

Comrades star Gatebe to race in Gqeberha on Sunday

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Comrades Marathon course record-holder David Gatebe will be among the elite athletes lining up at the start of the men's race in the Nedbank Runified Breaking Barriers 50km in Nelson Mandela Bay on Sunday.

Gatebe's manager, Blackie Swart, of the Impala Running Club in Rustenburg, said he would not predict a podium finish but confirmed his athlete would be taking part and was in top form for the race.

"The preparations have gone well," Swart said.

"We have got a lot of mileage and David also ran in the SA 21km which took place in Gqeberha two weeks back as part of his preparations for this race.

"That was just for speed training.

"Unfortunately, David is more of a longer distance athlete, he is more of a Comrades type of runner but we will give

this our best shot.

"He is looking very good actually. He is very fit.

"He has done a lot of track work, a thousand metres on the track to get the speed up.

"We don't say we are going to win but we are confident that he will do well on race day."

Gatebe, 39, holds the Comrades downhill record of five hours and 18 minutes which he set in 2016 beating the previous time of 5:19:49.

Another runner who will be in the colours of the Impala Running Club on the day is fellow Impala Platinum Mine work colleague Joseph Moeketsi.

On the local front, Andile Motwana and Xolisa Ndlumbini will carry the Bay on race day.

Ethiopian Ketema Negasa and Shadrack Kiptoo Kimaiyo of Kenya, will lead the international contingent.

The course set out for the Breaking Barriers 50km has officially been recognised and re-



FIT AND READY: Comrades Marathon record-holder David Gatebe is in the field for the Nedbank Runified Breaking Barriers 50km

Picture: ESA ALEXANDER

ceived the international measurement certificate from World Athletics.

Runners who participated in the recent Nelson Mandela Bay Half-Marathon, which incorporated the South African

championships, would have received a taste of what is to come with the course using the same out and back format along the same roads.

Runners will have to get through five laps of 10km as they attempt to break the existing 50km records.

With the course nine metres above sea level at the start and finish, there are no hills.

The highest point on the course is 11m above sea level and the lowest point just 3m less than that.

Starting on Marine Drive, the runners will head south to the first turning point situated at the 2km mark.

After completing this turn, they will run north along Marine Drive to pass by the start and finish location 4km into the lap.

The lap then continues north for a further 3km before making a 180° turn to return south in Humewood Road towards the start area.

That will mark 10km and the completion of one lap.

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