



1. **SOCIALS & OTHER DATES:**

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

Date	Event	Comments
Wed 5 Apr	Monthly braai	
Wed 5 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 February Member of the Month Award goes to **Andries Nkuna**, for his 2 hr 42 in the Sydenham 32 km, his 3 hr 26 at the Hillcrest marathon and his PB of 3 hr 20 in the Pmb marathon, 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 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:

1. **No Reason No Running Camping at St Lucia:**

- a. Thur 15 - Sun 18 June (Fri 16 is public holiday) - camp as many nights as you want;
2. Sugarloaf camp site, St Lucia
3. Cost R110 pppn
4. Sites have electricity
5. One of the days we arrange a visit to Cape Vidal - game viewing, birding, picnic, snorkel, fish, play Frisbee, relax...

2. **Mtunzini Camping:**

- a. Fri 4 - Sun 6 (or Wed 9 Aug - public holiday) - camp as many nights as you want;
2. Camp in Umlalazi nature reserve
3. Cost R110 pppn
4. Sites have electricity
5. We play a relaxed 9 holes of golf on Saturday 5 Aug;
6. We run the Mtunzini Bush run (10 or 16 km) on Sunday 6 Aug
7. The rest of the time we simply mingle, chill, walk, sit, fish, braai and relax!

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	Feb	Total
Ampie Niehaus	345	248	593
Tarryn Payne	328	260	588
Jana Niehaus	346	230	576
Jaco Smith	187.79	362.51	550.3
Chris Nossek	239	274	513
Dave Elliott	269.9	233	502.9
Andrea Moroney	236	225	461
Ivan Freese	183.01	216.69	399.7
Pam Jones	152	243	395
Chantel Robins	129.5	259	388.5
Johann van Rooyen	186	190	376
Lee-Anne Steward	195.67	172.3	367.97
Clare Mangan	171	191	362
Rob Goldman	163	165	328
Candice Jenkinson	136.1	183.1	319.2
Nicola Hewitt	180	139	319
Greg Labuscagne	152.4	164.29	316.69
Gale Viljoen	151	152	303
Baron Combrinck	131.56	169.08	300.64
Gloria Bowles	133	165	298
Andries Nkuna	86	201	287
Ted Liddiatt	149	137.2	286.2
Margie Liddiatt	144	137.2	281.2
Helen Marshall	130.34	134.09	264.43
Elsie du Buisson	145.7	92.3	238
Dave Nicholls (W)	129	119	248
Alison Chadwick	128	122	250
Emile Streicher	106	134	240
Sally Goldman	124	110	234
Michelle Maharaj	87.13	115.73	202.86
Jane Stott	114.7	81.8	196.5
Leslie Ogle	136.5	59	195.5
Chris Doorasamy	85	80.5	165.5
Angie Potgieter	126	0	126
Brett ward	91	72	163
Jacqui Bowles	52	105	157



Margaret Marshall	52	103	155
Jeff Jenkinson	78	75.6	153.6
Rob Scholtz	79	65	144
Rosslyn Doorasamy	56	69	125
Janis Nicholls (W)	65	40	105
Simone Liebenberg	104.28	-	104.28
Barry Marshall (W)	68	35	103
Fiona Calitz	102.29	-	102.29
Angela Lardant	38.59	50.08	88.67
Tracy Blakeway (W)	73	-	73
Sumita Ramgareeb (W)	20	50	70
Scott Couper	0	66	66
Michele Lardant	28	-	28

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
Michelle Maharaj	70:50	69:18										5
Candice Jenkinson	66:36	64:19										5
Mandy Skye	67:37	59:20										5



Pos	Name	Time- 21 km
590	Kate RICH	02:12:10
690	Jacqueline BOWLES	02:16:29
710	Taron RIDSDALE	02:17:28
780	Jeffrey JENKINSON	02:20:59
781	Candice JENKINSON	02:21:01
885	Helen MARSHALL	02:25:40
907	Gloria BOWLES	02:26:27
1102	Michelle SUKHRAJ	02:35:39
1103	Eleanor GILLIES	02:35:41
1151	Fiona Elsie CALITZ	02:38:52
1152	Viljoen GALE	02:38:55
1324	Elsie DU BUISSON	02:48:45
1447	Tezz OLDS	02:58:47
1450	Juanita SUTTON	02:59:01
1542	Sarah MCVICAR	03:07:49
1550	Dave NICHOLLS	03:09:06

Pos	Name	Time – 10 km
621	Angela LARDANT	01:23:47

Umgeni Water 15, 32 & 42 km : 12 March 2017:

Pos	Name	Time – 42 km
140	Shaun MANNING	04:10:21
276	Rob GOLDMAN	05:09:18

Pos	Name	Tine – 32 km
92	Chris NOSSEK	03:05:00
109	Lawrence AVIS	03:08:55
266	Candice JENKINSON	03:45:27
277	Kate RICH	03:50:24
312	Noreen EVERTON	04:06:59
313	Helen MARSHALL	04:07:01
318	Bronwyn KIRK	04:09:55

Pos	Name	Time – 15 km
103	Nichole HARIADIS	01:31:57



122	Jeffrey JENKINSON	01:33:33
167	Emile STREICHER	01:38:16
168	Brett WARD	01:38:18
194	Carolyn GOLTMAN	01:40:33
221	Robin KOTZE	01:42:33
259	Jane STOTT	01:45:56
270	Claire KOTZE	01:46:50
295	Alison CHADWICK	01:49:32
308	Sally GOLDMAN	01:50:40
341	Fiona CALITZ	01:53:56
405	Tezz OLDS	01:58:54
406	Lea HOLLINSHEAD	01:58:57
464	Taryn STUBBS	02:05:42
501	Juanita SUTTON	02:10:43
503	Leslie OGLE	02:11:09
526	Neela NAIDOO	02:15:03
544	Sumita RAMGAREEB	02:18:01
613	Tracy BLAKEWAY	02:28:44

Peace in Africa 10 & 21 km :12 March 2017:

Name	Surname	Time - 21 km
Geoffrey	Speirs	1:35:05
Lloyd	Broughton	1:48:19
Barbara	Florence	1:59:09
Taron	Ridsdale	2:08:51

Name	Surname	Time - 10 km
Lindsay	Rogerson	0:48:09
Mandy	Skye	0:59:22
Lindsey	Speirs	1:01:09
Ted	Liddiatt	1:01:47
David	Berry	1:02:26
Jacqueline	Bowles	1:03:07
Joelene	Wilson	1:04:36
Debbie	Marshall	1:07:19
Margie	Liddiatt	1:07:40
Gloria	Bowles	1:09:50
Gale	Viljoen	1:12:26
Carol	Williams	1:25:34
Elsie	Du Buisson	1:17:13
Karen	Mordecai	1:29:17



	Jones	
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Stella Royal 10 & 25 km : 19 March 2017:

10km Run

Position	Name	Surname	Time
40	Nicola	Hewitt	00:53:52
42	Chantel	Robins	00:54:03
76	Mandy	Skye	00:59:20
86	Emile	Streicher	01:00:48
115	Fiona	Hoareau	01:03:32
120	Lindsey	Speirs	01:03:51
123	Clare	Mangan	01:04:10
124	Angie	Potgieter	01:04:15
126	Keswyn	Mackintosh	01:04:19
127	Candice	Jenkinson	01:04:19
134	David	Berry	01:04:58
147	Ted	Liddiatt	01:05:23
159	Cari	Dickerson	01:06:11
166	Jacqueline	Bowles	01:06:39
193	Kim	Robinson	01:08:19
195	Margie	Liddiatt	01:08:24
198	Joelene	Wilson	01:08:35
200	Sarah	Malherbe	01:08:43
208	Michelle	Maharaj	01:09:18
212	Alison	Chadwick	01:09:43
213	Dianne	Cilliers	01:09:44
220	Noreen	Everton	01:09:53
221	Jane	Stott	01:09:56
289	Gloria	Bowles	01:14:30
308	Fiona	Calitz	01:15:59
309	Eleanor	Gillies	01:15:59
311	Michele	Lardant	01:16:04
337	Taryn	Stubbs	01:18:34
357	Janine	Fokkens	01:21:25
395	Angela	Lardant	01:26:27
403	Carol	Williams	01:27:31
406	Karen	Mordecai Jones	01:28:12
413	Patrick	Rostenne	01:28:58
425	Ntsakisi	Malabie	01:31:07
426	Neela	Naidoo	01:31:15

10km Walk

Position	Name	Surname	Time
14	Elsie	Buisson	01:17:03
27	Juanita	Sutton	01:23:56



33	Leslie	Ogle	01:26:33
40	Dave	Nicholls	01:29:08

25km Run

Position	Name	Surname	Time
36	Andries	Nkuna	01:54:53
47	Geoffrey	Speirs	01:59:11
74	Shaun	Manning	02:04:48
110	Steve	Heuer	02:10:20
134	Lloyd	Broughton	02:15:10
140	Chris	Nossek	02:15:50
147	Jaco	Smith	02:16:48
176	Caron	Botha	02:19:50
220	John	McClelland	02:24:52
235	Ampie	Niehaus	02:26:44
249	Tarryn	Payne	02:28:28
273	Johann	Van Rooyen	02:30:09
315	Pam	Jones	02:34:41
319	Barbara	Florence	02:34:59
336	Baron	Combrinck	02:36:53
365	Craig	Peacock	02:39:06
379	Andrea	Moroney	02:40:24
400	Leeanne	Stewart	02:42:32
428	Kerry	Muddiman	02:45:35
468	Jeffrey	Jenkinson	02:50:57
496	Taron	Ridsdale	02:52:54
503	Shan	McClelland	02:53:28

6. RUNNERS CORNER:

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

1. If you throw mud at people, you loose ground.
2. The most wasted day in life, is the one during which we have not laughed.
3. Never eat more than you can lift.

Welcome to new members **Nichole Hadiaris, Kerry Muddiman, Nolan Shaw, Phindile Hlope, Laura Tschirpig, Pieter Engelbrecht** – we trust you will enjoy your walking and running with us.

On Sunday 26 February was the popular Pmb 10, 21 and 42, where many of our members participated. In the 42 km, **Andries Nkuna** was our first runner, in a superb PB of 3 hr 20, well done! **Geoff Speirs** was next, also in a PB, of 3 hr 33, with **Dave Elliott** (3 hr 52), **Steve Heuer** (3 hr 54) and **Alain Tschudin** (3 hr 57) all dipping below 4 hours. **Chris Nossek** finished in 4 hr 01, while **Zaheera Khan** finished her first marathon in 4 hr 07. **Caron Botha** finished in 4 hr 12, with **Leigh McKenna** (4 hr 27), **Andrea Moroney** (4 hr 30), **Johann van Rooyen** (4 hr 32) and **Ivan Freese** (4 hr 44) next to finish.

Kate Rich was our first 21 km finisher, in 2 hr 12, followed by **Jacqui Bowles** (2 hr 16), **Taron Ridsdale** (2 hr 17), **Jeff Jenkinson** (2 hr 20), **Candice Jenkinson** (2hr 21), **Helen Marshall** (2 hr 25), **Gloria Bowles** (2 hr 26), **Michelle Maharaj** (2 hr 35), **Ellie Gillies** (2 hr 35), **Fiona Calitz** (2 hr 38), **Gale Viljoen** (2 hr 38), **Elsie du Buisson** (2 hr 48), **Tezz Olds** (2 hr 58), **Juanita Sutton** (2 hr 59), **Sarah Mcvicar** (3 hr 07) and **Dave Nicholls** (3 hr 09). **Angela Lardant** completed the 10 km in 1 hr 23.



A few other members, **Greg Labuscagne**, **Lea Hollinshead** and **Debbie Marshall** also ran, but for some or other reason, their results did not appear.

On Saturday 4 March we arranged a relaxed Road Beach Breakfast run, consisting of 11 km road and 1 km beach, followed by a breakfast next to the beach. Several members arranged to start early and converted this into a 20 km plus run. Thanks to **Craig Speirs** for the route, to **Leslie Ogle** for all the arrangements and to our chefs, **Jono Whittington** and **Keith Calitz**. All in all, a very enjoyable event, supported by about 50 of our members.

Chairman of our club during the mid 90's, now living in the UK, **John Khayser**, was in town for a few days, it was good to catch up, and talk about the good old days.....mention was made of a possible comeback for the 100th Comrades...

Weekend 10 – 12 march, Midmar camping time! Another great weekend, with many campers, chalet people, day visitors, and for once, a weekend with no rain or heavy winds! Thanks to all the caravan people for your hospitality and looking after your friends in the tents! A special thanks to the team of supporters, for our own spot on the route, it was very welcome! We walked, ran, chilled, chatted, braaied, had a few drinkies, relaxed, even went on a booze-cruise (on dry land)!

When it came to running and walking, we were very well represented, with some great performances. **Nichole Hariadis** was our first 15 km runner, in her first ever 15 km, in 1 hr 31, followed by **Jeff Jenkinson**, who made it look so easy when he finished in 1 hr 33. **Emile Streicher** and **Brett Ward** used it as an opportunity to fine-tune their pacing skills for the 10 x 10 km challenge, and finished in 1 hr 38, with **Carolyn Goltman** next in 1 hr 40, followed by **Robin Kotze** in 1 hr 42. **Jane Stott** finished in 1 hr 45, followed by **Claire Kotze** (1 hr 46), **Alison Chadwick** (1 hr 49), **Sally Goldman** (1 hr 50), **Fiona Calitz** (1 hr 53), **Tezz Olds**, **Lea Hollinshead** and their camera (1 hr 58), **Taryn Stubbs** (2 hr 05), **Juanita Sutton** (2 hr 10), **Leslie Ogle** (2 hr 11), **Neela Naidoo** (2 hr 15), **Sumita Ramgareeb** (2 hr 18) and **Tracy Blakeway** (2 hr 28).

Chris Nossek was our first 32 km runner, in 3 hr 05, with **Lawrence Avis**, despite sleeping in a 40 year old tent the night before, next in 3 hr 08. **Candice Jenkinson** finished her first 32 km in 3 hr 45, with **Kate Rich**, also in her first 32 km, next in 3 hr 50. **Noreen Everton** and **Helen Marshall** both finished their first 32 km as well, in 4 hr 07, followed by **Bronwyn Kirk** in 4 hr 09. Well done all the first timers, welcome to distance running!

Shaun Manning was our first marathon finisher, in 4 hr 10, with **Rob Goldman** finishing in 5 hr 09. It was very hot out there for the marathon runners, with **Rob** suffering from severe cramps and had to walk in. Hard lines to **Jaco Smith**, who suffered from cramps from the 32 km mark and eventually had to be picked up by the ambulance at the 40 km mark, it was agony just looking at **Jaco**!

Meanwhile, on the same day, back in Durban, several members took part in the Peace in Africa 10 and 21 km – **Lindsay Rogerson** was our first 10 km finisher, and first in his age category, in 48:09, with **Mandy Skye** next in 59:22. **Lindsey Speirs** had a great run and finished in 1 hr 01, followed by Mr Steady himself, **Ted Liddiatt**, also in 60 minutes. **Dave Berry** had a welcome return to races and finished in 62 minutes, followed by **Jacqui Bowles** (63:07), **Joelene Wilson**, in her first 10 km race (64:36), **Debbie Marshall** (67:19), **Margie Liddiatt** (67:40), **Gloria Bowles** (69:50), **Gale Viljoen** (72:26), **Carol Williams** (85:34), **Elsie du Buisson** (77:13 – podium finish!) and **Karen Mordcai-Jones** (89:17).

Geoff Speirs was our first 21 km runner, in a brilliant PB of 1 hr 35 (after running 20 km the day before!), with **Lloyd Broughton** next, in 1 hr 48. **Barbara Florence** dipped below 2 hours and finished in 1 hr 59, followed by **Taron Ridsdale** in 2 hr 08.

The next race was the very popular Stella 10 and 25 km, on Sunday 19 March, where the 10 km was the second leg of our 10 x 10 km Challenge. **Andries Nkuna** was our first 25 km runner, in 1 hr 54, after running 30 km the day before! **Geoff Speirs** dipped below 2 hours and finished in 1 hr 59, with **Shaun Manning** next in 2 hr 04. **Steve Heuer** was next in 2 hr 10, followed by **Lloyd Broughton** (2 hr 15), **Chris Nossek** (2 hr 15) and **Jaco Smith** (2 hr 16), who has recovered well from his cramping ordeal a week before, at Midmar dam. **Caron Botha** was next, in 2 hr 19, followed by **John McClelland** (2 hr 24), **Ampie Niehaus** (2 hr 26), **Tarryn Payne** (2 hr 28), **Johann van Rooyen** (2 hr 30), **Pam Jones** (2 hr 34), **Barbara Florence** (2 hr 34), **Baron Combrinck** (2 hr 36), **Craig Peacock** (2 hr 39), **Andrea Moroney** (2 hr 40), **Lee-Ann Steward** (2 hr 42), **Kerry Muddiman**, her first race in our colours (2 hr 45), **Jeff Jenkinson**, his first ever 25 km (2 hr 50), **Taron Ridsdale** (2 hr 52) and **Shan McClelland** (2 hr 53).



We had a great turnout in the 10 km, with everybody who took part in the Kearsney event earning a bonus point, by improving on their times – although some, like **Patrick Rostenne**, just scraped in, while others, like **Emile Streicher**, shot themselves in the foot and got carried away, making it difficult for future bonus points! **Nicola Hewitt** was our first 10 km runner, in 53:52, with **Chantel Robins** next, in a PB of 54:03. **Mandy Skye** finishes in 59:20, with **Emile Streicher** next in 60:48. They were followed by **Fiona Hoareau** (63:32), **Lindsey Speirs** (63:51), **Clare Mangan** (64:10), **Angie Potgieter** (64:15), **Keswyn Mackintosh** (64:19), **Candice Jenkinson** (64:19), **Ted Liddiatt** (65:23), **Cari Dickerson**, who completed her first 10 km race, with her sister **Jodi** (66:11), **Jacqui Bowles** (66:39), **Kim Robinson** (68:19), **Margie Liddiatt** (68:24), **Joelene Wilson** (68:35), **Sarah Malherbe** (68:43), **Michelle Maharaj** (69:18), **Alison Chadwick** (69:43), **Di Cilliers** (69:44), **Noreen Everton** (69:53), **Jane Stott** (68:56), **Gloria Bowles** (74:30), **Fiona Calitz** (75:59), **Ellie Gillies** (75:59), **Michele Lardant** (76:04), **Tarryn Stubbs** (78:34), **Janine Fokkens** (81:25), **Angela Lardant** (86:27), **Carol Williams** (87:31), **Karen Mordecai Jones** (88:12), **Patrick Rostenne** (88:58), **Ntsakisis Malabie** (91:07) and **Neela Naidoo** (91:15). **Elise du Buisson** was our first 10 km walker, in 77:03, followed by **Juanita Sutton** (83:56), **Leslie Ogle** (86:33) and **Dave Nicholls** (89:08). A great turnout, great conditions, a well organised race, well done everybody!

7. Walkers/ Intermediate Group - News Letter – March 2017

Welcome to all new members that joined the group between February and March. It is great seeing so many enthusiastic people every Tuesday and Thursday.

One reminder is that if you are not happy with the run and fetch method of training that I use, then please join the group of runners that leaves from the club at 5:30. However you must be able to run at least 7km and at a fair pace.

Training has been going very well and focus is now on hill training so every route will have some sort of hill incorporated into it.

The reason being is that runners must learn to power walk a hill and not get to a hill and go into a slow drag up it. What is the point of putting all your effort into running and then crawling up a hill when you are tired and losing all that time and effort you put into the run. Power walking is an essential part of running if you aren't at the stage of running a full race distance yet.

Those of you doing Two Oceans 21km – Maragaret Maythom from Checkers up to Umhlanga Rocks drive and back - repeated at least twice, is a good training route to cover Southern Cross and Rhodes Drive on the big day. Try fit a weekly session in.

Weekend training has come to a halt as we face races every weekend. Those not doing races are encouraged to form small groups and still try do a training run or walk.

We had a brilliant turn out at Midmar race with four intermediates running the 32km and the rest doing the 15km. Congrats to Helen, Noreen and Candice on their first 32km. You ladies ran an awesome race and did me very proud. Well done to Bronwyn who took 7 minutes off last years 32km and with no braces on her knees. Awesome !!!!.

In the 15km we had the majority of the group taking minutes off their times from last year. Well done to all. A thoroughly enjoyable weekend !

Back in Durban a group of intermediates and walkers took part in the Peace in Africa race and Congrats to goes to Elsie for her podium finish in the walkers section. Also a super time for Jolene on her first official 10km race.

Our time trial challenge is going well and the majority of you are improving your times each week. We have already had a few intermediates who have run sub 30 min. Come on the rest of you lets put everything into getting FITTER AND FASTER !!!

Our first BIG 5 is on Sunday 26 March at Gaterite. Remember it's the 21km that counts. If you aren't up to a 21km yet then try the 10km. You will still get a point for being there. Remember PB's on the BIG 5 challenge count extra points. Sorry I wont be there to see you through but I will be checking in as your race progresses.



We had an awesome St Patricks walk with good crazy gifts as part of the fun. Thanks for the R10 charity drive , we raised R350 .Thanks again to Rosie and Jono who are always willing to host. Sorry I had to chase you out of there when you having fun but can we please just remember that this is a favour to the group and that we have a curfew of leaving there by 7pm.

REMEMBER – NO PAIN - NO GAIN. (This is for all of you who moan about hills)

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:

Geoff Speirs completed his first marathon (Pmb) in 3 hr 38. **Nick Tingle**, also in his first marathon, finished in 4 hr 16.

We had 63 members taking part in the Stella 10 and 25 km!

Eric Prange was our first 10 km runner, in 47:03, while **Andries Nkuna** our first 25 km runner, in 2 hr 02.

Sandy Jenkins finished her first 32 km (Midmar) in 4 hr 04.

This month 5 years ago:

Debbie Marshall ran her 2nd marathon (Pmb), after completing the London Marathon 10 years earlier.

Maureen Slack was our first 21 km runner at Pmb (1 hr 33), with **Alain Tschudin** (3 hr 56) our first marathon finisher.

Baron Combrinck joined our club.

By February 2012, **Patrick Rostenne** has equalled his total 2011 mileage (111 km)!

Kevin Keddie completed the Stella 25 km in 1 hr 55.

This month 10 years ago:

Chris and **Rosslyn Doorasamy** joined our club.

We had 24 campers at Midmar dam for the Umgeni water weekend - **Eric Prange** completed the Midmar 32 km in 3 hr 08.

At this stage of the year, **Nigel Sherriff** recorded the fastest 5 km time (20:15) and **Rob Goldman** the fastest 8 km (39:11).

Year to date we had 30 people taking part in at least one time trial, vs the 125 in 2017!

This month 15 years ago:

Chris Maud (++) was our first runner in the PDAC 25 km, in 1 hr 47. Other current members who finished this race in 2002 : **Patrick Rostenne** (1 hr 57), **Clare Mangan** (2 hr 08).

Fastest time trial times in 2002 year to date: 4 km – **Maureen Slack** (16:40); 8 km – **Maureen Slack** (35:18).

Janine Bissett completed the Pmb 42 km in a PB of 3 hr 29.

According to **Craig Speirs** Rule of Thumb – “you have to swim Midmar Mile faster than your age” – **Emile Streicher**, who finished in 58 minutes, concluded that he therefore could only swim Midmar in 16 13



years time, which happens to be 2018 (before anybody gets clever, **Emile** confirmed that he hung up his Speedo permanently in 2004!).

It was the first time in many years, that **Mike Lock** did not do one of either Midmar, Argus or Comrades.

This month 20 years ago:

Greg Lock completed two Oceans 56 km in 3 hr 58 (Silver).

Gordon McNeill completed Two Oceans 1997, with his vest the wrong way round!

Road Captain **Patrick Rostenne** seemed to have a liking for Chelsea road, 20 years on.....not much has changed!

9. Mail received:

Well, we made it but it was a very rocky start! You won't believe what I did! I left Lea and Greg's entries at home by mistake !! But we managed to get them a late entry and started at the back...about 7 mins late- Thankfully Greg has already qualified for Comrades so it wasn't toooo serious, but I'm still absolutely mortified and am never going to live that one down

Tezz Olds

Too much of fun at the Maritzburg City Marathon. Run conditions were perfect, the route was stunning, and it was a really well organised event. My only complaint was the diabolical parking bottleneck at the start. I was at the off ramp 40 minutes before the start - and there I sat ... (yes before- race selfie was taken in traffic). Twenty minutes to go, people were pulling over, abandoning their cars and running to the start. I moved 5 metres. With ten minutes to go I ducked down a side street and did the same. I started way at the back and took 2 and a half minutes to cross the start line (but at least I started - some of the people who parked in the official race parking got to the start 10 minutes after the cannon). Later in the race this created a lovely serendipitous moment. I didn't have seconds today, and the route took me right past my car. So I stopped for a moment to have a big glug of remaining jungle juice that was sitting in my consol. Bonus! Not a PB but ran consistently and came in at my target time. Thank you **Taryn Moroney** for your inspiration. Thank you **Michelle Coskey** for all your encouragement on route (my word, girl, you popped up all over the place!). Thank you to my training buddies, especially **John McClelland** (for all the runs, encouragement and help with jungle juice). And thank you to the awesome **Craig Peacock** for putting me together, looking after me and being at the finish with company.

Andrea Moroney

Thank you for the support yesterday at Umgeni Water - what a treat having our own personal watering table which we had the privilege of passing twice - it certainly does boost your performance. Thank you most appreciated. Now we just have to do something about the people throwing those water sachets onto the floor - I picked a few fights yesterday!

Alison Chadwick

+++++

10. Quotes of the month:



Announcer at Umgeni Water race, while **Emile Streicher** was carrying the pink club chairs to his car: "Important security announcement! Look after your valuables....it has come to our attention that there is a person around the finish area, stealing pink chairs!"

Arden Wessels: "Note to self, don't waterski the day before a time trial."

Jaco van Schalkwyk: 'Goeie filp dude, that's hectic!'"

11. Birthdays:

March	Name	April	Name	May	Name
1	Jono Whittington	3	Leanne Douglas	2	Andrew Perkins
4	Alan Fryer	3	Fiona Calitz	5	Terri Atkinson
8	Desiree Viviers	3	Melanie Wagner	5	Dawid Cronje
9	Ted Liddiatt	4	Juliette Spence	9	Taron Ridsdale
10	Tracy Wittstock	4	Arjun Marther	10	Tracey Blakeway
11	Dick Whittington	7	Emile Streicher	11	Ayathola Mdlalose
14	Steve Heuer	8	Andries Nkuna	14	Duncan Sondezi
17	Simon Chalker	12	Kristin Thomson	16	Philip Cilliers
17	Gale Viljoen	13	James Boyes	17	Liesl Quinn
20	Tarryn Payne	15	Sally Goldman	19	Jackie Botha
21	Grant Horner	17	Candice Jenkinson	22	Leigh Mckenna
22	Hannelie Louwrens	17	Lynda Hoppe	22	Lawrence Avis
22	Bvana Makka	21	Robyn McNemenemey	23	Rob Goldman
24	Matt Young	26	Chantel Robins	24	Janie Mamarot
25	Karen Hewitt	27	Chris Doorasamy	24	Heide Sclanders
26	Cari Dickerson	30	Gloria Bowles	24	Margaret Marshall
30	Craig Peacock			25	Eileen Anderson
31	Janine Fokkens				

12. HUMOUR:

1. The past, present and future walk into a bar. It was tense.
2. Bacon and eggs walk into a bar and order a beer, the bartender says "sorry, we don't serve breakfast".
3. A guy walks into a bar with a set of jumper cables...the bartender says, "buddy, I'll serve you as long as you don't start anything".



13. **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

14. **2017 RACE DATES:**

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

15. **Time Trial Results:**

Here are the 2017 Time Trial best time trial times to date, as on **Wednesday 22 March** 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	21:32	20:18
6	Steve	Heuer	21:32	-
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	Pieter	Engelbrecht	23:24	-
12	Nicolas	Tingle	24:15	21:25
13	Mike	Lock	25:20	26:25
14	Lee-Anne	Lock	25:23	30:04
15	Eric	Prange	25:41	21:56
16	Matt	Young	25:54	-
17	Brad	Rochat	26:00	24:09
18	Craig	Speirs	26:01	23:54
19	Craig	Peacock	26:06	-
20	Lawrence	Avis	26:07	27:05
21	Alvinesh	Sookoo	26:11	24:39



22	Baron	Combrinck	26:11	28:24
23	Nolan	Shaw	26:23	-
24	Scott	Couper	26:34	27:19
25	Chantel	Robins	26:45	25:53
26	Rob	Goldman	26:47	23:37
27	Jaco	van Schalkwyk	27:05	23:49
28	Rob	Scholtz	27:11	24:35
29	Angie	Potgieter	27:15	26:26
30	Arden	Wessels	27:20	-
31	Andrea	Moroney	27:23	-
32	Alex	Jones	27:27	-
33	Tarryn	Payne	27:28	24:36
34	Leigh	Mckenna	27:29	-
35	Emile	Streicher	27:30	24:28
36	Kate	Rich	27:40	-
37	Jeff	Jenkinson	27:49	-
38	Asanda	Sigodi	28:05	28:10
39	Ampie	Niehaus	28:16	24:34
40	Taron	Ridsdale	28:17	27:01
41	Dale	Johnson	28:19	24:59
42	Krystel	Terblanche	28:36	28:28
43	Taryn	Mundell	28:36	27:20
44	Simone	Liebenberg	28:44	27:50
45	Jana	Niehaus	28:50	22:55
46	Simon	Hoffe	28:51	25:46
47	Nicole	Hadiaris	28:54	-
48	Brett	Ward	28:57	27:39
49	Mandy	Skye	29:04	27:55
50	Lindsey	Speirs	29:12	-
51	Michelle	Maharaj	29:15	28:45
52	Candice	Jenkinson	29:16	28:50
53	Clare	Mangan	29:22	29:30
54	Shan	McClelland	29:30	30:12
55	Chris	Hewitt	29:45	-
56	Karen	Hewitt	30:15	-
57	Kerry	Muddiman	30:23	-
58	Jacqueline	Bowles	30:31	30:32
59	Ann	Turner	30:34	-
60	Robin	Kotze	30:47	-
61	Cari	Dickerson	30:55	-
62	Zanele	Shoyise	31:00	
63	Debbie	Marshall	31:09	30:32
64	Helen	Marshall	31:09	31:22
65	Kim	Robinson	31:09	29:14
66	Sarah	Malherbe	31:35	-
67	Keswyn	Mackintosh	32:00	32:14
68	Claire	Kotze	32:08	39:06
69	Kim	Latter	32:21	-



70	Noreen	Everton	32:25	32:12
71	Jane	Stott	33:08	45:53
72	Gloria	Bowles	33:26	33:41
73	Andrew	Perkins	33:30	28:04
74	Alison	Chadwick	33:41	29:43
75	Tracy	Wittstock	33:47	33:09
76	Joelene	Wilson	33:48	-
77	Arjun	Mathur	33:59	-
78	Sally	Goldman	34:10	33:53
79	Ellie	Gillies	34:21	35:47
80	Keith	Calitz	34:35	34:00
81	Bronwyn	Kirk	34:43	30:11
82	Tezz	Olds	35:05	33:03
83	Gale	Viljoen	35:08	34:47
84	Fiona	Calitz	35:15	34:50
85	Laura	Tschirpig	35:21	-
86	Joelene	Wilson	35:30	-
87	Ayathola	Mdlalose	36:23	-
88	Ntsakisi	Malabie	36:23	-
89	Brent	Payne	37:21	34:57
90	Leslie	Ogle	38:22	43:57
91	Janine	Fokkens	39:42	36:18
92	Angela	Lardent	39:57	39:10
93	Jackie	Botha	39:58	42:10
94	Louis	Botha	39:58	39:21
95	Lea	Hollinshead	40:38	33:56
96	Lynne	Wallis	40:44	36:37
97	Karen	Mordechai-Jones	41:30	-
98	Elsie	Du Buisson	41:43	39:10
99	Juanita	Sutton	42:44	43:07
100	Phindile	Hlope	43:09	-
101	Wayne	Kerr	43:41	39:08
102	Lauren	Lister	45:00	45:47
103	Neela	Naidoo	45:04	44:30
104	Dave	Nicholls	46:00	-
105	Janis	Nicholls	46:00	-
106	Sumita	Ramgareeb	47:30	46:55
107	Tracy	Blakeway	47:55	45:30
108	Felicity	Holbrook	48:18	47:16
109	Mazda (Sitho)	Makhaye	49:11	-
110	Christo	Janse van Rensburg	50:00	55:00
111	Dick	Whittington	51:36	50:00
112	Jonathan	Whittington	51:36	-
113	Ingrid	Knott	53:00	47:24
114	Robyn	Mcmenemey	54:06	50:00
115	Juliette	Spence	55:00	46:53



2017 Best 8 km Times

Nr	Name	Surname	2017	2016
1	Andries	Nkuna	32:52	32:58
2	Geoff	Speirs	32:52	32:55
3	Greg	Labuscagne	34:58	34:55
4	Chris	Nossek	36:59	-
5	Jaco	Smith	37:46	34:39
6	Chris	Nossek	38:14	-
7	Ampie	Niehaus	38:50	40:16
8	Jana	Niehaus	40:44	40:54
9	Nicolas	Tingle	40:58	36:59
10	Dumisani	Shoyise	42:53	39:42
11	Eric	Prange	44:15	35:28
12	Tarryn	Payne	44:20	40:57
13	Chantel	Robins	44:52	43:45
14	Nicola	Hewitt	45:35	35:03
15	Dale	Johnson	45:47	37:08
16	Alvinesh	Sookoo	47:34	41:05
17	Clare	Mangan	48:07	48:40
18	Candice	Jenkinson	50:17	-
19	Jeff	Jenkinson	50:17	-
20	Debbie	Marshall	51:49	48:15
21	Sally	Goldman	55:21	-
22	Lea	Hollinshead	60:04	-
23	Tezz	Olds	60:04	-

2017 Total Time Trials

Nr	Name	Surname	5.1 km	8 km	Total
1	Jaco	Smith	9	2	11
2	Chris	Nossek	5	5	10
3	Geoff	Speirs	6	4	10
4	Alvinesh	Sookoo	7	2	9
5	Arden	Wessels	9		9
6	Clare	Mangan	6	3	9
7	Craig	Speirs	9		9
8	Emile	Streicher	9		9
9	Gale	Viljoen	9		9
10	Gloria	Bowles	9		9
11	Greg	Labuscagne	6	3	9
12	Steve	Heuer	9		9
13	Tracy	Wittstock	9		9
14	Ampie	Niehaus	2	6	8
15	Fiona	Calitz	8		8
16	Jacqueline	Bowles	8		8
17	Noreen	Everton	8		8



18	Sally	Goldman	7	1	8
19	Simone	Liebenberg	8		8
20	Candice	Jenkinson	4	3	7
21	Chantel	Robins	3	4	7
22	Helen	Marshall	7		7
23	Jackie	Botha	7		7
24	Lindsey	Speirs	7		7
25	Louis	Botha	7		7
26	Mandy	Skye	7		7
27	Robyn	Mcmenemey	7		7
28	Tezz	Olds	7		7
29	Andre	Slabber	6		6
30	Andries	Nkuna	2	4	6
31	Asanda	Sigodi	6		6
32	Baron	Combrinck	6		6
33	Debbie	Marshall	4	2	6
34	Felicity	Holbrook	6		6
35	Juanita	Sutton	6		6
36	Neela	Naidoo	6		6
37	Nick	Tingle	4	2	6
38	Scott	Couper	6		6
39	Taron	Ridsdale	6		6
40	Tarryn	Payne	5	1	6
41	Angela	Lardant	5		5
42	Dale	Johnson	4	1	5
43	Eric	Prange	4	1	5
44	Jeff	Jenkinson	2	3	5
45	Joelene	Wilson	5		5
46	Leslie	Ogle	5		5
47	Michelle		5		5
		Maharaj			
48	Mike	Lock	5		5
49	Rob	Goldman	5		5
50	Taryn	Mundell	5		5
51	Andrew	Perkins	4		4
52	Christo	Janse van Rensburg	4		4
53	Ingrid	Knott	4		4
54	Jaco	van Schalkwyk	4		4
55	Jane	Stott	4		4
56	Keith	Calitz	4		4
57	Krystel	Terblanche	4		4
58	Lea	Hollinshead	4		4
59	Lee-Anne	Lock	4		4
60	Rob	Scholtz	4		4
61	Simone	Hoffe	4		4
62	Ayathola	Mdlalose	3		3



63	Brad	Rochat	3		3
64	Brent	Payne	3		3
65	Brett	Ward	3		3
66	Bronwyn	Kirk	3		3
67	Di	Ching	3		3
68	Jana	Niehaus	1	2	3
69	Janine	Fokkens	3		3
70	Karen	Mordechai-Jones	3		3
71		Mackintosh	3		3
	Keswyn				
72	Kim	Robinson	3		3
73	Ntsakisi	Malabie	3		3
74	Robin	Kotze	3		3
75	Sarah	Malherbe	3		3
76	Andrea	Moroney	2		2
77	Angie	Potgieter	2		2
78	Arjun	Mathur	2		2
79	Cari	Dickerson	2		2
80	Chris	Hewitt	2		2
81	Claire	Kotze	2		2
82	Craig	Speirs	2		2
83	Dave	Elliott	2		2
84	Dawid	Cronje	2		2
85	Dick	Whittington	2		2
86	Dumisani	Shoyise	1	1	2
87	Elsie	Du Buisson	2		2
88	Heather	Speirs	2		2
89	Janis	Nicholls	2		2
90	Karen	Hewitt	2		2
91	Kate	Rich	2		2
92	Laura	Tschirpigg	2		2
93	Lynn	Wallis	2		2
94	Mazda (Sitho)	Makhaye	2		2
95	Nicole	Hadiaris	2		2
96	Nolan	Shaw	2		2
97	Rose	Whittington	2		2
98	Shan	McClelland	2		2
99	Tracy	Blakeway	2		2
100	Alex	Jones	1		1
101	Alison	Chadwick	1		1
102	Ann	Turner	1		1
103	Cathy	Coates	1		1
104	Craig	Peacock	1		1
105	Dave	Nicholls	1		1
106	Ellie	Gillies	1		1
107	Janie	Mamarot	1		1



108	Jonathan	Whittington	1		1
109	Juliette	Spence	1		1
110	Kerry	Muddiman	1		1
111	Kim	Latter	1		1
112	Lauren	Lister	1		1
113	Lawrence	Avis	1		1
114	Leigh	Mckenna	1		1
115	Matt	Young	1		1
116	Melanie	Wagner	1		1
117	Nicola	Hewitt		1	1
118	Nigel	Sherriff	1		1
119	Patrick	Rostenne	1		1
120	Phindile	Hlope	1		1
121	Pieter	Engelbrecht	1		1
122	Sumita	Ramgareeb	1		1
123	Wayne	Kerr	1		1
124	Wessel	Cronje	1		1
125	Zanele	Shoyise	1		1