

Mfunzi's Comrades mission

*Ageous runner aims to help
deal with the trauma of rape*

BOLO
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100 or so runners for the start of the marathon at the Durban New morning will a story so painful where near the start

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But such is courage that nzi, pictured, running the Race, she will be not in the top 10

ame has not been g the contenders le held by Camille at her drive and ne, the 37-year-old ave been.

ase a 2:47 and has previously comrades in a 'very

want to be in the ape survivors can should not be anything from us. take away my

near-death rape over 2016 has turning her into a rrvivors whom she

the first time I feel pity'. I convinced him I would not report him and he bought my story."

Time does heal and Mfunzi has clearly gotten over her ordeal as she relates the story in an almost detached manner.

It is when she shares what happened next that the emotions surface.

"After leaving his place I ended up in a hospital and they treated me and gave me pain killers. I told them I was there for the race which I had won the previous two years. The psychologists suggested that I should still go run. I honestly thought he was crazy but at night when I struggled to sleep I decided to go do the race the next day."

Driven by anger and hurt, she ran the race of her life and completed a hat-trick of wins.

"When I was running, every step I took was for me like a punch into that man's gut or face. I opened such a big gap on the second-placed lady that I got a standing ovation and the loudest cheer. I cried so much at the finish and the crowd kept cheering, clearly thinking it was tears of joy. They did not know that I was dying inside."

From then on, it was either a case of live or die for Mfunzi.

"I was left with two choices after that rape. What do I do? Let the situation destroy my life or rise

