

# Distance Running Results

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*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

Preferring to run in China rather than in the Old Mutual Two Oceans Half Marathon on Easter Saturday, Stephen Mokoka set a list leader of 61:42 in Yangzhou the next day, finishing second behind Deriba Merga's course record 61:10. Mokoka's time surpassed Lusapho April's list leader set in the Two Oceans.

On Friday Mokoka, the national 10 km champion, became the fifth fastest South African ever in the 10000 metres when he easily won the SA Students Championships title in 27:56.18 ahead of Gladwin Mzazi's PB of 28:09.33. Mokoka improved his own PB from the 28:18.54 he ran to win the national title last year. (See also Stats Time later in this issue.) Mzazi then took revenge in the half marathon, winning in 69:53 with Mokoka only fourth. World 800 m champion Caster Semenya took three titles – winning the 800 in 2:02.52 and the 1500 in a leisurely 4:22.79, beating Mandie Brandt in both, and also taking the 400 in 53.16.

Since finishing sixth in the Clover Milk Run in July 2010, SA marathon champion April has now won five races in a row: the Volkswagen Johnson Controls 10 km, Woodlands Dairy 15 km, SA Marathon, Umhlobo Wenene 10 km and Old Mutual Two Oceans Half Marathon.

In the description of the Two Oceans courses in last week's DRR it was stated that "both races start and finish in the same place". Although the start/finish separation was also given for both courses, this description could have caused confusion and made readers believe that the start and finish were the same. A better way of putting it would have been that both races use the same start and finish areas, i.e. that both races start in the same place and finish in the same (different!) place.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Safari Half Marathon, Wellington
- \* Traumeel Wally Hayward Marathon, Half Marathon & 10 km, Centurion
- \* Colgate John Hattle 32 km & 15 km, Boksburg
- \* Umzinyathi Ultramarathon & 10 km, Nqutu to Dundee
- \* Checkout Verulam Marathon, Half Marathon & 10 km, Verulam
- \* André van Coller Memorial Half Marathon, Port Elizabeth
- \* Summerbreezz Superspar Men's 10 km, Port Elizabeth
- \* Track: South African Students Championships, Stellenbosch

### International highlights:

- \* Int'l Paderborner Osterlauf 10 km & Half Marathon, Paderborn, GER

- \* Crescent City Classic 10 km, New Orleans, USA
  - \* Yangzhou Jianzhen Half Marathon, Yangzhou, CHN
  - \* Mangyongdae Prix International Marathon, Pyongyang, PRK
  - \* Semi-Marathon de Rabat, Rabat, MAR
  - \* Track: Kansas Relays, Lawrence, USA
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## ROAD RUNNING

### Safari Half Marathon (24th)

Wellington, 2 May

(Distance: 21.1 km; hilly loop course, partly on gravel. Finishers: 2947.)

Note: The race had almost a thousand fewer runners than last year. – Ed.

#### MEN

1	Sityhilo	Diko	20	Adidas	1:06:07
2	Anthony	Godongwana	26	Celtic	1:07:54
3	Tom	Lusaseni	22	MPEP	1:08:59
4	Pieter	Koopman	36	Maties	1:09:43
5	Norman	Dlomo	36	Temp	1:10:00
6	Thembelani	Zola	35	MPWP	1:10:28
7	Hein	Camphor	26	Adidas	1:10:30
8	Michael	Bailey	28	Asics	1:11:57
9	Siyabonga	Makhaluza (1 <sup>st</sup> jun)	16	East	1:13:02
10	Simphiwe	Tana	32	Ned EC	1:13:35
11	Hillroy	Slingers	20	Fit2	1:13:51
12	Ricardo	Jafta	23	Eerste	1:14:11
13	Dawid	Gouws	38	Swart	1:14:56
14	Anele	Ndzuta	32	Adidas	1:15:07
15	Graham	Katzen (1 <sup>st</sup> vet)	40	Celtic	1:15:32
16	Dimitri	Witbooi	21	Itheko	1:16:01
17	Admire	Rushika	25	Hout	1:16:33
18	Henry	Wolstenholme	44	Durbac	1:16:38
19	Babalo	Hambi	16	Adidas	1:16:42
20	Dawid	Van Rooyen	23	Fit2	1:16:43

#### Veterans:

1	Graham	Katzen	Celtic	1:15:32
2	Henry	Wolstenholme	Durbac	1:16:38
3	Dawid	Pieterse	Dwars	1:18:46

#### Masters:

1	Thomas	Moses	Worc	1:26:33
2	Henry	Cieverts	Tform	1:28:19
3	Hennie	Moses	Ceres	1:28:57

#### G'masters:

1	Willie	Van Wyk	Brack	1:41:49
2	Michael	Clarke	VOB	1:41:59
3	Henry	Cleophas	Ned WP	1:42:56

#### Juniors:

1	Siyabonga	Makhaluza	East	1:13:02
2	Babalo	Hambi	Adidas	1:16:42
3	Thandile	Joseph	East	1:17:30

#### WOMEN

1	Zintle	Xiniwe	24	Ned WP	1:20:20
2	Bulelwa	Simae	34	Ned WP	1:21:00

3	Nomvuyisi	Seti	29	Celtic	1:21:27
4	Bulelwa	Mtshagi	34	Celtic	1:25:13
5	Anneline	Roffey	30	Adidas	1:28:44
6	Helene	Perold	26	Adidas	1:29:05
7	Busisiwe	Matiwane	36	Celtic	1:29:12
8	Mariëtte	Esterhuyse (1 <sup>st</sup> vet)	48	Tyger	1:31:13
9	Suzanne	Marais	45	Strand	1:31:32
10	Michelle	Dreyer	32	Paarl	1:33:17
11	Lesyl	Potgieter	36	ATC	1:34:52
12	Mia	Smit	28	Temp	1:35:19
13	Christa	Mulder	49	Adidas	1:38:04
14	Monique	Theron	25	Temp	1:38:14
15	Helette	Basson	36	Lbaan	1:38:23
16	Elizabeth	Retief	39	Welling	1:38:26
17	Esme	Koopman	42	Durbac	1:39:03
18	Monice	Brand	43	Adidas	1:39:25
19	Elizabeth	Van der Berg	38	Bredas	1:39:40
20	Styntjie	Prins (1 <sup>st</sup> mast)	57	Paarl	1:39:58

**Veterans:**

1	Mariëtte	Esterhuyse	Tyger	1:31:13
2	Suzanne	Marais	Strand	1:31:32
3	Christa	Mulder	Adidas	1:38:04

**Masters:**

1	Styntjie	Prins	Paarl	1:39:58
2	Helen	Du Plessis	Tyger	1:47:44
3	Magriet	Hanekom	Ceres	1:48:52

**G'masters:**

1	Veronica	Van Niekerk	EGA	1:43:44
2	Hester	Kotze	Durbac	1:45:13
3	Marietha	Herbert	Bell	1:51:50

**Juniors:**

1	Lohandi	Janse van Rensburg	Tyger	1:45:54
2	Jorita	Bruwer	CPUT	1:51:25
3	Jana	De Jongh	Paarl	1:55:29

**Traumeel Wally Hayward Marathon (35<sup>th</sup>), Half Marathon & 10 km**

Centurion, 2 May

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 1 700; half marathon – 1 700; 10 km – 1550.)

**Marathon****MEN**

1 Odwa Tunyiswa (Nedbank) 2:28:59; 2 Samuel Mashishi (ADT) 2:29:01; 3 Elijah Mogoboya (Nedbank) 2:30:35; 4 Kipkoech Chirchir (KEN/Nedbank) 2:31:48; 5 Adam Motona (Diepsloot) 2:33:11.

**Veterans:** 1 Jacob Mazibuko (Bidvest) 2:37:51; 2 Ruben Setumu (Toyota) 2:38:15; 3 Phehello Tsotetsi (Post Office) 2:46:22. **Masters:** 1 Elias Letlape (Nedbank) 2:55:54; 2 Themba Phulu (Panorama) 2:57:03; 3 Jan Lebeso (PPMK) 3:12:49. **G'masters:** 1 Peter Purdon (Florida) 3:22:37; 2 Daniel Hlongwane (Nedbank) 3:27:06; 3 Jan Meyer (Randmark) 3:34:30. **G/g'masters:** 1 Jan Vreken (Agape) 5:01:22.

## WOMEN

1 Winia Janse van Rensburg (Tuks) 3:06:44; 2 Jennifer Koech (KEN/Nedbank) 3:07:21; 3 Julianie Basson (Toyota) 3:07:44; 4 Lesley Train (Nedbank) 3:09:01; 5 Vicky Cotter (Nedbank) 3:11:50.

**Veterans:** 1 Lelanie van Zyl (Nedbank) 3:25:36; 2 Vanessa Bowman (Kempton) 3:27:44; 3 Barene Jankovich-Besan (RAC) 3:31:51. **Masters:** 1 Leonie Jurgens (Brakpan) 3:51:17; 2 Holly Jones (Breakthru Midrand) 4:00:01; 3 Val Watson (New Balance) 4:00:56. **G'masters:** 1 Elaine Greenblatt (Rockies) 3:54:13; 2 Penny Visser (Breakthru Midrand) 4:00:02; 3 Carol Cronck (Florida) 4:25:45.

**Half marathon**

1 Lebontso Tootsei (LES/Global) 67:14; 2 Micheal Mazibuko (Toyota) 67:32; 3 Africa Mailola (Mr Price) 68:07.

**Veterans:** 1 Elias Mabane (Bidvest) 72:51; 2 Nikky Masombuka (New Balance) 73:08; 3 Judas Ntuli (Magnolia) 74:43. **Masters:** 1 Gideon Radebe (Sasol) 80:57; 2 Colin Fisher (CSIR) 89:51; 3 Naythan Wessels (Strand) 92:21. **G'masters:** 1 Mike de Bruto (Irene) 88:32; 2 Alwyn Burger (Klerksdorp) 1:42:25; 3 Glyn Davies (Sunninghill) 1:45:30. **G/g'masters:** 1 Ian Goddard (BNAC) 2:11:17.

## WOMEN

1 Thabita Tsatsa (ZIM/Mr Price) 82:18; 2 Samukeliso Moyo (ZIM/Mr Price) 82:37; 3 Muchanetta Gwata (ZIM/Mr Price) 83:45.

**Veterans:** 1 Ansie Viljoen (Irene) 92:09; 2 Sarah Mahlangu (Toyota) 95:39; 3 Renee Binneman (Roodepoort) 99:16. **Masters:** 1 Alta v.d. Berg (Running Inn) 1:50:09; 2 Vera Nel (Magnolia) 1:52:36; 3 Sue Pratt (Kyalami) 1:52:39. **G'masters:** 1 Rene Hawkrige (HQH) 1:59:23; 2 Ina Wheatley (PMMC) 2:04:32; 3 Maz Moore (Breakthru Midrand) 2:20:08. **G/g'masters:** 1 Phyllis Maartens (Fit 2000) 2:57:20.

**10 km**

## MEN

1 Sikhubulo Seme (Tuks) 30:52; 2 Esau Radebe (Transnet) 31:10; 3 Derocious Makhobalo (GS) 31:18.

**Veterans:** 1 Piet Mosibedi (Transnet) 32:06; 2 Never Matiya (Wanderers) 33:59; 3 Isaac Masilela (ADT) 34:32. **Masters:** 1 Frank da Ascencao (Boksburg) 42:46; 2 Michael Basson (Nedbank) 43:49; 3 Michael v. Niekerk (Magnolia) 44:40. **G'masters:** 1 Maxwell Tefu (BCC) 49:07; 2 Paulo Peres (CSIR) 51:36; 3 Joey Gotkin (Rockies) 52:05. **G/g'masters:** 1 Pele Tshidukamalema (Vyebo Striders) 46:57; 2 Andries v.d. Merwe (Transnet) 57:52.

## WOMEN

1 Olivia Chitate (ZIM/Bashewa) 39:13; 2 Nandipa Dywili (Mr Price) 39:59; 3 Catherine Malungane (Temp) 41:58.

**Veterans:** 1 Florence Molawa (Arcelor Mittal) 46:16; 2 Elmarie du Toit (Akasia) 46:51; 3 Reinet Bosman (Boksburg) 47:07. **Masters:** 1 Pam Hampton (Sunninghill) 50:32; 2 Rina Pretorius (AS Eagles) 56:13; 3 Beverley Rausch (Phobians) 57:31. **G'masters:** 1 Olga Smit (PVM Affies) 60:05; 2 Rina Machado (Ndaba) 60:51; 3 Jenny Shaw (Rockies) 63:10. **G/g'masters:** 1 Mavis Stadler (Agape) 62:22; 2 Deidre Larkin (Randburg Harriers) 72:37.

**Colgate John Hattle 32 km (32<sup>nd</sup>) & 15 km**

Boksburg, 1 May

(Loop courses. Finishers: 32 km – 1200; 15 km – 1600.)

**32 km**

MEN

1 Tshidiso Bosiu (GS) 1:43:18; 2 Kgathatso Checha (ADT) 1:46:07; 3 Themba Miya (GS) 1:46:26; 4 Lawrence Chipangaan (Nedbank) 1:51:28; 5 Stephen Molepo (Mr Price) 1:52:50.

**Veterans:** 1 Lawrence Chipangaan (Nedbank) 1:51:28; 2 Simon Segau (Discovery) 1:56:30; 3 Solomon Khumalo (Carlton) 1:58:19. **Masters:** 1 Daniel Molefi (Emfuleni) 2:18:33; 2 George Madonsela (SCAW) 2:26:33. **G'masters:** 1 Don Charles (Nedbank) 2:21:29.

WOMEN

1 Marelize Retief (Mr Price) 2:10:10; 2 Olivia Chitate (ZIM/Bashewa) 2:16:05; 3 Julanie Basson (Toyota) 2:18:39; 4 Michelle Kellock (BCC) 2:24:18.

**Veterans:** 1 Vanessa Bowman (Kempton) 2:28:04; 2 Martha Khoza (Kwa-Thema) 2:45:47; 3 Josie Leong (Discovery) 2:46:22. **Masters:** 1 Karin Smith (Striders) 2:52:25; 2 Gail Visagie (RWFL) 2:53:27. **G'masters:** 1 Sandy Fine (Rockies) 3:39:30.

**15 km**

MEN

1 Lucky Mohale (Mr Price) 47:24; 2 Givemore Mudzinganyama (ZIM/Art of Running) 47:29; 3 Derocious Makhobolo (GS) 48:12.

**Veterans:** 1 Gethun Wordofa (ETH) 49:30; 2 George Mooi (Temp) 51:42; 3 Thabo Moagi (Kwatsaduza) 53:44. **Masters:** 1 Charles Vilakazi (Kwa-Thema) 54:54; 2 Sakkie Kgaphola (Kwa-Thema) 67:38. **G'masters:** 1 Mike Hirst (Striders) 60:47. **Juniors:** 1 Lindokuhle Duma (Temp) 55:35.

WOMEN

1 Thebogo Masehla (Mr Price) 54:57; 2 Takalane Nthulane (Transnet) 62:08; 3 Marli van Staden (NB Kempies) 66:38.

**Veterans:** 1 Madeline Makgata (Discovery) 76:24; 2 Connie Blom (PPMK) 78:57; 3 Sibylle Engelbrecht (Arcelor Mittal) 85:02. **Masters:** 1 Pam Hampton (Sunninghill) 74:47; 2 Alta v.d. Berg (Running Inn) 80:05. **G'masters:** 1 Margaret McGilp (Florida) 88:46. **Juniors:** 1 Eleni Abdela (Temp) 68:35.

**Umzinyathi Ultramarathon & 10 km**

Nqutu to Dundee, 1 May

(Distances: 52 km &amp; 10 km; point-to-point downhill course for the ultramarathon – it is not known where the 10 km starts)

Note: The results gave only the top three positions in the open categories, but prize money in the ultramarathon goes down to tenth position. – Ed.

**52 km**

MEN

1. Prodigal Khumalo ZIM/Mr Price 3:06:28 R10 000  
2. Professor Mollen ZIM/Mr Price 3:06:33 R6 000  
3. Herbert Chokera ZIM/Mr Price 3:06:36 R4 000

**40-49:** Reginald Ngobese Gijima 3:17:32 R2 500

**50-59:** Bongani Ndovu Zagalaza 4:33:37 R1 500

WOMEN (Same prize money as men)

1. Winnie Mnisi Toyata 4:11:37
2. Fikile Mbuthuma Nedbank 4:12:29
3. Iris Ndlovu Boxer 4:24:05

**40-49:** Priscilla Mamba SWZ/Toyota 4:36:37

### **10 km**

MEN

1. Siyabonga Nkonde Madadeni 30:53 R1 000
2. Bonginkosi Zwane Madadeni 31:59 R750
3. Sphumundla Nyembe Madadeni 32:08 R500

WOMEN (Same prize money as men)

1. Mpumelo ? Klip River Striders 40:56
2. Baine Dlamini Klip River Striders 42:24
3. Nomvula Dlamini Muden AC 43:17

## **Checkout Verulam Marathon, Half Marathon & 10 km**

Verulam, 1 May

(Distances: 42.195 km, 21.1 km & 10 km; loop courses)

### **Marathon**

MEN

- 1 Bernard Danzani ZIM/F1 2:27:25
- 2 Richard Nene ZIM/Mr Price 2:32:27
- 3 Khulekani Ngubane Mr Price 2:34:29

### **40-49:**

- 1 Willie Majombozi Boxer 2:51:17
- 2 Allan Ndlovu Westville 2:54:43
- 3 Robert Ngema Phoenix 2:59:48

### **50-59:**

- 1 Joseph Dumakude Verulam 3:18:40
- 2 Innocent Ndlovu Mandeni 3:21:42
- 3 Errol Shear Jeppe 3:23:00

### **60+:**

- 1 Chris van der Westhuisen Umhlathuze 3:57:44
- 2 Henk Vos Nedbank 4:10:12
- 3 Ted Liddiati Stella 4:24:08

WOMEN

- 1 Nonsikelelo Mbambo Natal Carb 3:29:38
- 2 Nicola McMurray Mthunzini 3:30:39
- 3 Sibongile Mpanza Boxer 3:40:34

### **40-49:**

- 1 Mary Mwelase Boxer 3:45:35
- 2 Eunice Ntuli Nedbank 3:49:52
- 3 Molly Parsaraman Woodview 4:32:30

### **50-59:**

- 1 Tilda Tearle Savages 4:45:35

### **60+:**

1 Maureen Perry Chiltern 4:34:32

### Half marathon

MEN

1 Samson Tenai ZIM/F1 1:12:26  
2 Aron Mathandabuzo Clermont 1:14:00  
3 Vincent Mthembu Mr Price 1:14:22

#### 40-49:

1 Nicholas Cekwane Nedbank 1:24:45

#### 50-59:

1 Fred Mkenzie Westville 1:44:45

#### 60+:

1 Nikeyi Maarbeel 2:02:30

WOMEN

1 Nomthandazo Mlotshwa Inanda 1:40:13  
2 Kim Lowe Westville 1:43:28  
3 Mashohnolo Lephema Nedbank 1:45:56

#### 40-49:

1 Tammy Dennill Westville 1:52:30

#### 50-59:

1 Debbie Dekoning Eskom 1:49:04

#### 60+:

1 Lynda Bell QBH 2:06:35

### 10 km

MEN

1 Pehinson Chiliza VAC 30:08  
2 Anele Madlala VAC 30:13  
3 Lucky Mdladla Nedbank 30:28

WOMEN

1 Ntokozo Mkhize Eskom Gijimas 33:13  
2 Slindile Chili Chesterville 36:09  
3 Marry-Ann Taylar Clermont 38:40

### André van Coller Memorial Half Marathon

(EP Championships)

Port Elizabeth, 30 April

(Distance: 21.1 km; loop course followed by an out-and-back section. Finishers: 421.)

MEN

1	Lungile	Gongqa	Mr Price AC EP	32	1:06:02
2	Zolani	Ngqaqa	Mr Price AC EP	22	1:07:20
3	Sibusiso	Thu	PEAAC	22	1:07:32
4	Masixole	Dlaku	Mr Price AC EP	32	1:08:09
5	Melikhaya	Frans (1 <sup>st</sup> jun)	Nedbank RC EP	19	1:09:01
6	Mzolisi	Makhanda	Nedbank RC EP	28	1:09:11
7	Sandile	Ngunuza	Nedbank RC EP	28	1:09:28
8	George	Ntshiliza	Nedbank RC EP	31	1:09:29
9	Anele	Maliza	Nedbank RC EP	33	1:12:03
10	Mariano	Eesou	Nedbank RC EP	19	1:12:16
11	Masande	Mlonyeni	Nedbank RC EP	30	1:12:19
12	Thanduxolo	Mpushe	PEAAC	21	1:12:42

13	Marinus	Johnson	Nedbank RC EP	25	1:14:48
14	Ricardo	Plaatjies	Elite AC	28	1:14:49
15	Thulani	Mdlalo	Nedbank RC EP	26	1:15:06
16	Nkosinathi	Gcakasi (1 <sup>st</sup> vet)	Bluewater Bay	40	1:15:33
17	Luvuyo	Stephen	Nedbank RC EP	40	1:15:52
18	Lubabaloo	Mdlungwane	PEAAC	17	1:15:55
19	Carriot	Galela	Run For Life EP	41	1:16:04
20	August	Esau	Nedbank RC EP	40	1:16:29

**40-44:**

1	Nkosinathi	Gcakasi	Bluewater Bay	40	1:15:33
2	Luvuyo	Stephen	Nedbank RC EP	40	1:15:52
3	Carriot	Galela	Run For Life EP	41	1:16:04

**45-49:**

1	Mutekile	Rasmeni	Triangle Sports	46	1:17:44
2	Darrell	Wicht	Triangle Sports	47	1:22:19
3	Bennie	Stadler	Achilles AAA	48	1:23:13

**50-54:**

1	Alec	Riddle	Charlo RR	50	1:28:16
2	Charles	Baatjies	Elite AC	54	1:30:11
3	Joseph	Bain	St Albans CS EP	51	1:30:26

**55-59:**

1	Sizinzo	Kama	Achilles AAA	59	1:26:01
2	Bruce	McEwan	Achilles AAA	57	1:32:08
3	Roger	Trader	Achilles AAA	57	1:35:29

**60-64:**

1	Fred	Verrall	Charlo RR	62	1:34:47
2	Hansie	Els	Somerset East	63	1:35:53
3	Percy	Dalton	Achilles AAA	62	1:39:28

**65-69:**

1	Tamsanqa	Jusayi	Nedbank RC EP	69	1:32:07
2	Kobus	Gerber	PEAAC	67	1:44:54
3	Johannes	Herbst	Muirite Striders	65	1:47:09

**70-74:**

1	Godfrey	Kariem	Cadbury AC	70	1:48:41
2	Gerald	Hoxley	Achilles AAA	70	2:08:02
3	Robin	Clark	Achilles AAA	70	2:08:44

**75-79:**

1	Ernie	Verrall	Absa NMMU AC	76	2:08:33
2	John	Peart	Nedbank RC EP	75	2:44:03

**Juniors:**

1	Melikhaya	Frans	Nedbank RC EP	19	1:09:01
2	Lubabaloo	Mdlungwane	PEAAC	17	1:15:55
3	Ayanda	Blou	Triangle Sports	17	1:30:30

**WOMEN**

1	Deliwe	Nyanga	Nedbank RC EP	22	1:25:28
2	Davera	Magson	Nedbank RC EP	36	1:28:16
3	Thabisa	Mayedwa	Nedbank RC EP	25	1:32:14
4	Marisa	Ferraris (1st vet)	Triangle Sports	40	1:33:35
5	Sally	Waterworth	Jeffreys Bay AC	33	1:34:35
6	Christine	Claasen	Achilles AAA	46	1:35:51
7	Grizelda	Pietersen	Achilles AAA	42	1:36:04
8	Terri-Lynn	Penney	Run For Life EP	34	1:36:34
9	Lesley	Wood (1st mast)	Achilles AAA	53	1:37:22
10	Pat	Thomson	Achilles AAA	50	1:38:25
11	Sime	Baynes	Body Concept	27	1:39:23



12	Janette	Schierz-Crusius	Body Concept	50	1:40:29
13	Hanlie	Van der Westhuizen	Transnet RE EP	55	1:41:02
14	Adele	Nel	St Albans CS EP	38	1:41:33
15	Melanie	Jennett	Temp	38	1:43:13
16	Buyelwa	Kobokana	Nedbank RC EP	46	1:44:02
17	Vanessa	Lessing	Temp	32	1:44:13
18	Natalie	Ross	Temp	20	1:44:42
19	Paulette	McEwan	Achilles AAA	46	1:45:42
20	Elmarie	Bezuidenhout	Charlo RR	29	1:46:22

**40-44:**

1	Marisa	Ferraris	Triangle Sports	40	1:33:35
2	Grizelda	Pietersen	Achilles AAA	42	1:36:04
3	Debbie	Dodd	Charlo RR	40	1:47:52

**45-49:**

1	Christine	Claasen	Achilles AAA	46	1:35:51
2	Buyelwa	Kobokana	Nedbank RC EP	46	1:44:02
3	Paulette	Mcewan	Achilles AAA	46	1:45:42

**50-54:**

1	Lesley	Wood	Achilles AAA	53	1:37:22
2	Pat	Thomson	Achilles AAA	50	1:38:25
3	Janette	Schierz-Crusius	Body Concept	50	1:40:29

**55-59:**

1	Hanlie	Van der Westhuizen	Transnet RE EP	55	1:41:02
2	Monica	Kemp	Madiba Bay AC	55	1:53:51
3	Cathy	Ives	Achilles AAA	58	2:00:00

**60-64:**

1	Liz	Grundlingh	Muirite Striders	64	1:58:42
2	Helene	Oppel	Crusaders AC	61	2:07:47
3	Denise	Terblanche	Walmer AC	63	2:22:03

**65-69:**

1	Orgia	Nell	Muirite Striders	67	2:30:23
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**70-74:**

1	Dorothy	Hart	PEAAC	73	2:29:04
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**Juniors:**

1	Tanya	Wilson	Charlo RR	18	2:26:59
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**Summerbreezz Superspar Men's 10 km**

Port Elizabeth, 27 April

(Loop course. Finishers: 192.)

1	Zolani	Ngqaqa	Mr Price PE	22	31:41
2	Sibusiso	Thu	PEAAC	22	31:45
3	Mzolisi	Makhandla	Nedbank RC	28	32:02
4	Mariano	Eesou	Nedbank RC	19	32:11
5	Melikhaya	Frans (1st jun)	Nedbank RC	19	32:23
6	Bulelini	Niwa	PEAAC	25	32:38
7	Khayaletu	Makalima	Mr Price PE	27	33:26
8	Sandile	Ngunuza	Nedbank RC	28	33:42
9	Simphiwe	Ntombana	Nedbank RC	17	33:50
10	Sylvester	Honnie	Mr Price PE	27	33:56
11	Mila	Pasiya	Nedbank RC	31	34:16
12	Robert	Matthys	Mr Price PE	34	34:34
13	Christopher	Mabengeza (1st vet)	Nedbank RC	44	34:57
14	Maboyisana	Mazwayi	Nedbank RC	42	35:13
15	Mongezi	Mboya	PEAAC	33	35:40

16	Zandisile	Mpisane	Mr Price PE	27	36:06
17	Duwayne	Lucas	Nedbank RC	21	36:09
18	Carriot	Galela	RFLG	41	36:28
19	Sinekhaya	Ndlakuse	Nedbank RC	22	36:58
20	Njongwezintle	Baba	Mr Price PE	16	37:56

**40-44:**

1	Christopher	Mabengeza	Nedbank RC	44	34:57
2	Maboyisana	Mazwayi	Nedbank RC	42	35:13
3	Carriot	Galela	RFLG	41	36:28

**45-49:**

1	Anthony	Button	Absa NMMU AC	49	42:10
2	Marius	Zeelie	Triangle Sports	46	45:47
3	Roderick	Moola	Temp	46	46:02

**50-54:**

1	Daniel	Ferreira	Elite AC	52	45:16
2	Renier	Van Vuuren	PEAAC	54	47:23
3	Jan	Van Eeden	Nedbank RC	52	49:14

**55-59:**

1	Sizinzo	Kama	Achilles AAA	59	41:17
2	Donald	Mancasa	Triangle Sports	57	44:57
3	Henry	Thorne	Willard Batt	57	51:26

**60-64:**

1	Fred	Verrall	Charlo RR	62	43:56
2	David	O'Reilly	Nedbank RC	63	49:54
3	Anton	De Koning	SANDF EP	61	51:57

**65-69:**

1	Tamsanqa	Jusayi	Nedbank RC	69	43:41
2	Gerald	Bouwer	Achilles AAA	67	1:00:47
3	Brian	Smith	PEAAC	68	1:15:36

**70-74:**

1	Michael	Collins	PEAAC	72	50:06
2	Henry	Human	Vwac	72	1:02:54
3	Wells	Anderson	PEAAC	78	1:04:53

**Juniors:**

1	Melikhaya	Frans	Nedbank RC	19	32:23
2	Simphiwe	Ntombana	Nedbank RC	17	33:50
3	Njongwezintle	Baba	Mr Price PE	16	37:56

**TRACK****South African Students Championships**

Stellenbosch, 29-30 April

Note: The results did not include club affiliations. – Ed.

**MEN**

800 (30):

1. Andre Olivier 1:49.42
2. Windy Jonas 1:49.79
3. Zwelakhe Seboto 1:49.90
4. Tlou Seloba 1:49.97
5. Alan Slinger 1:50.51

1500 (29):

1. Pharson Magagane 3:44.95

2. Andre Olivier 3:45.92.
3. Jerry Motsau 3:45.97
4. Tshamano Setone 3:46.73
5. Jacques Pretorius 3:48.38

3000 s/chase (29):

1. Edwin Molepo 8:40.07
2. Dean Brummer 8:46.81
3. Khothatso Mokone 9:03.59
4. Thuso Phaswana 9:24.86
5. Samuel Marokoane 9:36.67

5000 (30):

1. Tshamano Setone 13:30.77
2. Gert Manora 13:57.40
3. Dean Brummer 14:02.00
4. Isaac Mboyazi 14:02.30
5. Pharson Magagane 14:23.63

10000 (29):

1. Stephen Mokoka 27:56.18
2. Gladwin Mzazi 28:09.33
3. Gert Manora 28:49.22.
4. Isaac Mboyazi 30:04.69
5. Boy Soke 30:23.54

Half marathon (30):

1. Gladwin Mzazi 1:09:53
2. K. Madiba 1:09:55
3. Rafael Mahapa 1:10:01
4. Stephen Mokoka 1:10:02
5. Boy Soke 1:10:18

WOMEN

800 (30):

1. Caster Semenya 2:02.52
2. Mandie Brandt 2:04.65
3. Juanee Cilliers 2:06.38
4. Anuschka Nice 2:08.98
5. Annica Coetzee 2:10.27

1500 (29):

1. Caster Semenya 4:22.64
2. Mandie Brandt 4:22.79
3. Maxine Heine-Wacker 4:22.99
4. Juanee Cilliers 4:25.14
5. Nolene Conrad 4:29.20

3000 s/chase (29):

1. Nolene Conrad 10:21.17
2. Myrette Filmalter 10:25.37
3. Thembi Baloyi 10:35.85
4. Ashleigh Schnetler 10:49.97
5. Thandi Malindi 12:13.92

5000 (30):

1. Nolene Conrad 16:39.12

2. Zintle Sinqe 16:55.25
3. Portia Ngwenya 16:56.71
4. Myrette Filmalter 17:03.46
5. Maxine Heine-Wacker 17:10.87

Half marathon (30):

1. Portia Ngwenya 1:20:33
2. Liziwe Mabona 1:22:51
3. Mia Pienaar 1:23:37
4. Thitshamba Ravhandalala (NAM) 1:23:49
5. Letitia Saayman 1:25:31

## INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

### ROAD RUNNING

#### Int'l Paderborner Osterlauf 10 km & Half Marathon (65th)

Paderborn, GER, 23 April

(Distances: 10 km and 21.1 km; certified two-loop course)

#### 10 km (gun times)

MEN

1. Titus Mbishei, 1990, KEN 28:05
2. Thomas Ayeko, 1992, UGA 28:06
3. Jacob Chesari, 1984, KEN 28:29
4. Daniel Chebii, 1985, KEN 28:43
5. Henry Chirchir, 1985, KEN 28:48

WOMEN

1. Doris Changeywo, 1984, KEN 32:03
2. Esther Chemtai, 1988, KEN 32:11
3. Emily Chebet Muge, 1986, KEN 32:41
4. Sabrina Mockenhaupt, GER 32:43
5. Pamela Lisoreng, 1988, KEN 32:48

#### Half marathon (gun times):

MEN

1. Sammy Korir\*, KEN 1:03:16
2. Isaac Arusei, KEN 1:03:52
3. Dickson Kimutai, KEN 1:04:04

\*) Not the 2:04:56 marathoner

WOMEN

1. Abebech Afework, ETH 1:12:45
2. Asha Gigi, ETH 1:13:20
3. Susan Chepkemei, KEN 1:13:34

**Crescent City Classic 10 km** (33rd)

New Orleans, USA, 23 April

(Certified, flat point-to-point course)

MEN (gun times)

- |                              |       |        |
|------------------------------|-------|--------|
| 1. Belete Assefa, 20, ETH    | 28:14 | \$5000 |
| 2. Allan Kiprono, 21, KEN    | 28:19 | 3500   |
| 3. Macdonard Ondara, 26, KEN | 28:38 | 2000   |
| 4. Lani Kiplagat, 22, KEN    | 28:58 | 1500   |
| 5. Robert Letting, 26, KEN   | 29:01 | 750    |

WOMEN (gun times)

- |                               |       |        |
|-------------------------------|-------|--------|
| 1. Wude Ayelew Yimer, 23, ETH | 31:36 | \$5000 |
| 2. Lineth Chepkurui, 23, KEN  | 31:47 | 3500   |
| 3. Belainesh Gebre, 23, ETH   | 31:58 | 2000   |

**Yangzhou Jianzhen Half Marathon**

Yangzhou, CHN, 24 April

(Distance: 21.1 km; certified course)

MEN

- |                         |         |    |
|-------------------------|---------|----|
| 1. Deriba Merga, ETH    | 1:01:10 | CR |
| 2. Stephen Mokoka, RSA  | 1:01:42 |    |
| 3. Wirimayi Juwawo, ZIM | 1:01:47 |    |
| 4. Jonathan Maiyo, KEN  | 1:02:28 |    |
| 5. Robert Kirui, KEN    | 1:02:44 |    |

WOMEN

- |                           |         |    |
|---------------------------|---------|----|
| 1. Mare Dibaba, ETH       | 1:09:41 |    |
| 2. Susan Tanui, KEN       | 1:11:07 | PB |
| 3. Hao Xiaofan, 1989, CHN | 1:11:43 |    |
| 4. Liu Zhuang, 1995, CHN  | 1:12:31 | PB |
| 5. Cao Mojie, 1992, CHN   | 1:13:23 |    |

**Mangyongdae Prix International Marathon** (24th)

Pyongyang, PRK, 10 April

(Distance: 42.195 km)

MEN

- |                         |         |  |
|-------------------------|---------|--|
| 1. Oleg Marusin, RUS    | 2:13:58 |  |
| 2. Mureithi Mwangi, KEN | 2:14:52 |  |
| 3. David Ngakane, RSA   | 2:15:31 |  |

WOMEN

- |                      |         |  |
|----------------------|---------|--|
| 1. Ro Un Ok, PRK     | 2:32:06 |  |
| 2. An Un Suk, PRK    | 2:33:47 |  |
| 3. Pak Jong Nyo, PRK | 2:34:07 |  |

**Semi-Marathon de Rabat** (7th)

Rabat, MAR, 3 April

(Distance: 21.1 km; one-loop course, flat)

Note: A "rash of personal bests", as *Race Results Weekly* described it, called into question the length of this course (not for the first time). However, Ken Young's calculations show

an RTB (Race Time Bias) figure – where athletes' times are compared to what one could expect them to run (based on their most recent performances) – of -1.18 sec/km for the men and -4.57 sec/km for the women, within the limit of -5 sec/km allowed. So these times can be accepted for statistical purposes. – Ed.

#### MEN

1. John MWANGANGI, 1990, KEN 1:01:08
2. Atsedu TSEGAY, 1991, ETH 1:01:12 PB
3. Nathaniel KIPKOSGEI, KEN 1:01:24 PB
4. Mourad EL BANNOURI, MAR 1:01:38 PB
5. Tola LEMA BIRBISA, ETH 1:01:47 PB
6. Ahmed BADAY, 1979, MAR 1:02:04
7. Alaziz MUSTAPHA, MAR 1:02:06
8. Wissem HOSNI, 1985, TUN 1:02:07 PB
9. ASEFA, 1990, ETH 1:02:20
10. Abraham ROTICH, 1979, KEN 1:02:35
- ... 18. Coolboy NGAMOLE, 1977, RSA 1:04:45

#### WOMEN

1. Feysa Tadesse BORU, 1988, ETH 1:08:44 PB
2. Doris CHANGEYWO, 1984, ken 1:08:49 PB
3. Filomena CHEPCHIRCHIR, 1981, KEN 1:08:51 PB
4. Georgina RONO, KEN 1:09:08 PB
5. Kejeta MELAT YISAK, 1992, ETH 1:10:43 PB
6. Sultan HAYDAR, 1987, TUR 1:10:54
7. Jane MUJA, 1986, KEN 1:11:21
8. Miriam WANGARI, 1979, KEN 1:11:34
9. Samira RAIF, MAR 1:12:34
10. Soumiya LABANI, MAR 1:13:01
- ... 14. Asmae LEGHZAOU, 1976, MAR 1:14:12
- ... 16. Zintle XINIWE, 1986, RSA 1:17:13

### TRACK

#### **Kansas Relays** (83rd)

Lawrence, USA, 20-23 April

#### MEN

Mile (23):

Invitational Race:

1. Will Leer Unattached 4:03.95
2. Peter van der Westhuizen Unattached (RSA) 4:04.57
3. Taylor Milne Unattached (CAN) 4:05.63

### STATS TIME

#### **10000 METRES: ALL-TIME TOP S.A. MEN**

Stephen Mokoka's magnificent run in the 10000 metres in Stellenbosch over the weekend shot him up into fifth place on the SA all-time list. Here is the list of the ten all-time best performers (note: not performances); only nine South Africans have gone under 28 minutes. All ten time were run either in Port Elizabeth or Stellenbosch.

27:29.94	Hendrick Ramaala	1	Port Elizabeth	22.02.99
27:39.65	Xolile Yawa	1	Port Elizabeth	12.12.87

27:43.89	Shadrack Hoff	1	Port Elizabeth	08.03.96
27:48.20	Matthews Motshwarateu	1	Stellenbosch	07.05.79
27:56.18	Stephen Mokoka	1	Stellenbosch	29.04.11
27:57.47	Enoch Skosana	2	Port Elizabeth	22.02.99
27:57.50	Matthews Temane	1	Stellenbosch	05.10.89
27:58.46	Simon Madibeng	2	Port Elizabeth	12.12.87
27:59.80	Rami Tsebe	3	Stellenbosch	05.10.89
28:00.72	Matthews Batswadi	1	Port Elizabeth	11.04.80

### THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

#### 32 years ago: 12 May 1979

Greg Meyer (USA) scored the first of his seven victories the Old Kent River Bank 25 km in Grand Rapids, Michigan, in 1:14:29, well ahead of Steve Flanagan in 1:17:28. Doug Kurtis was third in 1:21:15. Kurtis is best known for his "world record" 75 sub-2:20 marathon performances (69 on legitimate courses). Cheryl Bridges won the women's race in 1:36:39. Steve and Cheryl are the parents of Shalane Flanagan, current US cross-country champion and winner of the bronze medal in the 10000 m at the Beijing Olympics.

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

This section lists this year's best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in SA races, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

#### MEN

##### Open

10 km	28:42	Lusapho April	Port Elizabeth	16 Apr
	27:15	Micah Kogo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:43	Lusapho April	Jeffreys Bay	08 Jan
	42:58	Mohamed Trafah (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:42	Stephen Mokoka	Yangzhou	24 Apr
	58:30	Zerzenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	79:50	Juan van Deventer	Johannesburg	23 Jan
	77:39	Giovanni deJesus (BRA)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:36:14	Elroy Gelant	Camps Bay	09 Jan
	1:32:08	Jason Lehmkuhle (USA)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:13:21	Lusapho April	George	13 Feb
	2:05:27	Wilson Chebet Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

\*\*\*) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	32:15 28:51	Piet Mosibedi Paulo Catarino (POR) 2003	Pretoria	05 Feb
15 km	50:30 44:14	Graham Katzen Pierre Levisse (FRA) 1992	Constantia	15 Jan
21.1 km	70:42 62:28	Lindile Tokota John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Oudtshoorn	29 Jan
25 km	88:11 76:49	Lawrence Chipangaan Martin Mondragon (MEX) 1994	Durban	10 Apr
30 km	1:46:14 1:35:28	Graham Katzen Geraldo Antonio da Silva (BRA) 2002	Camps Bay	09 Jan
Marathon	2:22:07 2:08:46	Elias Mabane Andres Espinosa (MEX) 2003	Benoni	30 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:18 [32:10 30:35	Meshack Motla Vladimir Kotov Tecwyn Davies (GBR) 1988	Hartebeespoort Cape Town	19 Mar 02 Mar]
15 km	53:11 [50:03 47:52	Johannes Seakamela Vladimir Kotov (BLR) Titus Mamabolo (RSA) 1991	Alberton Constantia	13 Mar 12 Mar]
21.1 km	72:24 66:42	Charles Vilakazi Martin Rees (GBR) 2003	Johannesburg	27 Mar
25 km	1:39:05	Edmond Mngadi	Durban	10 Apr
30 km	1:58:23 [1:46:47	Raymond Howard Vladimir Kotov (BLR)	Camps Bay Parow	09 Jan 03 Apr]
Marathon	2:40:32 [2:30:24 2:19:29	Stuart McColl Vladimir Kotov (BLR) Titus Mamabolo (RSA) 1991	George George	13 Feb 13 Feb]
100 km				

Grandmasters (60+)

10 km	38:23	Awie Veldsman	Bellville	16 Apr
15 km	59:28	Jimmy Morris	Constantia	12 Mar
21.1 km	86:45	Mike du Bruto	Pretoria	05 Feb
25 km	1:48:44	Michael Langa	Durban	20 Mar
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon	3:13:44	Don Charles	George	13 Feb
100 km				

Juniors

10 km	30:18 27:52	Unathi Nteta Richard Chelimo (KEN) 1990	Cape Town	02 Mar
15 km	48:50 42:25	Lufumba Sakila Moses Mosop (KEN) 2004	Constantia	12 Mar
21.1 km	69:01 59:16	Melikhaya Frans Samuel Wanjiru (KEN) 2005	Port Elizabeth	30 Apr

**WOMEN**Open

10 km	33:07 31:50 30:21	René Kalmer Sentayehu Ejigu (ETH) Paula Radcliffe (GBR) 2003	Bellville	10 Apr
15 km	53:48	René Kalmer	Alberton	13 Mar



	49:31	Jennifer Rhines (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	70:56A	Irvette van Blerk	New York	20 Mar
	72:04	Irvette van Blerk	Cape Town	23 Apr
	65:50	Mary Keitany (KEN)		
	66:25	Lornah Kiplagat (KEN) 2007		
	65:50p	Mary Keitany (KEN) 2011		
25 km	95:17	René Kalmer	Johannesburg	23 Jan
	91:07	Marily dos Santos (BRA)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:02:46	Bulelwa Simae	Parow	03 Apr
	1:46:27	Hiroimi Ominami (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:39:07	Tanith Maxwell	London	17 Apr
	2:22:45	Aselefech Mergia (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	38:08	Jacqui Bakkes	Bellville	10 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:51	Joanna Thomas	Constantia	12 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	83:18	Jacqui Bakkes	Cape Town	23 Apr
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:34A	Frith van der Merwe	Somerset East	19 Mar
	1:49:49	Grace de Oliveira	Durban	20 Mar
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:53:24A	Joanna Thomas	Oudtshoorn	26 Feb
	2:54:53	Joanna Thomas	George	13 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	42:27	Olga Howard	Bellville	16 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	67:09	Bev Charters	Constantia	12 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	92:40A	Annatjie Botes	Wilderness	09 Apr
	93:18	Annatjies Botes	Oudtshoorn	29 Jan
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:02:49	Laura Maritz	Port Elizabeth	09 Apr
30 km	2:25:56	Miranda Ward	Worcester	12 Mar
Marathon	3:10:48	Annatjie Botes	George	13 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	49:06	Marietha Herbert	Bellville	16 Apr
15 km	69:11	Liz Ruickbie	Johannesburg	27 Feb
21.1 km	1:42:46	Veronica van Niekerk	Brandvlei	05 Feb
25 km	2:30:27	Linda Bell	Durban	10 Apr

30 km	2:30:15	Veronica van Niekerk	Worcester	12 Mar
Marathon	3:41:01	Veronica van Niekerk	George	13 Feb
100 km				

#### Juniors

10 km	36:08	Dominique Scott	Bellville	10 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	68:36	Jeanni Seymour	Johannesburg	09 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:43:31	Leigh Barrow	Cape Town	23 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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