



MAHLATSE MPHAHLELE

OLYMPIC long jump silver medalist Luvo Manyonga's rehabilitation after a long battle with drug addiction continues, and he wants to use his inspirational story to empower others.

Manyonga, who was part of a rehabilitation programme in the lead-up to the Rio Olympic Games, has enrolled at an aftercare facility while he continues with his mission to achieve his dream of becoming

I've got the jump on tik, says Luvo

one of the world's best long jumpers.

"I have been playing sport since an early age and have grown to love athletics deeply," he said.

"Unfortunately, I have been battling substance abuse since I was a teenager and it has been a difficult journey.

"I wanted to release this state-

ment to show others there is no shame in your past and to empower others to shake off the stigma associated with addiction."

Manyonga said he was fully committed to the World Anti-Doping Agency and the South African Institute for Drug Free Sport's testing requirements.

He said he submitted to regular

monitoring.

His agent, Lee-Roy Newton, laughed off suggestions that Tuks-based Manyonga — who served an 18-month ban after testing positive for methamphetamine, known colloquially as tik, in 2012 — had fallen off the wagon.

"He jumped 8.62m two weeks ago and was tested straight after-

wards," Newton told The Times. "He's been clean since he was in the programme last year."

His management said the continuation of Manyonga's treatment provided the best structure to achieve his personal and performance goals and allowed him to focus on training and competing while under the care and support of a professional support team.

"To achieve my goals and dreams I understand that I will need all the support I can get," said Manyonga.

