

Distance Running Results

Vol. 13, No. 13 – April Fool's Day 2013

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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.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

The weather for the 44th Old Mutual Two Oceans Marathon couldn't be worse than last year. At least, that is what everyone thought before Saturday's event. Well, some runners probably felt that last year's rain was preferable to the gale-force winds that blew across the course on race day. Many runners said that the howling southeaster never seemed to come from behind, even though – after the first half into the wind – they turned at Fish Hoek and ran north on the other side of the mountain towards the finish.



In contrast with 2012, the men's race was decided early when former national marathon champion David Gatebe (whose surname has in the past been rendered as Radebe and Gadebe) broke away after 38 km and never again looked in danger of being caught. Gatebe (31), who works as a sports officer at the



Above: Charné Bosman receives refreshment after finishing third in the Two Oceans ultramarathon in the third fastest time ever by a South African. (See also the end of the Editorial on p 5.) Right: David Gatebe on his way to winning the race in 3:08:54. [Image SA]

Impala Platinum Mine in Rustenburg, won by more than a minute in 3:08:54. He ran almost equal halves (1:34:31 and 1:34:23) – an amazing feat considering the very tough second half of the route.

Gatebe was followed in 3:10:02 by the local favourite, Mthandazo Qhina, who finished sixth last year. It was the first time since Keith Court was third in 2001 that a Cape Town runner could break into the top three. Gatebe and Qhina were two of only three South Africans in the top ten – the other was Johannes Kekana, also a former SA marathon champion, who was eighth and the first runner over 40.

The women's race was an intriguing one, with the Nurgalieva twins unable to gain a place in the top three – the first time this has happened since they started running the ultramarathon in 2004. In a post-race interview Elena, who finished fourth, said they had been suffering from flu for the last three weeks. Olesya, who didn't run last year, was 12th.



Natalya Volgina with her awards at the prizegiving after winning the Two Oceans for the second time – eleven years after her first victory. [Jasper Coetzee]

In a commanding performance, the 36-year old Russian Natalya Volgina won comfortably in 3:38:38 from Zimbabwean veteran Thabita Tsatsa. It was Tsatsa's first attempt at the Two Oceans, but she won the Loskop 50 km in a course record last year.

Volgina has an interesting – and very impressive – record in the Two Oceans. After finishing second in 2001, she won in 2002 in the third fastest time ever and then was again second in 2003. Then she stayed away from the race for eight years and on her retrain last year was second again. This time there was no stopping her and despite the adverse conditions she ran more than three minutes faster than Elena Nurgalieva last year, and just 36 seconds slower than when she won in 2002.

For South Africans, though, the story of the women's race was the third place of Charné Bosman, who finished looking fresh and with a huge grin. The three-time SA marathon champion and three-time

Two Oceans Half-marathon winner (2001-3), made a brilliant transition to ultrarunning at the age of 37 and finished in 3:40:19, the third fastest time ever by a South African. Only Frith van der Merwe with her course record of 3:30:36 in 1989 (on the old, easier course) and Azwindini Lukhwareni with her 3:38:56 for third in 2004 have run faster.

Bosman, whose marathon personal best of 2:39:25 is by far the slowest of the top three, ran a magnificent second half, faster than Volgina. At the halfway mark she was tenth, almost two minutes behind the leader. At the standard marathon mark she had moved up to seventh, but 2:48 behind leaders Elena Nurgalieva and Mamorallo Tjoka (LES). By 50 km she was fourth and then passed Nurgalieva shortly before the end to finish 1:41 behind the winner.

When asked how she felt, Bosman said: "Wonderful!" She ran her first ultramarathon, the City to City 50 km, in September last year to "test the water" and finished second. In February this year she won the Pick'n Pay Marathon and set a half-marathon PB.

The men's race started off as usual, with a couple of hopefuls shooting off into the darkness while the real contenders bided their time in a big bunch, trying to gain as much protection as possible from the fierce headwind.

At the halfway mark the lead pack was still 27 strong, with Gatebe showing at the front when they crossed the timing mats and started the ascent of the first big climb of the day, Chapman's Peak, but he was closely watched by some menacing – and far more experienced – figures, among them Mzwanele Maphekula, Motlokoa Nkhabutlane (LES), Collen Makaza (ZIM), Moeketsi Mosuhli (LES), Lebenya Nkoka (LES), Mike Fokoroni (ZIM), George Ntshiliza, Claude Moshayiwa, Gert Thys, Qhina, Warinyane Lebopo (LES) and the two Kenyans, Timothy Chelimo and Henry Kipsang.

Gatebe, who won the SA Marathon in 2008 in a PB of 2:15:30 (and has never improved on this time), went through halfway in 1:34:31, with all the others following within 5 seconds. Defending champion Stephen Muzhingini (ZIM) was 32 seconds behind Gatebe.

As the wind buffeted them around the many bends that make up one of the world's most scenic roads up to the top of "Chappies" at 180 m above sea level and then down the other side for the leg-jarring descent into Hout Bay, the group gradually dwindled as the wind and the pace took their toll. At the summit of Chapman's Peak Kipsang was about 200 m in front of Gatebe and Fokoroni, but in Hout Bay at around 38 km Gatebe had hauled him in and then took control. As they started the climb up the biggest hill of the Two Oceans, Constantia Nek, rising more than 200 m in 5 km, he pulled away. Despite the turns in the road and the trees lining it for almost the entire ascent, there was no respite from the wind.

Gatebe, however, was looking as if he was only now getting into his running. He reached the marathon mark in 2:20:07, slightly faster than Muzhingini last year. The difference was that Muzhingini had the company of seven rivals, while Gatebe was out in front – 18 seconds ahead of Kipsang and almost two minutes ahead of the chasing group of ten that included Qhina, Nkoka, Nkhabutlane, Tsotang Maine (LES), Mosuhli and Fokoroni (third last year).

Thys, fourth in 2012 with a new course record for veterans and a world best for 50 km to boot, was far behind in 2:25:51 and would drop out soon after. Muzhingini was struggling with a calf injury and was out of contention – as was 2011 winner Ntshiliza. The defending champion would finish 34th in 3:27:36 and Ntshiliza 69th exactly ten minutes later.

Gatebe's strength was evident as he pulled away from Kipsang and reached the top of the Nek at 215 m above sea level two minutes ahead of the Kenyan, who was being caught by Maine (7th last year), Mosuhli and Lebopo, who has had two bad runs since his fifth place in 2010.

The chasers were making no impression on Gatebe yet – that would only come in the last 5 km – and when the leader reached the 50 km mark in 2:48:53, Mosuhli, Makaza, Qhina, Lebopo, Nkhabutlane and Maine were 2:33 behind. Fokoroni had dropped back to 36 seconds behind this group, while Kipsang was 19 seconds behind him. From here the Kenyan, exhausted by his efforts, fell apart and eventually finished 40 minutes behind the winner!

The gold medals were not yet decided, as Kekana, who won the City to City race last year, was still more than six minutes behind the leader, but gaining all the time. (Incidentally, at the post-race news conference Gatebe stated that he was third in the 2012 City to City – a remark swallowed hook, line and sinker and then repeated by members of the media. In fact, he was only 41st in 3:19:21.)

Over the last 5 km Qhina cut Gatebe's lead by 85 seconds, passing both Mosuhli and Makaza, who were tenth and third respectively last year. Former winner Moses Njodzi (ZIM) had to be content with the first silver medal in eleventh position. There were five Lesotho runners in the top nine.

Qhina, like Bosman, was elated at the finish and promptly expressed his aim at the Comrades ultramarathon. "I was running with the top guys today for most of the race and in the end I found I was stronger and faster than them. Let's see what happens in the Comrades!"

Kekana finished in 3:12:41, 2:59 slower than the veterans record Thys set last year. Vladimir Kotov, still a Belorussian citizen but having permanent resident status in South Africa, retained his masters (50+) title easily in 3:37:00.

In the women's race Olesya Nurgalieva was already struggling by halfway, but her sister also did not look as smooth as usual. At halfway, which Elena reached in 1:45:24, she also had much more company than usual: Volgina, Nina Podnebesnova (RUS), Tjoka, Jennifer Koech (KEN), Tsatsa and Immaculate Chemutai (UGA) were with her.

Everyone watching could sense that something out of the ordinary was going to happen.

And it did soon after when Tjoka started forcing the pace and took Nurgalieva with her. The others seemed content to stay together as the wind gusted around them along Chapman's Peak Drive. By the marathon mark, reached by Tjoka and Nurgalieva in 2:41:25, Olesya was already almost five minutes behind, with Chemutai, Tsatsa, Podnebesnova, Volgina and Bosman following the two leaders in that order, all within three minutes.

Then, on the climb up Constantia Nek, Volgina threw down the gauntlet, passing the four runners ahead of her with no trouble and – before cresting the mountain at 46 km – also Tjoka, who would fade to fifth. Volgina went past the 50 km mark in 3:15:41, 59 seconds ahead of Tsatsa.

Behind them Bosman, 2:34 behind Volgina at 50 km, was making her charge. She sped past Nurgalieva, but the gap to Tsatsa was just too big.

"I knew it was something special when I passed the twins," Bosman said. "I felt great after Constantia Nek and finished feeling strong. I will see how my recovery goes and then decide about the Comrades."

Apart from Bosman, there was only one South African in the top ten: Michelle Williams, who crossed the line in ninth position. (Last year four South Africans earned gold.)

In the half-marathon South African champion and Two Oceans winner in 2009 Stephen Mokoka outsprinted Lusapho April, the winner in 2010 and 2011, over the last 300 m to win by four seconds in a new course record of 1:03:36. Mokoka broke Xolisa Tyali's course record by 77 seconds. Joel Mmone was third, five seconds behind April.

Defending champion Tyali was 16th, while former SA 1500m champion Juan van Deventer was 13th in 1:06:08, a PB by one second.

In the women's race a knockout blow was delivered by Ethiopian star Biru Meseret Mengistu (23), whose name was not mentioned in any pre-race publicity. Mengistu,



Biru Meseret Mengistu breaks the tape in the half marathon in a new course record of 1:12:43, more than two minutes ahead of René Kalmer. [Image SA]

who finished sixth in the 2010 World Half-Marathon in a PB 1:09:31 and has a marathon best of 2:30:45 (also dating from 2010), took the lead from the start and over the second half of the challenging course powered away from defending champion René Kalmer to win in a 1:12:43 and break Kalmer's course record. Mengistu took home R60 000 in prize and incentive money.

Kalmer, who will compete in the Boston Marathon, was second in 1:14:54 and Irvette van Zyl third in 1:15:20. Rutendo Nyahora (ZIM), third in 2012, was sixth this time – one place behind René's sister Christine, who was also fifth last year. Zola Pieterse (1:24:49) was second in the veterans category behind Suzette Botha (1:21:11). One of the best runs of the day came from 81-year old Deirdre Larkin, who won the 70+ age category in 2:11:00.

In terms of depth, it was the second fastest women's field in the history of the half marathon.

Among the celebrity figures who completed the ultramarathon were nine-time Comrades winner Bruce Fordyce (57), who got to the line in 5:40:39, and long-time race director Chet Sainsbury (70), who did so in 5:55:59 for second in his age category. Louis Massyn and Tony Abrahamson both finished their 38th Two Oceans to move into joint second place on the longevity list behind Noel Stamper's 41 finishes.

Despite the difficult conditions, eight new course records were set in the various categories, one of them in the ultramarathon. Four list leaders were recorded in the half marathon.

Bosman was the best *Distance Running Results* subscriber on the day, but two others also did well in the ultra: Julianie Basson was 17th and Elmarie Coetzee, in her first ultra-marathon, was 27th, fourth veteran and fourth WP runner overall. Congratulations to all three!

Because of the late publication of *Race Results Weekly* today, we will catch up with international results next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Old Mutual Two Oceans Marathon and Half Marathon, Cape Town
 - * Pick 'n Pay Morula Half Marathon & 10 km, Soshanguve
 - * Great Run Series 15 km, Pretoria
 - * Correctional Services 10 km Nite Race, Paarl
 - * Moffatt Optical Ronnie Davel Memorial 16 km, Hilton
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ROAD RUNNING

Old Mutual Two Oceans Marathon (44th) and Half Marathon (16th)

Cape Town, 30 March

(Distances: Ultra – 56 km; certified near-loop course with S/F separation of 2.85%, very hilly in second half. Half marathon – 21.1 km; certified near-loop course with S/F separation of 7.56%, very hilly. The finish is 65m HIGHER than the start for both races [both races use the same start and finish areas]. Finishers: Ultramarathon, 8 209 [up from 7 682 last year]; Half marathon, 13 743 [up from 12 517]. Weather: Cool, overcast, very windy.)

Ultramarathon

MEN

1	David	Gatebe	31	Impala	3:08:54	R250 000
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2	Mthandazo	Qhina	35	NRC WP	3:10:02	R125 000*
3	Moeketsi	Mosuhli	31	ME Int (LES)	3:10:23	R65 000
4	Collen	Makaza	31	Ned Int (ZIM)	3:10:29	R35 000
5	Motlokoa	Nkhabutlane	28	Toy Int (LES)	3:10:59	R25 000
6	Warinyane	Lebopo	34	Ned Int (LES)	3:11:10	R15 000
7	Tsotang	Maine	38	Toy Int (LES)	3:12:15	R14 000
8	Johannes	Kekana	40	Bonit CGA	3:12:41	R13 000
9	Lebenya	Nkoka	30	ME Int (LES)	3:13:18	R12 000
10	Mike	Fokoroni	36	ME Int (ZIM)	3:13:29	R10 000
11	Moses	Njodzi	30	ZIM	3:14:02	
12	Phathalla	Mohloli	29	Toy Int (LES)	3:14:27	
13	Sityhilo	Diko	21	NRC WP	3:15:11	R4000i
14	Claude	Moshiywa	38	NRC AGN	3:15:36	
15	Mzwanele	Maphekula	36	Bonit CGA	3:16:51	
16	Edwin	Chimombo	31	Ned Int (ZIM)	3:18:13	
17	Vusi	Malobola	29	Bonit CGA	3:19:28	
18	Harmans	Mokgadi	37	Bonit CGA	3:19:46	
19	Lucas	Nonyana	33	Absa CR	3:22:09	
20	Phumlani	Nxusani	25	NRC WP	3:22:43	R3000i
21	Steven	Dikobo	31	Bonit CGA	3:22:57	
22	Thabo	Nkuna	33	Toyota	3:23:01	
23	Sipho	Ncube	41	Toyota (ZIM)	3:24:18	
24	Brighton	Chipere	40	ME Int (ZIM)	3:24:24	
25	Mluleki	Nobanda	44	ME TRA	3:24:47	
26	Bethuel	Netshifhefhe	41	NRC AGN	3:25:09	
27	Latudi Surprise	Makofane	28	Chrome	3:25:10	
28	Dicardo	Jakobs	27	NRC BOL	3:25:54	
29	Mzolisi	Makanda	30	NRC EC	3:26:12	
30	Thuso	Mosiea	37	ME KZN	3:26:30	
31	Sandile	Makhaye	39	Phuma AC	3:26:42	
32	Michael Papi	Mazibuko	26	Bonit CGA	3:26:49	
33	Vusi	Sokhela	35	ME KZN	3:27:29	
34	Stephen	Muzhingi	37	Toyota (ZIM)	3:27:36	
35	Sam	Munyai	33	NRC AGN	3:27:37	
36	Munyaradzi	Jari	23	ZIM	3:27:39	
37	Point	Chaza	30	Formula (ZIM)	3:28:09	
38	Thabo	Mokhatla	27	Harmstr	3:28:12	
39	Nkosiyaazi	Sibanda	31	Ned Int (ZIM)	3:28:59	
40	Thuso Paul	Kekana	29	RAC	3:29:19	
41	Mila	Pasiya	33	NRC EC	3:29:24	
42	Abongile	Snyman	29	East	3:29:50	R2000i
43	Eric	Ngubane	31	Bonit CGA	3:29:54	
44	Peter	Muthubi	31	Bonit CGA	3:30:15	
45	Richard	Dlamini	43	Phuma AC	3:30:56	
46	Bongumusa	Mthembu	29	NRC KZN	3:31:24	
47	Lindokuhle	Mdlovu	34	Katleh	3:32:04	
48	Luyanda	Mapoyi	27	Khayel	3:32:08	R1000i
49	Justice	Nkosi	40	Phuma AC	3:32:17	
50	Professor	Mollen	27	ME Int (ZIM)	3:32:37	
...						
55	Ludwick	Mamabolo	35	Bed	3:35:14	
56	Simon	Peu	40	Toyota	3:35:15	
57	Odwa	Tunyiswa	28	Bonit CGA	3:35:25	
58	Jacob	Mazibuko	43	Bidvest	3:35:30	
59	Kanie	Simons	39	Impala	3:35:44	
...						
67	Vladimir	Kotov	55	Century (BLR)	3:37:00	

68	Lebohang	Mahloane	30	Ned Int (LES)	3:37:12
69	George	Ntshiliza	33	NRC EC	3:37:26
70	Sandile	Ngunuza	30	NRC EC	3:37:26
71	Lucas	Raseruthe	31	SAPADC (LES)	3:38:12
72	Timothy Kibet	Chelimo	28	Formula (KEN)	3:38:25
...					
94	Jeffrey	Gwebu	20	Toyota	3:44:04
...					
107	Mpesela	Ntlotsoeu	36	Toy Int (LES)	3:47:34
...					
114	Joseph	Molaba	40	Toyota	3:48:13
...					
116	Henry	Kipsang	23	Ned Int (KEN)	3:48:55
...					
132	Oliver	Kandiero	34	ME Int (ZIM)	3:51:43
133	Fusi	Nhlapo	41	Bidvest	3:52:12

*) Plus R5000 incentive for first five Western Province athletes – the other four indicated by “i”.

40-49:

1	Johannes	Kekana	40	Bonit CGA	3:12:41	R10 000
2	Sipho	Ncube	41	Toyota (ZIM)	3:24:18	R5000
3	Brighton	Chipere	40	ME Int (ZIM)	3:24:24	R4000

50-59:

1	Vladimir	Kotov	55	Century (BLR)	3:37:00	R5000
2.	Peter	Sehloho	50	Boxer	3:50:42	R4000
3.	Chris	Mitchell	51	Celtic	3:58:45	R3000

60-69:

1.	Sizinzio	Kama	61	Ach	4:26:32	R4200
2.	Jimmy	Styan	60	Ach	4:26:37	R2600
3.	Freddy	Kashiri	65	Toyota (ZIM)	4:40:42	R1600

70+:

1.	Brian	Key	74	Forest	5:13:52	R500
2.	Chet	Sainsbury	70	Celtic	5:55:59	R300
3.	Pele	Tshikundamalema	73	Vodac CGA	6:13:15	R200

WOMEN (Same prize money as men)

1	Natalia	Volgina	36	Ned Int (RUS)	3:38:38
2	Thabita	Tsatsa	40	ME Int (ZIM)	3:39:57
3	Charné	Bosman	37	Bonit CGA	3:40:19
4	Elena	Nurgalieva	37	ME Int (RUS)	3:41:45
5	Mamorallo	Tjoka	28	Toy Int (LES)	3:44:43
6	Nina	Podnebesnova	33	Ned Int (RUS)	3:45:17
7	Ellie	Greenwood	34	Ned Int (GBR)	3:45:18
8	Immaculate	Chemutai	25	UGA	3:47:39
9	Michelle	Williams	33	Bonit CGA	3:51:02
10	Jennifer	Koech	33	Ned Int (KEN)	3:52:31
11	Camille	Herron	31	Ned Int (USA)	3:53:12
12	Olesya	Nurgalieva	37	ME Int (RUS)	3:54:20
13	Melanie	Van Rooyen	35	Richbay	3:55:41
14	Tshifhiwa	Mundalamo	31	Bonit CGA	3:55:56
15	Kerry	Koen	37	Bonit CGA	3:57:54
16	Isabella	Jepchumba	32	Formula (KEN)	4:02:29
17	Julanie	Basson	38	Toyota	4:03:36
18	Mpho	Mabuza	33	Bonit CGA	4:10:08
19	Lesley	Train	39	Toyota	4:13:00

20	Helga	Matthee	38	NRC SWD	4:14:46	
21	Joyce	Makwarela	31	Toyota	4:17:28	
22	Ursula	Frans	44	Celtic	4:19:04	R5000i
23	Ursula	Turck	40	Strand	4:20:11	R4000i
24	Kerry	Sillifant	35	NBMC	4:21:05	R3000i
25	Belinda	Waghorn	39	Toyota	4:23:17	
26	Christene	Oosthuizen	34	Turn2god	4:23:42	
27	Elmarie	Coetzee	49	NBMC	4:24:27	R2000i
28	Jane	Mudau	50	NRC AGN	4:24:58	
29	Eunice	Nhlapo	34	Esk MPL	4:25:00	
30	Susan	Nuzum	46	USA	4:26:43	
31	Christine	Claasen	48	Ach	4:27:44	
32	Stephanie	Ackermann	27	Oxford	4:29:55	
33	Ntombesintu	Mfunzi	31	Bonit CGA	4:30:24	
34	Suzette	Vermaak	44	NRC WP	4:31:15	R1000i
35	Jana	Trojan	45	VOB (CZE)	4:32:15	
36	Megan	Winderley	28	GTXA	4:32:41	
37	Lindy-Lee	Fölscher	31	Boks	4:32:52	
38	Angeline	Molaba	30	Toyota	4:32:59	
39	Michelle	Dreyer	34	NRC BOL	4:32:59	
40	Candyce	Hall	28	NRC WP	4:33:43	
41	Funeka	Zaula	28	Makana	4:33:44	
42	Julia	Janse v. Rensburg	30	VOB	4:33:55	
43	Jill	Oliphant	41	RAC	4:33:57	
44	Tracy	Forbes	40	VOB	4:34:55	
45	Melanie	Melville	40	Polokw	4:35:16	
46	Helette	Basson	38	Lanbaan	4:36:10	
47	Adele	Waldron	39	Wcoast	4:37:07	
48	Ronel	Van Graan	39	Krugrr	4:38:17	
49	Melanie	Banyard	36	NBGN	4:38:41	
50	Paula	Ensor-Smith	41	ATC	4:38:48	
51	Annatjie	Botes	55	NRC SWD	4:39:42	
52	Jene	Banfield	42	RWFL EP	4:41:28	
...						
56	Berdine	Smit	48	NRC AGN	4:43:39	
...						
91	Caroline	Wöstman	30	NRC AGN	4:54:55	

i) Incentive for first five Western Province athletes.

40-49:

1	Thabita	Tsatsa	40	ME Int (ZIM)	3:39:57
2	Ursula	Frans	44	Celtic	4:19:04
3	Ursula	Turck	40	Strand	4:20:11

50-59:

1	Jane	Mudau	50	NRC AGN	4:24:58
2	Annatjie	Botes	55	NRC SWD	4:39:42
3	Rita	van Wyk	50	Boksburg	4:48:52

60-69:

1	Hester	Kotze	64	Durb	5:28:33
2	Irmgard	Uhlig	60	GER	5:41:08
3	Patricia	Shaw	60	Bennor	5:42:27

70+:

1	Willemien	Smuts	72	Ach	5:56:02 CR
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Half marathon**MEN**

1	Stephen Lesego	Mokoka	28	Tnet AGN	1:03:36	CR R25 000*
2	Lusapho	April	30	Oxford	1:03:40	R12 000
3	Joel	Mmone	22	NRC CNW	1:03:45	R6000
4	Sibabalwe	Mzazi	24	Tnet AGN	1:03:59	R5000
5	Desmond	Mokgobu	24	ME CGA	1:04:25	R4000
6	Kgosi	Tsosane	26	Tnet AGN	1:04:36	R3000
7	David	Manja	21	NRC CNW	1:04:44	R2000
8	Nkosinathi	Madyo	25	NRC WP	1:04:55	R1000
9	Sibusiso	Nzima	26	NRC CGA	1:05:17	R500
10	Lloyd	Bosman	25	NRC CWD	1:05:29	R250
11	Lungisa	Mdedelwa	28	Boxer	1:05:37	
12	Lucky	Mohale	27	ME CGA	1:06:04	
13	Juan	Van Deventer	30	NRC CGA	1:06:08	
14	Anthony	Godongwana	28	Tnet AGN	1:06:18	
15	Hillary	Tanui	24	Toy Int (KEN)	1:06:28	
16	Xolisa	Tyali	24	NRC CGA	1:07:06	
17	Simon	Shipingana	35	NAM	1:08:16	
18	Benedict	Moeng	30	Tnet AGN	1:08:29	
19	Rebone	Sello	24	Me Int (LES)	1:08:50	
20	Thobane	Chagwe	21	Boxer	1:09:01	
21	Domenic	Khoza	26	Bidvest	1:09:17	
22	Masilo	Matjiane	29	Toy Int (LES)	1:09:38	
23	Nkosinathi	Sotyantya	19	ISAC	1:10:53	
24	Tumelo	Mahlangu	24	SAPADC	1:11:08	
25	Lukhanyo Wanda	Roro	23	NBMC	1:11:11	
26	Wilfred	Leeuw	29	Tnet FS	1:11:30	
27	Marks	Mpekula	24	VOB	1:11:51	
28	Tom	Lusaseni	24	ISAC	1:11:51	
29	Bulelani	Bhebha	21	VOB	1:12:27	
30	Graham	Katzen	42	ISAC	1:12:36	
31	Ricardo	Jafta	25	Eerste	1:12:54	
32	Zolani	Ngqaqa	24	Ika	1:13:31	
33	Boy	Makutu	36	Tmp WP	1:13:55	
34	Michael	Bailey	30	Asics WP	1:14:11	
35	Lindikhaya	Mthangayi	33	ISAC	1:14:17	
36	Motsamai	Motone	32	Tnet AGN	1:14:17	
37	Piet	Mosebedi	43	Tnet AGN	1:14:26	
38	Timothy	Munzhelele	18	Voda CGA	1:14:27	
39	Gerrit	Viljoen	23	UFS	1:14:39	
40	Babalo	Hambi	18	ISAC	1:14:46	
41	Dewayne	Mouries	25	ISAC	1:14:52	
42	Riaan	Witbooi	30	Eerste	1:15:09	
43	Henno	Havenga	20	Dream AC	1:15:17	
44	Solomon	Mthombeni	23	Khayel	1:15:18	
45	Jean-Pierre	Abrahams	24	ISAC	1:15:20	
46	Colin	Witbooi	39	PMMC	1:15:29	
47	Mervin	Steenkamp	24	ISAC	1:15:47	
48	Shawn	Abrahams	42	ISAC	1:16:13	
49	Michael	Loseby	24	UCT	1:16:23	
50	Xolile	Macanda	40	Gugs	1:17:23	

*) Plus R15 000 time incentive for sub-1:04:00 and R10 000 for course record (total: R50 000)

40-49:

1	Graham	Katzen	42	ISAC	1:12:36	R4000
2	Piet	Mosebedi	43	Tnet AGN	1:14:26	R3000
3	Shawn	Abrahams	42	ISAC	1:16:13	R1500

50-59:

1	Roston	Isaacs	50	NRC WP	1:23:18	R2000
2	Phil	Court	51	Tmp WP	1:23:26	R1000
3	Julian	Paul	53	SANDF WP	1:24:41	R750

60-69:

1	Awie	Veldsman	63	Held	1:26:20	R1000
2	Clive	Owen	61	Edge	1:26:38	R750
3	John	Woodnutt	60	Morning	1:36:51	R500

70+:

1	Tamsanqa	Jusayi	70	NRC EC	1:39:01	CR R500
2	Pieter	Budde	70	Tmp KZN	2:00:55	R300
3	Jeremy	Mathers	70	Fhoek	2:02:25	R200

Juniors:

1	Timothy	Munzhelele	19	Vodac CGA	1:14:27	CR R750
2	Babalo	Hambi	19	ISAC	1:14:46	R500
3	Thandile	Joseph	19	Easterns	1:17:25	R300

WOMEN (Same prize money as men)

1	Biru	Meseret Mengistu	23	Ned Int (ETH)	1:12:43*	CR
2	René	Kalmer	32	NRC CGA	1:14:54	
3	Irvette	Van Zyl	25	NRC CGA	1:15:20	
4	Lavinia	Haitope	23	NAM	1:16:07	
5	Christine	Kalmer	27	NRC CGA	1:17:06	
6	Rutendo	Nyabora	24	Ned Int (ZIM)	1:17:49	
7	Lebo	Phalula	29	ME CGA	1:18:29	
8	Myrette	Filmalter	32	NRC AGN	1:19:14	
9	Valeria	Straneo	36	ITA	1:19:35	
10	Hanlie	Botha	34	Oxford	1:19:41	
11	Zintle	Xiniwe	26	ME WP	1:20:04	
12	Jenna	Challenor	31	Boxer	1:20:22	
13	Suzette	Botha	41	Esk KZN	1:21:11	
14	Ulrica	Stander	38	NBMC	1:21:16	
15	Bulelwa	Simae	35	NRC WP	1:22:08	
16	Poppy	Mlambo	32	Boxer	1:22:35	
17	Kate	McDade	25	Tmp CGA	1:22:38	
18	Zola	Pieterse	46	Tmp KZN	1:24:49	
19	Janene	Carey	41	Boxer	1:24:52	
20	Cary-Ann	Smith	33	NRC KZN	1:26:03	
21	Asiphe	Sikabalanjana	22	East	1:26:19	
22	Gabrielle Hayley	Webber	25	Tmp KZN	1:27:07	
23	Natalie	Ross	22	Rhodesu	1:27:29	
24	Dana-Bianca	Van Zyl	36	Tmp CGA	1:27:45	
25	Bernice	Van Zyl	24	NRC WP	1:27:53	
26	Thozama	April	27	Tnet AGN	1:27:54	
27	Maryna	Swanepoel	26	Tmp FS	1:28:17	
28	Elanza	De Villiers	36	Running	1:29:02	
29	Danielle	Adlam	32	Boxer	1:29:04	
30	Gloria	Baeba	32	Tnet AGN	1:29:05	
31	Linley	Holmes	42	Fhoek	1:29:20	
32	Leilani	Scheffer	29	RWFL NWN	1:29:30	
33	Nomcebo	Mthethwa	30	Umhlat	1:29:34	
34	Debbie	Perry	38	Boxer	1:29:36	
35	Dianne	Mcewan	29	ATC	1:29:42	

36	Jessica	Pollock	19	UCT	1:30:18
37	Annah	Watkinson	31	Tmp CGA	1:30:35
38	Melissa	Taylor	20	NB GN	1:31:43
39	Sandra	Van Graan	45	Edge	1:31:46
40	Mariska	Buys	22	NB GN	1:32:06
41	Mia	Smit	29	Tmp WP	1:32:08
42	Busisiwe	Matiwane	37	Celtic	1:32:19
43	Marieke	Kriek	27	Pirates	1:32:35
44	Tracy	Markham	26	ATC	1:32:44
45	Leigh	Barrow	18	Tmp CGA	1:32:55
46	Emily	McGrath	22	Tmp WP	1:33:04
47	Andrea	Mouton	25	NAM	1:33:10
48	Marli	Van Staden	19	Tuks	1:33:29
49	Ana Luiza	Garcez	50	BRA	1:33:36
50	Ricci-Lee	Brookstone	24	Tmp GN	1:33:58

*) Prize money plus R25 000 time incentive for sub-1:13:00 and R10 000 for course record (total: R60 000)

40-49:

1	Suzette	Botha	41	Esk KZN	1:21:11 CR
2	Zola	Pieterse	46	Tmp KZN	1:24:49
3	Janene	Carey	41	Boxer	1:24:52

50-59:

1	Ana Luiza	Garcez	50	BRA	1:33:36 CR
2	Grace	de Oliveira	51	Boxer	1:35:01
3	Olga	Howard	54	Celtic	1:36:04

60-69:

1	Helen	du Plessis	60	Tyger	1:52:48 CR
2	Ria	Donnoli	62	Coll H	1:55:34
3	Margaret	Plantema	68	VOB	1:58:03

70+:

1	Deirdre	Larkin	81	Rand H	2:11:00
2	Jean	Cambridge	72	Fhoek	2:16:17
3	Susan	Burditt	75	ZIM	2:25:47

Juniors:

1	Leigh	Barrow	19	Tmp CGA	1:32:55
2	Mari	Vermeulen	18	NRC BOL	1:44:48
3	Natasha	Scott	18	VOB	1:45:33

Pick 'n Pay Morula Half Marathon & 10 km

Soshanguve, 30 March

(Distances: 21.1 km & 10 km. Finishers: half marathon – 170; 10 km – 350.)

Half marathon

MEN

1 Tiisetso Ramokheseng (LES/Global) 66:19; 2 Clement Mtsweni (Tuks) 67:20; 3 Simon Jantjies (SAB Runners) 67:54.

Veterans: 1 Simon Jantjies (SAB Runners) 67:54; 2 Daniel Mmebe (Akasia) 82:06.

Masters: 1 Jaap Willemsse (Irene) 2:18:35. **G'masters:** 1 Paulus Masilela (Temp) 89:30.

Juniors: 1 Joseph Moatshe (Addicted to Life) 79:30.

WOMEN

1 Muchanetta Gwata (ZIM/Maxed Elite) 84:00; 2 Portia Ngwenya (Transnet) 84:53; 3 Jaqui v.d. Waals (Nedbank) 87:51.

Masters: 1 Corrie Fourie (Denel) 2:18:51; 2 Lucia Willemse (Irene) 2:23:59. **G'masters:** 1 Elsa Meyer (Irene) 2:06:05.

10 km

MEN

1 Lucas Jani (Transnet) 30:43; 2 Abraham Yator (KEN/Nedbank) 32:14; 3 Vuyisile Tohoba (Transnet) 32:47.

Veterans: 1 Jackson Seanego (New Balance) 34:52; 2 Geelbooi Mahlangu (Wonderpark) 37:50. **Masters:** 1 Jaques Rossouw (Irene) 55:56; 2 Johan Putter (PPMK) 87:57.

G'masters: 1 Johannes Setshedi (New Balance) 40:30. **Juniors:** 1 Thabang Maleka (Vita Blitz) 34:43.

WOMEN

1 Ndothiwa Mandiwana (Nedbank) 37:41; 2 Happiness Mkhize (Tuks) 38:26; 3 Catherine Skosana (Transnet) 39:10.

Veterans: 1 Paulina Phaho (Transnet) 43:52; 2 Ansie Breytenbach (Irene) 50:00.

G'masters: 1 Jeanette Loots (Irene) 83:52. **Juniors:** 1 Victoria Moshapo (Temp) 46:13.

Great Run Series 15 km

Pretoria, 23 March

(Loop course)

Note: René Kalmer finished tenth overall. – Ed.

MEN

1	T	Ramokheseng	LES/Global	27	46:48
2	S	Mokoka	Transnet	28	47:30
3	P	Radebe	Elim Clinic	21	47:41
4	L	Mtshali	Elim Clinic	28	49:10
5	O	Ditshwane	Transnet	29	51:17
6	M	Makhumisane	Elim Clinic	32	52:21
7	J	Seanego	New Balance	45	52:22
8	L	Innocent-Ngema	Temp	23	53:10
9	A	Ramaboea	Elim Clinic	38	53:11
10	M	Sibiya	ACRW	30	54:24

WOMEN

1	R	Kalmer	Nedbank	32	54:02
2	M	Gwata	ZIM/Maxed Elite KZN	28	59:54
3	R	Lechaba	Elim Clinic	31	60:27

Correctional Services 10 km Nite Race

Paarl, 13 March

(Loop course. Finishers: 347.)

MEN

1	D	Jacobs	Nedbank	32:05
2	D	Paulse	Easterns	32:14
3	W	Kaptein	Robertson	33:00
4	A	Louw	Easterns	33:08
5	T	Zola	Itheko	33:42
6	J	Jansen	Robertson	34:04

7	D	Pieterse	Dwarsrivier	34:06
8	C	Jacobs	Paarl	34:30
9	M	?	Sanlam	34:44
10	J	Nero	Nedbank	34:52

WOMEN

1	A	Sikabalanjana	Easterns	38:55
2	E	Roos	Tygerberg	40:41
3	S	De Lange	New Balance	41:43
4	M	Strauss	Tygerberg	42:55
5	N	Louw	Temp	47:47
6	M	Vermeulen	Nedbank	48:36
7	L	Retief	Paarl	49:26
8	C	V.d. Merwe	Temp	49:41
9	H	Du Plessis	Tygerberg	49:57
10	L	Grootboom	Brackenfell	50:40

Moffatt Optical Ronnie Davel Memorial 16 km (35th)

Hilton, 13 January

(Loop course. Finishers: 433.)

Note: Better late than never! – Ed.

MEN

1	S. Duma	Boxer		56:57
2	S. Kiptum	KEN/Formula 1	33	58:06
3	M. Dlamini	Temp	24	59:35
4	J. Tenai	KEN	35	1:01:04
5	M. Madikwa	Collegians	30	1:01:14
6	? Njabulo	Temp		1:04:00
7	T. Smit	Herbalife	40	1:04:52
8	D. Wasserfall	Nedbank	32	1:05:21
9	S. Meiklejohn	Nedbank	51	1:06:26
10	M. Kretzmann	Saints	29	1:06:58

WOMEN

1	D. Cherom	KEN	22	1:11:43
2	P. Bahlmann	Nedbank	34	1:12:44
3	D. Adlam	Boxer	32	1:13:10
4	K. Koen	Bonitas	37	1:13:28
5	A. Bradshaw	Collegians	27	1:16:47
6	K. Swarbreck	Adventure Racing	24	1:20:30
7	M. Lloys-Ellis	Collegians	35	1:23:26
8	V. Crookes	Collegians	45	1:24:13
9	X. Madida	Carbineers	28	1:25:08
10	E. Kurte	Kearsney	36	1:25:30

STATS TIME

We follow the South African all-time top 10 men's list with the women's list. The absolute dominance of Elana Meyer is evident – she has the top nine times and 21 of the quickest 24. In contrast with the men's list, the fastest time is not aided and only one of the top ten is aided.

HALF MARATHON: ALL-TIME TOP 10 S.A. WOMEN

66:44	Elana Meyer	Tokyo	15 Jan 99
67:22A	Meyer-2	Tokyo	24 Jan 93
67:29	Meyer-3	Kyoto	08 Mar 98
67:33	Meyer-4	Tokyo	10 Jan 00
67:36	Meyer-5	Kyoto	09 Mar 97
67:57	Meyer-6	Kyoto	14 Mar 99
67:59	Meyer-7	East London	18 May 91
68:32	Meyer-8	Zurich	27 Sep 98
68:36	Meyer-9	Oslo	24 Sep 94
68:38	Colleen de Reuck	Durban	22 Jul 89
68:50A	Meyer-10	Lisbon	01 Apr 01
68:56	Meyer-11	Bristol	07 Oct 01
68:58A	Meyer-12	Tokyo	22 Jan 95
69:04A	Meyer-13	Tokyo	23 Jan 94
69:04	Meyer-14	Sendai	12 Mar 00
69:26	Meyer-15	Durban	22 Jul 89
69:42	Meyer-16	Miyazaki	06 Jan 01
69:53	Meyer-17	Sapporo	02 Jul 00
70:06	De Reuck-2	Philadelphia	28 Sep 97
70:12	Meyer-18	Durban	21 Jul 90
70:12	Meyer-19	Sendai	11 Mar 01
70:13A	René Kalmer	South Shields	16 Aug 12
70:14	Meyer-20	Cape Town	25 Feb 95
70:15	Meyer-21	Durban	08 Aug 99
70:56A	Irvette van Blerk	New York	20 Mar 11
71:04A	Zola Pieterse	Tokyo	19 Jan 97
71:26A	Annerien van Schalkwyk	Birmingham	11 Oct 09
71:42A	Frith van der Merwe	Bredasdorp	13 Oct 90
72:31	Marietjie McDermott	East London	18 May 91
72:42	Gwen van Rensburg	Durban	21 Jul 90
72:49	Nicole Fuller	Zurich	27 Sep 98

THIS MONTH IN HISTORY

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

34 years ago (exactly): 1 April 1979

Belgian distance runner Leon Schots scored the first of two successive wins in the Cinque Mulini cross-country race in San Vittore-Olana, Italy. At the time the course still went through five mills (hence the name), but this changed in the 1990s to a multiple-circuit course. In the women's race Grete Waitz (NOR) took the second of her five wins in a row (and after a one-year gap she would win a sixth time). Seven months later Waitz would also score her second (of nine) victories in the New York City Marathon. Some of the world's greatest stars have won the Cinque Mulini, among them Michel Jazy (FRA), Billy Mills (USA), Gaston Roelants (BEL), Kip Keino (KEN), Dave Bedford (GBR), Frank Shorter (USA) and Filbert Bayi (TAN). The race had its 81st running earlier this year.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This is the first compilation of list leaders for 2013. The section lists the 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, 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	29:16	Kgosi Tsosane	Pretoria	16 Feb
	28:15	Silas Kipruto (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:30	Lusapho April	Port Elizabeth	02 Mar
	43:38	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	63:36	Stephen Mokoka	Cape Town	30 Mar
	58:54	Geoffrey Kipsang (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	80:38A	Sibunelo Duma	Pinetown	27 Jan
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:34:17	Joseph Sweeney (IRL)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:17:32	Benedict Moeng	Oudtshoorn	03 Feb
	2:04:45	Lelisa Desisa (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
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	31:27	Graham Katzen	Bellville	23 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	48:30	Graham Katzen	Duynefontein	23 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:25	Johannes Kekana	Bedfordview	13 Jan
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:32:04A	Basie Boneparte	Somerset East	23 Feb
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:35	Graham Katzen	Camps Bay	06 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:40	Hendrick Ramaala	Mumbai	20 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:48	Eric Coetzee	Tokai	02 Feb
	[33:28	Vladimir Kotov (BLR)	Athlone	09 Feb]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	51:26	Eric Coetzee	Constantia	09 Mar
	[50:54	Vladimir Kotov (BLR)	Constantia	09 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:20	Reform Ndlovu	Benoni	27 Jan
	[74:42A	Vladimir Kotov (BLR)	Simon's Town	17 Feb]
	66:42	Martin Rees (GBR) 2003		
25 km	1:41:07A	Nicholas Dlamini	Pinetown	27 Jan
30 km	1:54:25	Eric Coetzee	Parow	16 Mar

Marathon	[1:52:06 2:40:26 [2:34:33 2:19:29	Vladimir Kotov (BLR) Reform Ndlovu Vladimir Kotov Titus Mamabolo (RSA) 1991	Camps Bay Oudtshoorn Oudtshoorn	06 Jan] 03 Feb 03 Feb]
100 km				
<u>Grandmasters (60+)</u>				
10 km	37:59	Clive Owen	Goodwood	02 Mar
15 km	60:32	Clive Owen	Constantia	12 Jan
21.1 km	86:20	Awie Veldsman	Cape Town	30 Mar
25 km	1:57:44A	Hannes Els	Somerset East	23 Feb
30 km	2:28:52	Harold Dixon	Camps Bay	06 Jan
Marathon	3:10:30	Sizinko Kama	Oudtshoorn	03 Feb
100 km				
<u>Juniors</u>				
10 km	32:12 27:52	Lukhanyo Nobakada Richard Chelimo (KEN) 1990	Tokai	02 Feb
15 km	48:56 42:25	Masibulele Heugh Moses Mosop (KEN) 2004	Jeffreys Bay	05 Jan
21.1 km	74:27 59:16	Timothy Munzhelele Samuel Wanjiru (KEN) 2005	Cape Town	30 Mar
WOMEN				
<u>Open</u>				
10 km	33:23 31:40 30:21	Mapaseka Makhanya Joyce Chepkirui (KEN) Paula Radcliffe (GBR) 2003	Cape Town	17 Mar
15 km	53:16 48:48	Zintle Xiniwe Sara-Isabel Moreira (POR)	Constantia	09 Mar
21.1 km	46:28 74:25 66:09	Tirunesh Dibaba (ETH) 2009 Irvette van Zyl Lucy Kabuu (KEN)	Lisbon	24 Mar
25 km	65:50 1:46:01A 79:53	Mary Keitany (KEN) 2011 Janine Carey (vet) Mary Keitany (KEN) 2010	Pinetown	27 Jan
30 km	1:58:12 1:51:51	Kim Laxton Stephanie Bouma (NED)	Parow	16 Mar
Marathon	1:38:49 2:46:13 2:23:23	Mizuki Noguchi (JPN) 2005 Cornelia Joubert Tirfi Tsegaye Beyene (ETH)	Oudtshoorn	03 Feb
100 km	2:15:25 6:33:11	Paula Radcliffe (GBR) 2003 Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:59 32:14	Janene Carey Priscilla Welch (GBR) 1985	Cape Town	17 Mar
15 km	58:21 49:35	Zola Pieterse Priscilla Welch (GBR) 1985	Durbanville	23 Jan
21.1 km	80:40 69:56	Suzette Botha Irina Permitina (RUS) 2009	Pietermaritzburg	24 Feb
25 km	1:46:01A 82:13	Janine Carey Mizuki Noguchi (JPN) 2005	Pinetown	27 Jan
30 km	2:11:30 1:51:37	Elmarie Coetzee Mieke Pullen (NED) 2001	Camps Bay	06 Jan
Marathon	2:49:38	Suzette Botha	Oudtshoorn	03 Feb

	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	41:02	Judy Bird	Pretoria	23 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:12	Judy Bird	Constantia	09 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	92:00	Jane Mudau	Johannesburg	24 Mar
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:55:20A	Janette Schierz-Crusius	Somerset East	23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	44:57	Sonja Laxton	Cape Town	17 Mar
15 km	74:17	Sonja Laxton	Johannesburg	06 Jan
21.1 km	1:48:06	Sarie du Toit	Pretoria	16 Feb
25 km	2:22:03A	Pam Rasmussen	Pinetown	27 Jan
30 km	2:40:44	Veronica van Niekerk	Parow	16 Mar
Marathon	3:46:17	Veronica van Niekerk	Oudtshoorn	03 Feb
100 km				
<u>Juniors</u>				
10 km	37:17	Annie Bothma	Cape Town	17 Mar
	31:42	Zola Pieterse (RSA) 1984		
15 km	64:40	Zani Kruger	Constantia	12 Jan
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	92:55	Leigh Barrow	Cape Town	30 Mar
	1:09:05	Delilah Asiago (KEN) 1991		

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