



## Clarence Munyai

**Background:** I am from Johannesburg , I live with my two parents and my twin brother. I have 3 sisters who are all working and married.

**Age:** 18y

**Home location:** Johannesburg but now schooling in Pretoria

**Sport:** Athletics (sprints 100m & 200m)

**Educational background:** Grade 11 learner at the TuksSport High School

**Years in sport of any kind:** 6 years in different sports

**Sports participated in:** soccer, rugby, athletics and cricket

**Years in current sport:** 3

**What got you started:** Passion I had for the sport.

**Other personal information you would like to share:** I have an identical twin

**What is your biggest accomplishment in your sports:** My biggest accomplishment in my sport is being the second youngest ever S.A. junior and senior champion in the 200m

**What one or two things do you currently do in your training that is keys to your success:**

Paying attention to the smallest of details while training. And focusing on mobility - because without mobility you can't gym without gym you can't run fast.

**What would be your ultimate achievement:** Winning a medal at this year's IAAF World Junior Championships and later on at the Senior World Championships

**How do you set your goals:** By evaluating my previous season's achievements and looking at what I can do better to improve

**What is your biggest challenge, and what do you do to manage this challenge:** My biggest challenge is managing my time wisely. I organize things first before I do them. I write down what and when I want to do things.

**What is your diet like:** Hostel food!!

**What 1-2 things do you believe differentiates you from your contemporaries who have tailed off in their athletic participation and abilities:** I always stay focused and don't get lost in the hype; I work even harder than I did before to stay on top and I stay dedicated.

**What led to your breakthrough:** Setbacks from the previous season and being left behind even though I qualified more than any other athlete, I promised myself I would work hard so that they never leave me behind again.

**What was the best advice you were ever given:** Always stay humble and never try to be bigger than the sport - I was told this by Kim Collins during my time in Manchester this year.

**Do you have a saying or motto that you live your life by:** Hard work, dedication

**Where do you draw your inspiration from:** Floyd Mayweather Jr , the passion and love he had for his sport and still being undefeated for 20 years even though he has everything he need.

**Anything else you'd like to share:** I'm a very big fan of boxing

**My most treasured possession/s:** My baby photos & a wrist band I got from my mother.

**What do you normally eat for breakfast:** Eggs and sausage with bread

**My last meal would be:** Chicken breast and potatoes

**What I don't find amusing is:** People who take all the credit for someone else's success even though they did nothing.

**Favourite holiday destination:** Spain, the nice weather and the friendly people.

**How do you celebrate Christmas Day:** The whole family gets together and we do a spring clean and my mother cooks a lot of food and they buy sweets and drinks, which we all share, and we go to church on Christmas eve.

**In the movie of my life I'd be played by:** Uhm that's a hard one I guess Johnny Depp because he is a crazy person and is very funny and different to other actors and I also like being different.

**Stranded on an island, what are your 3 essentials:** Pocket knife, Sunscreen, and my cellphone

**What would you buy with your last R100:** I would buy my favorite meal before I go bankrupt which are chicken wings.