



## Erasmus joins elite 100m sprinters in 10.08secs

EMILE Erasmus joined a small elite group of South African sprinters on Saturday when he won the 100m in 10.08 seconds at a TuksAthletics League Meeting.

The Tuks athlete is only the ninth local sprinter to dip under 10.10 in the 100m. It also means he is the fourth fastest man in South Africa this season. Only Akani Simbine 9.92, Thando Roto 9.95 and Wayde van Niekerk 10.04 have so far run faster times this season.

The Tuks-athlete could not have chosen a tougher day for this breakthrough run with cold conditions and rain. Erasmus is physically big for a sprinter. He is 1.93m tall and weighs about 100kg. Many rugby teams would give anything to have a wing of Erasmus's speed abilities.

"I will admit there were times over the last few years that I was really tempted to go and play rugby. It is only my passion for athletics that prevented me from doing so," said Erasmus.

Erasmus is confident that he is capable of running even faster times. "My coach, Frans van Rooyen, changed my training programme over the last few weeks and it seems to be working. At the moment the start is the strong point to my sprint. I am normally in front with the top sprinters over the first 30 or so metres but then they start to pass me. We are working on improving my top end speed." – ANA

