



# Fresh start for Munyai

By CHARLES BALOYI

**AFTER a frustrating 2018 season on the sidelines due to injury and poor form, South Africa's prominent sprinter, Clarence Munyai, is determined to bounce back.**

Munyai, who is coached by Hennie Kriel at the University of Pretoria, has set his sights on the IAAF World Championships to be held in Doha, Qatar in September.

The 21 year-old 200m record-holder, with 19.69 seconds, says he has recovered from his long-term knee injury and is ready to go back to the track.

Athletics SA (ASA) splashed the cash to reward athletes that managed to break the national record last season.

Munyai received a cool R25 000 cheque for his record-breaking feat last season.

He also signed a sponsorship deal with energy drink giants Red Bull until 2020.

Munyai is optimistic about his chances of having a great season and is looking forward to renewing his rivalry with his friends Akani Simbine and Anaso Jobodwana on the track.

Said Munyai: "It's going to be a great year for me, I can feel it in my bones.

"I'm injury-free, have been going to the gym and doing physio.

"So far, my body is responding well. I don't want to go to Doha just to make up the numbers.

"I want to become a force to be reckoned with this year. It's a new year and a new start for me.

"I'm no longer a junior and consider myself a senior athlete. My motto for this year is: break barriers."

Munyai had qualified for the Commonwealth Games 200m finals in Gold Coast, Australia, but was unable to run due to injury.

At his debut IAAF World Championships in London, England, in 2017 Munyai had qualified for the semi-finals, only to discover that he was disqualified for stepping out of his line during the race.

He insists that he has learnt his lesson.

"I was 19 years old at the time and didn't have much experience. I'm learning how to stay in my lane from start to finish and the coach is helping me improve in that aspect.

"We're working on staying away from the lines at training," he said.

Munyai is looking forward to the SA Senior Track and Field Championships scheduled to take place on the weekend of 25 to 27 April.

He will also compete at two or three Night Series events to gauge his championships readiness.

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*Photo by Gallo Images*

