

# Green comrades number for dedicated athlete

By Elmon Tshikhudo

Well-known marathon runner Sam Munyai received his green number after this year's Comrades Marathon. The green number is given to athletes who have completed ten Comrades marathons.

Munyai, who has won medals in the City to City, Land of Legends and the Two Oceans marathons, says he was humbled by his achievements.

The 38-year-old runner from Ha-Budeli outside Thohoyandou runs under the banner of the Nedbank Athletics Club in Pretoria. He ran his first Comrades in 2008 and only missed the 2010 race.

According to him, this year's race was the most gruelling as

it was a down run from Pietermaritzburg to Moses Mabhida Stadium in Durban. "I would have done better, but our late arrival at Pietermaritzburg, due to logistical problems, counted to our disadvantage. All in all I had a good race, having attained position 23 and was the first from Limpopo to finish the race. I also got a silver medal in a race where many big names bailed out."

Mr Andrew Mavhona of the Thohoyandou Athletics Club said Munyai had represented the province well over the years and that he deserved the honour. "We are very happy for him as a club and we hope his achievement would also inspire others to work harder and we produce winners from this part of the country," he said.



Happy to be honoured, marathon runner Sam Munyai shows off his Green Number and the silver medal he brought back from the recent Comrades Marathon.

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