

SPORT



sailing through Chiefs make Champions League semis Page 16

In a corner Joshua must defend title against Oleksandr Usyk Page 15

THE PROOF IS IN THE PUDDING



FOOD

Great showing in ultra-marathon a confidence-boost for Tokyo Olympic Games

Van Zyl smashes 50km world record

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SA athlete Irvette van Zyl set a new world record when she won the women's race in the Nedbank Runnified Breaking Barriers 50km in Gqeberha yesterday.

Her winning time of 3 hours 4 minutes 23 seconds cut almost three minutes off the previous mark.

The men's record 2:43:20, which has been held by Thompson Mangwana for more than 50 years, was broken by Ethiopian Ketema Negasa in 2:42:06.

Van Zyl was supposed to play the pacing role, along with her teammate Gerda Steyn, but when Steyn pulled out at the going.

"At 28km, I spoke to Gerda and I told her I was running too lekker to stop," the 35-year-old Nedbank Running Club runner said.

"I told her I am going to go until 35km, and then just before 35km I saw Nick [Bester] and I showed him the thumbs-up for a go and he told me I could go."

"I felt great today and I just didn't feel like stopping yet."

"Those days are really few and I would rather just enjoy it and take the moment in."

"If you are not over-exerting yourself, why not just finish?"

Van Zyl said yesterday's victory would come as a confidence-boost for the upcoming Tokyo Olympic Games marathon.

It was really a nice run to enjoy it and I enjoyed it.

"There were a lot of ups and downs, but I liked the laps and so I got used to them because I train in laps a lot of the time."

"I like laps from the get-go as opposed to running on tracks."

"I feel great about the win. It would have been better if Gerda could have finished today, but she felt like she just wanted to do the pacing duties."

"She would also have continued because I think we both were feeling great today."

"On May 25, it will mark a year since I had a really serious knee operation that basically saved my running career."

"The win will really give me a confidence boost because it feels like all the training that we have done is in the right direction."

In her debut ultra-marathon, Kenyan long-distance runner Lillian Chemweno, who was breathing down Van Zyl's neck, took second place after crossing the finish line in 3:05:00, also bettering the previous world mark.

Jonas Makhele of Waterfall and Entsika's Ntsindiso Mphahakathi finished second and third, respectively, in the men's race, while three-time Comrades Marathon champion Bongumusa Mthembu was fifth.



Norris fifth in Tour de France

of SA won his the Japan Golf after taking the Partner Pro-Am playoff. of seven-un- tim finish regu- under-par for with Zim- and 54-

Monaco winner Verstappen takes F1 lead from Lewis

Red Bull's Max Verstappen won Formula One's showcase Monaco Grand Prix yesterday to lead the world championship for the first time in his career.

The 23-year-old Dutch driver started the day 14 points behind Mercedes' seven-time world champion Lewis Hamilton.

Ferrari's Carlos Sainz finished second — a boost for the team after Charles Leclerc, who had secured pole position and crashed in qualifying, was ruled out before the start with a driveshaft problem.

The podium was the Spaniard's first since he joined



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