



Ockert de Villiers

STAR distance athlete Dominique Scott-Efurd set her second national record in a week, this time lowering her national 1 500m indoor mark.

Scott-Efurd placed fourth at the Indoor Grand Prix in Boston yesterday posting a time of four minutes, 07.25 seconds (4:07.25) shaving three seconds off the previous mark she set in 2017.

This follows a week after she smashed her own South African 3 000m indoor record at the Millrose Games in New

York with a time of 8:41.18. Her run yesterday was the fifth South African indoor record to tumble over the last week.

United States-based sprinter Derrick Mokaleng has emerged as a possible indoor powerhouse after setting his second 400m record in a month.

The 20-year-old posted a creditable 400m indoor time of 45.76 seconds at the Texas Tech Shootout on Friday evening

taking almost half a second off the previous record he set at the end of January in Albuquerque.

His winning time at the Texas meeting would have earned him a bronze medal at the previous World Indoor Championships in Portland in 2016.

Top female sprinter Carina Horn set a new SA 60m indoor record posting a time of 7.10 seconds at the Val d'Oise Meet-

ing Eaubonne, France on Friday. She knocked 0.05 off the record Wendy Hartmann clocked in 1999 in Maebashi, Japan.

The joint-SA 100m Record holder posted a fast 7.16 in her heat which was just 0.01s slower than Hartmann's mark. "The fact that I managed to improve on my best time in the semi-finals really motivated me," the Tuks Athletics athlete said.

"To be able to run even

faster in the final means that the long hard hours are paying dividends. I must be doing something right, but I know I am capable of running even faster times.

"I guess I just need to be patient and focus on doing the small things right, and then it will happen."

World long-jump champion Luvo Manyonga was the third South African to get into The record books over the last

seven days courtesy of his superb leap at the Meeting Paris Indoor on Wednesday. He improved on the national record that was jointly held by Khotso Mokoena and Ruswahl Samaai by 14 centimetres at his first indoor event.

His jump of 8.32m on his second-last attempt was just four centimetres short of the African record Ignisious Gaisah set in 2006.

He improved the national record on his first attempt of 8.23m with Miltiadis Tentoglou finishing second with a jump of 7.89m

National athletics records tumble

