



Switzerland



Germany



Victory! A first place for Jason at Powerman Germany.

Luxembourg



Jason finishing second at Powerman Luxembourg.

Jason Spong, one of South Africa's top duathletes, excelled at the 2008/2009 World Powerman Series, the leading competition in duathlon. This series provides the most competitive races on the circuit, headlined by the infamous Powerman Zofingen World Championships in Switzerland. Jason placed 15th in Zofingen, which saw him claim a world ranking of seventh in the final Powerman World Rankings for the 2008/2009 season, which ended at the World Champs.

Sharon Clark, a runner from Sports Connection Striders in Johannesburg, having the time of her life at her first New York City Marathon.



South Africans unite! Sharon made new friends from Rand Athletic Club at the International Friendship Run the day before the marathon.



New York, New York!



Marie Howarth of Durbanville Athletic Club has one of the best jobs in the world! She works for Penthouse Travel Sporting Tours (www.runningtours.co.za) and regularly accompanies South African tour groups to the world's big city marathons, including the recent 2009 New York City Marathon.



Members of Lenasia Athletic Club enjoying the atmosphere of New York. They raised R17 000 for the Cancer Association of South Africa while running their first international marathon.



Nadisha Khan, chairman of Lenasia Athletic Club, having some proudly South African fun at the recent New York City Marathon.

If you have a picture of you or a friend at an international race and would like to share it with us, go to www.modernathlete.co.za and become a contributor.



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