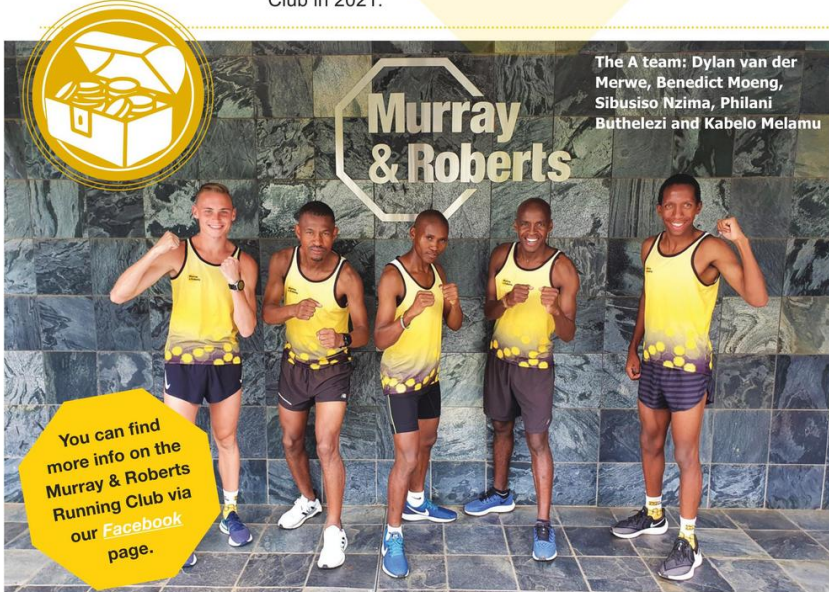
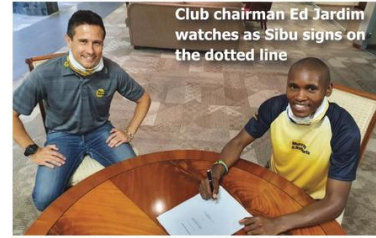


Murray & Roberts | Olympian Sibusiso Joins the Black & Yellow!

Olympic marathoner **Sibusiso Nzima** will be donning the black and yellow of the Murray & Roberts Running Club in 2021.



The A team: Dylan van der Merwe, Benedict Moeng, Sibusiso Nzima, Philani Buthelezi and Kabelo Melamu



Club chairman Ed Jardim watches as Sibusiso signs on the dotted line

Black & yellow Tips to Keep You Going in 2021

"The key to being a good runner is consistency: Regular training at least four times a week will help you see improvement. However, always remember that rest should be a part of your training. It gives your body time to recover and prevents injuries. Listen to your body and seek professional help if you are unsure what you are doing is right. – **Wida de Klerk, 3:02 marathoner**

"The best advice I've ever had? Just pitch up. Be there!" – **Anastacia Nel, Club Secretary**

"An energy bar company print commercial once featured a serpentine-like piece of tarmac, with a lone runner striding away in the distance, and every 50 metres there was a road sign that proudly proclaimed: 'YOU ARE NOT DONE YET.' This thought has got me through some very deep, dank and dark times out there on the road, country or track." – **Arnold Geerdt, 2:29 marathoner**

"If I think where I've come from, my background and what I've achieved, by training hard, I feel great pride, and that drives me on. Anything can happen. Always remind yourself, you've done this before, and if you haven't, then there's always a first time." – **Sibusiso Nzima, 2:11 marathoner**

"My first Comrades was in a G seeding and I finished in 11:32. No doubt about it, the unknown before the time was far worse than the race itself. A fellow runner told me: 'The Comrades is just another race when the gun goes off.' It's true." – **Maryna Booysen, two-time Comrades finisher**

"Starting and completing the Skyrun 100km was the second-toughest thing I have ever done – training for it was even tougher! I had no idea what I was in for, but what I did know, was that I would have to prepare like never before! Thus, as per the famous quote, 'preparation is half the battle,' I don't believe that we give preparation enough credence. In my view, it is 'almost' everything – plan the race, then race the plan!" – **Ed Jardim, Skyrun finisher**

"I've always believed that if it does not challenge you completely, it won't change you completely." – **Dana Coetzee, 20-times Comrades silver medalist**

The slight but quick Pretoria man competed in the 2016 Rio Games and also represented his country in the 2015 and 2017 IAAF World Marathon Championships. He is now hoping to make the SA team for the 2021 Olympics in Tokyo, but to grab another Olympic spot, Sibusiso has to dislodge one of the country's top three runners who have already run qualifying times for the Games.


Stephen Mokoka, Elroy Galant and Desmond Mokgubu have all staked their claim, so Sibusiso has to clock at least a sub-2:10 to again don the green and gold. However, as the world of road running is as much in flux as the rest of the globe, it's a guessing game at this stage. "I was planning to race the Seville Marathon in Spain to qualify for the Olympics in Japan, scheduled for later this year, and I was in shape for a sub-2:10, but then it got cancelled," says the 34-year-old.

"If I do not get a chance to do that, and I do not make the team, then I will aim to race the Two Oceans Marathon. I have a marathon time almost as fast as the record-holder, Thompson Magawana, and I believe with the right preparation and with a bunch of guys who will go out with me to get the record, I can get close," he adds confidently.

The club is overjoyed to have Nzima sign on the dotted line. "Sibusiso is such a dedicated athlete who we believe has his best years ahead of him. He has the potential to really shake things up, and his qualifying race in Seville in 2016, where he ran 2:11:43 in only his third 42.2km race, showed marathoning maturity," says team manager Dana Coetzee. "We believe we can create the right climate for him to



again perform on the biggest stage in the marathoning world. His 28:29 PB for 10km shows his out-and-out pace, and with a solid build-up, he can produce a 2:09 clocking."

Married to Zimbabwean Olympian and multiple Spar Women's race champion, Rutenda Niahora, they are one quick family, and we cannot wait for Sibusiso to get to the top of podiums all over the world again. 

Sibusiso's PB's

5000m	13:37	21.1km	1:01:44
10,000m	28:31	42.2km	2:11:43
10km	28:29		

Images: Courtesy Murray & Roberts Running Club