

● Star runner dominated Totalsports Women’s Race

By NEVILLE KHOZA

After delivering another commanding performance to win the Totalsports Women’s Race in Johannesburg yesterday, South African runner Glenrose Xaba is satisfied that her training for the World Half Marathon Championship is taking shape.

Xaba is using the 10km races to prepare for that event in Copenhagen, Denmark, on September 20. The runner, who won the Spar Women’s 10km race earlier this month, underlined her class yesterday as she cruised to victory in 32:11 in the final leg of the Totalsports Women’s Race. Brenda Kenei of Kenya was second in 32:28, while Cacisile Sosibo rounded off the podium finish in 34:01.

“The preparations are for the World Half Championship because we are focusing on where I will be doing the half marathon,” Xaba told the media after the race.

“I’m very happy – it shows that we are moving in the right direction with my coach because we come into the race with a full volume of training without breaking it and getting some rest in between.

“When it comes to races, we do it, and the following day we train very easily, and it shows that we are in the right direction for what we are planning for the World Half Marathon.”

XABA FEELS PREPARATION FOR CHAMPIONSHIP ON RIGHT TRACK



Glenrose Xaba winning the Totalsports women’s race in Johannesburg yesterday./Supplied

Xaba said she will run the Absa Run Your City race in Tshwane on Sunday, August 23, as her last race before the World Half Marathon next month.

“It feels amazing because this is my second win this year. It shows that my training is going well. I have not hit the training volume I normally do, as I’m

focusing on the World Championship. “This shows that I’m in good shape.” Meanwhile, the bank’s presence at this year’s race goes beyond celebrating women in sport and reflects its commitment to supporting women’s health, wellbeing, visibility and empowerment, according to its head of

sponsorship, Jabulile Nsibanyoni. “Our commitment to women’s empowerment highlights how the bank recognises and celebrates women as leaders and changemakers across business, the creative industries, sport and the communities they come from,” she said.

Houlie grabs silver at the Pan Pacs

By DAVID ISAACSON

Commonwealth Games silver medallist Michael Houlie once again finished second in the 50m breaststroke, this time at the Pan Pacific championships in Los Angeles early yesterday morning (SA time).

As he did in Glasgow last month, Houlie ended behind Australian Sam Williamson, but on this occasion the South African swimmer shared silver with American star Van Mathias.

The US-based Capetonian had set the pace in the heats, clocking a 26.40 championship record, but Williamson usurped that mark in the final, touching in 26.36.

Houlie, owner of the African 26.38 record, and Mathias both stopped the clock on 26.42.

This is another promising result, with the three non-freestyle 50m sprints being included at the Olympics for the first time at Los Angeles 2028.

The performances at the Pan Pacs gala also underlined the class of Pieter Coetzé’s golden swims in Glasgow, where he scooped the backstroke treble and set Games records in all three events.

Yesterday, Japan’s Yumeki Kojima won the 200m backstroke in 1min 55.38sec – well behind Coetzé’s 1:54.22 in Glasgow, Scotland.

Earlier in the gala, American Quintin McCarthy won the 50m backstroke in a 24.51 championship record and Canada’s Blake Tierney won the 100m backstroke in 53.18.

Coetzé’s Commonwealth times in those events were 24.18 and 51.77. But the South African’s biggest threats have been emerging at the European championships in Milan this week, where three competitors went faster in both the 50m backstroke and 200m backstroke.

At least the 1:53.36 African record Coetzé swam for the 200m silver at the 2025 world championships in Singapore



US-based Capetonian Michael Houlie, who shared silver with US star Van Mathias in LA yesterday./Stoyan Nenov

would have been good enough for second position behind Hubert Kos, Hungary’s reigning Olympic, world and European champion.

The men’s 100m backstroke final in

Italy is scheduled for tonight. Italian Simone Cerasuolo sounded a warning in the 50m breaststroke, dominating Friday’s semifinals with a 26.23 effort.

The final took place last night.



MAKHUDUTHAMAGA LOCAL MUNICIPALITY

Bid Notice and Invitation to Bid

Bidders are hereby invited to bid for the following projects:

No.	Project Number	Project Description.	Closing Date
01	Lim473/cleaning/26/27/008	Provision of cleaning services for Makhuduthamaga premises for the period of 36 months.	29/09/2026 @ 12:00
02	Lim473/repair-ICT/26/27/009	Qualified IT Service Providers are invited to bid for provision of maintenance & support for ICT systems and Infrastructure for the period of 36 months.	29/09/2026 @ 12:00

Bid documents will be obtainable from Makhuduthamaga Local Municipal Offices from **27 August 2026 (Mon-Fri from 08:00-16:30)** from the cashiers at a non-refundable deposit of **R560.00** payable in cash or bank-guaranteed cheque. Bid documents can also be downloaded from www.etender.gov.za at **no cost**.

Completed and signed tender documents must be sealed in an envelope and marked with the relevant project number and project description and be deposited in the tender box at Makhuduthamaga Local Municipality Offices in Jane Furse before the closing date and time.

The municipality shall adjudicate and award tenders in accordance with the Preferential Procurement Policy Framework Act, 5/2000 and the revised procurement regulation with effect 16 January 2023 and on 100 points for functionality on Support, service, maintenance & repairs of ICT Systems and Infrastructure for the period of 36 months project and on 80/20 points system where 80 points are for the price and 20 points for Municipal specific goals (according to the said legislation). Details of functionality and specific goals are in the bid document. Bids will remain valid for 90 (ninety) days.

The lowest tender will not necessarily be accepted and the municipality reserves the right not to consider any tender not fully completed. Tenderers are required to initial each page of the tender document and sign where necessary.

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