



Agony and ecstasy for record-breaking Carina

OCKERT DE VILLIERS

AN emotional Carina Horn stepped off the blue two-tone Tuks track where she had endured hours of pain, now experiencing absolute elation after breaking the South African 100m at the ASA Senior Championships in Pretoria.

Metres from the finish stood her mother for a warm, and teary-eyed embrace as all their hard sessions suddenly seemed worth it with the 11.03 second time behind her name.

The South African record has

been haunting Horn's dreams – and smashing it at home seemed almost poetic for the country's top female sprinter.

"It is a great feeling, I am really excited, I've been waiting for a few years to race on my home track, so I am excited and I am glad I could do it here," Horn said.

Horn, who has been travelling between her base in Pretoria and Europe to be with her Austrian coach Rainer Schopf, equalled Evette de Klerk's record of 11.06 back in 2015.

It has since been a hard slog for Horn as she constantly fell short of her goal of becoming the sole South African 100m record-holder.

There had been times that she had considered throwing in the towel and Schopf even had to convince Horn to get on to the plane to go to last year's IAAF World Championships.

"You could see everything was relaxed last week and even today there was no pressure and she took it easy," Schopf said.

"It wasn't the perfect build-up

so we still have something left."

Horn and Schopf have what can be described as a love-hate relationship, but it is built on the shared goal of seeing the star athlete succeed.

"We are both very emotional. I have goals I want to reach, she has goals she wants to reach, and sometimes we have a difference of opinion but at the end of the day it is like this," Schopf said.

"Sometimes you have to let athletes go and sometimes you have to say, no, this way but we fight together and it is fine." **See Sport**



Carina Horn, who broke the South African 100m record at the ASA Senior Championships.

PICTURE: FACEBOOK