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 thirdplace 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 toging 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 stav 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.

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 running?

In the meantime, I will probably run the IAU 100 km World Championship in Croatia in September, as it is 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?

PHOTO: GALLO IMAGES

get back there.

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

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

to Comrades. day, I ran just under 3 900 km, which found I could jog for a decent amount was a very consistent phase of training of time without having to stop (obviousfor me. Quite a few of those kilometres

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 food where I enjoy take-away foods and also have sweets and ice-cream. I've almanaged to lose around 25 kg in weight and also run a 2:35 marathon in London. ways had a very sweet tooth!

Q: What is your exercise routine like,

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

This year, between January 1 and race

and the impact on your family?

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.

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

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

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

Q: What is your full-time job, and

A: I actually work part-time for UK Ath-

letics, 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

Q: Tell us more about that huge

weight loss, and do you still crave

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

four-hour run in the afternoon!

good food?

work, so it works really well.

how do you fit in running?

streets of south England!

injuries.

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 per-

son, 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

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 your 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 Laerchenhof 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, Branden Grace, Charl Schwartzel, Dylan Frittelli, George Coetzee, Dean Burmester, Shaun Norris, Darren Fichardt, Erik van Rooyen and Sabbatini.

sport@witness.co.za

THE WITNESS HORSERACING



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

VAAL OUTSIDE TODAY -

	7B20-9.4	4T16-2.5	6T16-5.8	1 -4	ONE DOLLAR MASSAGE* 3f (S Moffatt)S B Mthembu*	60	60.0				
	3T16-2.2	7B18-14.4	3T20-8.5	2 -2	GENEROSO 4f (R Francis)T Ncume*	57	60.0				
	0V17-10.6	3T16-5.7	4T20-10.2	3 -6	POKEMON SHUFFLE* 3f (S J Gray) V Sithetho*	56	60.0				
	5V14-3.9	0T16- 10.4	7T20-16.5	4-16	TRICIA 3f (T Zackey)P Jevu*	56	60.0				
	7V14-8.8	0B14-11.5	6V14-9.0	5-1	RABIA THE REBEL 3f (B Webber) M Duba*	55	60.0				
	0V14-15.2	4V14-9.8	0V14- 11.4	6-11	KISS ME STUPID 3f (A Nassif)S Mosia*	51	60.0				
	9V17-8.5	0V16-13.6	9V24-17.1	7 -12	SUPERGIRL CONDI 3f (M/A Azzie)G Dadamasi*	50	60.0				
	0V16-15.5				DOREEN FALLS (USA) 3f (M F De Kock) T Baase*	45	60.0				
	9T16-6.0	0B16- 16.0	8T16-8.7	9 -3	STATE OF MOTION* 4f (S J Gray) J Gwingwizha*	45	60.0				
	4T11-3.3	0V14-21.0	0T11-10.8	10 - 8	OLD OAK 4f (R Francis)S Siphika*	43	60.0				
		6V12-8.8	6V12-7.0	11 - 9	HOT CHOCOLATE 3f (M/A Azzie)F Semela*	0	60.0				
		0T11- 18.4	0T16- 13.7	12 -13	RIDE SALLY RIDE 2f (M F De Kock)C Mabaya*	0	56.0				
	7T10-9.8	8T14-22.8	0t16-12.6	13 - 7	THE GREAT QUEEN* 2f (D Nieuwenhuizen) .B Cossa*	0	56.0				
	3t14-11.5	4V14-8.3	8T14-10.4	14 - 14	WINGS OF LIGHT 2f (S J Gray)T Matsoele*	0	56.0				
	5B12-9.1	0B14- 99.0	0B12-24.9	15 - 10	MILLY'S MIRACLE 3f (R Francis)Reserve 1	45	60.0				
	9B20-13.0	7T20-12.7	8B16-12.4	16 - 15	GIMME A VAR 3f (C E Erasmus)Reserve 2	42	60.0				
	0B20-14.8	0V24-19.5	8T20-16.0	17 -5	DEMOLITION DAY 3f (D N Stenger)Reserve 3	35	60.0				
	B - State C	Of Motion; T	he Great Q	ueen F	ESTED - Supergirl Condi (58 days)						
	TRACK A	ND BALL I	BETTING:	4-1 Ho	t Chocolate, 113-20 One Dollar Massage, 6-1 Genero	oso.	71-10 P	1			

Shuffle, Wings Of Light, 31-4 Ride 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(13.20) - VODACOM DURBAN JULY R13M P6 POOL JUVENILE PLATE of R105000 over 1000m 1st Leg PA

4t10-2.0	1t10-1.5	0T11-10.0	1 - 4	HIT THE GREEN 2c (M F De Kock)M Yeni	0	60.0
1V10-0.2	5V10-8.3	0T10-13.2	2 -7	LETHAL WEAPON 2g (D Sham)W Agrella	0	60.0
8V10-8.5	0V10- 10.0	1B10-1.3	3 -3	MOON WARRIOR 2g (D Sham)C Maujean	0	60.0
5V12-6.9	1t10-0.8	0S12-9.0	4-8	TOPMAST 2c (D Sham)K Zechner	0	60.0
8V12-6.4	1Y12-4.0	7D14-6.8	5 -6	ALL OF ME 2f (T Spies)L Hewitson*	0	57.5
5t10-1.2				STAR FLYER 2f (T Spies)C Zackey	0	57.5
3B10-5.6	8V12-8.6	3B10-2.4	7 -9	ICE EATER 2c (C I Jonker)M Khan	0	57.0
			8-1	WHAT A CAPTAIN 2c (M F De Kock)R Simons	0	57.0
4V10-4.8	8T11-12.3	5B10-6.5	9 -2	WINTER TWILIGHT 2c (C Binda)SCRATCHED	0	57.0

C/D - Lethal Weapon: Moon Warrior: Star Flver

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

TRACK AND BALL BETTING: 13-10 What A Captain, 61-20 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

2(13.55) - TAB PAYS THE FULL DIVIDEND, NO LIMITS JUVENILE PLATE 6 3

♥(Fillies) of	f R105000	over 1000m	1st Leg Pick

2V10-0.8 1t10-0.1 6T11-9.8 1-7 ARIKEL 2f (D N Stenger 1V12-0.9 2-8 HEAVEN'S REWARD 2f (M N Houdalakis) ... C Zackey 0 60.0 1T10-3.0 3-6 MISS KHALIFA 2f (T Spies) L Hewitson* 0 60.0
 7S12-5.1
 4-5
 VIVIR 2f (O A Ferraris) .

 0T11-99.0
 5-1
 BURINDI 2f (S J Gray)
S Brown 0 60.0 0 57.0 1V12-0.4 .K Zechner 9V10-5.7 0V12-16.4 6-4 TROPICAL PUNCH 2f (S Moffatt) . .C Murrav 0 57.0
 2V10-1.4
 7 -2
 ULLA 2f (S T Pettigrew) ...

 8V12-10.2
 4V12-1.3
 4B12-4.7
 8-3
 WHITE BOOK 2f (S J Gray)
.SCRATCHED 0 57.0 . .C Maujean 0 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, 71-10 Arikel, 13-1 White Book, 20-1 and upwards others

(14.30) - BETTING WORLD - 087 741 2777 MR 72 HANDICAP of R88000 over 1000m 1st Leg Jackpot

0B20-9.0	5B17-1.6	0B17-15.7	1-1	SEVENTH OF JUNE (AUS) 4g (P A Peter) C Zackey	73	60.5
9B10-12.5	5V10-2.2	3t12-3.0	2 -6	TRIPOD 3g (D Sham)K Zechner	74	60.0
0V16-15.6	9T14-6.0	0B16-13.3	3 -11	PROFIT RATIO* 5g (D Steyn) M Thackeray	72	60.0
1V12-1.8	2V12-0.2	5B12-4.6	4-9	CERTIFIABLE 3c (S J Gray)L Hewitson*	73	59.5
7t10-2.2	9V10-4.7	2B10-1.2	5 -14	TOUR OF DUTY* 4g (R R Magner)F Herholdt	71	59.5
	1B10-0.8	5T10-9.1	6 -3	MARCUS ATTILIUS 2c (R R Magner) D Schwarz*	85	58.0
4B10-3.9	8V10-6.7	5B10-2.8	7-13	WESTERN SHAMROCK 3f (G Terzi)M Khan	70	58.0
8B10-3.4	2V10-2.0	0T11-19.0	8 -8	DRAGOON* 6g (C Binda)C Murray	65	56.5
7V12-7.2	0B10-8.2	5V10-3.2	9 -2	STARK 4g (B D Botes)S Khumalo	64	56.0
6T10-2.6	4B10-4.2	1T10-1.4	10 - 7	QUEEN OF WAR 3f (G J Maroun)SCRATCHED	65	55.5
0V10- 11.0	6B10-3.2	0V10-6.0	11 - 12	MANX PARK 6g (C Binda)H v'd Hoven	62	55.0
1V10-0.8	0B10-4.7	0V10- 6.4	12 - 4	BLENDERHEAD 3c (S J Gray)C Maujean	63	54.5
0V10-10.2	0V12-11.2	3V10-3.8	13 -10	JUST AFRICA* 5g (G J Maroun)K Matsunyane*	61	54.5
2t10-0.2	6V10-4.4	4T11-3.8	14 - 5	SINGASWEWIN* 4g (G J Maroun)M Yeni	53	52.0
C/D - Tou	r Of Duty; M	arcus Attiliu	us; Wes	tern Shamrock; Dragoon; Manx Park; Blenderhead; Just	Afric	ca; Singaswewin
RESTED -	Seventh Of	f June (175	days);	Profit Ratio (44 days); Marcus Attilius (124 days)		

TRACK AND BALL BETTING: 71-20 Tripod, 113-20 Certifiable, Tour Of Duty, 6-1 Marcus Attilius, 9-1 Western Shamrock, Stark, Singaswewin, 12-1 Dragoon, 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 Sover 1200m

0B10-9.2	8T11-2.3	4t12-3.4	1-1	DONNY G 5g (G J Maroun)S Khumalo 85 60.5						
5V10-3.8	7T10-4.0	9t10-5.4	2 -5	MOVIE SHOW 5m (P A Peter)C Murray 85 60.5						
9B12-7.9	4V12-2.0	1t12-2.6	3 -2	WILD CURVE 3g (F P Habib)D R Lerena* 86 60.0						
5V10-2.4	4B10-3.5	9t12-10.2	4-9	SPORTING MONARCH 4g (B Warren)M Yeni 83 59.5						
3B15-0.8	8t16-5.0	1V14-0.3	5 -3	HUYSSTEEN (AUS) 3g (M N Houdalakis) K Zechner 83 58.5						
5V10-2.7	1V12-1.0	6t12-0.9	6 -6	BAAHIR (AUS) 5g (D Sham)C Zackey 79 57.5						
6T11-7.2	8V14-18.8	5t12-4.1	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						
1T11-0.5	6V12-2.9	0T11- 5.4	9 -7	LAUREN OF ROCHELLE 4g (C Binda) H v'd Hoven 75 55.5						
C/D - Doni	ny G; Movie	Show; Wil	d Curv	e; Sporting Monarch; Baahir; Dorman; Lauren Of Rochelle						
RESTED -	Movie Shor	w (54 days)	Baah	ir (54 days); Dorman (77 days); Lauren Of Rochelle (110 days)						
TRACK AND BALL BETTING: 57-20 Wild Curve, 10-3 Baahir, 4-1 Huvssteen, 9-2 Play The Night, 71-10 Donny G.										
11-1 Dorman, 13-1 Movie Show, Sporting Monarch, 20-1 and upwards others										
A (15)										

6(15.40) - BOOK FOR JULY DAY IN JOZI FM 64 HANDICAP (F & M) of R82000 over 1200m

IV12-0.1	8V12-6.2	2V14-1.1	1 -5	RIVER AYRE* 4f (G J Maroun)SCRATCHED	67	61.5	
3V16-1.5	5V14-4.8	0B16-29.0	2 -2	SHELLY* 5m (D Little)D Schwarz*	67	61.5	
) T14- 15.8	1B12-2.2	0V12-9.6	3 -13	VIRGINIA MOON 3f (P A Peter)C Zackey	68	61.0	
5 V14- 3.0	8t12-7.2	0B14-17.7	4-6	POWER OF LOVE* 3f (D Nieuwenhuizen) R Munger	67	60.5	
6V12-4.8	2V12-0.2	8V10-4.8	5 -4	ANNOUNCING RAIN 4f (J L Van Heerden) L Hewitson*	64	60.0	
5V12-2.8	9V12-5.0	5V10-4.3	6 -7	FLY NORTH* 3f (B D Botes) M Thackeray	65	59.5	
7 T14- 3.6	2V14-1.9	1T11-2.4	7-1	KICK BUTT* 3f (S Moffatt)C Murray	64	59.0	
)T11- 10.1	0B10- 4.2	0V12-7.8	8 -15	FLOWERSFROMABROOK 3f (J A Soma)M Yeni	62	58.0	
9 B15- 4.4	5V14-4.0	0V14-11.8	9 - 14	CARIBBEAN QUEEN 4f (P A Peter)W Agrella	60	58.0	
3V14- 6.0	8T14-12.1	0V12-11.8 1	0 -9	QUEENSBERRY SQUARE* 3f (S Moffatt) L Bester	60	57.0	

VAAL SELECTIONS

RACING EDITOR	COMPUTAFORM	PERMS
(11) Hot Chocolate (2) Generoso (3) Pokemon Shuffle	(1) Generoso (1) One Dollar Massage (3) Pokemon Shuffle	PA (R216) Leg 1: 8 x 1 x 4 Leg 2: 4 Leg 3: 2 x 7 x 4
(8) What A Captain	(1) Hit The Green	Leg 4: 5 x 3 x 7
(1) Hit The Green	(2) Lethal Weapon	Leg 5: 11 x 3
(4) Topmast	(4) Topmast	Leg 6: 4 x 2
(4) Vivir	(2) Heaven's Reward	Leg 7: 4 x 13
(2) Heaven's Reward	(1) Arikel	PICK 6 (R2250)
(3) Miss Khalifa	(3) Miss Khalifa	Leg 1: 4 x 2 x 3
(7) Western Shamrock (4) Certifiable	(4) Certifiable (2) Tripod (8) Dragoon	Leg2:2x7x4x6x14 Leg3:5x3x7x6x2 Leg4:11x3.5
(5) Huyssteen	(3) Wild Curve	Leg 5: 4 x 2 x 1 x 7 x 5
(3) Wild Curve	(2) Movie Show	Leg 6: 4 x 13 x 5
(7) Play The Night	(6) Baahir	JACKPOT (R375)
(11) Rebel's Idol	(3) Virginia Moon	Leg1:2x7x4x6x14
(3) Virginia Moon	(11) Rebel's Idol	Leg2:5x3x7x6x2
(5) Announcing Rain	(1) River Ayre	Leg3:11x3x5
(4) Star Of Joburg	(4) Star Of Joburg	Leg 4: 4 x 2 x 1 x 7 x 5
(2) Unrehearsed	(7) Shortstop	BEST BET
(1) Sail For Joy	(2) Unrehearsed	Race 6: 11
(14) Winter Storm (13) Eureka Effect (5) Mantracker	(1) Stop And Stare (15) Short And Sweet (6) Tongue Twister	VALUE BET Race 8: 14

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U10- 9.0	6K10-3.5	1V10-1.2	11 -12	REBEL'S IDOL 5m (A B Fortune)D R Lerena*	55	55.5				
V12-1.2	5B12-4.5	5V10-3.2	12 - 16	KUNGFOOFIGHTING* 4f (D Sham)C Maujean	51	53.5				
V12- 4.3	4V16-4.4	6V14-2.1	13 -11	WRAP IT UP 3f (S J Gray)R Simons	52	53.0				
V12-12.0	5V12-3.1	2V14- 2.4	14 - 10	PONCHIELLI* 4f (B D Botes)S Khumalo	50	53.0				
) T14- 14.1	0V16- 14.7	0V14- 9.7	15 -3	TROPICAL BLOW* 4f (D Nieuwenhuizen) J Penny	44	52.0				
V12- 10.7	8V12-5.1	9V10-5.0	16 - 8	GOLDEN ATTITUDE 4f (S M Ferreira)Reserve 2	37	52.0				
C/D - Virginia Moon; Fly North; Queensberry Square; Ponchielli										
3 - Power Of Love; Kungfoofighting; Ponchielli; Tropical Blow										
RESTED - Shelly (89 days); Queensberry Square (63 days)										
DACK AND DALL DETTING: 00 40 Data in Idal 44 Departiality 07 4 Approximation Data Konstration of Marine										

TRACK AND BALL BETTING: 26-10 Rebel's Idol, 4-1 Ponchielli, 27-4 Announcing Rain, Kungfoofighting, 9-1 Virginia Moon, 10-1 Fly North, 12-1 Flowersfromabrook, Wrap It Up, 15-1 Shelly, 20-1 and upwards others

(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 (F P Habib)R Munger	83	61.5			
5T14-3.0	4V12-1.9	7t12-6.9	2 -7	UNREHEARSED (AUS) 4g (M F De Kock) R Simons	82	61.0			
3V16-1.7	1T16-0.2	7T20-6.2	3 -2	SOLDIER ON 3g (S T Pettigrew)SCRATCHED	83	60.0			
2V12-1.0	1T14-0.8	8T16-4.8	4-8	STAR OF JOBURG 3g (E Verdonese) M Khan	83	60.0			
9V12-7.4	1B12-0.2	0B14-22.7	5-1	CAPTAIN CHIPS 6g (A G Laird)R Danielson	80	60.0			
0T16-9.8	7 B10- 4.6	7V14- 9.5	6 -9	NEPHRITE 5g (M N Houdalakis)K Zechner	78	59.0			
3t12-0.5	5V14-2.8	2t12-2.6	7 -5	SHORTSTOP* 4g (R R Magner)D Schwarz*	77	58.5			
4Y14-10.0	8V14-4.0	8V14-13.0	8 -12	WITCH KING* 4g (C Binda)H v'd Hoven	77	58.5			
0T18-13.0	6V14-3.1	5B14-7.9	9 -13	DARKEST HOUR* 3c (B D Botes)C Murray	78	57.5			
9t16-10.5	3t16-3.5	7t18-8.7	10 - 6	JACKMAN* 4g (B O Wiid)P Strydom	73	56.5			
3V12-1.9	2B12-0.2	0V14- 6.9	11 - 3	CASCIANO 6g (B Warren)M Yeni	72	56.0			
1V14- 1.2	0t14-11.5	0B17- 9.2	12 - 10	RAGING FLAME 3g (M/A Azzie)F Herholdt	70	53.5			
1V12-5.1	6B12-5.5	7V12-9.1	13 - 11	TORCEDOR 4g (S G Tarry)L Hewitson*	64	52.0			
C/D - Sail For Joy; Unrehearsed; Captain Chips; Shortstop; Witch King; Darkest Hour; Casciano; Raging Flame									

RESTED - Sail For Joy (42 days); Raging Flame (142 days); Torcedor (58 days) TRACK AND BALL BETTING: 47-20 Star Of Joburg, 5-1 Sail For Joy, 113-20 Shortstop, 6-1 Unrehearsed, 9-1 Torcedor, 10-1 Captain Chips, 11-1 Jackman, 12-1 Darkest Hour, Casciano, 20-1 and upwards others RICHARD MCMILLAN'S TIME RATINGS: (1) Sail For Joy (7) Shortstop (4) Star Of Joburg

8(16.50) - NEXT VAAL RACEMEETING TUESDAY 26 JUNE MAIDEN PLATE of R95000 over 1600m

I	3V14-6.0	7t18-12.2	2V14-6.0	1 -15	STOP AND STARE 3g (C Binda)C Habib	64	60.0
I	6N16-9.8	7D14-2.4	6N18-5.0	2 -9	GOOD LORD PADMORE 3g (C Binda) H v'd Hoven	62	60.0
I	0V12- 7.4	5B12-4.5	4t14-2.8	3-11	ENTER THE DRAGON 3g (P F Matchett) M Khan	61	60.0
I	9V14-6.4	7V24-13.5	0T24- 99.0	4 - 4	MUSIC MASTER* 3g (M/A Azzie)D Schwarz*	57	60.0
I	0V14-11.8	6T16-2.2	0T16-12.5	5 -16	MANTRACKER 3c (S J Gray)R Simons	55	60.0
I	6V18-1.8	4V24-11.7	7T24-18.4	6 -6	TONGUE TWISTER* 3g (S J Gray)C Maujean	55	60.0
I	0t12-11.0	6V14-10.0	7V14-12.6	7-2	LEVENDI 3g (M/A Azzie)D R Lerena*	54	60.0
I	6V14-13.2	6Y14-15.0	0Y16-34.0	8 -5	LIBRA LOVER* 3c (H van der Westhuizen) J Greyling	54	60.0
I	9B10-9.3	0V14- 12.0	5B16-8.1	9 -1	COUNTEROCK* 3g (B O Wiid)C Murray	47	60.0
I			0V14- 13.0	10 - 17	MOSTABSHIR 3g (S G Tarry)L Hewitson*	0	60.0
I		9T11-8.2	0T14-22.5	11 -13	PANTHER STRIKE 3g (S G Tarry)C Zackey	0	60.0
I			0T16-23.8	12 - 3	SEVENTH LEGEND 3c (C Dawson)R Danielson	0	60.0
I			6B14-8.0	13 - 12	EUREKA EFFECT 2c (S T Pettigrew)SCRATCHED	0	56.0
I			4V12-3.2	14 -10	WINTER STORM 2g (A B Fortune)K Zechner	0	56.0
I	5B15-6.0	8V17-6.0			SHORT AND SWEET 4g (C Jonker) M Thackeray	52	60.0
I					NATIONAL AIM 3g (B O Wiid)Reserve 2	50	60.0
I	0V18- 16.4	8T20-11.8	7B16-10.1	17 -7	ONE WALL STREET 4g (B Warren)Reserve 3	40	60.0
I	B - Stop A	nd Stare; Li	ibra Lover F	RESTEI	D - Levendi (217 days); Libra Lover (59 days); Mostabsh	ıir (11	9 days); Panth
I	Strike (61 (days); Winte	er Storm (49	days)	N/A - Stop And Stare		
I	TRACK A	ND BALL B	ETTING: 1	7-1Ó Ń	/inter Storm, 9-2 Mostabshir, 113-20 Stop And Stare, 27	7-4 Er	iter The Drago
I					pre. 20-1 and upwards others		
					· ·, · · · · · · · · · · · · · · · · ·		

YESTERDAY'S SCOTTSVILLE RESULTS & DIVIDENDS

RACE 1 1ST: 10 ROMAN DANCER (2 B g Crusade (USA) - Sand Dance) (B Fayd'Herbe; 1ST: 4 MISS CALYPSO (2 B f Querari (GER) - Dancing Penny (AUS)) (L J Ferraris; 5/2). 2ND: 2 BEAT IT (M Yeni). 2ND: 4 BUCKLEBERRY (D De Gouveia). **3RD:** 1 ADORABLE ANALIA (B Lerena). 3HD1 AUOTRADLE ANALLA (D Leteria), 4TH: 3 LADY ABIGAIL (S Randolph), Winr 4 R2:70, Places: 1 R2:50; 2 R1.00; 4 R1.30. Swingers: 1x2 R5:40; 1x4 R4:30; 2x4 R2:30. Exacta: 4x2 R11:20. Triffecta: 4x2x1 R50:00. Quartet: 4x2x1x3 R206:80.Tote Favourite: 4 MISS CALYPSO. Scratched: Nii Owned by: Messrs P R 3RD: 9 PICKAWINNER (M Yeni). 4TH: 6 DRIVEN FORCE (S Veale) Win: 10 R3.20, Places: 4 R1.60; 9 R1.10; 10 R1.40, Swingers: 4x9 R2.30; 4x10 R2.80; 9x10 R1.40. Exacta: 10x4 R13.10. Trifecta: 10x4x9 R21.10. Quartet: 10x4x9x6 R142.10.Tote Favourite: 9 PICKAWINNER. Scratched: 11 SOLICITOR Rencken, M A Anthony, E A Budlender & Team G Racing (Nom: Mr G H van Zyl). GENERAL; 12 THE NEW GENERATION Owned by: Mr R T Fitzgerald. Trained by: Trained by: Gavin van Zyl. Bred by: Dr I R Heyns. Won by: 2.5; 0.05; 0.5; Time: 96.90 sec. Then came: 5 MITRA Garth Puller. Bred by: Mr R T Fitzgerald. Won by: 1.5: 0.5: 3: Time: 57.00 sec. MUSIC; 8 CAPE BLUEBELL; 7 BY THE WAY; 9 FLAMES ARE FLYING; 6 ALTRU-ISTIC; 10 NOBLE SIMARA; Double: Dividend: R6.70 Winning Numbers: 4 x 4 Pick Then came: 7 FLYING GEORGE: 1 AT THE OPERA: 5 CAPTAIN SNELL: 2 AULD REEKIE; 13 WOODY COAST; 3 BLACK CREEK; 8 I FLY; 3: Dividend: R14.10 Winning Numbers: 1.3.4 x 4 x 4 1ST: 4 WINTER BLUES (3 Ch g What A Winter - Dancing Penny (AUS)) (B RACE 5 Fayd'Herbe; 7/10). 2ND: 2 SWAKOPMUND (L J Ferraris). 1ST: 3 PINA COLADA (4 B f Kildonan - Midnight Ale) (S Brown; 9/2). 2ND: 4 ASIANA (B Lerena). 3RD: 5 KINGSMEAD (A Arries). 4TH: 6 FLAMBOYANT (Y Ramzan). 3RD: 6 INDIAN BAIN (D Dillon) 4TH: 7 SHADOW HUNTER (T Godden) Win: 3 K510. Places: 3 R210; 4 R120; 6 R10.80. Swingers: 3x4 R420; 3x6 R30.50; 4x6 R26.20. Exacta: 3x4 R26.90. Trifecta: 3x4x6 R789.00. Quartet 3x4x6x7 R4,793.60.Tote Favourite: 1 SUCH A RUSH. Scratched: Nii Owned by: Mr Win: 4 R1.90. Places: REF ALL R0.00. Swingers: 2x4 R1.90. Exacta: 4x2 R2.80. Trifecta: 4/2x5 F4/8.0. Quartet: 4/2x5x6 F3/80.7cte Favourite: 4 WINTER BLUES. Scratched: 1 NEALA; 3 VALEDICTORIAN Owned by: Mr M J A Ferreira. Trained by Louis Goosen. Bred by: Dr I R Heyns. Won by: 3.25; 2; 0.25; Time: 56.35 sec. Then came: Double: Dividend: R6.30 Winning Numbers: 10 x 4 G S Perkins. Trained by: Gary Rich. Bred by: Scott Bros. Won by: 1.75; 0.05; 1; Time: 96.30 sec. Then came: 11 MAMBO LYRIC; 2 OAKDENE; 5 I'M A VAR; 9 VOETSPORE: 1 SUCH A RUSH: 10 LAST SUMMER: 8 SILENT DREAM: Double: Dividend: R19.00 Winning Numbers: 4 x 3 Pick 3: Dividend: R38.60 Winning 1ST: 4 CHARGE D' AFFAIRES (2 B f Captain Al - Polar Charge (GB)) (M Bylevek); 8/10). Numbers: 4 x 4 x 3 2ND: 2 BOUNDLESS DEEP (W Kennedy). 3RD: 6 GENEROUS LADY (L Hewitson). RACE 6 **4TH:** 1 TO WOO (L. J Fraris). Win: 4 R1.80. **Places:** 2 R1.40; 4 R1.00; 6 R3.00. **Swingers:** 2x4 R2.20; 2x6 R6.50; 151: 2 FIRE SONG (3 B c Black Minnaioushe (USA) - Flowering Peach (USA) (M Yeni; 5/1). 2ND: 4 FIRE ISLAND (S Randolph). 4x6 R4.10. Exacta: 4x2 R5.60. Trifecta: 4x2x6 R31.60. Quartet: 4x2x6x1 3RD: 5 YOUNG GUN (M Byleveld). R90.30.Tote Favourite: 4 CHARGE D' AFFAIRES. Scratched: Nil 4TH: 3 TARANAKI (S Veale). Win: 2 R6.80. Places: 2 R2.40: 4 R3.90: 5 R1.80. Swingers: 2x4 R10.40: 2x5 R7.10: Owned by: Messrs Wehann Smith & A J van Huyssteen. Trained by: Vaughan Marshall Read by: Klawervlei Stud. Won by: 25, 1; 3; Time: 69.42 sec. Then came: 9 TARGARYEN QUEEN; 7 IRISH BEAUTY; 8 PARADISE SONG; 3 4x5 R14.10. Exacta: 2x4 R81.70. Trifecta: 2x4x5 R679.70. Quartet: 2x4x5x3 R1,358.90.Tote Favourite: 3 TARANAKI. Scratched: 11 AEGEAN AIRE BRONNIE: 5 COUNTER FATE; Owned by: Mr D D MacLean.

Trained by: Duncan Howells. Bred by: Maine Chance Farms (Pty) Ltd. Won by: 1.75; 0.5; 1.5; Time: 106.72 sec. Then came: 13 MINDMYMOOOOD; 6 DID I WIN;

8 FRANCOLIN; 9 FRENCH LEGION; 7 COLDSTREAM GUARD; 1 DOT COZA; 10 PROSPEROUS: 12 ALFIERI; Double: Dividend: R51.60 Winning Numbers: 3 x 2 Pick 3: Dividend: R109.20 Winning Numbers: 4 x 3 x 2

BIPOT: Dividend: R90.50 Winning Numbers: 4,10 x 1,2,3,4 x 2,4 x 2,4 x 3,4 x 2,4

1ST: 5 MOON BIRD (4 B g Alado (GB) - Carolina Moon (GB)) (D Dillon; 6/1). 2ND: 4 GOLDEN PHEASANT (S Randolph).

3RD: 1 BURRA BOY (B Lerena).

4TH: 10 SENTIDO (S Brown).

Win: 5 R6.90. Places: 1 R3.00: 4 R2.40: 5 R2.80. Swingers: 1x4 R10.30: 1x5 R9.00: 4x5 R11.60. Exacta: 5x4 R56.40. Trifecta: 5x4x1 R541.30. Quartet: 5x4x1x10 R4.379.80.Tote Favourite: 6 BENFONTEIN. Scratched: 12 PIROGUE Owned by Mr G R Almanza. Trained by: Shane Humby. Bred by: Alado Project (Nom: N David Allan). Won by: 0.5; 1.25; 0.25; Time: 83.05 sec. Then came: 9 PRINCE OF PROMISE 14 ETERNAL (C6 BENFONTEIN; 2 CEOPIUS LIBAN; 13 SUZE'S SOLDIER; 1 OGILV; 3 TOMMY GRAND; 8 THEPOET; 11 TEXASSKY; 7 HIT AND RUN; Double: Dividend R44.70 Winning Numbers: 2 x 5 Pick 3: Dividend: R398.60 Winning Numbers: 3 x 2 x 5

JACKPOT: Dividend: R1.320.50 Winning Numbers: 4 x 3 x 2 x 5

RACE 8

1ST: 13 NIKIYA (2 B f Visionaire (USA) - Baronova) (A Arries; 10/1). 2ND: 12 LA VALETTE (M Yeni). 3RD: 2 WHO KNOWS (M Byleveld). 4TH: 8 SPIFFY (S Randolph). Win: 13 R7.00. Places: 2 R3.60: 12 R2.80: 13 R2.00. Swingers: 2x12 R23.60: 2x13 R18.00; 12x13 R10.00. Exacta: 13x12 R70.60. Trifecta: 13x12x2 R912.70

Quartet: 13x12x2x8 R4,560.00.Tote Favourite: 1 FLEEK. Scratched: 7 PATAGO NIA; 10 AMBRA Owned by: Mrs V L Roberts. Trained by: Michael Roberts. Brec by: Mrs V L Roberts.Won by: 1.75; 1.75; 0.05; Time: 57.30 sec. Then came: 9 TUU LIKKI: 1 FLEEK: 14 OOH LA LA: 4 CHASE THE DREAM: 3 FOREIGN CANDY: 5 GEORGINA; 6 SO VAIN; 15 VARIETY CONCERT; 11 JAMAICA BAY; Double: Dividend: R131.90 Winning Numbers: 5 x 13 Pick 3: Dividend: R647.70 Winning Numbers: 2 x 5 x 13

PICK 6: Dividend: R18,767.90 Winning Numbers: 4 x 4 x 3 x 2 x 5 x 13 PLACE ACCUMULATOR: Dividend: R334.40 Winning Numbers: 1,2,3,4,5 x 2,4,6 x 1,2,4 x 3,4,6 x 2,4,5 x 1,4,5 x 2,12,13



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Double: Dividend: R3.70 Winning Numbers: 4 x 4 Pick 3: Dividend: R10.30 Winning Numbers: 10 x 1,3,4 x 4