



## NEWSLETTER – 5 MAY 2019

### 2019 BOLAND ROAD RUNNING – RESULTS LEAGUE 1 – WEDNESDAY 1 MAY 2019

The first Road Running League meeting was held with the Safari Half Marathon event in perfect weather at Wellington on Wednesday 1 May 2019.

This race is the flagship event of Boland Road Running races and was superbly organised and well supported. The 10 km race provided some fast times. In the team competition Ceres AC is already showing the results of their decision to invest in juniors. They have 3 teams featuring in the 10 km league competition and will be hard to beat. The Maties seems set to repeat their performance of last year. They have ample depth, and also had no trouble taking the team prize.

In the 21km competition we see the emergence of Wellington AC with 3 members getting placed in the individual competition, and also taking the first Team position. Elgin Grabouw AC, who dominated the competition the past few years failed to feature in the team competition. Swartland AC and Paarl AC, however, seem to be well positioned to provide stiff competition if Wellington AC does not compete on a regular basis.

The Ladies section was won in an excellent time by Mia Steytler (Maties AC).

Hopefully she will be a regular participant in future league races.

In the Participation section Paarl AC provided a record 92 participants! Stellenbosch AC 45, Swartland AC 42, and Wellington AC 39. Ceres AC had close onto 50% of their members participating in the races.

If only we can have these numbers in all our other Boland races it would be great!

In both the 10km and 21km races there were a lot of new faces. The results show some renewed activity at one or more clubs. This is a good sign, and hopefully this will ensure a successful League competition this year.

Clubs must just make an effort to ensure that their members participate in the League and the results will come.

The next League meeting will be the Lenteprag event at De Doorns on 11 May 2019.

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

Also report any mistakes. We are entirely dependent on the results received and your input.

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