

Best foot forward for RWFL

RUN Walk for Life (RWFL) athletes were once again torn between choice with three road races on the weekend roster.

These were the 10th annual Gateway 27km run and 15km run/walk hosted by Verulam Falcons Athletic Club, the 11th annual Umgeni Water Marathon incorporating a 32km and 15km run/walk, and the Zululand 56km and 10km run in Ulundi.

Run Walk for Life times at Gateway: 15km run - S Bugwantha 2hr02min, 15km walk - D Grobler 2hr25min.

Umgeni Water 42.2km run - B Scott 4hr15min, 32km - S Fuchs (run) 3hr50min, A McKenzie 4hr10min, R Groves 4hr18min (walk).

Next event is the Postnet Weekend Witness Maritzburg Marathon and Half on Sunday 16 March, at 5am.

This race is one of the top 10 qualifiers for the Comrades Marathon.

Full details of RWFL's club activities and upcoming race events are available from Rodger McCarroll on 084 499 4477.

