



# Anaso hopes Pretoria gives him second wind

**OCKERT DE VILLIERS**

WORLD championships bronze medallist Anaso Jobodwana has found an athletic home in Pretoria after spending much of the last two years in limbo.

Jobodwana was based in Durban during this time where he has managed to reignite his passion for the sport but will be looking to return to his best in the Capital City.

Credited as one of the catalysts for South Africa's current sprinting revolution, Jobodwana has been battling to revive the form that saw him win the 200m bronze medal at the 2015 World Championships in Beijing.

The 25-year-old had his first sessions with rising sprinting coach Thabo Mathibedi, who has had a strong hand in the successes at the Tuks athletics in recent years, this week.

Mathibedi coached Tshenolo Lema to South Africa's first ever 100m gold at last year's World Under-18 championships in Nairobi, Kenya.

Life seems to be changing for Jobodwana as fast as his leg speed with the former South African 200m record-holder expecting his first child within the next month.

Jobodwana will be racing at the Gauteng North Championships in Pretoria over the weekend where he will

line up in the 100m.

He will officially open his season in his specialist 200m at next week's inaugural Athletix Grand Prix in Roodepoort.

"Running the 200m at the first Athletix Grand Prix Meeting fits in perfectly with my plans to get back into the shape where I am running fast again and feel comfortable doing it," Jobodwana said when he was announced as the headline sprinter at Ruimsig. "I'm excited. It will be good to race again and I am looking forward to seeing who will line up with me."

● Provincial athletics championships hardly produce fireworks but the current high standard of South African track and field means that assumption no longer exists.

The two Gauteng provincial athletics unions will be hosting their championships over the weekend and would be looking to build on the hype and success of last year.

At last year's AGN Championships records tumbled, including Luvo Manyonga's continental mark of 8.62m.

Akani Simbine and Thando Roto became the first South Africans to dip below 10 seconds in the same race with times of 9.92 and 9.95 respectively.

Neither Manyonga nor Simbine will be in action over the weekend but there

could still be some pyrotechnics on the fast Tuks Athletics track.

The blue Mondo track has earned a reputation for fast times since it was opened officially in 2016.

The 100 metres promises flashes of lighting with four of the country's top sprinters set to line up against each other tomorrow.

Former South African 100m record-holder Henricho Bruinjies will back into the blocks where he could face 2015 World Championships 200m bronze medallist Anaso Jobodwana and Rio Olympian Clarence Munyai.

Bruinjies is one of only five South Africans that have dipped below 10 seconds in the 100m boasting a personal best of 9.97 he set back in 2015.

Jobodwana will be the second fastest in the field with his PB of 10.10 while Munyai has hinted at lowering his best of 10.20.

The men's 400m hurdles promise to be one of the major events at the championship with four Olympians set to line up against each other over the weekend.

Former world bronze medallist LJ van Zyl and 2014 Commonwealth Games champion Cornel Fredericks will have targets on their backs with SA champ Le Roux Hamman and Lindsay Hanekom also challenging.

