



LUVO JUMPS TO STARDOM!

By CHARLES BALOYI

LAST year it was all about announcing himself on the world stage.

But this year was all about showcasing what Luvo Manyonga is capable of.

The world has finally taken note of South Africa's lanky jumper and what a year it has been for the Western Cape-born long jump superstar.

Manyonga's coach Neil Cornelius described his star athlete's International Association of Athletics Federation's (IAAF) male athlete of the year nomination as amazing.

Cornelius, who coaches the towering jumper at the University of Pretoria's High Performance Cen-

tre, struggled to put into words his feeling regarding Manyonga's first international nomination.

Manyonga bagged three titles this year – the SA title, the IAAF Diamond League and the IAAF world title.

He broke the African long jump record with his 8,65m effort in Potchefstroom and also smashed the Diamond League long jump record in Shanghai, China with an impressive leap of 8,61m.

The 26-year-old has been nominated alongside big names in the sport such as Mo Farah of Great Britain and SA poster boy Wayde van Niekerk, while Jamaica's Omar McLeod and Christian Taylor of the USA are some of the names that make up the 10 ath-

letes in the men's category.

The final list will be shortened to three finalists and the winner will be revealed by the IAAF in Monaco on 24 November.

Mzansi's golden girl Caster Semenya is the other South African to have made the list of 10 athletes in the women's category.

Manyonga is undefeated all year in nine competitions and his coach is hoping that he will make the cut for the final top three athletes.

Cornelius said: "It's amazing. It's unbelievable. This is beyond Luvo's wildest dreams.

"We are proud of this young man. This is just the beginning of his phase and his best is yet to come.

"It makes us happy to see him

being recognised on the international stage. Last year was all about announcing himself on the world stage and this year was all about performing and being the best in his field and he did that with aplomb."

Manyonga did just that when he won a silver medal at the Olympic Games in Rio de Janeiro last year.

He took his performance to a whole new level as reigned supreme in the men's long jump event in the world this year.

Cornelius added: "He is a talented athlete and there is nothing that he can't do in the sandpit."



Luvo Manyonga has reigned supreme in the long jump.

Photo by EPA/Ennio Leanza

Kesa in pole position!

By CHARLES BALOYI

THE last race of the Spar 10km Grand Prix cannot come soon enough for Kesa Molotsane!

It's a big week for the long distance runner as she is within touching distance of being crowned the overall winner at Marks Park, Joburg, on Sunday morning.

Molotsane, who is doing her honours degree in anthropology at the University of

the Free State, is swamped with lots of work.

She is busy doing submissions and studying hard for her upcoming final examinations and at the same time she's worried about her final race of the season.

The Grand Prix series consists of six races ran in Cape Town, Port Elizabeth, Durban, Pretoria, Pietermaritzburg and Joburg. The overall winner on points pockets a cool prize of R173 000 for a job well done.

Molotsane leads the leader board with 137 points.

Irvette van Zyl is second with 116 points, while Nolene Conrad is third on 87 points with Lebogang Phalula fourth with 84 points.

Due to taking part in the track, cross country and road seasons, Molotsane has fallen behind with her studies.

She said she just wanted the last race

