



Hennie Kriel and the exciting young sprinter, Sokwakhana Zazini.
 Photo: Reg Caldecott

Kriel inspiration for his athletes

Anything is possible if you set your mind to it. This is one of the favourite sayings of Coach Hennie Kriel from TuksAthletics.

Judging by the recent highlights during the past weeks in South African athletics it seems as if his words are being taken to heart by his athletes.

During the Gauteng North Championships at the TuksAthletics Stadium a few weeks ago 17-year-old Sokwakhana Zazini from TuksSport High School set a new world youth record in the 400m-hurdles (48.84s). Other athletes from TuksAthletics also have excelled. Gift Leotlela set a new South African junior record in the 100 metres (10.12s).

Thando Roto became the second fastest ever sprinter in South Africa running a time of 9.95s

and Fredriech Pretorius became only the second local decathlete to go past the 8000 points in a competition.

Three weeks ago Clarence Munyai improved the South African junior record over 200 metres when he ran a time of 20.10s. On the same day he just missed out on improving the national junior record in the 100 metres as well.

There is one common denominator in these success stories and that is Kriel's role as a coach. The athletes credit him as the one who made them believe in their abilities and they are full of praise about the way he gets them to constantly push the boundaries.

Roto said his coach was on a never ending quest to find new ways to get them to run faster.

