



# Manyonga emulates Lewis by winning the long jump

By winning the men's long jump this past weekend at the Fanny Blankers Koen Games in Hengelo, Luvo Manyonga emulated the performances of Carl Lewis, one of the legends of international athletics.

The Tuks athlete won by jumping 8.62m, which is just 3cm short of his South African record. More importantly, it was the fourth time this season Manyonga won by jumping 8.60m and further.

Lewis was the last athlete to do so. He did so in 1987. However, in his fourth competition the American was aided by a wind from behind.

"Luvo is so far averaging 8.59m when competing," said a proud Neil Cornelius who coaches him at Tuks.

Manyonga opened his account in Hengelo by jumping 8.60m followed by a no jump, 8.40m, 8.46m, another foul and 8.62m.

Cornelius ascribes the slight "relapse" in the middle of his series to the fact that Manyonga flourishes under pressure.

"The reason he managed to jump 8.62m with his last attempt was that the other athletes were upping their act and

starting to jump further, which motivated him.

"I have no doubt Luvo is capable of jumping much further. It is a

case of the better his rivals perform the better he will do. That really big jump is definitely going to happen," said Cornelius.

South Africa's Rushwal Samaai finished second jumping 8.34m with Jamaica's Damar Forbes third with a jump 8.29m. Zarek Visser (SA) was sixth jumping 7.88m.

Manyonga's next competition is the coming Sunday when he will be competing at the Diamond League

Meeting in Stockholm.

- Another local star, Carina Horn from Tuks, finished third in the 100m in Hengelo, clocking a time of 11.35sec. Dafne Schippers (The Netherlands) won in 11.08sec with Blessing Okagbare (Nigeria) third in 11.16sec. The athletes were challenged by a headwind.

Akani Simbine (Tuks) finished second in his 100m race. Yohan Blake (Jamaica) won in 9.97sec with Simbine clocking 10.0sec.

- Wayde van Niekerk set a new South African record in the 200m on Saturday when he won in 19.84sec at the JN Racers Grand Prix Meeting in Kingston, Jamaica.

- Emile Erasmus (Tuks) won the 100m at the Lathi Games in Finland in a time of 10.35sec racing against a -1.4m/s headwind while the temperature soared to only 13°C. Erasmus said he had a bad start.

"The best part of my race was the middle phases. Unfortunately, I was not able to retain my top speed to the



Luvo Manyonga.

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