

Newsletter 5

29 January 2020

Club Calendar

30 Jan – Time Trial followed by drinks at The Pot & Barrel

20 Feb – Panel of Experts
Learn about nutrition, pacing, vasbyt and how to stay injury free

27 Feb – Time Trial

29 Feb – Beloved Long Runs

5 Mar – Drinks for Jeff's birthday

6 Mar – XC Parlauf

26 Mar – Quiz Night

28 Mar - XC hosted by HH

26 March – Time Trial

30 April – Time Trial

Banking Details

First National Bank

Boom Street

Account No 5095-0200-193

**Ref – Subs/Name, or
Kit/Name, or Shoe Fund/
Name**

To collect your 2020 license please bring the following –

- Proof of payment for your subs
- Completed ASA form
- Know your 2019 number.

2020 licenses are valid from 01/01/2020.

Membership – R190

License – R150

Shoe Fund – R10 (optional)

Total – R350

HILTON HARRIERS

Join us tomorrow, Thursday at 17:30 for the Time Trial in Hilton Gardens followed by a social drink at The Pot & Barrel

Well done on a great running weekend. Here are the race results.

If you have news and results you'd like to be included in the newsletter please forward information to Julia.

Congratulations to Roxanne and Ashley

This power couple took on the Vryheid Marathon and have qualified for Comrades - Rox in 03:57 and Ash in 4:26.



Well done to our PDAC Runners



Walkers

3:03:00 Mavis – 2nd lady overall and 1st in age category

We run from Crossways every Thursday at 17:30pm except on the last Thursday of the month when we run a Time Trail in Hilton Gardens.

4km, 5km and 8km options

Your Committee

Chairlady – Julia

(084-707-2000)

Road Captain - Kim

Treasurer – John

Registration – Attie

(082-924-6960)

Kit – Linda (084-816-1491)

Steph Joyner

Paul Laing

Jan Norris

www.hiltonharriers.co.za

Upcoming Road Races

January

26th PDAC 25km

February

2nd Sydenham 32km & 16km

9th Hillcrest 42km & 21km

16th Zabalaza 42, 21 & 10

23rd Capital City 42, 21 & 10

29th Beloved Long Runs comes to town

For full road, XC and trail running fixtures please refer to our website

www.hiltonharriers.co.za

Runners

1:57:48 Stu
 1:59:32 Russell
 2:06:37 Anita
 2:08:11 Viv – 1st in age category
 2:08:42 Haydn
 2:10:05 Jono
 2:13:04 Jarryd
 2:19:56 Sue
 2:23:01 Mike
 2:23:02 Linda
 2:28:37 Julia, Kim, Peter
 2:35:35 Debs, Gill, Jill
 2:41:05 Candy



Gilboa Challenge



Some preferred to get down and dirty at Gilboa.

15km

Attie 1:47:48
 Kevin 4:57:49
 Tracy Steart 2:09:33
 Katherine Jackson 2:16:48

10km

Linda Wolhuter 1:27:30
 Caro Woolam 1:30:52
 Jan Norris 1:32:54
 Jane Dickinson 1:34:55
 Judy Flett 1:59:58

And last but not least, well done to Lauren on her podium finish on her track debut.

**Panel of Experts – 20 February at Crossways after J&G**

Please join us to hear from our esteemed panel to learn about nutrition, pacing, vasbyt and how to stay injury free. This is an informal evening for new and experienced runners alike - all welcome.

Kevin Meier – 18 Comrades, Sky Run, Iron Man and, and, and

Steph Botha – 9 Comrades, 100 Miler, Dietician

Sandy Boshoff – Comrades Physio, Runner, Swimmer, Cyclist

Stu Ferrer – 12 Comrades, KZN Pacer



Dean is bringing Beloved Long Runs to Hilton on 29 February and needs our help. The run will take runners on the Ronnie Davel route and add an option 10km on the road. Dean needs help with water tables so you could run part of the route and be a helper. More details to follow.

The Birthday Boy

Fen invites you to celebrate Jeff's milestone birthday with him on 5 March at Crossways after J&G.

Cross Country

Friday, 6th March, Parlauf hosted by Westville A C

Mob Race	All U12 age groups	2km (1x1km) each
		18h00
Girls & Boys	U13, U14, U15, U16 & U17	4km (2x1km) each
		18h15
Women	U19, Senior & 35 plus	6km (3x1km) each
		18h45
Men - U19, Senior & 35 plus, mixed teams		8km (4x1km)
		19h15

Hilton Harriers will be hosting XC on 28th March. Everyone is welcome to run.

Quiz Night – 26 March



Save The Date!

The much anticipated Annual Quiz will take place on 26 March. Not only is this a fun evening out, it is also an opportunity to raise funds for the Shoe Fund which gives NEW shoes to under privileged runners. Details to follow. Ticket Sales – Pre-entry only. No tickets will be sold on the night.

Kit

****NEW - Kiddies HH Funky Pants R250 each NEW****

Please contact Linda for kit and other HH garments including beanies, t-shirts, caps, compression pants and Funky Pants. New headwear coming soon!



