



NEWSLETTER – 8 AUGUST 2019

2019 BOLAND ROAD RUNNING – RESULTS LEAGUE 4 – SATURDAY 3 AUGUST 2019

The PPC Road Races held at Riebeeck West on Saturday 3 August 2019 was the fourth Boland League meeting for 2019. Athletes were set off in misty conditions but, eventually the mist lifted, and gave way to a very pleasant and sunny day.

The pre-entry requisite seems to deter a large number of athletes from entering this type of race. The absence of numerous top athletes was surely visible in the ensuing results.

In the 10 km race the Maties AC ladies opted to participate in the Boland Cross Country meeting in Worcester and made way for a whole bunch of new faces in the results.

In the men's section, Kananelo Thulo (Ceres AC) was a clear winner by a margin of more than five minutes on the runner-up after the following lead-group took a wrong turn on route. Ceres AC however, cashed in on this mistake and managed to win the team prize and fill the top placings in the league.

In the 21km team competition Langebaan AC turned out winners in the team competition, with Swartland AC and Ceres AC picking up valuable points too.

Mari Rabie (The Athlete Academy) made a welcome appearance, and showed her class. Not only did she win the ladies section, but she finished overall in the fifth position. Surely, no mean feat!

The next League meeting will be the Lentefees Race on 6 September 2019 at Riebeeckasteel.

This event will also be the Boland 10 kilometre championships. Unfortunately, it clashes with the ASA Cross Country championships, and many of our top athletes who will represent Boland, will not be present. Obviously, it will also affect the League positions.

The results and Log position are attached.
Please ensure that your members have access to these.

From: Lionel Hill - Road Running League Co-Ordinator
E-Mail: lionel.ceres@telkomsa.net

