



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 1 Mar	Monthly braai	
Sat 4 March	Beach Bush breakfast run	Relaxed run with a difference!
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!
Sat 24 June	Pub run!!!	One of the highlights of the year!
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
Sat 2 Sept	Beach breakfast run	Relaxed beach breakfast 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	



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:**

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

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 January Member of the Month Award goes to **Jaco Smith**, for his dedicated and enthusiastic training, and for his 1 hr 51 at the Kearsney 21, as well as 1 hr 59 at PDAC 25 km, well done!

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.

For safety reasons, please wear contact details, as well as medical information on your wrist or shoe, eg visit www.iceid.co.za.

Dates to remember:

Fri 10 - Sun 12 March : Midmar Dam Camp weekend:

- a. Run the Umgeni Water 15, 32 or 42 km - pre-entry only!
- b. We have booked sites, simply give us your names
- c. Cost R110 pppn
- d. Sites have electricity
- e. 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.

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**.

Name	Jan	Total
Jana Niehaus	346	346
Ampie Niehaus	345	345
Tarryn Payne	328	328
Dave Elliott	269.9	269.9
Chris Nossek	239	239
Andrea Moroney	236	236
Lee-Anne Steward	195.67	195.67
Jaco Smith	187.79	187.79
Ivan Freese	183.01	183.01
Nicola Hewitt	180	180
Clare Mangan	171	171
Rob Goldman	163	163
Greg Labuscagne	152.4	152.4
Gale Viljoen	151	151
Ted Liddiatt	149	149
Elsie du Buisson	145.7	145.7
Margie Liddiatt	144	144
Leslie Ogle	136.5	136.5
Candice Jenkinson	136.1	136.1
Gloria Bowles	133	133
Baron Combrinck	131.56	131.56
Helen Marshall	130.34	130.34
Chantel Robins	129.5	129.5
Dave Nicholls (W)	129	129
Alison Chadwick	128	128
Angie Potgieter	126	126
Sally Goldman	124	124
Jane Stott	114.7	114.7
Emile Streicher	106	106
Simone Liebenberg	104.28	104.28
Fiona Calitz	102.29	102.29
Brett ward	91	91
Michelle Maharaj	87.13	87.13
Chris Doorasamy	85	85



Rob Scholtz	79	79
Jeff Jenkinson	78	78
Tracy Blakeway(W)	73	73
Barry Marshall (W)	68	68
Janis Nicholls (W)	65	65
Roslyn Doorasamy	56	56
Jacqui Bowles	52	52
Margaret Marshall	52	52
Angela Lardant	38.59	38.59
Michele Lardant	28	28
Sumita Ramgareeb (W)	20	20

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.**

1. 22 Jan : Kearsney
2. 19 March : Stella
3. 9 April : Durban City 10 km
4. 14 May : Starling Plumbers
5. 9 July : Forest Hills
6. 13 Aug : Supa Mama (Savages)
7. 10 Sept : SAPS
8. 8 Oct : KZN 10 Km champs
9. 22 Oct : Merewent
- 10 4 Nov : Own 10 km run - no bonus points for best times, only 2 points for taking part.

Name	Kear	Stel	Stel	Dbn	Star	For	Sav	SAPS	KZN	Mere	Own	Total
Dawid Cronje	47:07											2
Wessel Cronje	50:21											2
Zaheera Kahn	58:45											2
Candice Jenkinson	66:36											2
Jeff Jenkinson	66:40											2
Mandy Skye	67:37											2



Alison	Chadwick	1:15:53
Gloria	Bowles	1:17:19
Helen	Marshall	1:17:26
Bronwyn	Kirk	1:17:43
Robin	Kotze	1:18:08
Eleanor	Gillies	1:19:27
Fiona	Calitz	1:20:25
Brent	Payne	1:22:51
Michele	Lardant	1:23:01
Taryn	Stubbs	1:24:08
Gale	Viljoen	1:25:01
Patrick	Rostenne	1:29:20
Leslie	Ogle	1:38:07
Angela	Lardant	1:40:45
Elsie	Du Buisson	1:21:09
Sarah	McVicar	1:24:07
Juanita	Sutton	1:38:08
Tracy	Blakeway	1:40:44
Dave	Nicholls	1:44:48
Janis	Nicholls	1:44:51

PDAC 25 km : 29 January 2017:

Pos	Name	Time
173	1:59:18	Shaun Manning
179	1:59:38	Jaco Smith
237	2:05:24	Nicola Hewitt
367	2:13:59	Gordon Truluck
390	2:14:54	Stephen Heuer
391	2:14:54	Chris Nossek
418	2:16:22	Jana Niehaus
419	2:16:22	Ampie Niehaus
438	2:17:32	John McClelland
453	2:18:07	Caron Botha
473	2:19:29	Tarryn Payne
488	2:20:23	Geraldine Cronje
558	2:23:36	Lawerence Avis
575	2:24:31	Alex Jones
587	2:25:14	Pamela Jones
668	2:29:16	Leigh McKenna
700	2:30:38	Craig Peacock
722	2:32:05	Andrea Moroney
736	2:32:47	Lee-Anne Stewart
743	2:33:06	Angie Potgieter
822	2:37:50	Simone Liebenberg
888	2:42:22	Taron Ridsdale
1060	2:58:11	Ted Liddiati
1081	3:00:57	Margie Liddiatt
1128	3:07:29	Debbie Marshall
1133	3:09:11	Clinton Morgan
1161	3:15:55	Elsie Du Buisson
1222	3:41:16	Dave Nicholls

There were 1255 finishers



Hillcrest 21 km : 12 February 2017:

Time	Name
1:41:09	Geoffrey Speirs
1:50:47	Lloyd Broughton
1:51:14	Nicola Hewitt
1:53:14	Chris Nossek
1:53:18	Nicholas Tingle
1:59:35	Craig Peacock
1:59:45	Caron Botha
2:05:09	Lynda Hoppe
2:05:46	Chantel Robins
2:06:14	Bruce Anderson
2:10:44	Andrea Moroney
2:13:33	Baron Combrinck
2:15:11	Asanda Sigodi
2:18:49	Jacqueline Bowles
2:19:03	Barbara Florence
2:21:11	Dianne Cilliers
2:27:10	Ted Liddiatt
2:29:34	Shan Mcclelland
2:30:35	Noreen Everton
2:31:43	Gloria Bowles
2:32:49	Helen Marshall
2:36:34	Margie Bailing
2:39:03	Bronwyn Kirk
2:39:34	Robin Kotze
2:40:26	Claire Kotze
2:40:27	Eleanor Gillies
2:49:11	Fiona Calitz
2:49:30	Elsie Du Buisson
2:50:06	Sally Goldman
2:52:14	Taryn Stubbs
3:12:04	Juanita Sutton
3:14:28	Dave Nicholls
3:19:35	Sumita Ramgareeb

Hillcrest 42 km : 12 February 2017:

Time	Name
3:26:43	Andries Nkuna
3:49:20	Shaun Manning
3:55:44	Greg Labuscagne
3:58:33	Jana Niehaus
3:58:33	Ampie Niehaus
3:59:00	Tarryn Lee Payne
4:09:31	Amylyn Kyle
4:09:48	David Elliott
4:11:24	Rob Goldman
4:15:07	Geraldine Cronje
4:35:51	John Mcclelland
4:54:35	Lee-anne Stewart
5:03:57	Taron Ridsdale



6. RUNNERS CORNER:

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

1. If everything is under control, you are going too slow.
2. Few women admit their age, fewer men act it.
3. Enjoy yourself. These are "the good old days" you are going to miss in the years ahead.

Welcome to new members **Jeff Jenkinson, Leigh Mckenna, Cari Dickerson, Alexandra Jones, Steve Heuer, Arden Wessels, Sarah Malherbe, Bhavna Makka, Janie Mamarot, Michel Pearce, Ayathola Mdlalose, Mazda Makhaye, Ntsakisi Malabie, Sasha Hagens, Andre Slabber** – we trust you will enjoy your running and walking with us,

On a perfect running morning, Sunday 22 January, we had a huge (58!) turnout at the tough Kearsney 10 and 21 km race, where the 10 km was also our first leg of the 2017 10 x 10 km Challenge.

Jaco Smith and **Greg Labuscagne** were out first 21 km finishers, in a quick 1 hr 51, with **Chris Nossek** and **Geoff Speirs** also dipping below 2 hours, to finish in 1 hr 57. **Lloyd Boughton** ran his first race in our colours (1 hr 58), with **Gordon Truluck** next in 2 hr 01. **Jana** and **Ampie Niehaus** finished in 2 hr 04, with **Tarryn Payne** and **Geraldine Cronje** behind them in 2 hr 06. **Johann van Rooyen** and **Craig Peacock** finished next, in 2 hr 12, followed by **Barbara Florence** (2 hr 14), **Ivan Freese** (2 hr T19), **Lee-Anne Steward** (2 hr 21), **Andrea Moroney** (no contact lenses) and **Taron Ridsdale** (2 hr 22), **Shan McClelland** (2 hr 41), **Clint Morgan** (2 hr 43) and **Debbie Marshall** (2 hr 52).

The 10 km, first leg of the 10 x 10 km Challenge, was an interesting race, some went fast, some went (deliberately?!) slow, to be able to score bonus points in future races! Our first runner, a new member, a Junior member, was **Dawid Cronje**, in a brisk 47:07! Next was his dad, **Wessel**, in 50:21. **Zaheera Kahn** also dipped below 60 minutes and finished in 58:45, followed by **Candice Jenkinson** and hubby **Jeff** (new member!) in 66:40. Next to finish was **Mandy Skye, Clare Mangan, Michelle Maharaj, Di Cilliers, Jacqui Bowles, Kim Robinson**, defending champion **Brett Ward**, with his support team **Jaco van Schalkwyk** and **Emile Streicher, Noreen Everton, Ted and Margie Liddiatt, Claire Kotze, Jane Stott, Alison Chadwick, Gloria Bowles, Helen Marshall, Bronwyn Kirk, Robin Kotze, Ellie Gillies, Fiona Calitz, Brent Payne, Michele Lardant, Taryn Stubbs, Gale Viljoen, Patrick Rostenne** (who took it very easy!), **Leslie Ogle, Angela lardant, Elsie du Buisson, Sarah McVicar, Juanita Sutton, Tracy Blakeway, Dave and Janis Nicholls** – well done to all the finishers!

About 8 of our members won lucky draws, but were not there to claim it, the lucky ones however were **Greg Labuscagne** and **Emile Streicher**.

Congratulations to **Michele Lardant**, who recently got engaged!

Friday 27 January was a typically hot and humid afternoon, yet several of us supported the CPF Charity run from Crusaders – seen at the run were **Brent and Taryn Payne, Clare Mangan, Emile Streicher, Taryn Mundell, Lee-Anne Steward, Sally Botha, Kim Robinson, Dave Berry** and **Philippa Charnaud**.

The next race was the popular PDAC 25 km, from Waterfall to Lahee park in Pinetown, on Sunday 29 January – we again had a great turnout! Our first runner was **Shaun Manning**, in 1 hr 59, with **Jaco Smith** close behind, also in 1 hr 59. **Nicola Hewitt** made it look so easy and finished in 2 hr 05, with **Gordon Truluck** next in 2 hr 13. Next to finish were **Chris Nossek** and **Steve Heuer** (2 hr 14), **Ampie** and **Jana Niehaus** (2 hr 16), **John McClelland** (2 hr 17), **Caron Botha** (2 hr 18), **Tarryn Payne** (2 hr 19), **Geraldine Cronje** (2 hr 20), **Lawrence Avis** (2 hr 23), **Alex Jones**, her first race in our colours (2 hr 24), **Pam Jones** (2 hr 25), **Ivan Freese** (2 hr 27), **Craig Peacock**, in his first 25 km race (2 hr 29), **Andrea Moroney** (2 hr 31), **Angie Potgieter** and **Lee-Anne Steward** (2 hr 33), **Simone Liebenberg** (2 hr 37), **Taron Ridsdale** (2 hr 41), **Lesley Slade**, in her first 25 km race (2 hr 42), **Ted Liddiatt** (2 hr 57), **Krystal Terblanche** and **Margie Liddiatt** (3 hr 00), **Debbie Marshall** (3 hr 06), **Clint Morgan** with his wife **Kelly** (3 hr 07), **Elsie du Buisson** (3 hr 13 – podium finish, 3rd lady walker!), and **Dave Nicholls** (3 hr 39). It was a great morning, well done to all the finishers!

We wish **Rose Whittington** a speedy recovery, after her recent knee surgery. We hope to see you back on the road soon!



On Tuesday 31 January, **Wayne Holroyd**, Physiotherapist and National athlete, gave a very interesting talk about training, increased training / workload, injury management, injury prevention, running and walking techniques etc.....we all though our sport was so simple!

It was good to see **Scott Couper** back at a time trial, after his freak accident while running last year.

On an overcast, hot and humid Sunday 5 February, many of us lined up for the Sydenham 16 and 32 km route, where PB's are out of the question, but where you know have you done a good training run / walk once finished! Spotted doing the 16 km were **Wessel Cronje, Greg Labuscagne** (1 hr 19), **Lloyd Broughton** (1 hr 28), **Angie Potgieter** (1 hr 42), **Clare Mangan** (1 hr 47), **Emile Streicher** and **Jaco van Schalkwyk** (1hr 49), **Krystal Terblanche** (1 hr 50), **Michelle Maharaj** (1 hr 52), **Jacqui Bowles** (1 hr 53), **Ted Liddiatt** (1 hr 56), **Jane Stott** (1 hr 57), **Noreen Everton** (1 hr 58), **Gloria Bowles** (1 hr 59), **Margie Liddiatt, Candice** and **Jeff Jenkinson**, his first race in our colours (2 hr 00), **Bronwyn Kirk** (2 hr 02), **Helen Marshall** (2 hr 07), **Elsie du Buisson** (2 hr 10), **Gale Viljoen** (2 hr 10), **Patrick Rostenne** (2 hr 20), finishing with a huge blister, **Dave Nicholls** (2 hr 26), **Neela Naidoo** (2 hr 34) and **Tracy Blakeway** (2 hr 40).

Andries Nkuna had a great run and was our first 32 km runner, in 2 hr 42, with **Jaco Smith** next in 3 hr 00. **Nicholus Mhlengana** finished in 3 hr 20, followed by **Chris Nossek** and **Steve Heuer** in 3 hr 21 and **Lee-Anne Steward** (3 hr 37). Thank goodness for the very welcome rain about an hour into the race, to cool us down a bit. Well done to all the finishers!

Many of our members were spotted at the Midmar Mile, where several also took part in the Ironman Biathlon event, where the combined times for Comrades 2016 and Midmar 2017 were used – seen at the dam (apologies if we miss somebody out) were **Dale Johnson, Greg Labuscagne, Shan McClelland, Debbie Marshall, Neil Gibb, Maxine Stobart, Pam Jones, Lesley Slade, Bruce Anderson** and **Caron Botha**.

On Sunday 12 February, we again had a good turnout at the popular Hillcrest 21 and 42 km - in the 21 km, **Geoff Speirs** was our first runner, in 1 hr 41, with **Lloyd Broughton, Nicola Hewitt, Chris Nossek, Nick Tingle, Craig Peacock** and **Caron Botha** all dipping below 2 hours. **Lynda Hoppe** was next (2 hr 05), and it was good to see **Chantel Robins** back on the road, after a long injury lay-off. **Bruce Anderson** was next, in 2 hr 06, followed by **Andrea Moroney, Baron Combrinck, Asanda Sigodi**, with **Jacqui Bowles** completing her first half-marathon (2 hr 18). **Barbara Florence** is coming back from injury and finished in 2 hr 19, followed by **Di Cilliers, Ted Liddiatt, Shan McClelland, Noreen Everton, Gloria Bowles** (first half marathon, 2 hr 31), **Helen Marshall, Margie Liddiatt, Bronwyn Kirk, Robin** and **Claire Kotze, Ellie Gillies, Elsie du Buisson, Sally Goldman, Taryn Stubbs, Juanita Sutton, Dave Nicholls** and **Sumita Ramgareeb**.

Andries Nkuna was our first marathon finisher, in a great time of 3 hr 26, with **Shaun Manning** next, in 3 hr 49. **Greg Labuscagne** finished in a PB of 3 hr 55, with **Ampie** and **Jana Niehaus** and **Tarryn Payne** all dipping below 4 hours. **Amylyn Kyle** and **Dave Elliott** finished in 4 hr 09, with **Rob Goldman** making a return to distance running (4 hr 11), followed by **Geraldine Cronje, John McClelland, Lee-anne Steward** and **Taron Ridsdale**. Well done to all the finishers, and a special thanks to **Craig Peacock, Andrea Moroney** and **Greg Labuscagne** for helping with the club tent.

On Wednesday 15 February, we hosted our Valentines Time Trial, where we ran / walked, in teams of 2, with no watches – the teams whose combined finish times were closest to the predicted times, would win – easy! Brothers **Whittington, Dick** and **Jono**, were 3rd, 12 seconds off their predicted times, **Mandy Skye** and **Simone Liebenberg** were 2nd, 10 seconds off, with **Andre Slabber** and **Asanda Sigodi** our winners, only 1 second off! Lucky draw prizes went to **Rob Goldman, Lynn Wallis, Helen Marshall** and **Taron Ridsdale**. Thanks to **Heather Speirs, Leslie Ogle** and **Craig Speirs** for the time -keeping and the calculations, no easy job! Finally, a sincere thanks to everybody who donated goodies towards the prizes, some which were used for the charity lucky draws.

Congratulations to **Wessel Cronje** (10th) and his son **Dawid** (1st) on finishing the Duzi canoe marathon!

Several members were seen at the Zabalaza race at Cato Ridge, on Sunday 19 February.

On Wednesday 22 February, we held our AGM, we welcome **Rose Whittington** onto the committee!



7. Walkers/ Intermediate Group - News Letter

FEBRUARY 2017

One month down and training has been going well.

The group has grown again with 7 new members and our chairlady, Clare, popping in to join us on the odd run. We even have three previous Comrades runners that have joined the group to get fit. Nice mileage was done during the month with some new and interesting routes. We even managed to do a good hill training route, thanks to Fiona, one Saturday morning. Thanks also to Keith who drove ahead of us to make sure we had water and sweets.....

A nice group of 22 from Walkers / Intermediate took part at Kearsney. As usual the route was tough but there were a few surprises in the group that finished very strong and better than last year.

The Monday night exercise group has been having lots of fun. We may not be gym bunnies but those attending are there getting stronger and having a good work out..

Bear crawls.....

Drum rolling.....

Congrats to our only two walkers Elsie and Dave who braved the PDAC 25km

Unfortunately I could not make Sparkport this year as I had unexpected guests but the group was once again well represented by a turn out of 14. I must commend the runners on maintaining a good comfortable pace of 7 min / km. Well done to those who did it for the first time as well. It is a toughie but you now have it on your done list. I will commend Bronwyn for taking 20 min off her time from last year. - Well done, training the way you have has definitely paid off..

We had a short walk on Tuesday 7th Feb that ended up back at the main club house with drinks and snacks and a BIG 70 Happy Birthday to Dave Nicols.

The target of 35min for your time trial has been a good challenge and there are a lot of you who have managed to get under 35. The target now moves to 34min.....you have until mid March to get there. Lets get under that number!!!! Those of you who have managed to get to 31 and under 30

-----**awesome.....Keep it going !!!!**

Congrats to all who took part in the Hillcrest 21km. It was very hot out there and a few of you had issues on the race (no names and no details J) But all in all a good run. Well done to Gloria and Jax on their first 21km. Target of 2.30 was touched but only one runner managed to get under it. Hopefully we will have quite a few of you who are hovering on 2.30ish to get under it at PMB.

We will have a good long training run this weekend 18th with a twist for those of you not wanting to run and fetch.

Good luck to all for PMB and Midmar.

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

8. Back in Time:

This month 1 year ago:

Andries Nkuna Completed the Kearsney 21 km in 1 hr 47.

The Kearsney 21 km was **Nic Tingle's** first race in our colours.

Terri Atkinson was our first runner in Sydenham 32 km, in 2 hr 57.

Geoff Speirs was our first 21 km runner at Hillcrest, in 1 hr 42, while **Nicola Hewitt** and **Andries Nkuna** completed the marathon in 3 hr 38.



This month 5 years ago:

In 2012 we had 7 members completing Kearsney 10 km (in 2017 we had 39!)

Clare Mangan was our first runner in Kearsney 10 km (59:34), while **Gordon Truluck** was our first 21 km runner (1 hr 58).

Maureen Slack was our first runner at PDAC 25 km, in 1 hr 51.

Kevin Keddie completed the Hillcrest marathon (his 2nd marathon) in 3 hr 45.

This month 10 years ago:

Nigel Sherriff ran the fastest 5 km year to date (20:15), with **Dale Jonson** next (23:43).

We had 9 finishers in the PDAC 25 km, with **Ant Borstlap** our first runner (2 hr 24).

This month 15 years ago:

Emile Streicher eventually managed to finish Midmar Mile, in (for him) a fast 58:14.

Chris Maud (++) was our first runner at PDAC 25 km, in 1 hr 47, with **Maureen Slack** next, in 1 hr 51.

Patrick Rostenne also dipped below 2 hours for PDAC 25 km.

This month 20 years ago:

Greg Lock completed the 8 km time trial in 30:22, and followed this up with Besemax (Hillcrest) marathon time of 3 hr 01.

Current members who also completed Hillcrest marathon in 1997:

Craig Speirs – 3 hr 34

Patrick Rostenne – 3 hr 40

Rob Goldman – 3 hr 41

9. Mail received:

So the Kearsney 21km is still the worsterer run, but this time I ran it blind. Due to a dodgy eye infection I ran without contact lenses which means I was effectively as blind as a bat. I was hoping to be able to tie myself to one of my fellow runners and run assisted, but, since my eye looked like I had done two rounds with Mike Tyson, nobody wanted to come near me - and they all bolted at the start gun. Happily I was pointed in the right direction and managed to follow the shapes of the other runners, avoiding white lines and cliff edges. Fortunately the people of Hillcrest pay their rates, as there were no potholes to fall down either. So I trundled along, smiling like Stevie Wonder, blissfully not realising I was on a hill until I stopped breathing. On the last biaatch hill I was so kaput that I decided to have a walk - and then realised I already WAS walking! Haha. Finished the race with someone who sounded like **Taron Ridsdale** (but used langauge like **Chantel Robins**). I decided to go and look up my finish time from 2016 - it must have been really bad as I didn't even write it down. But I did notice that my mileage last January was almost twice what it is this January. Oops! So for that reason, Kearsney retains it's status as wake up call for the race season - and I get to ramp up my mileage (and hill work and speedwork). The comeback continues. Well done to the Riverside harriers team for some great times, especially **Greg Labuscagne, Jaco Smith, John McClelland** and **Craig Peacock**. You guys rock! Finally, it ALMOST snowed, cos I actually saw **Jaco van Schalkwyk** in running gear (does anyone know if he ran???)



Andrea Moroney

Thank you Riverside Harriers for the fun Valentine's run this evening! Was great to win a prize..... thanks to **Simone Liebenberg** for being my partner in crime !
Mandy Skye

10. Interview:

This month we speak to **Juanita Sutton** :

- 1. Where were you born?** Cape Town
- 2. Where did you matriculate?** Cape Town
- 3. Family?** Two daughters one son, all married and three granddaughters
- 4. Did you participate in sport at school?** Yes Athletics – mainly relay
- 5. What are your personal sporting highlights?** Completing two London Marathons and the Brighton Marathon. 116 kay walk in Spain – The Camino what an experience. As well as quite a few 50 kay walks around SA.
- 6. What are your future sporting ambitions?** To keep going LOL!!
- 7. Why do you run?** I started walking after my husband passed away. The kids decided that I had to keep busy and today they regret the suggestion as I am never home.

“They bought me a sleeping bag as a birthday gift because I was like a gypsey!”
- 8. How long have you been a member of Glenwood / Riverside Harriers?** One Year. My first visit to Riverside was a ‘tag along’ with Fiona and Keith on your Valentine’s Walk last year.
- 9. What does the club mean to you?** Awesome Friends I now have a new family and our Awesome Coach.
- 10. Profession?** Accounting with Shipping Company
- 11. Other sporting activities?** Played league badminton in my younger days...
- 12. Hobbies & interests?** Spoiling grandkids watching sport and reading when I have the time
- 13. Any disappointments in sport?** Oh how I remember when doing the Loskop Ultra I was forced on the Sweeper Bus. I remember the words so well “tannie klim op die bus”, and I really put up a fight.
- 14. Message for newcomers to running / walking?** 13 years ago walking saved my life and I have not looked back. I have made the most amazing friends, join a running club and see the world!!!



11. Quotes of the month:

Emile Streicher : "Training this time of the year is so difficult, we are training to not go too fast in the next 10 x 10 km race".

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

Brett Ward: " Strange, I am now trying to get rid of the weight, that I tried to put on long ago in my rugby days".

12. Birthdays:

Jan	Name	Feb	Name	Mar	Name
1	Angie Potgieter	3	Mike Lock	1	Jono Whittington
1	Leanne Fenwick	4	Noreen Everton	4	Alan Fryer
1	Dallas Brett	5	Naomi Maujean	8	Desiree Viviers
3	Brian Nicholas	6	Simone Liebenberg	9	Ted Liddiatt
5	Richard Aitken	7	Johan Borstlap	10	Tracy Wittstock
6	Izanne Jacobs	7	Dave Nicholls	11	Dick Whittington
6	Nicci Willis	8	Johan van Rooyen	14	Steve Heuer
8	Jaco Smith	9	Robin Kotze	17	Simon Chalker
14	Carolyn Goltman	10	Geraldine Cronje	20	Tarryn Payne
15	Sumita Ramgareeb	12	Kate Fryer	21	Grant Horner
15	Claudia Belcher	13	Baron Combrinck	22	Hannelie Louwrens
16	Tezz Olds	13	Tamar Panaino	24	Matt Young
18	Lynn Wallis	15	Lauren Williams	25	Karen Hewitt
19	Lloyd Broughton	16	Fred Akal	26	Cari Dickerson
20	Marlene Sagathavan	17	Rosslyn Doorasamy	30	Craig Peacock
20	Mandy Conradt	18	Debra Symington	31	Janine Fokkens
27	Robyn Coote	25	Sandy Jenkins		
29	Chris Hewitt	26	Janis Nicholls		
31	Di Cilliers	28	Lee Wearne		

13. HUMOUR:

14



"Lexophile" is a term used to describe those who are clever with words, such as "you can tune a piano but you can't tuna fish" , or "to write with a broken pencil is pointless."

A competition to see who can come up with the best lexphillies is held every year in Dubuque, Iowa. The year's winning submissions:

- ... A thief who stole a calendar got twelve months.
- ... The batteries were given out free of charge.
- ... A dentist and a manicurist married. They fought tooth and nail.
- ... A will is a dead giveaway.
- ... With her marriage, she got a new name and a dress.
- ... A boiled egg is hard to beat.
- ... Police were called to the daycare centre, where a three-year-old was resisting a rest.
- .. Did you hear about the fellow whose whole left side was cut off? He's all right now.
- ... A bicycle can't stand alone; it is two tired.
- ... The guy who fell onto an upholstery machine is now fully recovered.
- ... He had a photographic memory which was never developed.
- ... When she saw her first strands of grey hair thought she'd dye.
- ... Acupuncture is a job well done. That's the point of it.

14. **2017 COMMITTEE MEMBERS:**

Chairman : Clare Mangan

Social Conveners : Leslie Ogle, Rose Whittington & Debbie Marshall

Walkers / Intermediates : 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. **2017 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 22 February**. For reference, we have included everybody's 2016 best times. Where the 2017 time is an improvement, we have highlighted in **green**. Good to see so many **greens** already!

2017 best 5 km Times

Nr	Name	Surname	2017	2016
1	Geoff	Speirs	20:30	20:21
2	Andries	Nkuna	20:46	21:21
3	Greg	Labuscagne	20:58	21:22



4	Dawid	Cronje	21:27	-
5	Jaco	Smith	22:13	20:18
6	Steve	Heuer	22:17	-
7	David	Elliott	22:22	22:57
8	Wessel	Cronje	22:30	20:48
9	Chris	Nossek	22:51	-
10	Andre	Slabber	22:57	-
11	Nicolas	Tingle	24:15	21:25
12	Mike	Lock	25:20	26:25
13	Lee-Anne	Lock	25:23	30:04
14	Eric	Prange	25:41	21:56
15	Brad	Rochat	26:00	24:09
16	Craig	Peacock	26:06	-
17	Lawrence	Avis	26:07	27:05
18	Alvinesh	Sookoo	26:11	24:39
19	Baron	Combrinck	26:11	28:24
20		Robins	26:45	25:53
	Chantel			
21	Rob	Goldman	26:47	23:37
22	Scott	Couper	26:53	27:19
23	Jaco	van Schalkwyk	27:05	23:49
24	Craig	Speirs	27:10	23:54
25	Angie	Potgieter	27:15	26:26
26	Arden	Wessels	27:20	-
27	Andrea	Moroney	27:23	-
28	Alex	Jones	27:27	-
29	Tarryn	Payne	27:28	24:36
30	Leigh	Mckenna	27:29	-
31	Emile	Streicher	27:30	24:28
32	Kate	Rich	27:40	-
33	Jeff	Jenkinson	27:49	-
34			28:05	28:10
	Asanda	Sigodi		
35	Ampie	Niehaus	28:16	24:34
36	Taron	Ridsdale	28:17	27:01
37	Dale	Johnson	28:19	24:59
38	Krystel	Terblanche	28:36	28:28
39	Taryn	Mundell	28:36	27:20
40	Jana	Niehaus	28:50	22:55
41	Brett	Ward	29:04	27:39
42	Candice	Jenkinson	29:16	28:50
43	Clare	Mangan	29:22	29:30
44	Mandy	Skye	29:22	27:55
45	Lindsey	Speirs	29:34	-
46	Simone	Liebenberg	29:49	27:50
47	Chris	Hewitt	29:50	-
48	Shan		29:56	30:12
		McClelland		



49	Simon	Hoffe	30:09	25:46
50	Karen	Hewitt	30:15	-
51	Jacqueline	Bowles	30:31	30:32
52	Michelle	Maharaj	30:33	28:45
53	Ann	Turner	30:34	-
54	Robin	Kotze	30:57	-
55	Debbie	Marshall	31:09	30:32
56	Kim	Robinson	31:09	29:14
57	Sarah	Malherbe	31:35	-
58	Helen	Marshall	31:45	31:22
59	Noreen	Everton	32:25	32:12
60	Keswyn	Mackintosh	33:21	32:14
61	Gloria	Bowles	33:26	33:41
62	Andrew	Perkins	33:30	28:04
63	Jane	Stott	33:34	45:53
64	Claire	Kotze	33:38	39:06
65	Alison	Chadwick	33:41	29:43
66	Tracy	Wittstock	33:47	33:09
67	Arjun	Mathur	33:59	-
68	Ellie	Gillies	34:21	35:47
69	Keith	Calitz	34:35	34:00
70	Bronwyn	Kirk	34:43	30:11
71	Sally	Goldman	35:05	33:53
72	Tezz	Olds	35:05	33:03
73	Gale	Viljoen	35:08	34:47
74	Fiona	Calitz	35:15	34:50
75	Joelene	Wilson	36:38	-
76	Joelene	Wilson	36:40	-
77	Brent	Payne	37:32	34:57
78	Leslie	Ogle	38:22	43:57
79	Janine	Fokkens	39:42	36:18
80	Jackie	Botha	39:58	42:10
81	Louis	Botha	39:58	39:21
82	Lynne	Wallis	40:44	36:37
83	Elsie	Du Buisson	41:43	39:10
84	Lea	Hollinshead	42:16	33:56
85	Juanita	Sutton	42:44	43:07
86	Karen	Mordechai-Jones	43:14	-
87	Wayne	Kerr	43:41	39:08
88	Angela	Lardent	43:51	39:10
89	Lauren	Lister	45:00	45:47
90	Neela	Naidoo	45:20	44:30
91	Dave	Nicholls	46:00	-
92	Janis	Nicholls	46:00	-
93	Sumita	Ramgareeb	47:30	46:55
94	Tracy	Blakeway	47:55	45:30



95	Felicity	Holbrook	48:18	47:16
96	Christo	Janse van Rensburg	50:00	55:00
97	Dick	Whittington	51:36	50:00
98	Jonathan	Whittington	51:36	-
99	Ingrid	Knott	53:02	47:24
100	Robyn	Mcmenemey	54:06	50:00
101	Juliette	Spence	55:00	46:53

2017 Best 8 km Times

Nr	Name	Surname	2017	2016
1	Andries	Nkuna	34:28	32:58
2	Geoff	Speirs	34:28	32:55
3	Greg	Labuscagne	38:22	34:55
4	Ampie	Niehaus	38:50	40:16
5	Jaco	Smith	39:15	34:39
6	Jana	Niehaus	40:44	40:54
7	Chris	Nossek	42:28	-
8	Chantel	Robins	45:11	43:45
9	Nicola	Hewitt	45:35	35:03
10	Alvinesh	Sookoo	47:34	41:05
11	Clare	Mangan	49:02	48:40
12	Debbie	Marshall	51:49	48:15
13	Sally	Goldman	55:21	-
14	Candice	Jenkinson	56:49	-
15	Jeff	Jenkinson	56:49	-
16	Lea	Hollinshead	60:04	-
17	Tezz	Olds	60:04	-

2017 Total Time Trials

Nr	Name	Surname	5.1 km	8 km	Total
1	Geoff	Speirs	6	1	7
2	Jaco	Smith	6	1	7
3	Alvinesh	Sookoo	5	1	6
4	Ampie	Niehaus	1	5	6
5	Arden	Wessels	6		6
6	Baron	Combrinck	6		6
7	Chantel	Robins	3	3	6
8	Chris	Nossek	5	1	6
9	Clare	Mangan	4	2	6
10	Craig	Speirs	6		6
11	Debbie	Marshall	4	2	6
12	Emile	Streicher	6		6
13	Gloria	Bowles	6		6
14	Greg	Labuscagne	5	1	6
15	Noreen	Everton	6		6

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16	Asanda	Sigodi	5		5
17	Fiona	Calitz	5		5
18	Gale	Viljoen	5		5
19	Helen	Marshall	5		5
20	Jacqueline	Bowles	5		5
21	Juanita	Sutton	5		5
22	Mandy	Skye	5		5
23	Neela	Naidoo	5		5
24	Sally	Goldman	4	1	5
25	Simone	Liebenberg	5		5
26	Steve	Heuer	5		5
27	Tezz	Olds	5		5
28	Tracy	Wittstock	5		5
29	Andre	Slabber	4		4
30	Andries	Nkuna	2	2	4
31	Candice	Jenkinson	3	1	4
32	Christo	Janse van Rensburg	4		4
33	Felicity	Holbrook	4		4
34	Jackie	Botha	4		4
35	Jaco	van Schalkwyk	4		4
36	Leslie	Ogle	4		4
37	Lindsey	Speirs	4		4
38	Louis	Botha	4		4
39	Mike	Lock	4		4
40	Nick	Tingle	3	1	4
41	Rob	Goldman	4		4
42	Robyn	Mcmenemey	4		4
43	Taron	Ridsdale	4		4
44	Andrew	Perkins	3		3
45	Brad	Rochat	3		3
46	Bronwyn	Kirk	3		3
47	Dale	Johnson	3		3
48	Eric	Prange	3		3
49	Jana	Niehaus	1	2	3
50	Jane	Stott	3		3
51	Janine	Fokkens	3		3
52	Jeff	Jenkinson	2	1	3
53	Keith	Calitz	3		3
54	Lea	Hollinshead	3		3
55	Lee-Anne	Lock	3		3
56	Michelle	Maharaj	3		3
57	Sarah	Malherbe	3		3
58	Scott	Couper	3		3
59	Tarryn	Payne	3		3
60	Taryn	Mundell	3		3
61	Andrea	Moroney	2		2
62	Angela	Lardant	2		2
63	Angie	Potgieter	2		2



64	Arjun	Mathur	2		2
65	Brent	Payne	2		2
66	Brett	Ward	2		2
67	Craig	Speirs	2		2
68	Dawid	Cronje	2		2
69	Di	Ching	2		2
70	Dick	Whittington	2		2
71	Elsie	Du Buisson	2		2
72	Heather	Speirs	2		2
73	Ingrid	Knott	2		2
74	Joelene	Wilson	2		2
75	Karen	Mordechai-Jones	2		2
76	Kate	Rich	2		2
77	Keswyn	Mackintosh	2		2
78	Kim	Robinson	2		2
79	Krystel	Terblanche	2		2
80	Lynn	Wallis	2		2
81	Robin	Kotze	2		2
82	Simone	Hoffe	2		2
83	Tracy	Blakeway	2		2
84	Alex	Jones	1		1
85	Alison	Chadwick	1		1
86	Ann	Turner	1		1
87	Cathy	Coates	1		1
88	Chris	Hewitt	1		1
89	Claire	Kotze	1		1
90	Craig	Peacock	1		1
91	Dave	Elliott	1		1
92	Dave	Nicholls	1		1
93	Ellie	Gillies	1		1
94	Janie	Mamarot	1		1
	Janis		1		1
95		Nicholls			
96	Jonathan	Whittington	1		1
97	Juliette	Spence	1		1
98	Karen	Hewitt	1		1
99	Lauren	Lister	1		1
100	Lawrence	Avis	1		1
101	Leigh	Mckenna	1		1
102	Melanie	Wagner	1		1
103	Nicola	Hewitt		1	1
104	Nigel	Sherriff	1		1
105	Patrick	Rostenne	1		1
106	Rose	Whittington	1		1
107	Shan	McClelland	1		1
108	Sumita	Ramgareeb	1		1
109	Wayne	Kerr	1		1
110	Wessel	Cronje	1		1

