



Horn ups her game

SOUTH Africa's top female sprinter, Carina Horn (Tuks), pictured, will be aiming to qualify for the final of the 60m race at the IAAF Indoor World Championships in Birmingham starting tomorrow.

"It has always been my goal to compete in a major final, but the statistics were sort of against me," said Horn.

"Times of 11.15 seconds in the 100m or 7.19 over 60m will never be good enough to qualify for the final. Now is the first time that, according to the statistics, I have a realistic chance to go through to the final eight."

In France three weeks ago she proved she is in good shape when twice in just three days she managed to set a new South African indoor record. Horn first ran 7.10 and then 7.09, improving on Wendy Hartman's record of 7.15 that had stood since 1999. These two performances were just what she needed to boost her confidence.

The 28-year-old's best time of 7.09 places her joint eighth on the IAAF indoor-rankings.

After last year's World Championships in London where she again only reached the 100m semi-final, she was very disappointed.

"I think I had already lost going to London because I did not want to race. In the end, I only ran because my coach, Rainer Schopf, convinced me not to forsake my dreams. But my heart was not into it. The mistake I made was allowing my personal problems to get on to the track with me."

Horn is considering competing on March 8 at the Grand Prix-meeting at Tuks.

She definitely will compete at the South African Senior Championships, and she makes no secret of her goal. Horn wants to set a new South African record in the 100m, meaning a time faster than 11.06, that am capable of dipping under 11 seconds." – African News Agency (ANA)