

# Newsletter 7

13 February 2020

## Club Calendar

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.

4km, 5km and 8km options

Your Committee

Chairlady – Julia

# HILTON HARRIERS

Well done to all our Hillcrest Marathon Runners and congratulations to those who qualified for Comrades and / or ran PB's. Thank you to Jan for collecting numbers and everyone who supported, erected tents, carried cooler boxes and chairs and tended to the sick.



## Marathon Runners

Sheena 3:34:30 - 4<sup>th</sup> in age category, 5<sup>th</sup> lady overall

Paul 3:49:34

Anita 3:51:10

Lauren 3:58:23

Lester 3:58:45

Peter 3:58:52

Mike Cowling 4:04:50 – 9<sup>th</sup> in age category

Jarryd 4:09:32 –

Julia 4:09:36

Kevin 4:13:01

Kim 4:14:31

Don 4:18:53

Laura 4:20:04

Roxanne 4:20:16

Jan 4:24:16

Jenni, Jill, Debs 4:35:36

Naomi & Robin 4:38:58

Sam 4:39:41

Ashley 4:40:31

Mavis 4:49:39

Gilly 5:04:16

## Half Marathon

Viv 1:52:20

Debbie 2:01:33

Candy 2:08:41

Ross 2:24:41

Sue 1:57:10

Brigit 2:08:40

Tracy 2:20:19

Steph & lemon 2:27:51

(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](http://www.hiltonharriers.co.za)

**Upcoming Road Races**

February

16<sup>th</sup> Zabalaza 42, 21 & 10

23<sup>rd</sup> Capital City 42, 21 & 10

29<sup>th</sup> Beloved Long Runs comes to town

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

[www.hiltonharriers.co.za](http://www.hiltonharriers.co.za)



\*\*\*\*\* !!!!! Next week !!!!! \*\*\*\*\*

Our friendly panel will share their knowledge on nutrition, pacing, vasbyt and how to stay injury free. This informal talk is aimed at new runners, experienced runners, young and old runners, slow runners and fast runners.

Upstairs at Crossways after Jog and Grog.

Steph Botha – 9 Comrades, 100 Miler, Dietician



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.

Stu Ferrer – 12 Comrades (including silver), Two Oceans Silver (the hardest silver to achieve), Sub-3 hour marathon runner, KZN Pacer



Sandy Boshoff – Comrades Physio, Runner, Long Distance Swimmer, Cyclist



Kevin Meier – 18 Comrades, Sky Run, Iron Man, Freedom Challenge, Cape Epic and, and, and...



## BELOVED LONG RUNS

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.

### Raffle

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

1<sup>st</sup> Prize – Glenlivet 12 year old Whiskey

2<sup>nd</sup> Prize – A fancy bottle of wine

3<sup>rd</sup> Prize – Craft Beer

The draw will take place at the Quiz Evening on 26 March



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, 6<sup>th</sup> 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 28<sup>th</sup> 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!



