

● Nedbank runner finishes Kariega event ahead of Ikhamva's Tshangana

Motwana takes third league 10km race in NMB Cross Country Series

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Nedbank Running Club's Andile Motwana won the third league 10km race of the Nelson Mandela Bay Cross Country Series, which was held at Bergsig High School in Kariega.

Motwana crossed the finish line in 32.23 minutes, followed by Luyanda Tshangana of Ikhamva Athletics Club second in 33.22 and Zolani Mabongo of Sibaleka Nani Athletics Club third in 33.43.

The second league 10km race was won by Thabang Mosiako (Boxer Athletics Club, WP) in 32.29, followed by Melikhaya Frans (Ikhamva Athletics Club) in 32.33, with Motwana hot on his heels in 32.34.

In the women's race, Asanda Zamisa of Sibaleka Nani Athletics Club came first in 47.44. Olwethu Bomvana of Motherwell Athletics Club, who took first place in the second league, settled for second position in the third league coming in at 50.37.

She was followed by Si-

bongile Mqgeba of Vukani, third in 51.33.

The third league 4km men's race was won by Sinawo Poti who finished in 12.46.

Cwenga Nose, who came first in the second league, finished second at the weekend in 12.57. Third place was taken by Gontsejalo Motutsiwa of Madibaz Athletics Club in 0.12.57.

The 4km women's race also had an exciting finish, with Aviwe Hoboloshe of Ikhamva Athletics Club beating Kayla Bell (Charlo Athletics Club) to the finish in 15.32.

Bell took second place coming in at 16.12, with Kara Fourie of Brandwag High School coming third in 16.37.

EP Athletics has been hosting the NMB Cross Country Series in the Bay.

Cross-country chair Attie Williams was happy with the turnout at the events.

"We had more than 400 athletes competing at both the second and third league events, so we are well on our way to record participation figures this year," Williams said.

"The highlight of our cross-country events is the junior categories where the young athletes push for their personal best times with huge support and applause from spectators.

"Both cross-country and track & field are the base for any successful road runner, and this is the source of our regional development channel for young talented athletes this year."

The NMB Cross Country Series will consist of five league meetings, EPA championships and an interprovincial planned to prepare the athletes for the upcoming national championships.

Prize money has been allocated to the top three male and female athletes participating in the 10km and Open 4km.

The fourth and fifth NMB Cross Country league events will be held at the Fairview Sports Grounds in Overbaakens on June 11 and 18.

ON TOP: Andile Motwana of Nedbank Running Club won the NMB Cross Country 10km race at the weekend

