



SIMBINE EYES NO 23

SOUTH African sprinter Akani Simbine has the chance to clock his 23rd sub-10 second time over 100 metres at the 58th Golden Spike, an IAAF World Challenge meeting, in the eastern Czech city of Ostrava today.

Although, judging by his results over the short sprint so far this season, it could be a mere formality.

The first time the Tuks-based athlete raced over 100 metres this season was at the Diamond League Meeting in Shanghai where he clocked a time of 9.95s.

Although it was not an officially recognised IAAF race, Simbine was even faster over the past weekend, winning the 100m during the Adidas Boost Boston Games in 9.92s.

Simbine's coach Werner Prinsloo said the primary goal for the sprinter in his next three races was to run a time faster than his South African record of 9.89s.

"The real tester for us is going to be the London Anniversary Games (20 July)," said Prinsloo.

"The plan is for him to be at his best. During last year's meeting, Akani ran a season's best time of 9.93s.

"After this, I will taper his training a bit before we start the final build-up to the World Championships."

The other sprinters to watch today are Michael Rodgers (USA: season's best 10.00s) and Zhenye Xie (China: season's best 10.02s).

The South Africans who will be competing in the 100 metres are Thando Roto, Henricho Bruintjies, Simon Magakwe and Thando Dlodlo.

Clarence Munyal will run the 200m.

Tapelo Phora (400m) and Tuks athlete Orazio Cremona (shot put) are the other South Africans who will be competing in Ostrava.

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