

Newsletter 6

6 February 2020

Club Calendar

9 Feb – Hillcrest Marathon

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

23 Feb – Capital City

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

2020 licenses are valid from 01/01/2020.

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.

HILTON HARRIERS

We had a great turn out for the TT last week and a great social at The Pot and Barrel afterwards. Thanks to all who made it such a fun evening. It's back to Jog and Grog from Crossways at 17:30 on Thursday. Good luck to the Hilcrest Marathon runners.

Race Round Up

Hilton Harriers descended on Underberg en masse at the weekend for the Drak Challenge. Undoubtedly the most beautiful, best organized, most value for money event on the calendar.

Here's a picture treat because everyone had a ball, everyone was fabulous and there are toooooo many results to look up.



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

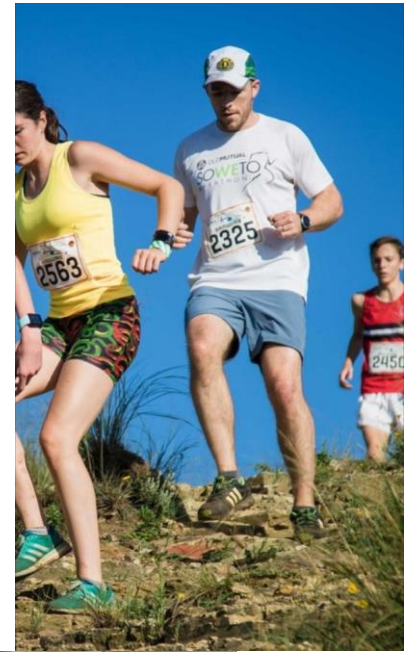
16th Zabalaza 42, 21 & 10

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



Participants in South African ultra-marathons run an average pace of 10:36 minutes per mile (roughly 1.6km) - the fastest pace in the world.

This is according to a new international report, using data from more than 5 million race results.

Female ultrarunners who compete in South Africa are faster than the men from all other countries rated in the report, apart from South Africa.

Also well supported by The Bees was the latest KZN Trail Running event at Hilton College. Congrats to Tarryn who was first lady home in the 20km run followed by Sarah who recently began running with us.



Raffle

Please support our raffle in aid of the Shoe Fund. For only R20 per ticket you could win one of these fabulous prizes.

- 1st Prize – Glenlivet 12 year old Whiskey
- 2nd Prize – A fancy bottle of wine
- 3rd Prize – Craft Beer



Time Trial Results

8km

1	Keith Clover	30,58
2	Dave Mackenzie	32,55
3	Andy Wood	34,26
4	Rob Baxter	35,18
5	Linda Shrives	35,54
6	Matt Walker	37,19
7	Mark	37,19
8	Derek Clover	38,18
9	Mike & Baby Julia	38,20
10	Kevin Meier	38,25
11	Angus	38,25
12	Don Shaw	39,41
13	Jono Riby-Smith	40,36
14	Jeff Speed	43,18
15	Sam Williams	43,18
	Ross YOTB	
16	Williams	46,31

Late Start

Donovan Boshoff	35,36
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Walkers

Margie Tilson	53,00
Mike Tilson	60,00

5km

1	Attie Kruger	21,13
2	Kim CC	21,20
3	Roxane Vale	21,35
4	Peter Hobden	21,48
5	Jarryd Heathman	22,33
6	Julia Thompson	24,00
7	Paula	24,02
8	Jenni Patrick	24,23
9	Sue Malherbe	25,35
10	Viv O'Carroll	25,35
11	Mark MacTaggart	25,42
12	Heather Baugley	26,01
13	Debbie Pickering	26,42
14	Katherine Jackson	27,02
15	Dave Nicholson	27,48
16	Richard Emslie	28,31
17	Philly	28,47
18	Anita Nicholson	29,52
19	Thulani	31,12

20	Steph Botha	31,36
21	Maria Udal	32,03
22	Shae	33,24
23	Hayley	33,30
24	Barry Haig	34,09
25	Luella	34,28
26	Carol Sacke	35,24
27	Tanja CC	36,00

Late Start
Dane Fernandes 32,03



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

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.

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.

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!



