Brett Ward**. **Please send us your times, in case we do not get race results.**

- 22 Jan : Kearsney
- 19 March : Stella
- 9 April : Durban City 10 km
- 14 May : Starling Plumbers
- 9 July : Forest Hills
- 13 Aug : Supa Mama (Savages)
- 10 Sept : SAPS
- 8 Oct : KZN 10 Km champs
- 22 Oct : Merewent
- 4 Nov : Own 10 km run - no bonus points for best times, only 2 points for taking part.

## 5. Race Results:

3

**Sani Stagger 21 & 42 km : 25 November 2016:**

Pos	Name - 21 km	Time	Age category
34	<a href="#">Graeme PHILLIPS</a>	02:12:29	11
37	<a href="#">Emile STREICHER</a>	02:14:25	3
61	<a href="#">Kate FRYER</a>	02:25:13	6
65	<a href="#">Fiona HOAREAU</a>	02:27:55	7
69	<a href="#">Debbie MARSHALL</a>	02:28:28	6
94	<a href="#">Clare MANGAN</a>	02:36:43	11
99	<a href="#">Angie POTGIETER</a>	02:37:36	11
123	<a href="#">Nicci WILLIS</a>	02:45:00	14
124	<a href="#">Barbara FLORENCE</a>	02:45:00	21
143	<a href="#">Kim ROBINSON</a>	02:50:24	16
144	<a href="#">Alan FRYER</a>	02:50:40	14
154	<a href="#">Robin KOTZE</a>	02:53:11	12
163	<a href="#">Claire KOTZE</a>	02:55:52	29
175	<a href="#">Melanie WAGNER</a>	02:59:27	33
176	<a href="#">Nigel SHERRIF</a>	02:59:27	23
179	<a href="#">Lea HOLLINSHEAD</a>	03:00:01	36
187	<a href="#">Taryn STUBBS</a>	03:01:32	37
213	<a href="#">Dale JOHNSON</a>	03:18:51	25
215	<a href="#">Tezz OLDS</a>	03:19:05	44
241	<a href="#">Sumita RAMGAREEB</a>	03:31:51	53

There were 262 finishers

Pos	Name - 42 km	Time	Age category
116	<a href="#">Ampie NIEHAUS</a>	05:42:09	25
129	<a href="#">Greg LABUSCAGNE</a>	05:49:06	32
165	<a href="#">Craig SPEIRS</a>	06:09:57	3
191	<a href="#">Bruce ANDERSON</a>	06:16:03	38
213	<a href="#">Wessel CRONJE</a>	06:24:41	52

There were 252 finishers

**Yellowwoodpark 10 km walk & 15 km run : 4 December 2016:**

Name	Surname	Time - 15 km
Jaco	Smith	1:15:11
Nicholas	Mlengana	1:27:30
Tarryn	Payne	1:28:40
Sally	Botha	1:28:41
John	McClelland	1:31:38
Andrea	Moroney	1:39:14
Carolyn	Goltman	1:42:02
Njabulo	Dlamini	1:42:52
Ted	Liddiatt	1:45:21
Jacqueline	Bowles	1:50:22
Krystel-Lee	Terblanche	1:50:22



Emile	Streicher	1:51:38
Brett	Ward	1:51:38
Nigel	Sherriff	1:52:35
Melanie	Wagner	1:52:38
Noreen	Everton	1:54:38
Margie	Liddiatt	1:56:13
Gloria	Bowles	1:56:49
Helen	Marshall	1:58:48
Gale	Viljoen	2:06:20
Keswyn	MacKintosh	2:11:55
Fiona	Calitz	2:11:56
Michelle	Sukhraj	2:11:57
Name	Surname	Time – 10 km
Jane	Stott	1:14:46
Angela	Lardant	1:33:55
Tracy	Wittstock	1:40:29
Bronwyn	Kirk	1:44:24
Elsie	Du Buisson	1:24:28
Juanita	Sutton	1:33:59
Dave	Nicholls	1:40:30
Tracy	Blakeway	1:44:25

#### **Big Hill 10 & 21 km : 18 December 2016:**

Name	Surname	Time – 21 km
Andries	Nkuna	1:43:38
Tarryn	Payne	1:59:56
Name	Surname	Time – 10 km
Zaheera	Khan	0:55:03
Ted	Liddiatt	1:07:38
Clare	Mangan	1:09:49
Margie	Liddiatt	1:13:51
Gale	Viljoen	1:18:12
Helen	Marshall	1:18:13
Gloria	Bowles	1:18:13
Brent	Payne	1:25:54
Sarah	McVicar	1:28:35
Juanita	Sutton	1:30:51
Janis	Nicholls	1:36:26
Dave	Nicholls	1:36:27

#### **6. RUNNERS CORNER:**

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

1. You should not confuse your career with your life.



2. Too many people miss the silver lining, because they are expecting gold.
3. Happiness is a voyage, not a destination.

Welcome to new members **Chris Nossek, Alison Mulder, Joelene Wilson, Lloyd Houghton, Kate Rich, Kim, Lauren & Teryn Latter, Dawid Cronje, Philip Cilliers, Lindsey Speirs, Chris & Karen Hewitt, Arthur Mathur** and welcome back to **Craig Peacock, Lauren and Vaughn Williams**

On Saturday 25 November, we once again had a great turnout at the tough, but popular, Sani Stagger 21 and 42 km – in the 21 km, which is run from the top to the bottom of Sani Pass, **Graeme Philips** was our first runner, in 2 hr 12. **Emile Streicher**, in his 11<sup>th</sup> Sani, ran his PB for this event and finished in 2 hr 14. **Kate Fryer**, also in her 11<sup>th</sup> run, was next, in 2 hr 25. **Fiona Hoareau** finished in 2 hr 27, with **Debbie Marshall** next in 2 hr 28. **Clare Mangan**, who has not missed a single Sani Stagger, finished in 2 hr 36, while **Angie Potgieter** completed her first Stagger in 2 hr 37. **Nicci Willis**, also in her first Sani, finished with **Barbara Florence**, in 2 hr 45. **Barbara** showed great consistency, by once again falling and ending up in the medical tent for some patching up! **Kim Robinson** finished her first Sani, in 2 hr 50, while **Alan Fryer** finished his 11<sup>th</sup> one in 2 hr 50. **Robin Kotze** was next, finishing his first Stagger in 2 hr 53, followed by **Claire Kotze** (2 hr 55), **Melanie Wagner** and **Nigel Sherriff** (2 hr 59), **Lea Hollinshead** (3 hr 00), **Taryn Stubbs** (3 hr 01), **Dale Johnson** and **Tezz Olds** (3 hr 19) and **Sumita Ramgareeb**, in her 5<sup>th</sup> Sani, in 3 hr 31.

**Ampie Niehaus** was our first marathon finisher, in his 2<sup>nd</sup> Sani, in 5 hr 42, with **Greg Labuscagne**, also in his 2<sup>nd</sup> Sani, next in 5 hr 49. **Craig Speirs** finished his 7<sup>th</sup> Sani, in 6 hr 09, followed by **Bruce Anderson** (6 hr 16). **Wessel Cronje** made it look easy and finished with a big smile, in 6 hr 24. It remains a challenging run / walk, well done to all the finishers! It was once again a great away club outing, till next time!

Sunday 4 December was once again the traditional and popular Yellowwoodpark 10 and 15 km, where we had 34 members taking part – **Jaco Smith** was our first runner, in 1 hr 15, with **Nicholus Mhlengana** next in 1 hr 27, followed by **Sally Botha** and **Tarryn Payne** in 1 hr 28. **John McClelland** finished in 1 hr 31, **Andrea Moroney** in 1 hr 39, **Carolyn Goltman** and **Njabu Dlamini** in 1 hr 42 and **Ted Liddiatt** in 1 hr 45. **Jacqui Bowles** and **Krystal Terblanche** finished in 1 hr 50, **Emile Streicher** and **Brett Ward** in 1 hr 51, **Nigel Sherriff** and **Melanie Wagner** in 1 hr 52. **Noreen Everton** was next (1hr 54), with **Margie Liddiatt** and **Gloria Bowles** (1 hr 56), **Helen Marshall** (1 hr 58), **Gale Viljoen** (2 hr 06), **Keswyn Mackintosh**, **Fiona Calitz**, **Tracey Wittstock** and **Michelle Maharaj** next, in 2 hr 11.

**Jane Stott** was our first finisher in the 10 km, in 1 hr 14, with **Angela Lardant** next in 1 hr 33, **Tracy Wittstock** (1 hr 40), **Bronwyn Kirk** (1 hr 44), **Elsie du Buisson** (1 hr 24), **Juanita Sutton** (1 hr 33), **Dave Nicholls** (1 hr 40) and **Tracey Blakeway** (1 hr 44) all finishing – congratulations to **Elsie**, for first place in her age category! Unfortunately, criminals hit again and all the entry fee money was stolen during the race.

The next Sunday, 11 December, was the traditional Westville Illovo Christmas run, where clubs run together and treat it as a social outing, this year we had a running and walking group! We had a great turnout, and seen on the road were **Craig Speirs, Emile Streicher, Dave Nicholls, Gloria & Jacqui Bowles, Karen Mordechai-Jones, Juanita Sutton, Elsie du Buisson, Sarah McVicar, Tezz Olds, Lea Hollinshead, Patrick Rostenne, Asanda Sigodi, Sithe Magybane, Rob & Sally Goldman (their 34<sup>th</sup> wedding anniversary), Leslie Ogle, Tracey Wittstock, Fiona Calitz, Michelle Maharaj, Tracy Blakeway, Ellie Gillies, Nicholas Mhlengana, Mike & Lee-Anne Lock, Gale Viljoen, Helen Marshall, Michele & Angela Lardant, Andries Nkuna, Sally Botha, Tarryn Payne, Lindsey Rogerson, Ted & Margie Liddiatt, Dallas Brett and Tamar Paniano** – good fun was had by all! A special mention has to be made of **Craig Speirs**, who managed to keep the running bus together, no mean feat! It was great to see our 2 busses enter the finish area, to great applause. Thanks to **Dave, Gale** and **Elsie** for breakfast!

On Wednesday 14 December, we hosted our final time trial for the year – this was celebrated with mince pies and champagne!

After a few quiet months, criminals hit again and broke into 4 cars at the club, while we were out running and walking on 13 December, while it was still light. We have taken this up with the main club, and the most logical next step is to have full time car guards on duty while we run and walk – also please do not leave any valuable items lying visible in your car, and if possible, do not even bring any valuables. We realise this is not ideal, as we need money, phones, drivers license, but we have to realise these criminals are everywhere and seem to have no fear.



Sunday 18 December was the last race for 2016, the Big Hill 10 and 21 km at Balito. We had 2 runners in the 21 km, **Andries Nkuma** (1 hr 43) and **Tarryn Payne** (1 hr 59), while **Zaheera Kahn** was our first finisher in the 10 km, in 55:03, followed by **Ted Liddiatt** (67:38), **Clare Mangan** (69:49) and **Margie Liddiatt** (73:51). Next to finish was **Gale Viljoen**, **Gloria Bowles** and **Helen Marshall** (78:13), **Brent Payne** (85:54), **Sarah McVicar** (88:35), **Juanita Sutton** (90:51), **Janis** and **Dave Nicholls** (96:27). Well done to **Juanita** who was the first lady in her age category!

On 31 December, **Emile Streicher** completed the NSRI 10 km in Still Bay, way down in the Southern Cape.

Congratulations to **Sandy** and **Craig Jenkins**, on the birth of **Hayden Jack Jenkins**!

Congratulations to **Taryn Brown**, who recently got engaged to **Joel Dixon**.

++ It is with great sadness that we hear about the passing of **Steve Pereira**- Steve was our chairman during the early 2000's – our condolences to his family and friends.

The Ronnie Davel 16 km, on Sunday 8 January, was the first race for 2017 – seen at the race were **Andrea Moroney**, **Debbie Marshall**, **Craig Peacock** and **Chris Nossek** – it was **Craig** and **Chris's** first race in our colours!

**Nigel Sherriff** and **Melanie Wagner** took part in two 21 km races inland – the Eersterust and Dischem 21 km – in preparation for the Rome Marathon later in the year.....

\*\*\*\*\*

## **7. Walkers/ Intermediate Group - News Letter**

### **JANUARY 2017**

Welcome back to what looks like is going to be a bumper fun year.

**As I stated in my last news letter:** *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.* Training continued in the holidays for those that wanted to get up at 5 and get going. Much complaining, sweating and coffee was drunk on these mornings but all in all everyone who saw it through feels ready to hit those hills this year. Fifteen sessions in all were completed. Without singling any one out by name, I would like it known that a certain lady who spent most of last year running with braces on her knees, cane and did almost all the morning runs. The improvement in her running is truly noticeable as well as the fact that there were no braces on her legs. Well done and keep up this improvement. Well done to those who joined in even if it was only once. You made an effort.

With last week being the official start of our club training for 2017 we saw a few new faces joining the group. I will be keeping these newbies on a short route at the moment as the rest of the group push up to 9/10km a session. Once they are fitter they can then move onto the longer distances.

To those of you who used the target of 35min for your first time trial and came in close or under. SHOT ! Lets see these times improve at every TT even if by just a few seconds.

I have been asked to do a fitness class at the club on a Monday evening.....**PLEASE NOTE:** I am not a personal trainer. I have however managed to get a few good training sheets from an "old" Riverside member who now lives in the UK – ( Thanks Katie Marais) and we will be working from these. I have also got a nice lot of exercises from my "old" kettle bell trainer and we will be adapting these to our needs. We do not have equipment so it will not be strength training just pure muscle stretches. If you are keen on joining please email me, however if you are wanting something upbeat and hectic to loose weight or get fit –**GO JOIN A GYM !!!**

These are just toning exercises. Slow and easy.

Those members of this group who have specific goals this year, I need to log them so that I can help you achieve them by year end. Please send me your goals, even if its just " I want to run a 5km in 30 min." There are quite a few in the group who will be aiming at doing a 42km by year end and I wish them a year of good hard training to achieve this goal. Remember it takes commitment and lots of training to be comfortable to do it but you can do it as you have come a long way already.



Those of you taking on Kearsney on Sunday, good luck. Enjoy it and take it easy. Those hills are hectic but you should fly up them as you have been on the training sessions. Those doing PDAC, Sparksport, Hillcrest and PMB, good luck and ENJOY !!!!

REMEMBER – NO PAIN - NO GAIN.

That’s it for now. Good walking / running to all of you and see you all on the road.!!!  
Blessings to you all  
Les

**The Big 5 :**

I have based the BIG 5 away from any 10 x 10 challenge races this year so that it actually becomes a **21km challenge** that you have to make the effort to go and do if you want to win this award.

**Change from last year !!!!!**

The BIG 5 listed below will be what counts first. So in order to win you have to do all 5 x 21km races and get PB’s if possible.

If no one does all 5 then the monkey races will come into count, to give you 5 x 21km races.

If there is a tie at the end on points, then any PB’s that you may have got as the 21km stack up, will go into count.

eg. Who got more PB’s. First race on BIG 5( March) time will be your start. ( Not the monkey race in Feb)

PB’s start from your second BIG 5 race time against your first Big 5 race time.

This year the award will only work on 21km races.

For those not doing 21km distances as yet but still want to do them as a 10km , ( if there is a 10km) then a point will be given for doing the 10km but no PB points for 10km.

So the BIG 5 is open for anyone in the Walkers / Intermediate group wanting to challenge themselves.

21km = 3 points

10km = 1 point

PB on 21km = 2 points extra

**RACES FOR BIG 5**

26<sup>th</sup> March - **RHINO** – Gaterite

7<sup>th</sup> May – **LEOPARD** – Deloittes

20<sup>th</sup> August – **ELEPHANT** – Durban Runner

24<sup>th</sup> September – **LION** – Newlands

5<sup>th</sup> November – **BUFFALO** – Mt Edgecombe

**MONKEY’S**

29<sup>th</sup> February – Hillcrest

12<sup>th</sup> October – South Coast

I hope this makes sense as it makes this award more of a challenge.

Good luck and may the most determined person win.

Cheers

Les

\*\*\*\*\*

**8. Back in Time:**

**This month 1 year ago:**

**Emile Streicher, Alan and Kate Fryer** completed their 10<sup>th</sup> Sani Stagger 21 km.

We had to say farewell to our 2 foreign friends, **Erik Kleine** and **Lars Brammer**.

We had a record of 55 people at our first time trial in 2016!

**This month 5 years ago:**





**Sumita Ramgareeb** and **Di Ching** joined our club.

**Craig Speirs** had a knee operation and carefully nursed his way back to full fitness.

**Kevin Keddie** completed the Sani 42 km in 4 hr 45.

**This month 10 years ago:**

**Nigel Sherriff** finished 2006 with the fastest 5 km time trial time (21:32), while **Dale Johnson** ran the fastest 8 km (36:03).

**Clare Mangan** was our only runner in the Sani Stagger, and finished in 2 hr 14.

**Patrick Rostenne** arrived at 2 Tuesday training runs, and almost equalled his whole 2006 mileage in those 2 runs!

**This month 15 years ago:**

Same **Patrick**, who was a mean and lean running machine in 2002, won a running competition in a gym – who can run the longest distance in 20 minutes, on a treadmill? **Patrick** ran 4.75 km at average speed of 4:12!

**Alan** and **Kate Fryer** took part in the very first Sani Stagger, way back in 2001.

Best Time trial times in 2001, for members who are still current members:

**4 km:**

Patrick Rostenne - 17:55

Emile Streicher- 18:20

Jackie Botha – 21:55

Alan Fryer – 22:06

**8 km:**

Patrick Rostenne- 35:42

Emile Streicher – 35:49

Lawrence Avis – 38:40

Rob Goldman – 39:04

Louis Botha – 39:19

Clare Mangan – 40:46

**This month 20 years ago:**

**Craig Speirs** completed the Newlands 15 km in 69:42.

**Emile Streicher** tried his hand at canoeing, and in one of the qualifying races near Estcourt, ended up in a tree!

**Bernie Bass** and **Anton Els** completed the Athletics North 15 km in 59 min.

\*\*\*\*\*

**9. Mail received:**

Sani Stagger 2016: It took compartment calf surgery on both legs, 13 weeks of healing and Physio therapy to get me to the start of this incredible race from the top of Sani Pass (2865 m) to the Sani Pass hotel (1566 m). It took much courage and determination for me to cross the finish line and complete my fifth consecutive Sani Stagger half marathon in 3h31. Thanks to Riverside Harriers for their continued support and encouragement of both runners and walkers. I am so grateful to have achieved this goal.

Sumita Ramgareeb

\*\*\*\*\*

Thanks everyone again for an awesome time away at the Sani Stagger. Thanks for the companionship, the support and the laughs. Good times. (mostly) Only 364 days to go.



Greg Labuscagne

\*\*\*\*\*

Sani Sagger 21km down run was such an awesome experience. Thank you to everyone from Riverside harriers for making it a day to remember.

Kim Robinson

\*\*\*\*\*

Thanks for the 2016 running year with Riverside Harriers! Great club and great support on Comrades and other races – really enjoyed being part of the club and I’m sure I’ll re-join if I manage to move back to Durban one day.  
Graham Christensen

\*\*\*\*\*

Being hijacked, kidnapped and held at gunpoint surely was one of the worst experiences of my entire life. During the ordeal, I had to face the possibility that God may not "supernaturally" intervene and prevent the criminals from taking my life. Or at least brutally assault me. Priorities suddenly become very simple when you’re threatened with death. Career goals, travel, leisure and possessions didn’t even cross my mind. Suddenly the only thing important to me seemed to be relationships, especially my relationship with Jana! So like any reasonable Christian, I asked God to spare my life. Or at least not make dying unnecessary painful.

Thank you to everyone for your prayers, phone calls, messages and caring - especially for joining me with your prayers! I don’t think we can manipulate God with prayer, but I do know that prayer is extremely powerful. I've heard that there were many many people praying for me: my sincerest THANK YOU! to you all!

Two things in this ordeal stood out for me, that I consider to be miraculous, or as close to miracles that I’ve ever come: (1.) I wasn’t physically assaulted in ANY way, and (2.) they gave me back my house keys and access gate remote. It happened like this: the three armed men forced me to lie down on the Yaris's backseat and one of the men sat on top of my legs after covering me with a towel. (Partly to make sure I don’t draw attention from passersby at the robots, partly from preventing me from knowing where we’re going, and partly because there were nowhere else to sit). He then started to search through my pockets for valuables and took my cellphone and wallet. After finding and removing the bundle of keys (+remote) from my pocket, he promptly placed it inside my right hand, closed my fingers around it with his other hand, and gently pressed my hand against my chest! They could’ve done so much with the keys...

I experienced God’s presence first-hand. Not through some supernatural appearance out of the blue or “warm fuzzy” feelings, but through the sure realisation that He is always present, preparing us and shaping us throughout our lives, in order that we may face anything with Him. He truly is Immanuel i.e. God with us. And that is all that really matters

Ampie Niehaus

\*\*\*\*\*

Today the newest member of Riverside Harriers, ran Ronnie Davel 16km with the slowest member (me). Beautiful misty morning running through the Mondi forests after the rain. The birds had come out and we were entertained by the songs of the orioles, cuckoos and bagpipes as we breathed in the fresh earthy eucalyptus and greeted the cows. Newest member proved to be fast (especially on the many hills) and was gracious enough to wait for me on several occasions. Route was super-muddy and very slippery. I saw a woman at the end who was so muddy she must have either rolled in the mud or fallen down on one side, stood up and fallen down on the other side! Also seen at race: Debbie Marshall, Robbie and an unidentified RH member (Chris Nossek). Together we were the top four runners home for Riverside. Haha. Well done to Hilton AC for a well organised run.

Andrea Moroney

\*\*\*\*\*



Back to back 21km done. Eesterust yesterday and Dischem 21km today. Still got a lot more training to go until our marathon in Rome on 2nd April. Now in Gauteng province we have accepted we are Benoni Northerns people cheer us on along the route. GO BENONI we smile and wave. I'm feeling a lot fitter no  
Melanie Wagner

\*\*\*\*\*

Thank you to my dear friends at Riverside Harriers for the beautiful arrangement of flowers that arrived on my doorstep! I really appreciate all the love and support. Can't wait to be on the road with all of you again, soon!

Sandy Jenkins

\*\*\*\*\*

### **10. Interview:**

This month we speak to **Jaco Smith**:

- 1. Where were you born? Ermelo, Eastern-Transvaal (now known as Mpumalanga)**
- 2. Where did you matriculate? At Witteberg High school in Bethlehem, Free State**
- 3. Family? Mom, Dad, brother and sister all in Bethlehem, and married to my awesome wife Romè**
- 4. Did you participate in sport at school? Yes, Cricket and Rugby, track and field and tennis (Just to stay out of study class)**
- 5. What are your personal sporting highlights? Some cricket highlights, but finishing the 2011 Comrades, after some difficulty will be my highlight and the Lions in the Super Rugby 2016 and running up Clinch.**
- 6. What are your future sporting ambitions? Better my times in all my distances, especially marathons.**
- 7. Why do you run? Fitness, fun and to eat whatever I want.**
- 8. How long have you been a member of Glenwood / Riverside Harriers? unofficially September 2014, officially January 2015**
- 9. What does the club mean to you? To me its Friends & family.... And unbelievable support and guidance in achieving your goals.**
- 10. Profession? Accountant.....go figure.**
- 11. Other sporting activities? Some gym and searching for golf balls on golf courses.**
- 12. Hobbies & interests? Photography, Watching series and sport.**
- 13. Any disappointments in sport? Sucking at running marathons.....**
- 14. Message for newcomers to running / walking? Run when you can, walk if you have to, crawl if you must, just never give up!!**



**11. Quotes of the month:**

**Jaco Smith** (during a windy morning run): "I am so glad we are out of the wind, now the hair won't blow in my face".

**Jaco van Schalkwyk**: "Many people take part in the Get Fit Challenge, I however, do the Get Unfit Challenge".

**Jaco van Schalkwyk**: "You are only in front if you are going in the right direction".

**Emile Streicher**: "Once again, I don't want to get too fit too soon, it then becomes boring!"

**Jaco van Schalkwyk**: "I have run every Kearsney race since last year".

**Jaco van Schalkwyk**: "When I first join the club, I noticed many people wearing "W" tags on their vests, initially I thought it meant "Women".

**Brett Ward**: "It is going to be very difficult to win the 10 x 10 km Challenge again, so I will rather focus on winning the yellow shorts".

**12. Birthdays:**

Dec	Name	Jan	Name	Feb	Name
1	Jana Niehaus	1	Angie Potgieter	3	Mike Lock
2	Vinnie Papenfus	1	Leanne Fenwick	4	Noreen Everton



4	Clare Mangan	1	Dallas Brett	5	Naomi Maujean
6	Andrea Moroney	3	Brian Nicholas	6	Simone Liebenberg
10	Philippa Charnaud	5	Richard Aitken	7	Johan Borstlap
10	Brett Ward	6	Izanne Jacobs	7	Dave Nicholls
10	John McClelland	8	Jaco Smith	8	Johan van Rooyen
11	Kevin Keddie	14	Carolyn Goltman	9	Robin Kotze
12	Sue Wardop	15	Sumita Ramgareeb	10	Geraldine Cronje
19	Dale Johnson	16	Tezz Olds	12	Kate Fryer
22	Dumisani Shoyise	18	Lynn Wallis	13	Baron Combrinck
22	Zanele Shoyise	20	Marlene Sagathavan	13	Tamar Panaino
22	Mandy Skye	20	Mandy Conradt	16	Fred Akal
26	Sarah McVicar	27	Robyn Coote	17	Rosslyn Doorasamy
26	Rojean Hanekom	31	Di Cilliers	18	Debra Symington
27	Cathy Coates			25	Sandy Jenkins
28	Dave Elliott			28	Lee Wearne
29	Mike Fell				

### **13. HUMOUR:**

The snake went to the bar and ordered a drink.

"Sorry", said the barman, "we don't serve snakes".

"Why not?", enquired the snake.

"Because you can't hold your drinks".

### **14. 2017 COMMITTEE MEMBERS:**

**Chairman :** Clare Mangan

**Social Conveners :** Leslie Ogle & Debbie Marshall

**Walkers:** Leslie Ogle

**Kit :** Nicola Hewitt

**Treasurer:** Eric Prange

**Secretary :** Emile Streicher (083 449 8308 -cell; riversideharriers@gmail.com)

**Road Captain :** Craig Speirs

**Social Media/PRO :** Dale Johnson

### **15. 2016 RACE DATES:**

Ref the KZNA booklet, eventtiming website and weekly mails for full race details.

### **16. Time Trial Results:**



Here are the 2017 Time Trial best time trial times to date, as on **Wednesday 18 January**. For reference, we have included everybody's 2016 best times. Where the 2017 time is an improvement, we have highlighted in **green**.

#### 2017 best 5 km Times

Nr	Name	Surname	2017	2016
1	Geoff	Speirs	20:39	20:21
2	Dawid	Cronje	21:27	-
3	Wessel	Cronje	22:30	20:48
4	Chris	Nossek	23:31	-
5	Lee-Anne	Lock	25:23	30:04
1	Jaco	Smith	25:30	20:18
2	Greg	Labuscagne	25:30	21:22
3	Brad	Rochat	26:00	24:09
4	Mike	Lock	27:03	26:25
5	Baron	Combrinck	27:03	28:24
6	Angie	Potgieter	27:15	26:26
7	Tarryn	Payne	28:10	24:36
8	Alvinesh	Sookoo	28:13	24:39
9	Taron	Ridsdale	29:03	27:01
10	Brett	Ward	29:04	27:39
11	Jaco	van Schalkwyk	29:20	23:49
12	Krystel	Terblanche	29:20	28:28
13	Emile	Streicher	29:27	24:28
14	Kate	Rich	29:45	-
15	Candice	Jenkinson	29:50	28:50
16	Chris	Hewitt	29:50	-
17	Clare	Mangan	30:15	29:30
18	Karen	Hewitt	30:15	-
19	Dale	Johnson	30:26	24:59
20	Mandy	Skye	30:26	27:55
21	Simone	Liebenberg	30:43	27:50
22	Asanda	Sigodi	30:50	28:10
23	Taryn	Mundell	31:06	27:20
24	Kim	Robinson	31:09	29:14
25	Jacqueline	Bowles	31:17	30:32
26	Rob	Goldman	32:24	23:37
27	Helen	Marshall	32:37	31:22
28	Robin	Kotze	32:46	-



29	Noreen	Everton	33:18	32:12
30	Andrew	Perkins	33:30	28:04
31	Claire	Kotze	33:38	39:06
32	Arjun	Mathur	33:59	-
33	Keswyn	Mackintosh	34:04	32:14
34	Gloria	Bowles	34:10	33:41
35	Bronwyn	Kirk	34:43	30:11
36	Tracy	Wittstock	34:52	33:09
37	Fiona	Calitz	35:15	34:50
38	Sally	Goldman	35:18	33:53
39	Gale	Viljoen	35:25	34:47
40	Tezz	Olds	36:11	33:03
41	Brent	Payne	37:32	34:57
42	Leslie	Ogle	38:22	43:57
43	Louis	Botha	39:58	39:21
44	Jackie	Botha	39:58	42:10
45	Elsie	Du Buisson	41:43	39:10
46	Lea	Hollinshead	42:16	33:56
47	Wayne	Kerr	43:41	39:08
48	Juanita	Sutton	45:35	43:07
49	Neela	Naidoo	46:35	44:30
50	Tracy	Blakeway	49:05	45:30
51	Christo	Janse v Rensburg	50:00	55:00
52	Felicity	Holbrook	51:00	47:16
53	Ingrid	Knott	53:05	47:24
54	Juliette	Spence	55:00	46:53
55	Andries	Nkuna		21:21
56	Nicola	Hewitt		21:25
57	Nicolas	Tingle		21:25
58	Eric	Prange		21:56
59	James	Boyes		21:59
60	Bruce	Anderson		22:23
61	Nigel	Sheriff		22:35
62	Jana	Niehaus		22:55
63	David	Elliott		22:57
64	Dumisani	Shoyise		23:00
65	Robyn	Pitot		23:06





66	Monique	Ward		23:38
67	Ryan	Morgan		23:44
68	Craig	Speirs		23:54
69	Terri	Atkinson		24:26
70	Larry	Wood		24:31
71	Ampie	Niehaus		24:34
72	Rob	Scholtz		24:35
73	Neil	Gibb		24:38
74	Zoe	Papadakis		24:50
75	Desiree	Viviers		24:55
76	Lindsay	Rogerson		25:18
77	Maxine	Stobart		25:37
78	Simon	Hoffe		25:46
79	Chantel	Robins		25:53
80	Rojean	hanekom		25:58
81	Sally	Botha		26:09
82	Clare	Ramsay		26:58
83	Mike	Fell		27:00
84	Sithembiso	Magybane		27:00
85	Lawrence	Avis		27:05
86	Izanne	Jacobs		27:11
87	Scott	Couper		27:19
88	Philippa	Charnaud		27:39
89	Tamlyn	Reid		27:48
90	Lesley	Slade		27:50
91	Barbara	Florence		27:50
92	Taryn	Brown		28:17
93	Greg	Beckwith		28:36
94	Michelle	Maharaj		28:45
95	Kris	Breyenbach		28:47
96	Angela	Parry		28:48
97	Melanie	Wagner		28:53
98	Geraldine	Cronje		28:54
99	Inga	Good		28:55
100	Elizabeth	Perkins		29:32
101	Alison	Chadwick		29:43
102	Vinni	Papenfus		29:43





103	Debra	Symington		29:55
104	Claudia	Belcher		29:58
105	Carolyn	Goltman		30:00
106	Shan	McClelland		30:12
107	Debbie	Marshall		30:32
108	Jaco	Pretorius		31:00
109	Patrick	Rostenne		31:10
110	Sandy	Jenkins		31:12
111	Di	Cilliers		31:44
112	Micele	Lardant		32:13
113	Eileen	Anderson		33:01
114	Keith	Calitz		34:00
115	Lee	Wearne		34:30
116	Leanne	Fenwick		34:54
117	Jacqui	Cramb		35:00
118	Tobeka	Pamla		35:00
119	Zandile	Dlamini		35:04
120	Ellie	Gillies		35:47
121	Leanne	Douglas		36:00
122	Janine	Fokkens		36:18
123	Lynne	Wallis		36:37
124	Richard	Aitken		37:20
125	Chris	Doorasamy		38:37
126	Taryn	Stubbs		39:06
127	Angela	Lardent		39:10
128	Carol	Williams		39:40
129	Rosslyn	Doorasamy		40:00
130	Sarah	McVicar		40:17
131	Margaret	Marshall		40:49
132	Di	Ching		42:10
133	Rosemary	Whittington		44:15
134	Cathy	Coates		44:50
135	Lauren	Lister		45:47
136	Jane	Stott		45:53
137	Sumita	Ramgareeb		46:55
138	Adele	Allison		48:00
139	Dick	Whittington		50:00



140	Robyn	Mcmenemey		50:00
141	Barbara	Rankin		50:16
142	Robyn	Coote		51:00
143	Jenny	Johnstone		55:00

### 2017 Best 8 km Times

Nr	Name	Surname	2017	2016
1	Andries	Nkuna	35:34	32:58
2	Greg	Labuscagne	38:22	34:55
3	Ampie	Niehaus	38:50	40:16
4	Jaco	Smith	39:15	34:39
5	Jana	Niehaus	40:44	40:54
6	Chantel	Robins	45:11	43:45
7	Debbie	Marshall	51:49	48:15
8	Sally	Goldman	55:21	-
1	Geoff	Speirs		32:55
2	Wessel	Cronje		33:05
3	Scott	Couper		33:46
4	Nicola	Hewitt		35:03
5	Eric	Prange		35:28
6	David	Elliott		36:29
7	Nicolas	Tingle		36:59
8	Dale	Johnson		37:08
9	Ryan	Morgan		37:45
10	James	Boyes		38:02
11	Bruce	Anderson		38:05
12	Craig	Speirs		38:27
13	Rob	Goldman		38:46
14	Larry	Wood		38:51
15	Monique	Ward		38:52
16	Dumisani	Shoyise		39:42
17	Terri	Atkinson		39:51
18	Njabulo	Dlamini		40:19
19	Sally	Botha		40:42
20	Tarryn	Payne		40:57
21	Alvinesh	Sookoo		41:05



22	Rojean	hanekom		41:14
23	Tamlyn	Reid		43:51
24	Neil	Gibb		43:56
25	Vinni	Papenfus		44:23
26	Vicki	Freemantle		44:48
27	Mandy	Skye		45:04
28	Maxine	Stobart		45:07
29	Robyn	Pitot		45:32
30	Simone	Liebenberg		46:00
31	Clare	Ramsay		47:02
32	Taron	Ridsdale		47:33
33	Clare	Mangan		48:40
34	Brett	Ward		52:20
35	Sandy	Jenkins		52:37
36	Eileen	Anderson		55:11
37	Gloria	Bowles		58:49
38	Gale	Viljoen		63:41
39	Lynne	Wallis		69:56

Run 20 time trials until year end function, earn a t-shirt!

#### 2017 Total Time Trials

Nr	Name	Surname	5.1 km	8 km	Total
1	Ampie	Niehaus		2	2
2	Angie	Potgieter	2		2
3	Baron	Combrinck	2		2
4	Brad	Rochat	2		2
5	Bronwyn	Kirk	2		2
6	Craig	Speirs	2		2
7	Dawid	Cronje	2		2
8	Debbie	Marshall		2	2
9	Felicity	Holbrook	2		2
10	Gale	Viljoen	2		2
11	Geoff	Speirs	2		2
12	Gloria	Bowles	2		2
13	Greg	Labuscagne	1	1	2
14	Jackie	Botha	2		2
15	Jaco	Smith	1	1	2
16	Jaco	van Schalkwyk	2		2
17	Jacqueline	Bowles	2		2
18	Juanita	Sutton	2		2



19	Lee-Anne	Lock	2		2
20	Louis	Botha	2		2
21	Mandy	Skye	2		2
22	Mike	Lock	2		2
23	Neela	Naidoo	2		2
24	Noreen	Everton	2		2
25	Sally	Goldman	1	1	2
26	Taron	Ridsdale	2		2
27	Taryn	Mundell	2		2
28	Tezz	Olds	2		2
29	Alvinesh	Sookoo	1		1
30	Andrew	Perkins	1		1
31	Andries	Nkuna		1	1
32	Arjun	Mathur	1		1
33	Asanda	Sigodi	1		1
34	Brent	Payne	1		1
35	Brett	Ward	1		1
36	Candice	Jenkinson	1		1
37	Chantel	Robins		1	1
38	Chris	Hewitt	1		1
39	Chris	Nossek	1		1
40	Christo	Janse v Rensburg	1		1
41	Claire	Kotze	1		1
42	Clare	Mangan	1		1
43	Dale	Johnson	1		1
44	Elsie	Du Buisson	1		1
45	Emile	Streicher	1		1
46	Fiona	Calitz	1		1
47	Helen	Marshall	1		1
48	Ingrid	Knott	1		1
49	Jana	Niehaus		1	1
50	Juliette	Spence	1		1
51	Karen	Hewitt	1		1
52	Kate	Rich	1		1
53	Keswyn	Mackintosh	1		1
54	Kim	Robinson	1		1
55	Krystel	Terblanche	1		1
56	Lea	Hollinshead	1		1
57	Leslie	Ogle	1		1
58	Patrick	Rostenne	1		1
59	Rob	Goldman	1		1
60	Robin	Kotze	1		1
61	Simone	Liebenberg	1		1
62	Tarryn	Payne	1		1
63	Tracy	Blakeway	1		1
64	Tracy	Wittstock	1		1
65	Wayne	Kerr	1		1
66	Wessel	Cronje	1		1

