



Records tumble at Champs

Following the conclusion of the SA Senior Athletics Championships at the weekend, **Gomolemo Motshwane** looks at standout performances from the three-day national competition that ended at Tuks Stadium, Tshwane, on Saturday

Records tumble

Clarence Munyai made headlines without winning any medal when he set a new 200m national record after his time of 19.69 seconds in the semifinals on Day 2.

The 20-year-old bettered the previous benchmark of 19.84 set by Wayde van Niekerk last year. He narrowly missed the African record of 19.68 held by Frankie Fredericks of Namibia.

Munyai pulled out of the final as an injury precaution.

More records were broken as Carina Horn became SA's fastest woman after setting a time of 11.03 seconds in the 100m semifinal to smash the previous record held by Evette de Klerk of 11.06 which had stood for 28 years. Horn went on to win the gold with a final time of 11.08.

Semenya dominance

World champion Caster Semenya secured three gold medals in the 800m, 1500m and 4x400m relay. She clocked what was her fastest

time on home soil, 1:57.80, in the 800m final on Saturday. She bagged the 1500m gold with 04:10.68.

No stopping Luvo

Luvo Manyonga displayed his dominance as he made a leap of 8.41m to win gold in the long jump.

He beat his closest competitor by 20cm as Ruswahl Samaai grabbed the silver medal with a jump of 8.21m.

Emergence of young blood

Thando Dlodlo shaved 0.01 off the SA junior 100m record, previously held by Gift Leotlela, with a 10.11 second place finish in the semifinals on Thursday.

Dlodlo, 18, went on to anchor the SA junior invitation team in the 4x100m relay final, taking first place in 39.46 as they broke the national under-20 record of 39.59.

Blast from the past

The first SA athlete to run under 10 seconds in the



Clarence Munyai set a new 200m national record after his time of 19.69 seconds in the semifinals on Day 2 at Tuks Stadium in Tshwane. /ROGER SEDRES/ GALLO IMAGES

100m, Simon Magakwe, made a comeback after clinching gold with a time of 10.07 in the final.

Since his ban in 2015 for refusing to take a drug test, Magakwe, 31, had been written off but has worked hard since his ban expired last August.

Mokoka wins again

Stephen Mokoka turned back the clock to give a classic performance in his 10 000m victory of 29:34.56 seconds. The 33-year-old turned on the turbo to outrun Gladwin Mzazi in the final sprint as the latter finished second with 29:40.64.

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