



# eROADRUNNER

Clubblad van de Road Runners Club Korsou

19<sup>e</sup> jaargang Juli/Augustus 2003



Bestuur	Naam	Telefoon	Cellulair	Fax nr.	e-mail
Voorzitter	E. Calmes	767-8910	511-0133		ercal@cura.net
Vice-voorzitter	D. Messerschmidt	864-7035			
Secretaris	F. Hodge	767-8126		767-8126	
Penningmeester	M. Eekhof	868-4102			
2 <sup>o</sup> Penningmeester	R. Genaro	868-5881		869-3142	genaro@attglobal.net
Materiaal Commisaris	W. v. Heyningen	465-3263			
Commisaris	H. Westerhof	461-7304	569-7242	461-9520	h.h.west@cura.net

Rekening nummer MCB 848.65.300

Postbus: 3643

## Racekalender 2003

Port Betaald

Evenement	Km	Datum	Tijd	Lokatie
Moddercross	3.5	4 jan	17.00	Jan Thiel
C.S.C walk-a-thon	5/10	12 jan	06.30	C.S.C Chuchubiweg
Kareda Cerilio Maduro	10	26 jan	07.00	SDK
Amstelloop	2.7/5.5	16 feb	07.00	Amstelbrouwerij
Klip Kleun	5	9 mar	07.00	Abrahamsz
Pepsi Colaloop	5/8	13 apr	06.30	Barbara beach
Koninginneloop	10	30 apr	07.00	Gouvernementsplein
Jeugdloop	2.2/3.2	18 mei	07.00	SDK
Kareda di B.riba	10	1 jun	06.30	Barbara beach
Schottegatloop	12/17	15 jun	06.00	Wilhelminaplein
Olympic Day run	5/10	22 jun	06.30	SDK
Benefit Run	5/7	3 aug	07.00	Koredor
Kana ku RRCK	15	7 sep	05.30	SDK
Warwaru	2.5/5/10	14 sep	06.30	Brievengat
Refineria di Korsou	8/12	5 okt	06.00	Palu Blancu
ING-Fatum loop	10	26 okt	06.30	Cas Coraweg
RRCK Estafette	5/4/3/2/1	9 nov	06.30	SDK
Cur. ½Marathon	21	7 dec	05.30	SDK
Cur. Marathon	42	7 dec	03.30	Dr. Hugenholtzweg
Breakfast	4/7	14 dec	07.00	SVB

Training: Elke dinsdag en donderdag van 19.30 - 21.00 u.

Clubtrainer	Telefoon	Koredor	SDK
Edwin Lopez-Ramirez	Tel: 868-2317	Sep 2-4-9-11	Sep 16-18-23-25-30
Monique van Meerwijk	Tel: 737-6763	Okt 2-7-9-14	Okt 16-21-23-28-30
		Nov 4-6-11-13	Nov 18-20-25-27

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## Colofon

<u>Redactie</u>	<u>Telefoon</u>	<u>Cell nr</u>	<u>Fax nr.</u>	<u>E-mail:</u>
R. Genaro	868-5881		869-3142	genaro@attglobal.net

The Coca-Cola logo, featuring the brand name in its signature script font.

E KAMPEON



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### ***Van de redactie.***

Beste lezers.

Het gecombineerde juli en augustus nummer van de eRoadRunner is klaar en ligt voor u. Wij hopen dat deze editie in de smaak valt.

Heeft u "nieuwjes" voor het blad stuur deze naar ons toe en wij zorgen er voor dat deze geplaatst worden (als ze de toets van de "screening" commissie doorstaan natuurlijk).

Wij wensen jullie veel leesplezier een prettige vakantie en tot de volgende keer.

De redactie

### ***Brief van Inneke***

Mildam, juni 2003,

Hallo Roadrunners,

Na afloop van de Schottegatloop, lukte het niet om persoonlijk afscheid te nemen van jullie. Dat doe ik nu dus via het clubblad. Het was weer goed vakantie vieren op Curaçao, dit jaar samen met een windsurfende zoon.

Het was leuk om voor een race, net als "vroeger" mee te gaan soep halen, en te helpen bij het opruimen na afloop van b.v. de Barbara Beachloop,... die zelfde klok, tafeltjes, kar, km borden.... veel mooie herinneringen kleven eraan. Leuk om te zien dat mensen zich zoveel jaren belangeloos in zetten voor de club Roadrunners en dat de organisatie gesmeerd loopt....met of zonder bier. Het was gezellig, al vielen die Barbarabeach kilometers niet mee. Na afloop van de Schottegatloop was ik fitter. Veel oude bekenden terug gezien. Ook een paar gemist, waar was je Cerillio??

Edwin????Mike??

De trainingen waren plezierig, met plezier meegedaan, niet eens veel spierpijn gehad. Mocht je spierpijn hebben of een ontspannen massage willen, dan zijn jullie bij Rien in goede handen. Lag St.Cruz maar aan mijn achtertuin!

Harold bedankt voor het mailen van de foto's van Rika, Tito, Erwin en mij. Ik heb voor jou nog foto's van de periode 88-91, als dat nog wat voor je archief is, hoor ik het wel. Zijn wel van de vorige eeuw! Misschien kom ik volgend jaar weer naar de Schottegatloop, beter getraind en dan blijf ik na afloop wel.

En verder, wens ik jullie succes met lopen en organiseren, hou er plezier in en blijf gezond. Of herstel voorspoedig!

Bedankt, Ayo,

Ineke.

Ineke Boomstra-van Tongeren

v.Aylvalaan 6

8454 KN Mildam (helemaal in friesland)

Nederland

ineke.boomstra@12move.nl

### ***De Banco di Caribe lopers***



Het is inmiddels een traditie geworden dat de Banco di Caribe een ploeg medewerkers inschrijft voor de Benefit Run. Dit is een goed voorbeeld voor andere bedrijven. De RRCK (en ook de Fundashon Pro Bista) is de personeelsvereniging van Banco di Caribe zeer dankbaar voor de inzet die ze hebben getoond voor onze Benefit Run. Een speciaal dankwoord gaat naar Jacqueline Kwidama voor haar coördinatie.

Banco di Caribe is trouwens een trouwe sponsor van de Benefit Run. Op de foto een deel van de Banco di Caribe-lopers en -wandelaars.

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### **Heeft de e-RoadRunner nog bestaansrecht?**

Deze vraag speelt al een tijdje in mijn gedachte. Ik heb dan ook hier en daar geïnformeerd bij enkele college RRCK leden.

Hier volgen wat commentaren die mij werden ingefluisterd: de artikelen in het blad zijn niet anders dan gekopieerd van het internet zegt een, en beweert dat we "copy-piraten" en illegaal bezig zijn, een ander vindt alleen de uitslagen belangrijk en pleit voor een groter lettertype, weer een andere mening zegt dat we in deze moderne tijd naar een volledige e-versie toe moeten en daardoor heel wat pecunia's voor wat betreft de druk- en verzend kosten kunnen besparen. Een persoon vertelde mij dat ze alleen in januari de racekalender uitscheurt op de ijskast plakt en de andere edities gewoon weg gooit.

Gezien het bovenstaande moet de conclusie luiden dat het clubblad niet erg hoog aanslaat.

Ondanks het kopiëren van de artikelen kost het gemiddeld 2 mandagen om het blad in elkaar te zetten.

Ik stel dan ook voor dat wij gerust de geprinte versie van het blad kunnen stopzetten en eventueel de "waardevolle" informatie via het web te distribueren.

Wat denken jullie hiervan?

Ronald Lieuw

### **P.F. Chang's Rock 'n' Roll Arizona**

**Sunday, January 11, 2004**

**Valley of the Sun**

**Phoenix, Scottsdale, Tempe , AZ**

#### **The Race**

On January 11, 2004, the P.F. Chang's Rock 'n' Roll Arizona will "rock" Arizona and the worldwide running community. The inaugural marathon will tour through some of Arizona's most vibrant cities including; Phoenix, Scottsdale & Tempe. With perfect running conditions and music every mile, P.F. Chang's Rock 'n' Roll Arizona is on the blocks to be the largest first-time running event in history.

#### **The Course**

The marathon & ½ marathon courses will be flat and fast, virtually assuring record-breaking times. You can expect to catch a glimpse of Arizona's best along your way to the fabulous post-race party at the finish line! From Bank One Ballpark and America West Arena, to towering Saguaro Cacti in breathtaking Papago Park, to the renowned Arizona Biltmore and some of the most impressive golf courses in the world-you won't be disappointed. Best of all, there are virtually no hills to slow you down!

#### **The Music**

Over 50 live bands will line the marathon and ½ marathon courses to set the tempo for a 39.3 mile party. It's a musical potpourri, seasoned with rock, funk, reggae and country, along with some jazz and blues to spice up the flavor. And the music doesn't stop there - put on your dancing shoes and get ready to "twist and shout" at the post-race concert. All registered participants will receive a free ticket to the concert. At our other musical marathons, headlining acts such as Smash Mouth, Sugar Ray, Martina McBride and Counting Crows have performed. Expect nothing less in Arizona!



<b>Fees:</b>	\$85 marathon through 9/30/03, \$95 thereafter \$55 1/2 marathon through 9/30/03, \$60 thereafter
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[http://www.active.com/framed/event\\_detail.cfm?event\\_id=1021100](http://www.active.com/framed/event_detail.cfm?event_id=1021100)

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### ***Athletics: Hill bemoans dearth of commitment to marathon***

Ultimate long-distance runner rues missed chance to tell young athletes that victory and not money is a real reward for personal sacrifice

By James Lawton

02 September 2003

<http://sport.independent.co.uk/general/story.jsp?story=439380>

Around about the time Britain's only competitor in the World Championships' men's marathon was tailing off and dropping out - and 24 hours before our sole entry in the women's event, the brave but outgunned 35-year-old Jo Lodge, was slogging home in 39th place - a BBC interviewer invited Ron Hill to sell the classic race to the nation's youth.

There was a terrible pause and when the answer came it was scarcely a surprise.

Hill, a European and Commonwealth Games champion in the Seventies, said he couldn't do it. How could he sell the kind of self-sacrifice it takes to run up to 20 miles for, as of yesterday, 14,088 consecutive days, in an age of image rights and instant celebrity, when a ballyhooed young sprint star like Dwain Chambers walks around trackside with a bottle of champagne in his hand after blowing not one gold but two?

"When I was young," Hill said, "I ran for medals and records and that was enough in itself. It was a different age, of course. You ran for the glory. Money didn't come into it, which was just as well because there wasn't too much of it about. Urging kids to run the marathon today, it seems to me, would be a very hard sell."

After 48 hours of reflection, Hill regretted that gut reaction which went nationwide when I spoke to him yesterday. "When I thought about it, I realised I could and should have made a case for running the marathon," Hill says.

"I could have talked about the extraordinary exhilaration when you work your way to full fitness, when you realise that you have done all you can to win, and then when you do win, that feeling of satisfaction is certainly the greatest sensation I've ever had in my life. To be honest, I've been feeling a little bit disappointed recently. Not bitter, but disappointed."

The sense of lost glory in this country for the event which has dominated so much of his life was compounded the other day when he saw how the French organisers of the World Championships had honoured their old Olympic marathon gold winner Alan Mimoun, who deposed the great reigning champion Emil Zatopek in Melbourne in 1956. Mimoun did a lap of the Stade de France - and provided a little relief from the latest drugs controversy surrounding the gold-winning American sprinter Kelli White. Mimoun ran, slightly embarrassed, through the swagger and the posturing of an age which for him, as for Hill, is increasingly unfamiliar.

"Given that Manchester is my home town, I was a little disappointed not to get an invitation to the last Commonwealth Games," Hill says. "They could have invited three former champions, Ian Thompson, Brian Kilby and me - and that might have pointed out to the youngsters that we have a good tradition in a great event."

Chambers' champagne celebration in Paris, which came after he surrendered the lead in the final leg of the 4x100 meters, might have been happening on another planet. When Hill, a strong favourite for the 1972 Olympic gold in Munich, finished sixth behind the American Frank Shorter, he would have taken champagne only intravenously after first being hit on the head with a blunt instrument.

Before coming down to Munich, he was running in the Alps, putting in between 120 and 140 miles a week and at the same time pushing on with his experiments in glycogen-loading, which was a form of Atkins diet on the hoof. A textile chemist, Hill recalls: "I thought of myself as a scientist runner, and in the race I wore a silver vest and shorts believing that would do most to resist the effects of the sun. I also had a pair of gold shorts in my bag for the medal ceremony. I'd got tired in the Alps but I thought it would all come right when I got down to Munich."

Maybe, he muses, flames of ambition might again be fanned in young Britons when they think of the challenge of running long and lonely.

Certainly the desire is not so long dead despite Britain's token effort in Paris. In 1985, Steve Jones held the world record and Charlie Spedding was a formidable performer. Richard Nerurkar, who went off to train with the Kenyans, won a World Cup marathon in San Sebastian 10 years ago - the same year Eamonn Martin won the London marathon. Paul Evans won the Chicago marathon in 1996 and three years ago at the Olympic Games in Sydney John Brown finished fourth. "And of course," says Hill, "there is Paula Radcliffe, who is an example of courage to any young British runner. Yes, I could have cited her when I was asked to sell the marathon."

It was still, however, an eloquent pause. It spoke of a fear provoked by British attitudes in Paris, when shrugs and champagne seemed inappropriate responses to a place in the medals table below St Kitts and Lithuania, Mozambique and the Dominican Republic. Hill's nagging fear is a lost appetite to do the work and cover the ground.

For the record, he ran a mere two and a half miles yesterday. But then, as he was quick to point out, he is suffering from a virus and this year he collects his bus pass.

### **Collins - 'raw, natural and lazy'**

Tuesday 26 August 2003

<http://www.iaaf.org/WCH03/news/Kind=2/newsId=22685.html>



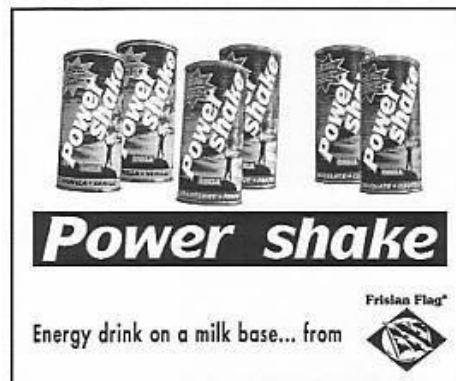
the work I want to."

Collins, from St Kitts, in the Leeward Islands, which does not even boast a running track, finished in 10.07 seconds. You could have thrown the proverbial blanket over the first four. Darrell Brown, Darren Campbell, and Dwain Chambers filled the next three places, all timed at 10.08.

### **USA challenge - conspicuous only by its absence**

The US challenge in Paris, which comprised the defending gold, silver, and bronze medallists: Maurice Greene, Tim Montgomery, and Bernard Williams, was conspicuous only by its absence.

Olympic champion Greene's six-year global reign ended when he was eighth in his semi, which he finished clutching a leg. "As soon as I got out of the blocks, I felt a small pop in my quad muscle," he said.



Paris, France - Kim Collins, crowned the world's fastest man after the tightest 100 metres finish in the history of the World Championships, claims he is, "all raw talent . . . the most natural sprinter in the world." He also admitted he is the laziest.

"I'm not one of those hard-working sprinters," he confessed after his shock victory in the Stade de France. "I'm an easy-going guy. When I don't feel like going to training, my coach is going to get a phone call, and he appreciates that.

"I don't believe in lifting weights, or pumping iron. There are a lot of things I don't believe in. So it's great he accepts that, and lets me do



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Montgomery, who relieved Greene of the world mark here in Paris less than a year ago, with 9.78, was fifth in 10.11, while Williams, who beat Montgomery for the US title, was two hundredths behind. It was only the second time in the history of these championships that the US had blanked on the podium.

The slightly-built Collins, who evokes memories of Calvin Smith, who set a World 100m record 20 years ago, and won the first two World 200m titles, underpinned his fragility when he said: "My hamstrings are not strong - I really don't feel you should kill yourself in training."

He had seemed an unlikely winner when just fourth, with 10.16 in his semi-final, and his success shocked even the cognoscenti, just as it had when he won Commonwealth 100m gold in Manchester last year. On that occasion his time of 9.98 was the slowest in 16 years, while only when Carl Lewis took the inaugural World crown, in 1983, also with 10.07, has the world winning performance been outside 10 seconds.

### **Does not like to train**

With most athletes mired in the rhetoric of sacrifice and dedication, the laid-back 27-year old must have demoralised his rivals with his frank confession that if he does not feel like training, he doesn't bother.

He has had to overcome asthma, which caused him to fail a dope test last year, for his inhaler, but he was reprieved without sanction.

The island of St Kitt's, in the Caribbean, covers just 60 square miles, with a total population which could have been accommodated twice over in the Stade de France. It achieved independence from Britain only 20 years ago along with its Leeward Islands partner, Nevis.

"Most people had probably never heard of it," he said, though his homeland knows all about him. The Government has issued him with a diplomatic passport, and he has a street named after him in Basseterre.

### **Sixth of 11 children**

The sixth of 11 children, he spends three months of the year there and the remainder in the US, where he graduated in sociology from Texas Christian University.

He shared 200m bronze two years ago in Edmonton, ran in the 1996 Olympics, was seventh in the 2000 Olympic final, and was runner-up for the World indoor 60m crown this year. As Campbell pointed out, Collins had more than served his apprenticeship.

The winner dismissed what must be considered a slow time. "Over the years, my performance has been consistent. I was seventh in the Olympics with 10.07. Now it's good enough to win gold. So long as you're consistent, there's no telling what you can do."

Having suffered a leg injury in the Zurich Golden League he looked unlikely to make it to Paris. "I limped away from the track in Switzerland. I had an MRI (magnetic resonance image) scan on my right knee, in Amsterdam, to see what was going on. There was some cartilage damage, but I'd regular treatment from the Jamaican federation - thanks to them. It doesn't hurt so much, but it's still there."

He dismissed suggestions that this made him favourite for Olympic gold in Athens next year. "I don't think so . . . Mainly because the Americans are not going to take it lying down. They have the Olympic champion and the World record holder. They are going to come out firing. They don't like to lose."

"Everyone expected them to win. I had no pressure. I was very relaxed. I had been thinking about this race for a long time."

### **Drummond**

The outcome now leaves US relay hopes in tatters, for Jon Drummond who staged a lie-down protest and refused to leave the track when disqualified for a false start the previous day, faces possible expulsion.



Collins had been critical of his behaviour: "Drummond showed everyone a bad image. I hope they find a way to stop this. We all know the rules. When you break, you got to go."

He said his easy-going temperament had helped him cope, and defuse, "the chaos of the last two days." It was the key to this success, just as in Manchester.

"All of us are men, and like to be dominant," he said. "Everyone tries to get inside your head, but I ignore that."

When Drummond's histrionics were played out, he had declined to get caught up: "I chose to keep warm, and not get involved."

### Brown and Campbell

Brown, the world junior champion from Trinidad, further emphasised that he may be the long-term future of the event, with a World junior record of 10.01 in the quarters, fastest time of the championships.

The 29-year-old Englishman, Campbell, completed his match set of medals, and said he hoped it would bring him recognition.

"Hopefully now I'll get the respect I deserve," he said. "People seem to forget about me, but now I have a medal in every championships: Olympic silver (200m), Commonwealth bronze (200), European gold and bronze (100/200). The Worlds was the only thing I didn't have."

Campbell, who like Collins was due to double up in the 200m, will use his \$20,000 prize to help his mother buy a house. "I might be able to afford it now. If I'd shown this form on the circuit, I might have made a lot of money. My mum brought me up right, taught me never to be greedy and chase money. I've always gone for the medals."

Doug Gillon (the Herald) for the IAAF

### Resultaten KANA KU R.R.C.K

Race Date

**KANA KU R.R.C.K.**

September 7,2003

Age Group Results

New Record

### Race Walking

<b>FEMALE ( 0 - 29 )</b>	Recordholder:	SIAGNEE ROSALIA	
	Year:	2002	Time: 1:53:38

<u>Place</u>	<u>Name</u>	<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sandra	Den Ouden	Curaçao	16	739	67	2:05:42 8:23/K
2	Debbie	Gutersohn	Curaçao	28	311	68	2:05:53 8:24/K
3	Rina	Schotborg	Curaçao	26	370	95	2:14:47 8:59/K
4	Sharagut	Ocalia	Curaçao	27	374	101	2:17:25 9:10/K
5	Gidrienne	Bomberg	Curaçao	14	795	102	2:18:09 9:13/K

<b>FEMALE ( 30 - 39 )</b>	Recordholder:	TAMARA KROON	
	Year:	2000	Time: 1:47:45

<u>Place</u>	<u>Name</u>	<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Fatima	Metry	Curaçao	30	791	44	1:55:52 7:43/K
2	Roxanne	Eisden	Curaçao	36	781	50	1:58:17 7:53/K
3	Alicia	Sno	Curaçao	38	783	57	2:01:04 8:04/K
4	Iraima	Juliët	Curaçao	38	736	62	2:03:07 8:12/K
5	Ursula	Molina	Curaçao	35	358	71	2:06:55 8:28/K

6	Sulaica	Tomsjansen	Curaçao	33	360	78	2:08:59	8:36/K
7	Angélique	Da Costa Gomez	Curaçao	34	364	85	2:10:46	8:43/K
8	Sinatra	Jansen	Curaçao	39	327	94	2:14:11	8:57/K
9	Vinanda	Canister	Curaçao	35	743	110	2:21:13	9:25/K
10	Caroline	Sluis-Gibbs	Curaçao	36	788	113	2:23:27	9:34/K
11	Angelique	Van Grieken	Curaçao	34	790	114	2:23:28	9:34/K
12	Anne Marie	Pietersz	Curaçao	33	746	119	2:25:18	9:41/K
13	Sualinica	Zimmerman	Curaçao	33	318	123	2:28:35	9:54/K
14	Sulaika	Bernadina	Curaçao	32	319	124	2:31:07	10:04/K
15	Miriam	Gerard	Curaçao	38	372	126	2:32:28	10:10/K
16	Deborah	Rozendal	Curaçao	34	301	130	2:37:45	10:31/K
17	Claribel	Galeano	Curaçao	31	787	131	2:37:50	10:31/K
18	Julieta	Carvajal	Curaçao	34	785	132	2:37:51	10:31/K

<b>FEMALE ( 40 - 49 )</b>	Recordholder:	ELSA VAN DRUNEN
	Year:	2000
	Time:	1:51:26

<u>Place</u>	<u>Name</u>	<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	
1	Luz Marina	Velasques	Curaçao	42	305	13	1:41:37	6:46/K
2	Mary-Ann	Faulborn	Curaçao	48	306	32	1:52:31	7:30/K
3	Angela	Korenhof	Curaçao	40	362	39	1:54:41	7:39/K
4	Jacqueline	Perlot	Curaçao	40	310	53	2:00:04	8:00/K
5	Thea	Van Dalen	Curaçao	44	323	54	2:00:07	8:00/K
6	Iraida	Isei	Curaçao	40	775	69	2:05:55	8:24/K
7	Nilyan	Hodge	Curaçao	49	774	74	2:07:23	8:30/K
8	Zita	Jesus-Leito	Curaçao	46	379	83	2:10:13	8:41/K
9	Angelica	Leopold	Curaçao	46	776	86	2:10:54	8:44/K
10	Aviette	Martis	Curaçao	43	344	90	2:11:37	8:46/K
11	Agnes	Herminia	Curaçao	48	316	93	2:13:51	8:55/K
12	Altagracia	Josepa	Curaçao	40	755	99	2:17:24	9:10/K
13	Fransisca	Martis	Curaçao	40	758	100	2:17:25	9:10/K
14	Carla	Martina	Curaçao	42	742	107	2:20:07	9:20/K
15	Marleen	Josefa	Curaçao	49	765	112	2:22:36	9:30/K
16	Helen	Kort	Curaçao	40	793	115	2:23:33	9:34/K
17	Marjorie	Victorina	Curaçao	48	779	116	2:24:21	9:37/K
18	Thamara	Pietersz	Curaçao	44	747	118	2:25:18	9:41/K
19	Mee-Har	Mambi-Chang	Curaçao	45	744	120	2:26:36	9:46/K
20	Noëmie	Panneflek	Curaçao	43	798	125	2:32:10	10:09/K
21	Shirley	Dovale	Curaçao	40	309	127	2:33:28	10:14/K
22	Karin	Texeira-Voges	Curaçao	44	799	128	2:37:31	10:30/K
23	Mary	Rozendal	Curaçao	41	800	129	2:37:43	10:31/K

<b>FEMALE ( 50 + )</b>	Recordholder:	JEANNE PATRICIA JACKSON
	Year:	2001
	Time:	1:49:40

<u>Place</u>	<u>Name</u>	<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>	
1	Jeanne Patricia	Jackson	Curaçao	65	347	28	1:51:05	7:24/K
2	Elsa	Van Drunen	Curaçao	52	753	40	1:55:04	7:40/K
3	Ellen	Hellburg	Curaçao	50	754	41	1:55:16	7:41/K

4	Anneke	Mostertman	Curaçao	56	325	66	2:05:07	8:20/K
5	Carla	Pinedoe	Curaçao	54	335	73	2:07:23	8:30/K
6	Maria	Scheffer	Curaçao	54	324	77	2:08:42	8:35/K
7	Carol	Fleming	Curaçao	50	339	97	2:15:36	9:02/K
8	Hyacinth	Schotborg	Curaçao	51	369	104	2:18:27	9:14/K
9	Glenda	Presentacion	Curaçao	52	320	108	2:20:28	9:22/K
10	Magda	Kirchner	Curaçao	51	350	117	2:24:23	9:38/K

<b>MALE ( 0 - 29 )</b>	Recordholder:	ROBERTO CONQUET
	Year:	2001
	Time:	1:46:49

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Richendel	Schotborgh	Curaçao	18	777	26	1:49:52	7:19/K
2	Judmar	Melfor	Curaçao	29	745	35	1:53:32	7:34/K
3	Gydrich	Bomberg	Curaçao	15	796	49	1:58:08	7:53/K
4	Gervilio	Davelaar	Curaçao	16	737	84	2:10:38	8:43/K
5	Ulyssess	Davelaar	Curaçao	11	738	98	2:17:08	9:09/K

<b>MALE ( 30 - 39 )</b>	Recordholder:	SIMON ISENIA
	Year:	2001
	Time:	1:35:29

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sherwin	Martis	Curaçao	38	757	2	1:33:26	6:14/K
2	Elfried	Laker	Curaçao	35	317	3	1:33:58	6:16/K
3	Reumerd	Monte	Curaçao	37	763	5	1:35:23	6:22/K
4	Erquiles	Wawoe	Curaçao	39	343	7	1:36:06	6:24/K
5	Jeffreyson	Conradus	Curaçao	37	345	36	1:53:37	7:34/K
6	Fredrick	Van Romondt	Curaçao	37	373	38	1:54:30	7:38/K
7	Junior	Gibbs	Curaçao	37	789	122	2:28:28	9:54/K

<b>MALE ( 40 - 49 )</b>	Recordholder:	WILLIAM HEYNINGEN VAN
	Year:	2001
	Time:	1:33:05

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	William	Van Heyningen	Curaçao	44	760	1	1:32:28	6:10/K
2	Wendel	Soliana	Curaçao	41	773	6	1:35:56	6:24/K
3	Elfried	Emelina	Curaçao	44	363	8	1:38:35	6:34/K
4	Argimiro	Nahr	Curaçao	41	351	9	1:40:20	6:41/K
5	Edgar	Hermelijn	Curaçao	43	352	10	1:40:26	6:42/K
6	Leslie	Brug	Curaçao	49	315	12	1:41:04	6:44/K
7	Rignald	Mauricia	Curaçao	41	353	15	1:43:21	6:53/K
8	Sherwin	Ferrero	Curaçao	44	338	17	1:44:26	6:58/K
9	Willem	Cordilia	Curaçao	40	355	19	1:45:40	7:03/K
10	Sherman	Ferrero	Curaçao	41	337	20	1:46:24	7:06/K
11	Eric	Ogenia	Curaçao	49	341	21	1:46:55	7:08/K
12	Calvin	Curie	Curaçao	44	313	22	1:47:24	7:10/K
13	Edward	Jesus	Curaçao	49	378	27	1:50:55	7:24/K
14	Irwin	Bernadina	Curaçao	43	356	30	1:51:58	7:28/K
15	Renius	Godfried	Curaçao	48	348	42	1:55:18	7:41/K

16	Anthony	Bloem	Curaçao	48	786	45	1:56:54	7:48/K
17	Armin	Elisa	Curaçao	41	749	51	1:58:18	7:53/K
18	Johannes	Baselmans	Curaçao	49	756	55	2:00:36	8:02/K
19	Dennis	Minguel	Curaçao	49	302	56	2:01:02	8:04/K
20	Gerrit	Carolina	Curaçao	48	328	70	2:05:57	8:24/K
21	Sherwin	Clemencia	Curaçao	42	330	76	2:07:49	8:31/K
22	Signald	Hendrik	Curaçao	47	751	88	2:11:31	8:46/K
23	Vincent	Maduro	Curaçao	42	357	91	2:11:38	8:47/K
24	Gerald	Martina	Curaçao	49	750	92	2:12:27	8:50/K
25	Wilbert	Major	Curaçao	44	346	105	2:19:25	9:18/K

<b>MALE ( 50 + )</b>	Recordholder:	EVARISTO LUCIA
	Year:	2001 Time: 1:38:20

<u>Place</u>	<u>Name</u>	<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Sonildo	Henriette	Curaçao	54	768	4	1:34:46 6:19/K
2	Sigfried	Wal	Curaçao	53	342	11	1:40:50 6:43/K
3	Kenneth	Mercelina	Curaçao	51	354	14	1:41:38 6:47/K
4	Abilio	Cruz	Curaçao	57	331	16	1:43:26 6:54/K
5	Franklin	Betrian	Curaçao	51	314	18	1:44:29 6:58/K
6	Angel	Ignacio	Curaçao	50	312	23	1:48:18 7:13/K
7	Helfrick	Genaro	Curaçao	52	772	24	1:49:12 7:17/K
8	Carl	Flanders	Curaçao	51	784	25	1:49:27 7:18/K
9	Robert	Eustatius	Curaçao	59	759	29	1:51:35 7:26/K
10	Walter	Muzo	Curaçao	62	349	31	1:52:01 7:28/K
11	Lionel	Elsevijf	Curaçao	59	334	34	1:53:25 7:34/K
12	Jubert	Bautisma	Curaçao	50	782	43	1:55:21 7:41/K
13	Johan	Duysker	Curaçao	53	764	46	1:56:56 7:48/K
14	Elbert	Klok	Curaçao	59	778	47	1:57:06 7:48/K
15	Wilfred	Phelipa	Curaçao	63	735	48	1:58:07 7:52/K
16	Ramiro	Schotborgh	Curaçao	55	769	52	1:58:56 7:56/K
17	Romanus	Rudolph	Curaçao	51	359	58	2:01:05 8:04/K
18	Alexander	Den Ouden	Curaçao	52	740	59	2:01:34 8:06/K
19	Anthony	Bomberg	Curaçao	50	797	61	2:02:24 8:10/K
20	Judi	Westerhout	Curaçao	57	780	63	2:03:11 8:13/K
21	Etienne	Devis	Curaçao	52	762	64	2:03:40 8:15/K
22	Hubert	Kenepa	Curaçao	60	321	65	2:04:24 8:18/K
23	Franklin	Nicolina	Curaçao	58	340	72	2:07:19 8:29/K
24	Robert	Davelaar	Curaçao	53	794	75	2:07:36 8:30/K
25	Roy	Evers	Curaçao	55	377	81	2:09:31 8:38/K
26	Rufo	Isenia	Curaçao	61	329	87	2:10:54 8:44/K
27	John	Pinedoe	Curaçao	54	336	89	2:11:32 8:46/K
28	Andrés	Vrolijk	Curaçao	61	761	96	2:15:09 9:01/K
29	Robert	Andrea	Curaçao	58	770	103	2:18:26 9:14/K
30	Errol	Elodia	Curaçao	51	361	109	2:20:30 9:22/K
31	Signiel	Felida	Curaçao	56	771	111	2:22:16 9:29/K
32	Gerhard	Treurniet	Curaçao	60	766	121	2:28:19 9:53/K