



Nel will represent SA in London race

Wenda Nel made sure that she will represent South Africa at the World Championships in London when she won the 400m-hurdles in 54.66s at the Josef Odlozil Meeting in Prague.

A definite highlight from a South African perspective was Antonio Alkana who smashed the South African 110m-hurdles record by winning in 13.11s. Lehann Fourie's record was 13.24s.

Nel described her race as the ideal start to her international campaign.

"It is only my second 400m-hurdles race of the season. I could feel it had been a while since I last competed in a 400m-hurdles race.

"I think I have executed my race fairly well. There are one or two small things in my technique I could work on so as to try and be a little bit faster but for now I am satisfied.

"To have a victory under the belt was the confidence booster I needed," said the Tuks-athlete. The last time she competed in the 400m-hurdles was at the South African Championships in Potchefstroom where she won in 55.16s.

Nel will be racing again later this week at the Diamond League Meeting in Rome.

"Quite a few of the top athletes are competing so I guess a fast time could be on the cards.

"The challenge for me

will be to try and stay with the race leaders. If I manage to do I might just surprise myself," she said about the coming race.

Zuzana Hejnova (Czech Republic), a double world champion, and Sarah Petersen (Denmark), silver medallist at last year's Olympic Games, are two of the top hurdlers who will be competing in Rome.

Another local athlete, Thando Roto from Tuks, finished third in Prague in the 100m.

He clocked a time of 10.15s. Mosito Lehata (Lesotho) won running 10.11s. Henricho Bruintjies (Tuks) did not qualify for the final.

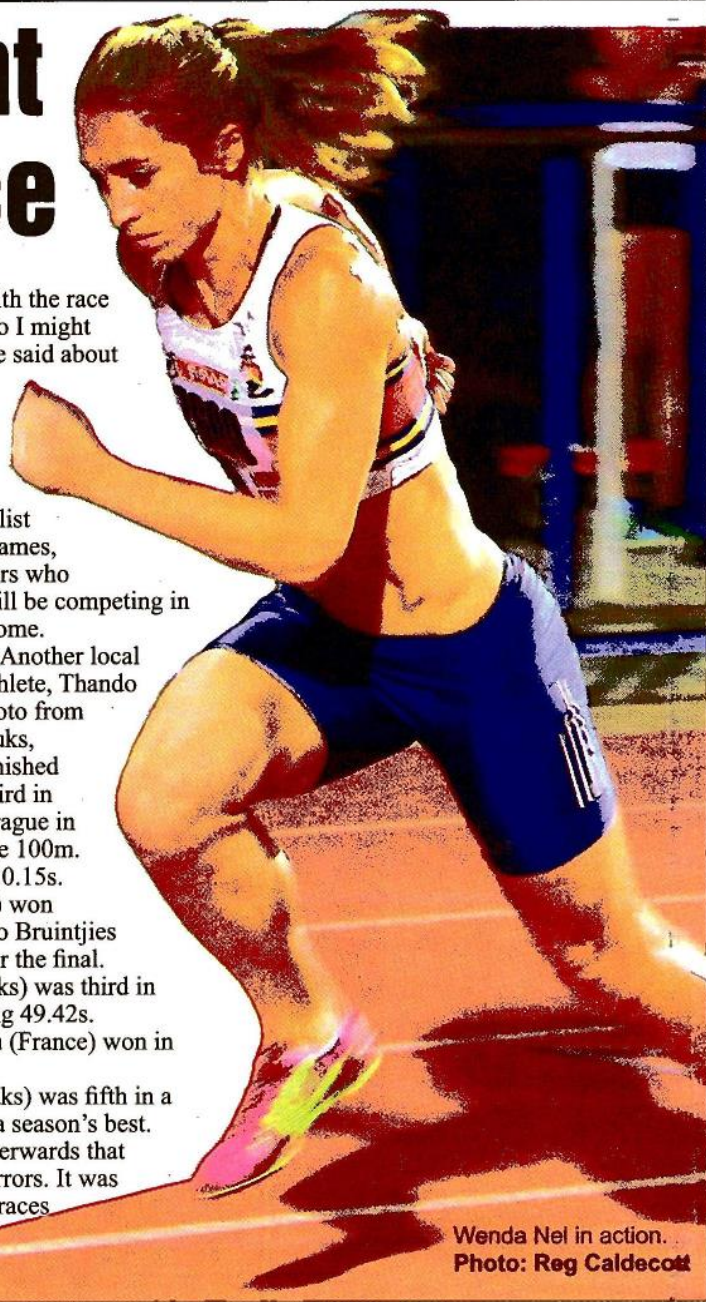
Cornel Fredericks (Tuks) was third in the 400m-hurdles running 49.42s.

Kasse Hann Mamadou (France) won in 49.02s.

Lindsay Hanekom (Tuks) was fifth in a time of 50.63s which is a season's best.

Hanekom admitted afterwards that he made a few tactical errors. It was only the second hurdles races of the season.

Wenda Nel started her overseas season very well with a victory at the Josef Odlozil Meeting in Prague.



Wenda Nel in action.
Photo: Reg Caldecott