

SPORT & RACING

Going the positive Way

From ‘couch potato’ to Comrades Marathon podium finisher, British runner shares his life-changing story

STEVEN Way has gone from an overweight “couch potato” to a proud third-place finisher in the punishing Comrades Marathon.

The Witness sports editor **Carl Peters** asked the 43-year-old British runner about his interesting journey.

Q: How did you find your 2018 Comrades experience?

A: I can honestly say it was one of the best days of my life! Since last year’s race, all I have thought about was coming back to race again and it more than lived up to expectations.

I was really happy to be toeing the start line in great shape, both physically and mentally, so it was a great position to be in.

My initial plan was to try and stay with the pack of “favourites” but, after around 30 kilometres, I realised that I was pushing too hard to stay with them and it would prove costly in the latter stages if I continued at that effort level.

From that point on I just ran my own race, and managed to maintain a really consistent pace all the way until the end, which meant that I was able to pick quite a few people off in the last 20 kilometres and make my way through the field.

I’d actually lost count of how many people I had passed, so I crossed the finish line thinking I was in fifth place, and it wasn’t until Nedbank team manager Nick Bester told me I was actually in third that I realised I’d made the podium! A very special moment for me.

Q: How was it in relation to the previous race?

A: 2017 was actually my first Comrades, so this was my first down run attempt.

Although run on the same course, the two races are so different as you need so much more leg speed on the down run if you are going to make it into the top 10. My two results would suggest that I’m better on the down run (I came ninth last year), but I was definitely fitter this year, so it’s hard to say how much of my improvement came from that and how much from me being better suited to the down run course.



Steven Way. PHOTO: GALLO IMAGES

I guess we will find out next year when I have my second attempt at the up run!

Q: What’s the way forward for you?

A: 2019 Comrades! Now I’m not as scared of the course, I’m looking forward to being a little more aggressive on my approach to the up run. I can’t wait to get back there.

In the meantime, I will probably run the IAU 100 km World Championship in Croatia in September, as it still gives me plenty of time to recover from that and then begin my Comrades training at the end of the year.

Q: Tell us about your past experiences in the sport, and that major weight loss of yours?

A: Up until the age of 33, I took part in no sports at all. I was very overweight (over 100 kg compared to the 65 kg I am now) and was very unhealthy, being a smoker and drinker as well.

Q: When, and how, did you start running?

A: Running was the sport that I turned to when I realised that I needed to sort my life out at age 33.

My blood pressure was very high and I needed to start doing something that would help me to quit smoking and also assist me in losing weight.

I was very lucky as, when I started running, even as an overweight smoker I found I could jog for a decent amount of time without having to stop (obviously

ly a lot slower than I do now, though!) This meant that I was able to improve quickly, and also burn a lot of calories, with my new favourite activity, which led to very quick weight loss.

Within around nine months I had managed to lose around 25 kg in weight and also run a 2:35 marathon in London.

Q: What is your exercise routine like, and the impact on your family?

A: I generally run twice a day, and average around 200 km a week when I’m in my heaviest phase of training in the build-up to Comrades.

This year, between January 1 and race day, I ran just under 3 900 km, which is a very consistent phase of training for me. Quite a few of those kilometres

are run on a treadmill, though, as I find it easier to simulate the hills and heat of Comrades on it rather than the cold streets of south England!

As well as my running, I also do quite a lot of pilates, which is great for keeping my core strong and lowering the risk of injuries.

As I don’t have any children, and my wife works quite long hours, I tend to have all my running done and the dinner on the table for when she gets in from work, so it works really well.

Q: What is your full-time job, and how do you fit in running?

A: I actually work part-time for UK Athletics, processing race results for all UK road and trail races and uploading them into a central database. It’s a perfect job for a runner as I get to work from home and I can also choose what time of day I do my hours, which proves to be very useful when you want to go out for a four-hour run in the afternoon!

Q: Tell us more about that huge weight loss, and do you still crave good food?

A: Although I lost most of my weight very early in my running career, I still have to be very careful with what I eat as I seem to have a very low metabolism and can put on weight very easily, even when running 200 km a week! I still crave all the unhealthy food I used to eat but I just try and be good when I’m in the three-four months before my target race. Once I’ve done my race, I normally allow myself a week or two of unhealthy food where I enjoy take-away foods and also have sweets and ice-cream. I’ve always had a very sweet tooth!

Q: Who coaches you?

A: I’ve never actually had a coach, and have been self-coached for all 10 years I’ve been running. I read a lot of running books and take ideas and advice from others, but I always like to have the final say in how my training is structured.

Q: What’s your diet like?

A: When I’m in full training I just try

to eat a balanced healthy diet, with lots of fruit, vegetables, dairy and meat.

I’m very much of the opinion that people can overcomplicate their diet looking for the secret answer to running faster whereas really we just need to make sure we are sensibly fuelled and keep the processed foods to a minimum. That’s not to say I still don’t treat myself to the odd Magnum ice-cream even when I’m in serious training!

Q: How has running changed you?

A: I’m actually a completely different person to the man I was 10 years ago. I have passion, drive and I get up each day excited about what it will bring. This is all thanks to running, which has not only made me a physically healthier person, but it has also made me a happier, more confident man as well.

The only thing that has not changed in this time is my relationship with my wife. It appears that she still loves me, no matter what I look like or do, and I will forever be thankful for her support and companionship!

Q: What advice do you have for aspiring runners?

A: Consistency! People tend to over complicate running, looking for the secret answer to make them faster, whereas all they really need is consistent training year after year and a bit of patience. It’s taken me 70 000 km, and 10 years, to make me the runner I am today.

Q: Your thoughts on South Africa on the whole, as well as Comrades?

A: The Comrades, in my opinion, is the best race on the planet by a long way, and there is no better way to experience South Africa than on race day as the whole country appears to get behind the race and there is a fantastic atmosphere of goodwill and support everywhere you go.

I was so impressed with South Africa last year that I brought my wife with me to this year’s race, and we enjoyed a further week’s holiday after the race to enjoy our country’s hospitality ... we had a fantastic time, so thank you all!

SA golfers head to Germany and U.S.

CARL PETERS

AFTER the U.S. Open claimed the spotlight last week, including complaints about the course in New York, several South African golfers will be trying their luck at the BMW International Open in Germany and Travelers Championship in the United States this week.

A hefty group of “Saffers” who are in the field at the Gut Lærchenhof Golf Club in the German town of Pulheim today includes Christiaan Bezuidenhout, Richard Sterne, Brandon Stone, Haydn Porteous and the veteran Ernie Els.

Britain’s Tommy Fleetwood is the bookmakers’ favourite for the European Tour event, coming off a runner-up position at the U.S. Open at the controversial Shinnecock Hills Golf Course.

The winner on Sunday pockets €2 000 000 (R31 594 474).

Across the Atlantic, the TPC River Highlands in Cromwell, Connecticut, is home to the Travelers Championship which offers \$7 000 000 (R95 497 500) to the winner.

Carrying the South African flag there are Tyrone van Aswegen, Rory Sabbatini and Retief Goosen in a strong field headed by back-to-back U.S. Open champion Brooks Koepka and a very hungry Jordan Spieth.

Koepka and Spieth are behind Dustin Johnson, Justin Thomas and Justin Rose in the top five players in the updated world rankings.

The top 10 South Africans on the ladder are Louis Oosthuizen, Brandon Grace, Charl Schwartzel, Dylan Frittelli, George Coetzee, Dean Burmester, Shaun Norris, Darren Fichardt, Erik van Rooyen and Sabbatini.

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HORSERACING

VAAAL OUTSIDE TODAY

1(12.45) - ITSARUSH.CO.ZA WELCOMES YOU WORKRIDERS MAIDEN PLATE (F & M) of R95000 over 1600m 1st Leg Bipot

7B20-9.4	4716-2.5	6716-5.8	1-4	ONE DOLLAR MESSAGE*	3f (S Moffatt/S Mthemba)	60	60.0
3716-2.2	7B18-14.4	3720-8.5	2-2	GENEROSO	4f (R Francis)	57	60.0
0V17-10.6	3716-5.7	4720-10.2	3-6	POKEMON SHUFFLE*	3f (S J Gray)	56	60.0
5V14-3.9	0716-10.0	7B20-13.5	4-16	POKEMON SHUFFLE*	3f (S J Gray)	56	60.0
7V14-3.8	0B14-11.5	5V14-6.0	5-1	THE REBEL	3f (B Webster)	55	60.0
0V14-15.2	4V14-9.8	0V14-11.4	6-11	KISS ME STUPID	3f (A Nassif)	51	60.0
9V17-8.5	0V16-13.6	9V24-17.1	7-12	SUPERGIRL CONDI	3f (M/A Aziz)	50	60.0
0V16-15.5	9V15-18.3	8B18-15.1	8-17	DOREEN FALLS (USA)	3f (M F De Kock)	45	60.0
9V16-6.0	0B16-16.0	8716-8.7	9-3	STATE OF MOTION*	4f (S J Gray)	45	60.0
4711-3.3	0V14-20.0	0711-10.8	10-8	OLD QAD	4f (R Francis)	43	60.0
6V12-8.8	6V12-7.0	11-9	HOT COUNTRY	3f (M/A Aziz)	43	60.0	
0711-18.4	0716-13.7	12-13	RISE SALLY RIDE	2f (M F De Kock)	40	60.0	
7710-9.8	0714-22.8	0716-12.6	13-7	THE GREAT QUEEN*	2f (D Nieuwenhuizen)	38	60.0
0V14-11.5	4V14-6.3	8714-10.4	14-14	WINGS OF LIGHT	2f (S J Gray)	37	60.0
5B12-9.1	0B14-9.0	0B12-24.9	15-10	MILLY’S MIRACLE	3f (R Francis)	36	60.0
0B20-13.0	7720-12.7	8B16-12.4	16-15	GIMME A WAR	3f (C E Erasmus)	32	60.0
8B20-14.8	0V24-19.5	8720-16.0	17-5	DEMOLITION DAY	3f (D N Stanger)	35	60.0

B - State Of Motion; The Great Queen RESTED - Supergirl Condi (58 days)

TRACK AND BALL BETTING: 1-10 What A Captain, 6-1 Generoso, 7-110 Pokemon Shuffle, Wings Of Light, 3-1 Rise Sally Ride, 11-1 Tricia, 12-1 Kiss Me Stupid, Supergirl Condi, 14-1 Rabia The Rebel, 18-1 State Of Motion, 20-1 and upwards others

2(R15.00) - VODACOM DURBAN JULY R13M P6 POOL JUVENILE PLATE of 2(R10000 over 1000m 1st Leg PA

4V10-2.0	1110-1.5	0711-10.0	1-4	HIT THE GREEN	2c (M F De Kock)	60	60.0
1110-0.2	5V10-4.3	0710-13.2	2-7	LETHAL WEAPON	2c (D Sham)	60	60.0
8V10-4.5	0V10-10.0	1B10-1.3	3-3	MOON WARRIOR	2c (D Sham)	60	60.0
8V12-4.9	1110-0.8	0714-6.8	4-6	TOPMAST	2c (D Sham)	60	60.0
8V12-6.4	1112-4.0	7014-6.8	5-6	ALL OF ME	2f (T Spies)	57	57.5
5V10-1.2	0S12-13.7	5V10-4.0	6-5	STAR FLYER	2f (T Spies)	57	57.5
8B10-5.6	8V12-8.6	8V10-2.4	7-9	ICE EATER	2c (C Jonker)	57	57.5
4V10-4.8	8V11-12.3	5B10-4.5	9-2	WINTER TWILIGHT	2c (C Binda)	57	57.5

CD - Lethal Weapon; Moon Warrior; Star Flyer

RESTED - Hit The Green (47 days); Lethal Weapon (103 days)

TRACK AND BALL BETTING: 13-10 What A Captain, 6-20 Hit The Green, 113-20 Topmast, 27-4 Star Flyer, 9-1 Lethal Weapon, 10-1 All Of Me, 12-1 Moon Warrior, 20-1 and upwards others

3(R15.55) - TAB PAYS THE FULL DIVIDEND, NO LIMITS JUVENILE PLATE 3(Fillies) of R105000 over 1000m 1st Leg Pick 6

2V10-0.8	1110-0.1	0711-9.8	1-7	ARKEL	1-7 (M Stanger)	60	60.0	
1112-0.9	2-8	HEAVEN’S REWARD	2f (M N Houssie)	C Zachee	60	60.0		
1110-3.0	3-6	MISS KHALIFA	2f (T Spies)	L Hewitson	60	60.0		
1V12-0.4	7B12-5.1	4-5	VIVIR	2f (A F Ferreira)	S Brown	60	60.0	
0711-99.0	5-1	BURINDI	2f (S J Gray)	K Zechner	57	57.0		
0V12-16.4	6-2	TROPICAL PUNCH	2f (S Moffatt)	C Murray	57	57.0		
2V10-1.4	7-2	ULLA	2f (S Pettigrew)	SCRATCHED	57	57.0		
8V12-10.2	4V12-1.3	4B12-4.7	8-3	WHITE BOOK	2f (S J Gray)	C Maujean	57	57.0

RESTED - Heaven’s Reward (84 days); Miss Khalifa (152 days); Burindi (96 days); Ulla (42 days)

TRACK AND BALL BETTING: 1-1 Miss Khalifa, 2-1 Vivir, 10-3 Heaven’s Reward, 7-10 Arkel, 13-1 White Book, 20-1 and upwards others

4(R14.00) - BETTING WORLD - 087 741 2777 MR 72 HANDICAP of 4(R3000 over 1000m 1st Leg Jackpot

0B20-9.0	5B17-1.6	0B17-15.7	1-1	SEVENTH OF JUNE (AUS)	4g (P A Peter)	73	60.5	
0V10-2.6	5V10-2.2	3112-3.0	2-6	TRIPPOD	3g (D Sham)	74	60.0	
0V16-15.6	5V10-4.0	0B16-13.3	3-11	PROFIT RATIO*	5g (D Steyn)	72	60.0	
1V12-1.2	2V14-0.7	5B12-4.6	4-9	CERTIFIABLE	3c (S J Gray)	73	59.5	
7V10-2.2	2B10-1.2	5-14	TOUR OF DUTY*	4g (R R Magnier)	F Herholdt	71	59.5	
1B10-0.6	5V10-6.1	6-3	MARCUS ATTILIUS	2c (R R Magnier)	C Schwarz	65	58.0	
4B10-3.9	6V10-6.7	5B10-2.8	7-13	WESTERN SHAMROCK	3f (G Terat)	70	58.0	
8B10-3.4	2V10-2.0	0711-19.0	8-8	DRAGON*	6g (C Binda)	66	56.5	
7V12-7.2	0B10-8.2	5V10-3.2	9-2	STARAK	4g (B Botes)	64	56.0	
0V16-2.6	4B10-4.2	1710-1.4	10-7	QUEEN OF WAR	3f (S J Marou)	65	55.5	
0V10-11.0	0B10-3.2	0V10-6.0	11-12	MANX PARK	5g (C Binda)	62	55.0	
1V10-0.8	0B10-4.7	0V10-6.4	12-4	BLENDEHEAD	3c (S J Gray)	C Maujean	63	54.5
0V10-10.2	0V12-11.2	3V10-3.8	13-10	JUST AFRICA*	4g (S J Marou)	K Matsuyane	61	54.5
2V10-0.2	0V10-4.4	13-13	5-5	SINGASWEWIN	4g (S J Marou)	M Yeri	53	52.0

CD - Tour Of Duty; Marcus Attilius; Western Shamrock; Dragon; Manx Park; Blendehead; Just Africa; Singaswevin

RESTED - Seventh Of June (175 days); Profit Ratio (64 days); Marcus Attilius (124 days)

TRACK AND BALL BETTING: 710-20 Tripod, 113-20 Certifiable, Tour Of Duty, 6-1 Marcus Attilius, 9-1 Western Shamrock, Star, Singaswevin, 12-1 Dragon, 14-1 Seventh Of June, 16-1 Manx Park, Just Africa, 18-1 Queen Of War, 20-1 and upwards others

5(15.05) - SUPABETS - 0861 76 22 37 MR 84 HANDICAP of R105000 over 1200m

0B10-9.2	8711-2.3	4112-3.4	1-1	DONNY G	5g (S J Marou)	S Khumalo	85	60.5
5V10-3.8	7710-4.0	9110-5.4	2-5	MOVIE SHOW	5m (P A Peter)	C Murray	85	60.5
9B12-7.9	4V12-2.0	1112-2.6	3-2	WILD CURVE	3g (P P Habib)	D R Leren	86	60.0
5V10-2.4	4B16-3.5	9B10-10.2	4-9	SPORTING MONARCH	4g (B Warren)	M Yeri	83	59.5
3B15-0.8	8B16-5.0	1V14-0.3	5-3	HUYSTEEN (AUS)	3g (M N Houdakakis)	K Zechner	83	59.5
5V10-2.7	1V12-1.0	6B12-0.9	6-6	BAHIR (AUS)	5g (D Sham)	C Zachee	79	57.5
6711-7.2	8V14-18.8	5B12-4.1	7-8	PLAY THE NIGHT	3g (S G Tarry)	L Hewitson	79	56.5
1V12-1.0	5B12-4.9	6V12-1.9	8-4	DORMAN	3g (D Sham)	C Maujean	78	56.0
1714-0.5	8V12-2.9	0711-6.4	9-7	LAUREN OF ROCHELLE	4g (D Binda)	Hvd Hoven	75	55.5

CD - Donny G; Movie Show; Wild Curve; Sporting Monarch; Bahir; Dorman; Lauren Of Rochelle

RESTED - Movie Show (54 days); Bahir (54 days); Dorman (77 days); Lauren Of Rochelle (110 days)

TRACK AND BALL BETTING: 57-20 Wild Curve, 10-3 Bahir, 4-1 Huysteen, 9-2 Play The Night, 71-10 Donny G, 11-1 Dorman, 13-1 Movie Show, Sporting Monarch, 20-1 and upwards others

VAAAL SELECTIONS			
RACING EDITOR	COMPUTAFORM	PERMS	
1 (11) Hit Chocolate	(2) Generoso	PA (R226)	
2 (2) Generoso	(1) One Dollar Message	Lag 1: 8 x 1 x 4	
3 (3) Pokemon Shuffle	(3) Pokemon Shuffle	Lag 2: 4	
4 (4) What A Captain	(1) Hit The Green	Lag 3: 2 x 7 x 4	
5 (1) Hit The Green	(2) Lethal Weapon	Lag 5: 11 x 3	
6 (4) Topmast	(4) Topmast	Lag 6: 4 x 2	
7 (4) Vivir	(2) Heaven’s Reward	Lag 7: 4 x 13	
8 (4) Vivir	(1) Anikel	PICK 6 (R2250)	
9 (3) Miss Khalifa	(3) Miss Khalifa	Lag 1: 4 x 2 x 3	
10 (2) Tripod	(4) Certifiable	Lag 2: 2 x 7 x 4 x 6 x 14	
11 (7) Western Shamrock	(2) Tripod	Lag 3: 5 x 3 x 7 x 6 x 2	
12 (4) Certifiable	(8) Dragon	Lag 4: 11 x 3.5	
13 (5) Huysteen	(3) Wild Curve	Lag 5: 4 x 2 x 1 x 7 x 5	
14 (3) Wild Curve	(2) Movie Show	Lag 6: 4 x 13 x 5	
15 (7) Play The Night	6 Baahir	JACKPOT (R378)	
16 (11) Rebel’s Idol	(3) Virginia Moon	Lag 1: 2 x 7 x 4 x 6 x 14	
17 (3) Virginia Moon	(11) Rebel’s Idol	Lag 2: 5 x 3 x 7 x 6 x 2	
18 (5) Announcing Rain	(1) River Aye	Lag 3: 11 x 3 x 5	
19 (4) Star Of Joburg	(2) Shortstop	Lag 4: 4 x 2 x 1 x 7 x 5	
20 (Unrehearsed)	(1) Stop And Stare	BEST BET	
21 (1) Sail For Joy	(15) Short And Sweet	Rate 6: 11	
22 (14) Winter Storm	(5) Mantracker	Rate 8: 14	
23 (13) Eureka Effect			
24 (6) Tongue Twister			

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6(16.15) - PLAY TAB SPECIAL 4 BETS SOCCER WORLD CUP MR 80 HANDICAP of R100000 over 1400m

9B15-4.0	6V16-3.8	1V14-1.0	1-4	SAIL FOR JOY	4g (P P Habib)	R Munger	83	61.5
5714-3.0	4V12-1.9	7B12-6.9	2-7	UNREHEARSED (AUS)	4g (M F De Kock)	R Simons	82	61.0
3V16-1.7	1716-0.2	7720-8.2	3-2	SOLDIER ON	3g (S T Pettigrew)	SCRATCHED	83	60.0
2V12-1.0	1714-0.6	8716-4.8	4-8	STAR OF JOBURG	3g (E Verdones)	M Khan	83	60.0
9V12-7.4	1B12-0.2	6V14-22.7	5-1	CAPTAIN CHIPS	6g (A G Land)	R Danielson	80	60.0
9B10-9.8	7B14-4.5	6-9	NEPHRITE	5g (M N Houdakakis)	K Zechner	78	59.0	
3112-0.5	5V14-2.8	2B12-2.6	7-5	SHORTSTOP*	4g (R R Magnier)	D Schwarz	77	58.5
4714-10.0	8V14-3.0	8-12	WITCH KING*	4g (C Binda)	Hvd Hoven	77	58.5	
0718-10.3	6V14-3.1	5B14-7.9	9-13	DARKEST HOUR*	3c (B D Botes)	C Murray	78	57.5
9V16-0.5	3B16-3.5	7B18-0.7	10-6	CAPTMAN*	4g (B D Botes)	P Strydom	73	56.5
3V12-1.9	2B12-0.2	0V14-6.9	11-3	CASCADING	3g (B Warren)	M Yeri	72	56.0
1V14-1.2	0B14-11.5	0B17-4.2	12-10	RAGING FLAME	3g (M/A Aziz)	F Herholdt</		