

Downs past adds intrigue to Champs League showdown

Mosimane has escalated the hype in characteristic style by bringing his unrivalled mind games into play, bemoaning the fact the Brazilians are more well rested as their last game was on Sunday while his Red Devils participated in the domestic league a day later, playing out to a 1-all draw with Zamalek.

Sundowns co-coach Rulani

Mokwena feels that the Egyptians are most dangerous on the flanks.

The Downs coach identified left-footed defender Ayman Ashraf as the main threat when Al Ahly build from the back.

"They are very aggressive on the sides.

"They use a lot the full-backs. They have a clear identity... they look to start from the

back. They use their centre-halves very well. They have a little bit more balance when they have Ashraf at left centre-half," Mokwena said on Wednesday.

Mokwena is also wary of the threat posed by Al Ahly's No 10 Mohamed Sherif.

The 25-year-old forward boasts 12 goals across the local league and the CAF Champi-

ons League.

"Their key player is Sherif, who in this moment in time is over-performing.

"He's their top goalscorer with 12 goals. Not only is he important in relation to developing the play, they also look for him, they play for him," Mokwena said.

The Tshwane giants arrived in Egypt on Wednesday, the

last day of the Muslim holy month of Ramadan in that country, during which strict fasting is observed from dawn to sunset.

Mokwena indicated touching down in Cairo while the country was still observing Ramadan afforded them great peace of mind and tranquillity to focus on the task at hand.

"It's good to come into

Cairo in a very different climate in the sense that the country is still going through Ramadan and there's not as much traffic... it's serene and that gives us energy to focus."

Star attacker Themba Zwane is expected to feature after missing the last outing at TS Galaxy due to a muscle strain.

The return leg is in Tshwane on May 22.

der Ladies

Roadrunners primed to shine at 50km in Mandela Bay

Border, who advanced to the final in 2019, won the last two matches between the sides — the last of which was a comprehensive 52-3 win in East London — however, they will be wary of the fact that the EP Queens also registered a victory last week and will enter the match with confidence.

In Wellington, the Boland Dames and Cell C Sharks Women will both go in search of their first victory of the season.

With Boland only managing to score two penalty goals last week and the Cell C Sharks Women a try, they will look to sharpen up their execution and finishing this week. —SA Rugby

In their last outing in 2019, the KwaZulu-Natalians secured a 32-17 away victory — a result that could boost their confidence slightly going into the clash. — SA Rugby



TOP CONTENDER: Local roadrunner Kelly van Vliet will be aiming for a personal best at the Nedbank Runified Breaking Barriers 50km, which takes place on May 23 in Nelson Mandela Bay

Vuyokazi Nkanjeni

Local roadrunners Andile Motwana, Xoliswa Ndlumbini, Kelly van Vliet and Ntombisintu Mfunzi will be looking to smash records and set new personal best times at the Nedbank Runified Breaking Barriers 50km, which takes place on May 23 in Nelson Mandela Bay.

The race will also feature a host of national and international athletes attempting to break the existing 50km world records.

South African big guns Phillimon Mathiba, Edward Mothibi, Gerda Steyn and Charne Bosman will be in the starting line-up in the men's and women's races.

Ethiopians Ketema Negasa and Bashanke Bilo will lead the international contingent of runners taking part.

Negasa's personal marathon best, which was set in Cape

Town in 2017, is 2 hours 11 minutes and seven seconds, while female athlete Bilo set her best of 2:31:26 in 2019 in Geneva, Switzerland.

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

11 metres above sea level and the lowest point just three metres less than that.

Starting on Marine Drive, 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 degree turn to return south in Humewood Road towards the start area. That will mark 10km and the completion of one lap.

Nedbank Running Club national team manager Nick Bester said they could not have asked for a faster course than the one on offer.

"We are giving the athletes an opportunity to break barriers on the best possible course that meets legal requirements," Bester said.