



Pretoria's Luvo Manyonga ended the 2017 athletics season as the world's best long jump athlete.



Local star Lebogang Shange from the HPC at Tuks broke his own national record in the 20km Men Walk at the IAAF Champs in London this year.
Photo: Reg Caldecott

Local athletes shine in championships

Quite a few local stars were among South African athletes who shone at championship events in recent weeks.

They cemented their places at the top of the national Track and Field rankings in various disciplines.

In the 20km Men Walk, Lebogang Shange produced a brave performance at the IAAF Champs.

He finished fourth with a national record of 1:19:18.

Stephen Mokoka from TUT climbed to the top of the SA 10 000m men rankings by taking 20th place in the final in 28:14:67.

Luvo Manyonga leaped 8.65m to secure the SA title in the Long Jump Men, also topping the global list with a national record.

At the World Student Games in

Taipei last month, Ischke Senekal achieved a national 2017 best with a 56.04m heave in the qualifying round of the women's discus throw.

At the end of a hard-fought international season, three South African athletes were ranked first in the world this year in their disciplines.

Middle-distance runner Caster Semenya set two South African season bests at the IAAF World Championships in London, England last month.

She clocked the fastest times of the year to earn gold and bronze over 800m (1:55:16 national record) and 1 500m (4:02:84 in the heats), respectively.

Semenya also led the global lists in the 600m event after setting a world best of 1:21:77 over the

rarely run distance.

Wayde van Niekerk clocked 43.62s to lead the international rankings over the one-lap distance in the 400m.

His 300m world best of 30.81s was the fastest time in the world this year and his SA record of 19.84s gave him second spot in the 200m event.

Ruswahl Samaai had to settle for second position in the SA rankings with a Personal Best of 8.49m in the Long Jump, but was also number two in the world.

Sixteen SA Track and Field records were set in the senior, junior and youth age groups.

Major 2018 events next year include the Commonwealth Games in Australia, and the IAAF World Indoor Championships in Birmingham, England.

