



1. SOCIALS & OTHER DATES:

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

To be confirmed	Registration, collection of numbers	
Wed 11 Jan	First time trial for 2023	Run 20 till 25 October, get a shirt!
Wed 1 Feb	First braai for 2023!	
Wed 15 Feb	Valentines time trial	Run in teams of 2, no watches, predict times
Wed 15 Feb	AGM	Immediately after Valentines time trial
Wed 1 Mar	Monthly braai	
Fri 17 – Sun 19 Mar	Club camping weekend	Camp at Midmar Dam for Umgeni water race
Wed 5 Apr	Monthly braai	
Sat 15- Sun 16 Apr	Two Oceans Marathon	
To be confirmed	Two Oceans Awards evening	All Two Oceans runners please attend!
Wed 3 May	Monthly braai	
Wed 31 May	Pre - Comrades Evening	We wish all our runners well
Wed 7 Jun	Monthly braai	
Sun 11 Jun	Comrades!	
Wed 14 June	Aches & Pains post Comrades function	
Thur 15 – Mon 19 Jun	Club camping weekend	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	
To be confirmed	Mtunzini camping weekend	Run the Mtunzini 10 or 16 km bush run – Long weekend!
Wed 6 Sept	Spring handicap time trial	Scattered start, according to 2023 best times
Wed 6 Sept	Monthly braai	
Wed 4 Oct	Monthly braai	
Wed 1 Nov	Monthly braai	
Sat 25 Nov	Year-end function	
Wed 7 Dec	Monthly braai	Last braai for 2023
To be confirmed	Pub Run	



2. **CLUB RUNS:**

Wednesdays: 5 & 8 km time trial - still no group start, members can start anytime from 16h30, till 17h30, record own times and make sure your times are recorded on the TT sheet - to continue throughout the year. Run / walk 20 until **Wednesday 25 October**, and get a t-shirt.

Tuesdays, Thursday, Saturdays : No formal club runs. Members are welcome to arrange group runs via the club Whatsapp group.

3. **GENERAL:**

The 2023 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.

Contact us if you want to be added to Riverside Harriers Whatsapp group – we share information about training, races, cancellations, pictures, interesting news about our sport, etc.

The 2023 TT Challenge will start **Wednesday 11 January**, and “run” till **Wednesday 25 October** - run / walk 20 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 – September was a relatively quiet month in terms of events and races, but this lady has reached a remarkable milestone, well done to our September Member of the Month, for completing her 200th Parkrun, **Robyn McMenemey!**

The October Member of the Month goes to a Junior member, for being our first runner at the Hollywood Bets 10 km, in 43:59, well done **Travis Hewitt!**

November was a very busy month, with several races and great performances by our members, but one very worthy person was awarded the Member of the Month Award, for completing her 10th consecutive Sani Stagger 21 km, congratulations **Sumita Ramgareeb!**

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

A reminder, when we participate in road races under the control of ASA / KZNA, we have to wear proper club kit, ie (**new**) club vest and **BLACK** shorts, longs, skorts or leggings.

2023 admin:

1. License numbers for 2023 will only be available in the new year, meanwhile continue to use 2022 numbers.
2. Race fixtures – finalized and circulated;
3. Registration – we will arrange specific registration times, please make an effort to come and collect your 2023 numbers during these times !
4. Fees : 2020 → 2021 → 2022 → 2023
R730 R730 R815 R815
6. We are very pleased to be able to hold the fees the same as for 2022.
7. Keep in mind the family membership – refer the registration mail.

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.

We ended 2022 with **96** members:



Dates to remember:

Wed 15 Feb : Valentines time trial:

- a. **Red** shorts and white shirts
- b. Run in teams of 2 – select your partner, or we can allocate teams
- c. Everybody runs 5 km – everybody starts **17h30**
- d. Predict your individual times, then try and run as close as possible to your predicted times
- e. Team members don't have to run together
- f. BUT – no watches!!
- g. Everybody to please stay for short prize-giving – and AGM !

Fri 17 – Sun 19 March : Camping weekend at Midmar dam:

- a. Camp at Midmar dam to run the Umgeni Water 10, 21 or 42 km
- b. Non-campers can book to stay in the chalets, walking distance to the start

The committee wishes all members and friends a very peaceful festive season and best wishes for a better 2023!

Chairlady 2022 Prize-giving speech:

Well here we are again. It has been a tough year with people reacting very differently post Covid Lock-downs. There seems to have been a general lack of motivation for group club training and entering races. People have got used to different training routines. Races are expensive and some were cancelled, but excuses aside, we persevered and will continue to persevere and things will improve

Last year we had 121 members and this year 96, which is minus 25 .We lost 53 members (20 of whom joined a different training group) but we gained 32 newbies. So upwards and onwards and let's celebrate 2022 and congratulate the achievements of our winners.

But before I go into those specifics I will give a little summary of 2022, which will be covered in more detail at the AGM next year

We were able to offer incentives for early bird registrations which were club t-shirts/vests or Covid Jack-ets. We are working hard for a nil increase in fees for 2023, to be confirmed shortly.

We held time trials every Wednesday with starting times from 16h30 to 17h30. Next year might see a combined start of 17.00 to create more competitive motivation.

We had 3 special time trials: Valentines, Woman's Day and spring handicap.

We braaied the first Wednesday of every month. It is at this point that I need to mention our new Roof which takes the pain out of braaiing in the rain. We now share our club facilities with the Social club who are very helpful in all ways and have been a great help today with the sound system, music and the TV's. Thank you guys especially Gordon and Gary.

We had 3 club camping weekend, Midmar: to run Umgeni Water Races; St Lucia to relax and Mtunzini for the bush runs.

There was the 2 Oceans award evening.

Pre-Comrades, post Comrades evenings with gifts for each runner and Trophy presentations were held.

Our Club Gazebo was up at most races and Riversiders achieved several podium finishes

We discontinued the formal Tuesday, Thursday and Sat club runs but we still ran regularly on these days and this was communicated in the club whatsapp grou.

We have had to say good bye to several members who emigrated this year: Kerry Hill, Mandy Conratt and Sue Carruthers.

Running/walking is a tough sport – and we had some members who battled with injuries or other health issues during the year (this is besides the normal niggles we all get!) We wish you all a speedy and full recovery if still battling – Nalene Herbst, Craig Speirs, Juanita Sutton, Di Ching, Janine Willmers, Robyn McMenemey and Bianca Pelsler.



Sadly Judith Wilson passed away a few weeks before her first Comrades

Thanks to the committee and their hard work thought out this tough year. We are looking for new committee members to join us, so don't be shy.

But enough of all that: Today we celebrate achievements and perseverance and there have been some amazing feats achieved in 2022.

Charge your glasses and let's begin

Paul Smit to hand over the trophies and Emile Streicher to co-ordinate

2022 winners

CATEGORIES	NAMES	Trophy / Certificate	Comments
MEMBER OF THE MONTH			
		Trophies- miniatures	
November	Emile Streicher		Finished 15th Sani Stagger 21 km, 3rd in age category
December	Zaheera Khan		3rd in age category at Yellowwood park 15 km
January	Sarah van Niekerk		Our first runner at the Kearsney 21 km in 2 hr 14
February	Randhir Sukraj		10 km PB, by 12 minutes, at Best of the Best race
March	Zukiswa Nkiya		Disciplined training, eg 8 km tt, finished Stella 25 km in 2 hr 46
April	Jaco Smith & Bianca Pelser		Trained together and finished Two Oceans 56 km together
May	Nicola Salmon		21 km PB (1 hr 41) and 42 km PB (3 hr 58), in her 2nd 42 km race
June	Clare Mangan		3rd in age category at Hillcrest 21 km (2 hr 08) and 52:42 at Ladies Spar
July	Joy Sullivan		Steady improvements in tt and 10 km race times
August	Evelyn 'O Byrne		Finished 21st Comrades in 9 hr 50
September	Robyn McMenemey		Completed 200 Park runs
October	Travis Hewitt		Our first runner at Hollywood Bets 10 km, in 43:59
COMRADES			
Comrades finishers :		Just mention all names	
	Geoff Speirs		
	Robyn Pitot		
	Nicola Salmon		
	Evelyn O'Byrne (nr 21)		
	Simone Pozniak		
	Duncan Muller		
	Thobani Gumede		
	Tarryn Payne (nr 10)		
	Bianca Pelser		
	Jaco Smith		
	Martin van der Merwe		
	Brett Ward		
	Dumisani Shoyise		
	Lee-Anne Stewart		
	Nicholas Mhlengana		



First male in Comrades	Geoff Speirs	Trophy - handed out	8 hr 19
First Lady in Comrades	Robyn Pitot	Trophy - handed out	8 hr 56
First novice male in Comrades	Duncan Muller	Trophy - handed out	10 hr 09
First novice lady in Comrades	Nicola Salmon	Trophy - handed out	9 hr 28
TWO OCEANS			
Two Oceans finishers	Eveleyn O'Byrne (nr 11!)	Just mention names	
	Jaco Smith		
	Bianca Pelser		
First Lady in Two Oceans	Bianca Pelser	Trophy - handed out	6 hr 02
First Male in Two Oceans	Jaco Smith	Trophy - handed out	6 hr 02
MOST MILEAGE CHALLENGE			
Most Mileage award - all participants		Certificates	Fun competition - incentive, certificates for runners who did more than 1000 km, and walkers more than 500 km
	Tarryn Payne (2236.4)		
	Clare Mangan (1978)		
	Brett Ward (1856)		
	Duncan Muller (1844)		
	Ann Turner (1589)		
	Lee-Anne Stewart (1549)		
	Pam Jones (1337)		
	Debbie Fouche (1312)		
	Emile Streicher (1179)		
	Rob Goldman (1061)		
	Juanita Sutton (walker) (521)		
Most Mileage Winner	Tarryn Payne	Trophy	
TIME TRIAL AWARDS			
Merit Award : Men 8 km time trial	Geoff Speirs	Certificate	32:42
Merit Award: Ladies 8 km time trial	Robyn Pitot	Certificate	37:45
Merit Award: Ladies 5 km time trial	Robyn Pitot	Certificate	24:44
Merit Award : Men 5 km time trial	Chris Quinton	Certificate	20:10
Time trial challenge (>20)		T-shirts	
	Clare Mangan		



	Zukiswa Nkayi		
	Emile Streicher		
	Alan Sullivan		
	Patrick Rostenne		
	Craig Speirs		
	Dick Whittington		
	Di Ching		
	Sumita Ramgareeb		
	Duncan Muller		
Most time trials completed	Clare Mangan	Trophy	Always there! 32 time trials, running or taking times
HELPLESS AWARDS			
Yellow shorts award	Emile Streicher	Shorts	Entered 2 x 21 km races, travelled to Cape Town and Knysna, did not start any of the 2
Wooden crutch	Juanita Sutton	Crutch	Suffered lengthy injuries, and was out of action for a long time
CLEANEST KIT			
Cleanest kit	David Salmon	Certificate	Ran his first 2022 race, on 6 November!
ABSENT MINDED AWARDS			
Absent Minded	Barbara Florence	Certificate	Running several 2022 races, with her 2021 ASA number, without realising it! Plus, taking a bet with the club secretary, that she did have her 2022 number!
Absent Minded	Patrick Rostenne	Certificate	Arriving at the Oldies 10 km race, with his old Riverside Harriers vest! This is, after pinning on his 2022 and race numbers!
PERSEVERANCE AND RECOGNITIONS AWARDS			
Perseverance Award	Gona Govendar	Certificate	Completed the Comrades marathon, his first, but just 1 minute after the cut-off time of 12 hours
Recognition award	Joy Sullivan	Certificate	Dedicated training to steadily improve TT and race times
Recognition Award	Sumita Ramgareeb	Certificate	Completed 10 Sani Stagger 21's
Recognition award	Lawrence Avis	Certificate	Completed his 100th marathon on his 70th birthday!
Junior members	Mathew Quinton	Certificate	Cross country
Junior members	Travis Hewitt	Certificate	Good 10 km race times
Junior members	Georgia Hewitt	Certificate	Cross country



Junior members	Qraav Sukraj	Certificate	Good 10 km race times
Junior members	Alexsis Hewitt	Certificate	Cross country
Junior members	Jotham Adeola	Certificate	Track
Most constant training attendance	Clare Mangan	Trophy	Regularly at Tues and Thur training, as well as Wed time trials, as well as arranged Saturday and Sunday training runs for club members
Most improved Lady runner	Nicola Salmon	Trophy	Ran great 21 and 42 km times, as well as finished her first Comrades
Most improved male runner	Patrick Rostenne	Trophy	Disciplined training and steadily improving his 10 km and TT times, completed first 21 km in 6 years
10 x 10 km winner	Clare Mangan	Trophy	Took part in all 10 races!
Lady Veteran Runner of the year	Clare Mangan	Trophy	Participation in races, great times, several podium finishes
Male Veteran runner of the year	Duncan Muller	Trophy	As a new member, achieved good TT and race times, as well as finished his first Comrades
Clubman of the year	Emile Streicher	Trophy	Admin
Chairman Award	Janine Willmers	Trophy	Always available to help and arrange functions
Walker of the year	Sumita Ramgareeb	Trophy	Completed Sani Stagger 21 (nr 10!); Dolphins 21 km; regular at TT
Runner of the year	Zaheera Khan	Trophy	Great participation at races, achieved good 10 and 21 km times, with several podium finishes.



The 2022 **MOST MILEAGE** competition has ended - 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 2022 winner is **Tarryn Payne** (again!!)

Name	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Total
Tarryn Payne	209	205	242.5	238	242.1	265	340.3	218.3	113	163.2	2236.4
Clare Mangan	162	171	221	175	227	208	146	227	208	233	1978
Brett Ward	183	161	231	258	168	285	280	155	48	87	1856
Duncan Muller	104.6	122.5	161.1	147.8	244.3	262	311	408	53	30	1844.3
Ann Turner	143.7	190.2	115.5	154	154	166	165	168	151	182	1589.4
Lee-Anne Stewart	95.8	102	171.8	179.5	159.8	224.7	300.6	221.6	42.9	50.8	1549.5
Pam Jones	68	90	157	152	102	212	230	87	116	123	1337
Debbie Fouche	197	168	116	34	61	185	200	182	76	93.8	1312.8
Emile Streicher	123	115	108	47	139	158	96	125	90	178	1179
Rob Goldman	130	84	110	118	114	106	105	61	110	123	1061
Lisa Laaks	126.5	130.2	47.2	83	105	104	88	87	47.2	107.1	925.2
Sally Goldman	131	95.6	68	60.5	97	74	99.5	71	87.5	97.5	881.6
Alan Sullivan	60.9	23.7	86.8	63.4	55.8	54.7	74.5	64.3	44.2	57	585.3
Juanita Sutton (W)	91.51	80.97	101.15	81.11	128.7	17.72	20.67	-	-	-	521.83
Chris Doorasamy	54	45	67	41	92	37	58	52	83	87.5	556.5
Patrick Rostenne	127	95	-	-	-	-	-	-	-	-	222
Nalene Herbst	60	85.1	-	-	-	-	-	-	-	-	145.1
Robyn McMenemey	67.85	69.14	-	-	-	-	-	-	-	-	136.99

4. The 2022 10 Km Challenge

2022 final status after all 10 races :

Below the final status for 2022, well done to our winner, **Clare Mangan!**

Name	Surname	Base time	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Total Points
Clare	Mangan	1:03:28	1:01:27	0:59:53	0:58:05	0:56:20	0:55:57	0:54:21	0:56:34	0:59:04	0:55:48	0:59:49	21
Joy	Sullivan	1:32:53	1:29:22	1:23:14	1:22:54	1:20:28	1:16:38	1:13:38	1:15:39	1:17:35		1:17:30	20
Patrick	Rostenne	1:20:22	1:13:00	1:06:38	1:08:36	1:05:35	1:02:39	1:08:46	1:13:54	1:10:03	1:04:29	1:11:49	17
Alan	Sullivan	1:07:11	1:17:17	1:08:56	1:11:31	1:05:37	1:05:52	1:04:07	1:07:24	1:11:14		1:11:51	11
Emile	Streicher	1:05:01	1:10:35	1:04:42			1:02:39		1:02:21	1:05:29	1:03:23	1:08:14	11
Juanita	Sutton	1:32:40		1:32:24	1:30:18	1:27:24	1:23:27						10
Lisa	Laaks	1:03:33	1:06:32	1:02:13	1:00:31							0:58:23	9
Mike	Lock	1:12:37	1:12:37	1:07:45	1:08:27		0:58:01					0:58:46	9



Janine	Wilmers	1:42:57	1:53:40	1:36:19	1:28:46						1:47:19	8
Zaheera	Khan	0:55:35	0:50:06		0:46:32						0:50:00	7
Eric	Prange	1:06:55			0:57:24			0:55:09			0:58:58	7
Randhir	Sukhraj	1:21:55	1:18:21		1:06:59							6
Katie	Goldman	1:39:20			1:39:20		1:35:49		1:38:51			5
Michael	Jansen van Vuuren	1:39:21			1:39:21		1:35:48		1:38:50			5
Mandy	Conradt	1:22:48	1:24:36	1:20:45	1:21:31							4
Ann	Turner	1:20:28	1:07:32									3
Bianca	Pelser	1:14:11	1:02:58									3
Di	Ching	1:38:31			1:27:58							3
Nicola	Hewitt	0:59:59			0:59:59				1:08:06		1:04:00	3
Sally	Goldman	1:19:38	1:19:38		1:24:58		1:21:32					3
Sumita	Ramgareeb	1:38:30			1:30:07							3
Christopher	Stevenson	1:11:51			1:06:42							3
Douglas	Brown	1:06:40									0:52:18	3
Geoff	Speirs	1:04:53									0:50:44	3
Qraav	Sukhraj	1:18:36			1:10:40							3
Michelle	Sukhraj	1:19:08	1:18:20									2
Tarryn	Payne	0:52:49						0:52:49			0:55:45	2
Christopher	Doorasamy	1:30:45		1:30:45							1:36:48	2
Asanda	Dalindyebo	1:14:14			1:14:14							1
Barbara	Florence	0:00:00							1:03:44			1
Debbie	Marshall	1:44:41			1:44:41							1
Laura	Coetzer	0:00:00									1:16:08	1
Nalene	Herbst	1:10:16						1:37:55				1
Nicola	Salmon	0:00:00									0:52:06	1
Robyn	Mcmenemey	1:46:28	1:53:40									1
Brent	Payne	1:16:37						1:16:37				1
Brett	Ward	1:08:14									1:08:14	1
Christopher	Thorpe	0:54:48									0:54:48	1
David	Salmon	0:55:34									0:55:34	1
Douglas	Watson	1:00:59			1:00:59							1
Jaco	Smith	0:48:04	1:02:58									1
Jaco	Van Schalkwyk	1:16:12	1:16:12									1
Travis	Hewitt	0:00:00									0:43:21	1

To encourage members to **participate** in 10 km races, we have introduced a 10 km competition in 2010: THE 10 X 10 KM CHALLENGE – everybody is welcome to participate in these 10 nominated 10 km events.

2023 format (same as for 2022):

- Everybody will be given a benchmark time, based on **2022** best 5 or 8 km time trial, or 10 km race time (with the normal **15%** buffer added)
- Get 1 point for taking part.
- Get 1 point for improving the benchmark time (**the new best time becomes the new benchmark**)



- Get 1 point for improving the benchmark time by more than 2.5% - if you have difficulty in doing the calculation, feel free to contact us to assist!
- For new members, without any 2022 times to be used, the time for their first 10 km event they complete in 2023, will be their benchmark.
- **2023 dates:**

Below are the dates for the 10 km races :

- 22 Jan : Kearsney
- 5 March : ICE Promotions, Mt Edgecombe
- 2 April : Dolphins
- 7 May : Stella
- 18 June : JL Dube (Dube Trade Port)
- 23 July : VUM Sunrise
- 30 July : Forest
- 6 Aug : Supa mama
- 17 Sept : Gaterite
- 12 Nov : Oldies

5. Race Results:

Chatsworth 10 km : 11 September 2022:

Name	Surname	Time
Zaheera	Khan	47:03

Merewent 10 km : 18 September 2022:

Name	Surname	Time
Zaheera	Khan	50:00
Clare	Mangan	55:48
Eric	Prange	58:58
Emile	Streicher	1 hr 03:23
Patrick	Rostenne	1hr 04:29

Ushaka 10 & 21 km: 1 October 2022:

Name	Surname	Time - 10 km	Name	Surname	Time - 21 km
Laura	Coetzer	1 hr 17:35	Shaun	Manning	1 hr 43:26
			Zaheera	Khan	1 hr 43:42
			Simone	Pozniak	1 hr 50:49
			Barbara	Florence	2 hr 19:58



Zakehle Flat & fast 21 km : 8 October 2022:

Name	Surname	Time
Shaun	Manning	1 hr 36:29
Rob	Goldman	2 hr 05:43
Katie	Goldman	3 hr 31:34

Cape Town 42 km : 15 October 2022:

Name	Surname	Time
Luke	Muller	3 hr 17:40
Gona	Govendar	4 hr 34:52
Zukiswa	Nkayi	4 hr 34:54

Hollywood Bets 10 km : 30 October 2022:

Name	Surname	Time
Travis	Hewitt (Jnr)	43:59
Qraav	Sukhraj (Jnr)	55:47
Chris	Thorp	57:44
Nicola	Hewitt	58:16
Mike	Lock	58:30
Rob	Goldman	1 hr 01:42
Randhir	Sukhraj	1 hr 04:36
Sally	Goldman	1 hr 21:33
Michael	Janse van Vuuren	1hr 34:30
Katie	Goldman	1 hr 34:32

Capital Climb 15 km : 30 October 2022:

Name	Surname	Time
Zaheera	Khan	1 hr 32:17

Oldies 10 km : 6 November 2022:

Name	Surname	Time
Travis	Hewitt (Jnr)	43:21
Geoff	Speirs	50:44
Nicola	Salmon	52:06
Douglas	Brown	52:18



Chris	Thorp	54:48
David	Salmon	55:34
Tarryn	Payne	55:45
Lisa	Laaks	58:23
Mike	Lock	58:46
Clare	Mangan	59:49
Nicola	Hewitt	1 hr 04:00
Brett	Ward	1 hr 08:14
Emile	Streicher	1 hr 08:14
Patrick	Rostenne	1 hr 11:49
Alan	Sullivan	1 hr 11:51
Laura	Coetzer	1 hr 16:08
Joy	Sullivan	1 hr 17:30
Chris	Doorasamy	1 hr 36:48
Janine	Willmers	1 hr 47:19

Sani Stagger 21.1 km : 12 November 2022:

Name	Surname	Time
Zaheera	Khan	1 hr 59:10
Sarah	Van Niekerk	2 hr 35:20
Lisa	Laaks	2 hr 35:20
Emile	Streicher	2 hr 50:47
Sumita	Rangareeb	3 hr 30:29

Sani Stagger 21.1 km Trail : 12 November 2022:

Name	Surname	Time
Nicola	Hewitt	4 hr 15:44

Bluff 21.1 km : 20 November 2022:

Name	Surname	Time
Zaheera	Khan	1 hr 43:43
Pam	Jones	2 hr 13:15
Zukiswa	Nkayi	2 hr 14:47



Yellowwood Park 15 km : 4 December 2022

Name	Surname	Time
Zaheera	Khan	1 hr 13:13
Tarryn	Payne	1 hr 38:07
Douglas	Watson	1 hr 38:10
Emile	Streicher	1 hr 43:12
Nicola	Hewitt	1 hr 48:48
Patrick	Rostenne	1 hr 53:53

Westville Illovo 15 km : 11 December 2022

Name	Surname	Time
Nicholas	Mhlangana	1 hr 32:04
Zukiswa	Nkyai	1 hr 34:49
Tarryn	Payne	1 hr 53:37
Douglas	Watson	1 hr 53:39
Nicola	Hewitt	1 hr 53:40
Elsie	Du Buisson	2 hr 08:01

6. RUNNERS CORNER:

This month, **Patrick Rostenne** has volunteered some more wise and motivational words :

1. Life is what happens while you wait for tomorrow to come.
2. Tomorrow is often the busiest day of the week.
3. A cowboy never cries in front of his horse.

Welcome to new members **Darshini Govindasamy, Jotham Adeola**, a Junior member - we trust you will enjoy your running and walking with us.

On Sunday 11 September, **Zaheera Khan** was our only representative at the Chatsworth 10 km, **Zaheera** did us proud, by finishing in 47:03, 2nd lady overall, well done!

Hats off to **Robyn McMenemey**, who recently completed Park run nr 200!

The next Sunday, 18 September, a few of us travelled a bit south, to take part in the Merewent 10 km, which was also the 9th leg of our 10 km Challenge – which is always a small field, but a very well organised race. All finishers received a medal, a shirt, as well as a goodie bag filled with lots of useful and handy items. It is always rewarding to also take part in these “off the beaten track” races, where timing is still done, via your entry details in a plastic bank bag. It is fast and flat course, provided you are fit! **Zaheera Khan** started late, but was still our first finisher, in 50:00, followed by **Clare Mangan**, in 55:48. **Eric Prange** also dipped below 60 minutes, he was followed by **Emile Streicher** and **Patrick Rostenne**. Well done team!

Unfortunately the SAPS 10 and 21 km, scheduled for 25 September, had been cancelled.



Steve Nimmo, who ran several Silver Comrades in our colours over the years, recently popped in for a visit, from the UK – he promptly completed our 8 km time trial in 30:50 – after running 10 km in the morning, and running 7 km to the club!

We wish **Juanita Sutton** a speedy recovery, after her car accident, where she got hit by a taxi at a dangerous intersection, during load-shedding.

On Saturday 1 October, a few of our members took part in the Ushaka 10 and 21 km – **Laura Coetzer**, in her first race in our colours, was our only 10 km runner and finished in 1 hr 17:35. **Shaun Manning** was our first 21 km runner, in 1 hr 43, with **Zaheera Khan** a few seconds behind **Shaun**. **Simone Pozniak** completed her first race since Comrades, and finished in 1 hr 50, while **Barbara Florence** finished next, in 2 hr 19.

The 1860 Challenge 15 km on 2 October – seems none of our members were keen on doing 15 x 1 km loops?!

The next Saturday, 8 October, a few members took part in the Zakehle Flat & fast 21 km, where **Shaun Manning** was again our first runner, in a quick 1 hr 36, followed by **Rob Goldman** in 2 hr 05, and his daughter **Katie** in 3 hr 31.

Unfortunately, the Queensborough 15 Km Mineshaft, scheduled for 16 October, was also cancelled.

On Sunday 16 October, **Luke Muller** (his 3rd marathon, 3 hr 17), **Gona Govendar** (4 hr 34) and **Zukiswa Nkayi** (4 hr 34) completed the Cape Town Marathon, well done team!

We have to say farewell to **Sue Carruthers**, who left us for the UK.

On Saturday 22 October, we hosted our Pub Run, the first one for several years – despite the weather forecast of heavy rains and winds, we still had a good turnout of close to 30 members and guests taking part. A special thanks to **Dick Whittington** and **Di Ching**, for hosting us at our first stop, to **Glenda Austen** and her team at **McCarthy Toyota** and to **Ruben** at **Crowbar**, Riverside Hotel. The runners did just over 10 km in total, with the walkers a few km less. The weather was super kind to us, with a few drops here and there, but nothing serious. Thanks to **Gordon** and his team, from The Club, who shares our clubhouse with us, for doing the breakfast. Prizes for oldest shirts were given to **Alan Sullivan**, **Emile Streicher** and **Clare Mangan**. Of course, at an event like this, there has to be fines for doing naughty things! A few fines were issued, eg:

- **Craig Speirs** – for wearing a shirt!
- **Eric Prange** and **Emile Streicher** – for sharing beers (again!)
- **Patrick Rostenne** – for sneaking off to the walkers during the 2nd last leg
- **Alan Sullivan** – for not being able to fit in his 1990 Comrades shirt
- **Debbie (Robyn Pitot sister)** – for wearing a mountain bike shirt at a running event
- **Phumi Khumalo** - for walking away from an unfinished drink

It was absolutely great to be able to socialise and mingle again with fellow club members, without having to think about times, pace etc!

The next day was the Amashovashova cycle race, with several of our members spotted on the route – well done to **Debbie Fouche**, **Mike Lock**, **Jaco van Schalkwyk**, **Brent Payne** and **Gona Govendar**

Well done to our latest Jnr member, **Jotham Adeola**, who recently excelled on the track – he completed the 80 m for boys 11 years old, in 9:40, and the 100 m in 13:10, coming first in both distances!

On Sunday 30 October, several members took part in the Hollywood Bets 10 km, from Kingspark – it was a big field and great to see races are returning to “normal”. Our first runner, was **Travis Hewitt**, a Junior, in a very fast 43:59, followed by another Junior member, **Qraav Sukraj**, in a PB of 55:47. **Chris Thorp**, making a welcome return to races, finished next, in 57:44, while **Nicola Hewitt** (58:16) and **Mike Lock** (58:30), also dipped below 1 hour. **Rob Goldman** finished next, followed by **Randhir Sukraj**, **Sally Goldman**, **Michael Janse van Vuuren** and **Katie Goldman**. Well done team Riverside!

On the same day, **Zaheera Khan** completed the tough Capital Climb 15 km, in Pmb, in a good 1 hr 32:17, 2nd in her age category, well done!

We wish **Robyn McMenemey** a speedy recovery after her recent knee replacement.

On Sunday 6 November, we had a great turnout, with 19 of us, taking part in the Oldies 10 km race, right here, on our doorstep. Our first runner, in a very good 43:21, was **Travis Hewitt** (Jnr), who obvi-



ously had no problem going up Clinch! **Geoff Speirs** finished next, in 50:44, while pushing a pram! His last km was in fact sub 4 minutes / km! **Nicola Salmon** completed her first race since Comrades and finished in 52:06, with **Douglas Brown** finished in 52:18. **Chris Thorp** finished in 54:48, with **Dave Salmon**, in his first race of the year, and in fact, his first race in our colours, since joining the club 5 years ago, finished in 55:34. **Tarryn Payne**, **Lisa Laaks**, **Mike Lock** and **Clare Mangan** also all finished below 60 minutes! **Nicola Hewitt** was next to finish, followed by **Brett Ward**, **Emile Streicher**, **Patrick Rostenne** (who arrived in the old Riverside Harriers vest, not realising it, despite pinning on his ASA numbers and race number!), **Alan Sullivan**, **Laura Coetzer**, **Joy Sullivan**, **Chris Doorasamy** and **Janine Willmers** (who bravely continued and finished, after picking up an injury early in the race).

This was the 10th and last leg of the 10 km Challenge- congratulations to our 2022 winner, **Clare Mangan**, who together with **Patrick Rostenne**, took part in all 10 km races! **Alan** and **Joy Sullivan** took part in 9 of the 10 races, while 43 of our members took part in at least 1 of these 10 km races. This competition was introduced in 2010, to encourage members to participate in shorter distances as well, as a good solid 10 km race is very beneficial for fitness, whether you stick to 10 km distances, or doing longer distances!

On Wednesday 9 November, 11 year old **Matthew Quinton** completed the 5 km time trial in 20:29!

On Saturday 12 November, 5 brave members completed the Sani Stagger 21 km, where you run from the top of the Sani pass, to the finish at the Sani Hotel. This year it was bitterly cold at the top, especially while waiting 2 hours to start! Our first runner, who finished 10th overall, and was 3rd lady to finish, was **Zaheera Khan**, in 1 hr 59, well done! She was followed by **Sarah van Niekerk** and **Lisa Laaks**, both completing their first Staggers, in 2 hr 35. Although the road is now tarred from the hotel to the SA Border post, the first 8 km, as you come down, is still very rocky, muddy, slippery, with several small streams to cross – **Lisa** took a tumble but recovered well to finish her first Stagger. **Emile Streicher** finished next, competing his 16th Stagger, with **Sumita Ramgareeb** overcoming several obstacles during the weeks leading to the race, completing her 10th consecutive Stagger, congratulations! There was also a 21 and 38 km trail run, **Nicola Hewitt** completed the 21 km trail, in 4 hr 15. Well done to all our finishers! This remains a great weekend, and despite more than half the route (for the 21 km Down) now tar, it remains a very challenging event, especially as judges by all the “penguin walks” the few days after the race – still one for the Bucket List! For the record, the 42 km (Up and Down) winning time was 3 hr 07, after turning at the halfway mark at the top, in 1 hr 50!

The next weekend was the tough Bluff 21 km, where we had 3 brave ladies taking part – **Zaheera Khan** was 2nd lady overall, in a great 1 hr 43, followed by **Pam Jones** (2 hr 13) and **Zukiswa Nkayi** (2 hr 14) – well done ladies!

Congratulations to **Philip** and **Di Cilliers**, on their 40th wedding anniversary!

On a wet Saturday 26 November, we hosted our annual year-end function and prize-giving, where we honoured all our category winners for 2022. It was an enjoyable occasion and great to see so many members mingling, chatting, catching up and staying to braai afterwards. We did another handover of shoes, shirts, caps etc to Orcas Academy - **Salomon Mtshali**, their Vice-Chairman, was there to receive the items, and expressed his sincere gratitude for the donation. Thanks to our members for donating, we will start a new collection in 2023.

Unfortunately, the Durban Runner 10 and 21 km, scheduled for 27 November, was cancelled.

The next weekend, Sunday 4 December, a few of us travelled to yellowwood Park, to take part in the 15 km race, through Stainbank Nature reserve – it was a perfect morning to explore the reserve and the neverending hills of that area! The route had to be changed, so instead of entering the reserve at the normal bottom entrance, runners had to run back up the same hill and enter at the main gate – some of us believed it made the route more tough, some of us were not bothered....**Zaheera Khan** continued her good form and was our first runner, as well as second in her age category, in 1 hr 13, followed by **Tarryn Payne** and **Douglas Watson**. Next to finish were **Emile Streicher**, **Nicola Hewitt** and **Patrick Rostenne**. Well done team!

On a wet Sunday 11 December, 6 of our members took part in the Westville Christmas run – **Nicholas Mhlangana** was our first runner, in 1 hr 32, followed by **Zukiswa Nkayi**, in 1 hr 34. They were followed by **Tarryn Payne**, **Douglas Watson**, **Nicola Hewitt** and **Elsie Du Buisson**, doing her first race in 2022! Well done to all the finishers, hopefully in 2023 we can have a bigger field again and run / walk in a club bus, in the mood of the festive season!



On the same day, a bit closer to home, a few of our members took part in the Save Virginia Bush 4 and 8 km trail runs, and did very well! In the 4 km distance, our Junior member, **Mathew Quinton**, was the winner, followed by his father, **Chris**, with **Mathew Stewart**, son of **Brad** and **Lee-Anne**, in 3rd place! The ladies made sure it was a real family podium, with **Genevieve**, wife of **Chris**, winning the 4 km, with **Lee-Anne Stewart** in 3rd place! Well done everybody!

On Wednesday 14 December, we hosted the last time trial for 2022 – this was followed by champagne and mince pies!

None of our members took part in the Durban 10 km on 16 December, while the Big Hill race in Ballito, scheduled for 18 December was cancelled.

We have to also to say farewell to **Eric Prange**, who has left us for the UK. **Eric** has been a member for around 18 years, and also served on the committee for a long time, as treasurer. All the best **Eric**, **Debra** and **Karl**, we will miss you.

We wish **Mike Lock** a speedy and full recovery after breaking his arm while cycling- he was hit by a car, which did not even stop after the accident.

7. Back in Time:

This time 1 year ago:

We still hosted virtual races, eg the 10 km Challenge.

Zaheera Khan was our first Sani 21 km finisher, in 2 hr 05.

Patrick Rostenne and **Graeme Philips** completed the (toughest in the world!) Harrismith Mountain race 15 km.

Zukiswa Nkayi completed the Cape Town marathon in a PB of 4 hr 36, well done!

A few Park runs started to open again.....

We hosted our year and function and prize giving again!

Some races started again and a few members took part in the Yellowwood Park Stainbank 15 km and the Westville Christmas 15 km.

This time 5 years ago:

We celebrated our club 30 year anniversary! We were honoured to have many of the previous chairman present – **Roger Bailey**, **Trevor Mitchell**, **Christo van Rensburg**, **Louis Botha**. A few others could not make it and apologised (**Mike Sneddon**, **Buzz Bolton**, **John Khayser**).

Besides his Comrades Bill Rowan medal, **Geoff Speirs** was also our first runner, in many years, to break through the 20 minutes barrier in our 5 km time trial.

Once the magical 20 minute barriers was broken, **Greg Labuscagne** and **Andries Nkuna** also dipped below 20 minutes!

Jaco Smith completed the tough Capital Climb 15 km in 1 hr 15. **Jaco** followed this up with a PB of 1 hr 38 at the SAPS 21 km.

Chris Stevenson was our first runner at the Mineshaft 15 km, in 1 hr 13.

Siyabonga Gwala completed the Township to Township 42 km in 3 hr 09.

Jaco Smith completed the FNB 10 km in 42:32.

Eric Prange completed the Merewent 10 km in 46:37.

We said farewell to **Scot Couper**, who had to leave SA for administrative / visa purposes.



Jana Niehaus won the Most Mileage competition, with a total of 2750 km from January to October 2017.

Eric Prange was our first 21 km finisher at the South Coast race, in 1 hr 48, while **Andries Nkuna** was our first 42 km finisher, in 3 hr 23.

Emile Streicher was our first finisher at the Sani Stagger 21 km, in 2 hr 26, while **Craig Speirs** was our first 42 km finisher, in 5 hr 38. The weather in 2017 was very cold, wet, windy, muddy, slippery!

This time 10 years ago:

Kevin Keddie ran the fastest 5 km (20:41) and **Duncan Sondezi** the fastest 8 km (31:56) time trial to date in 2012.

Dolphin Coast Striders race in 2012 : **Maureen Slack** was our first 21 km finisher, in 1 hr 37, while **Geraldine Cronje** was our first 10 km finisher, in 50:51.

Gillian Jones and **Sumita Ramgareeb** completed the 50 km walk, in 8 hr 32.

Jaco van Schalkwyk joined our club.

Nicola Hewitt won the 2012 10x 10 Km Challenge.

Mike De Beer was our first 21 km runner at the South Coast race, in 1 hr 46, while **Duncan Sondezi** was our first 42 km runner, in 3 hr 09. **Grant Horner** entered the 10 km, but due to a marshal error, ended up running 15 km!

5 of us took part in the Harrismith Mountain race, "Toughest in the World" 15 km, with **Eric Prange** our first runner, in 2 hr 11.

Maureen Slack was our first Sani Stagger 21 km finisher, in 1 hr 52, while **Kevin Keddie** finished the 42 km in 4 hr 50.

This time 15 years ago:

Athletics North Beds for Africa 16 and 32 km – **Maureen Slack** was our first 16 km runner, in 1 hr 18, while **Joseph Sithole** was our first 32 km runner, in 2 hr 40.

Ingrid Fernihough won the 2007 Most Mileage competition, with a total of 2628 km.

Emile Streicher completed the last Sani Stagger UP 21 km – he had 40 minutes to do the last 2 km and just made the cut-off!

Joseph Sithole ran the fastest 5 km (20:01) and **Nigel Sherriff** the fastest 8 km (33:12) time trials in 2007.

This time 20 years ago:

Craig Speirs completed the BDO 21 km in 1 hr 37.

We changed our shorts to RED.

During an evening club run, we had a member in his 20's (**Hashill Ramjee**), 30's (**Craig Bergset**), 40's (**Emile Streicher**) and 50's (**Louis Botha**) !

Thomas Samual ran the fastest 4 km (15:50) and **Michael Gowar** the fastest 8 km (31:16) time trials in 2002.

Keith Dickson arrived 24 hours late for the 2002 prize-giving!

Maureen Slack completed the Newlands 15 km in 1 hr 08.



This time 25 years ago:

Ann Turner completed the Guardbank 50 km walk in 7 hr 18.

Charles Ndelu completed the Great South 21 km in 1 hr 28.

Time trial times in 1997, for 2022 members:

4 km:

Emile Streicher : 17:34

Patrick Rostenne : 17:34

Rob Goldman : 20:02

8 km:

Patrick Rostenne : 36:08

Mike Lock : 35:17

Rob Goldman : 36:49

Lawrence Avis :39:26

Ann Turner : 48:40

8.Quotes of the month:

Emile Streicher: "At this stage of my running career, everything longer than 5 km is my long run".

9. Birthdays:

Dec	Name	Jan	Name	Feb	Name	Mar	Name
4	Clare Mangan	4	Martin van der Merwe	3	Michael jansen van Vuuren	6	Duncan Muller
4	Chris Stevenson	8	Jaco Smith	3	Mike Lock	8	Kelly Brown
10	Brett Ward	15	Sumita Ramgareeb	3	Thobani Gumede	11	Dick Whittington
11	Kevin Keddie	20	Mandy Conradt	27	Bradley Stewart	13	Zukiswa Nkayi
16	Nadine Raw	31	Di Cilliers			13	Chris Quinton
23	Nicola Salmon					20	Tarryn Payne
25	Derek Raw					21	Grant Horner
28	Debbie Fouche					31	Janine Willmers
28	Joy Sullivan						

10. Humour:

a. Did you hear about the kidnapping at school?
It's okay. He woke up.

b. What is an astronaut's favourite part on a computer?
The space bar.



c. I have a fear of speed bumps. But I am slowly getting over it.

d. What did the ghost call his Mum and Dad?
His transparents.

e. Two artists had an art contest. It ended in a draw.

11. Mail received:

61 km for August – my records show this is my lowest month since September 2009 when I recorded 30! In fairness, I have been carrying a persistent injury which I've at last got around to getting treatment for.

Rob Goldman

12. 2022 COMMITTEE MEMBERS:

Chairman : Clare Mangan

Treasurer: Di Ching

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

Social Media/PRO : Nicola Hewitt

Additional Member : Jaco Smith

Social : Janine Willmers

Road Captain :

Kit :

13. 2023 RACE DATES:

Ref the KZNA booklet, eventtiming website and weekly mails for full race details. Hopefully we will have some races in the near future.....

14. Time Trial results:

Here are the 2022 Time Trial best time trial times to date, as on **Wednesday 26 October 2022**. For reference, we have included everybody's 2021 best times, highlighted in **green** if an improvement!

Best 5 km Times 2022

Name	Surname	2022	2021
Chris	Quinton	20:10	00:00
Duncan	Muller	20:48	00:00
Thobani	Gumede	21:45	22:24
Matthew	Quinton	21:56	00:00
Siyabonga	Gwala	22:45	21:29
Christopher	Thorpe	23:41	00:00
Robyn	Pitot	24:44	00:00
Douglas	Brown	25:24	00:00
Martin	Van der Merwe	26:36	00:00
Craig	Speirs	26:40	00:00



Sarah	Van Niekerk	26:55	00:00
Lisa	Laaks	27:14	00:00
Clare	Mangan	27:20	26:28
Eric	Prange	27:42	30:48
Christopher	Stevenson	27:59	29:58
Danielle	Hamilton	28:04	00:00
Zukiswa	Nkayi	28:05	00:00
Emile	Streicher	29:30	27:30
Lawrence	Avis	29:51	28:22
Patrick	Rostenne	30:05	33:31
Alan	Sullivan	31:31	32:11
Sue	Carruthers	32:04	00:00
Asanda	Dalindyebo	32:44	00:00
Randhir	Sukhraj	32:57	34:10
Michelle	Sukhraj	33:20	33:00
Qraav	Sukhraj	33:20	32:47
Joy	Sullivan	37:29	43:18
Brent	Payne	38:54	00:00
Di	Ching	39:28	42:00
Mandy	Conrad	39:37	38:14
Mpumelelo	Khumalo	40:00	00:00
Janine	Wilmers	42:09	42:56
Juanita	Sutton	43:35	38:39
Sumita	Ramgareeb	45:13	41:05
Debbie	Marshall	46:14	00:00
Dick	Whittington	49:32	43:04
Robyn	McMenemey	49:37	45:47

Best 8 km Times 2022

Name	Surname	2022	2021
Geoff	Speirs	32:42	00:00
Duncan	Muller	34:20	00:00
Thobani	Gumede	35:26	35:32
Siyabonga	Gwala	37:00	35:32
Robyn	Pitot	37:45	00:00
Christopher	Thorpe	42:40	00:00
Zukiswa	Nkayi	47:10	00:00
Asanda	Dalindyebo	56:03	00:00

Total runs 2022

Name	Surname	5km	8km	Total
Clare	Mangan	32	0	32
Zukiswa	Nkayi	5	23	28



Emile	Streicher	25	0	25
Craig	Speirs	24	0	24
Alan	Sullivan	23	0	23
Patrick	Rostenne	23	0	23
Dick	Whittington	21	0	21
Di	Ching	20	0	20
Sumita	Ramgareeb	20	0	20
Duncan	Muller	10	10	20
Asanda	Dalindyebo	16	1	17
Robyn	McMenemey	15	0	15
Robyn	Pitot	11	4	15
Janine	Wilmers	14	0	14
Juanita	Sutton	8	0	8
Christopher	Thorpe	4	4	8
Eric	Prange	8	0	8
Mandy	Conradt	7	0	7
Sarah	Van Niekerk	7	0	7
Debbie	Marshall	5	0	5
Joy	Sullivan	5	0	5
Danielle	Hamilton	4	0	4
Lisa	Laaks	4	0	4
Christopher	Stevenson	4	0	4
Siyabonga	Gwala	1	3	4
Thobani	Gumede	1	3	4
Chris	Quinton	3	0	3
Michelle	Sukhraj	3	0	3
Douglas	Brown	3	0	3
Lawrence	Avis	2	0	2
Randhir	Sukhraj	2	0	2
Heather	Speirs	1	0	1
Mpumelelo	Khumalo	1	0	1
Sue	Carruthers	1	0	1
Brent	Payne	1	0	1
Geoff	Speirs	0	1	1
Matthew	Quinton	1	0	1
Martin	Van der Merwe	1	0	1
Qraav	Sukhraj	1	0	1