



BOLANDATHLETICS

NEWSLETTER – 8 NOVEMBER 2017

2017 BOLAND ROAD RUNNING LEAGUE 5 RESULTS – SATURDAY 4 NOVEMBER 2017

The fifth Boland League meeting took place at one of the most beautiful venues in the Cape, the Boschendal Wine Estate, on Saturday 4 November. The race was organized by the Dwarsriver Valley Athletics Club, and could become one of the highlights on the Boland Athletics fixture list in the future. This race concluded the League competition for Individual and Team categories.

The prizewinners are as follows:

10 Kilometre:

Junior Ladies:

1. Veronique Visagie (Maties AC)
2. Ronelda Vellum (Maties AC)
3. Meagan Swanepoel (Maties AC)

Open Ladies:

1. Veronique Visagie (Maties AC)
2. Ronelda Vellum (Maties AC)
3. Meagan Swanepoel (Maties AC)

Junior Men:

1. Reagan Rooi (Ceres AC)
2. Kananelo Thulo (Ceres AC)
3. Nizaam Sauls (Robertson AC)

Open Men:

1. Reagan Rooi (Ceres AC)
2. Angelo Booysen (Correctional Services AC)
3. Kananelo Thulo (Ceres AC)

Teams:

1. Ceres AC
2. Robertson AC
3. Maties AC



21.1 Kilometre:

Open Ladies:

1. Cailey Bredenkamp (Paarl AC)
2. Anneke Slabbert (Stellenbosch AC)

Open Men:

1. Akhona Mdaka (Elgin-Grabouw AC)
2. Moletsane Pheletso (Elgin-Grabouw AC)
3. Deon Titus (Elgin-Grabouw AC)

Team:

1. Elgin-Grabouw AC
2. Ceres AC
3. Swartland AC



The final League event of 2017 will be the Klaas Maffa 15 kilometre race to be held on 18 November at the Huguenot Monument, Franschhoek. This race will only count for points in the Participation category. Each Club member participating will earn a point for his or her Club.

From: Lionel Hill - Road Running League Co-Ordinator

E-Mail: lionel.ceres@telkomsa.net



Mike Fraser
 Boland Athletics Office
 Office: 021 868 0007
 Mobile: 083 518 7272
 Email: office@bolandathletics.com
 Website: www.bolandathletics.com