

Elite Comrades runners hindered by missed supplement bottles

Several runners who contested top positions in the 98th Comrades Marathon on Sunday blamed undersized tables used to hold elite athletes' bottles for missing their timed fuelling, believing this led to them cramping at crucial segments of the race.

Athletes use various energy gels and supplements needed by their bodies to prevent cramping and other issues.

Former Comrades marathon winner Edward Mothibi attributed part of his cramping during the second half of the 89.9km race to missing his nutrition bottles at some of the demarcated elite tables.

Speaking during the post-race media conference, Mothibi, who placed fourth in the men's race, said that when they reached about 60km he had started having some problems.

"Just about 25km [distance remaining], I started getting some problems," he said.

"I kept on cramping and I needed to take water each time.

"There was a stage where I was behind, and [race winner] Tete Dijana had to wait for me and ask, 'brother, what is going on?'."

"I told him I kept on cramping and that it was not a good sign.

His club manager, Nick Bester, said they had held three meetings with some of the Comrades Marathon Association committee members, telling them that their approach to elite tables was not going to work.

"It is too complicated. They make it too different," he said.

"We told them before the time, we said they must allow hand and stand, and they said no, they don't want to allow hand and stand."

Bester said he had spoken to women's winner Gerda Steyn's husband, and she had got only three bottles from the elite water stations.

"So that's unacceptable. If he were not on the motorbike with hired people and support-

ing her, then it would have been big trouble.

"So that was a shortfall and a shortfall could have been prevented if they had listened to the team managers, because we are coming with the race for 45 years."

Another elite athlete, who also struggled grabbing the bottles, was Maxed Elite's new star signing, Joseph Manyedi.

Manyedi said that during the last 14km of the race he had struggled with cramps when pushing the pace while pursuing Mothibi and Piet Wiersma, who were a few metres in front of him.

Manyedi said elite athletes should have their own people second them on the road.

Runners and managers from other clubs did not want to speak on record, but also voiced their frustrations.

Comrades Marathon Association general manager Alain Dalais confirmed some club managers had spoken to him about the height of the elite water station tables.

"It's our second year attempting the elite stations," he said.

"We will take that feedback constructively and look at continuing to improve it next year."

— WATCH: *We are the Champions News Agency*



FUELLING PROBLEM: Edward Mothibi took fourth place in the Comrades Marathon in Durban on Sunday. Picture: DARREN STEWART/ GALLO IMAGES

Paterson rejects underdog tag as Proteas prepare for date with destiny

Nathan Gogela

With just a day to go before the ICC World Test Championship (WTC) final, SA's preparations are in full swing as they gear up to face a formidable Australian side at Lord's from tomorrow.

Despite outside scepticism and whispers questioning the Proteas' place in the final, fast bowler Dane Paterson insists his team are ready and not to be underestimated.

Facing off against the number one-ranked Test team in the world, SA are widely seen as the underdogs heading into the June 10 showdown.

But Paterson rejects that label.

"We don't feel we are the underdogs," he said.

"Both teams are heading into unfamiliar territory — Lord's, the slope, the Dukes ball, it's all a bit different from what we're used to with the Kookaburra."

"I definitely don't think we're second-best."

When asked about the squad's chances, the seamer was resolute.

"Yes, we believe we can win."

"Every SA team has that willpower and drive."

"We know what's at stake and this is a shot at the Mace, the gold medal of Test cricket."

"We are playing for the people back home and that brings us huge motivation."

Head coach Shukri Conrad made a bold call by pulling Test players out of the Indian Premier League early to ensure proper preparation.

The Proteas assembled last week, giving them a two-week build-up which included a warm-up match against Zimbabwe, though day one was washed out by rain.

"It's a squad full of experience," Paterson said.

"Some guys are coming from the IPL, others from county cricket, but everyone here knows international cricket. That's what matters."

There have also been positive signs on the injury front.

David Bedingham, who suffered a toe fracture, is back training and expected to be fit for selection.

"Everyone is mentally ready," Paterson said.

"It doesn't matter where they've been playing, IPL or county. They're excited about the challenge ahead."

Conrad's influence on the Proteas has been pivotal.

Since taking the reins as SA's all-format head coach, he has overseen a remarkable turnaround in the Test set-up, culminating in the team's first-ever WTC final appearance.

His efforts earned him the Wisden Coach of the Year award and deservedly so.

"The players set the tone in the environment, but Shuks is a brilliant coach," Paterson said.

"He's fostered a culture where performance comes from confidence, not pressure."

What's more, Conrad's leadership now extends into white-ball cricket after the departure of Rob Walter.

With major ICC tournaments approaching, players are optimistic that the success of the Test side will spill over into ODIs and T20s.

"There's a smooth transition coming," Paterson said.

"The values from the Test side with the unity, clarity and belief, which will carry over to the white-ball teams."

"Shukri has a way of bringing the best out of players."

With the final now in sight, the Proteas are focused not on the chatter, but on the cricket.

They are up against one of the most complete sides in modern Test history, but they carry belief, form and a deeply rooted purpose.

"It won't be easy," Paterson admitted.

"But we believe in our team. And we believe we belong in this final."

As Lord's fast approaches, SA are not just playing for the Mace — they're playing to rewrite their Test legacy. — *SportsBoom*

Destiny child Alcaraz treasures Nadal heritage

Carlos Alcaraz called it destiny as he completed a thrilling comeback to capture his fifth Grand Slam title at the French Open on Sunday, drawing level with his childhood idol Rafael Nadal's tally at the same age.

The 22-year-old Spaniard, long dubbed the heir to Nadal's clay court throne, fought back from two sets down for the first time in his career to lift the trophy in a match against world No 1 Jannik Sinner that he said had everything.

"The coincidence of winning my fifth Grand Slam at the same age as Rafa Nadal, I'm going to say that's destiny," Alcaraz said of equalling Nadal's tally of five major titles at the same stage of their careers.

Nadal was one day younger when he beat Roger Federer in another final for the ages at Wimbledon in 2008 for his fifth Grand Slam title.

"It is a stat that I'm going to keep for me forever, winning the fifth Grand Slam at the same time as Rafa, my idol, my inspiration. It's a huge honour," Alcaraz, who beat Italy's Sinner in the longest French Open final in the professional era, said.

In a final packed with momentum swings, blistering winners, and jaw-dropping rallies, Alcaraz credited the Paris crowd for keeping him alive as he won 4-6 6-7(4) 6-4 7-6(3) 7-6 (10-2).

"Without them, it would have been impossible to come back," he said.

"At the start of the third set, everything was going his way. I had to delete those thoughts from my mind and fight."

Alcaraz saved three match points, but the moment he singled out from the match was when he was 6-5 down in the decider and struggling, turning the game in his favour to force a super tiebreak.

"The match points were not great. I saved match points, it's great, but the points were not good," he said.

"At 6-5 in the fifth at 15-30 or 30-all, advantage for me, 40-all. Those points I remember pretty clearly, and honestly, I still don't know how I did it."

"I mean, it was balls on the line, slicing the line. He was dominating that game. Honestly, I still don't know how I saved that game."

The win not only cements Alcaraz's status among the sport's elite but also reignites talk of a new generation of rivalries, with Sinner having won three Grand Slam titles.

"It's not going to be a turning point. I'm sure he's going to learn from this match, and he's going to come back stronger the next time we are going to face each other," Alcaraz said of the 23-year-old Italian.

"I'm sure he's going to do his homework."

"I'm sure I'm going to try to learn from this match as well, how I can be better, how I can tactically make damage in his game."

"I'm not going to beat him forever. That's obvious."

"So I have to keep learning from the matches I played against him, and hopefully play more Grand Slam finals."

Still, with a trophy in hand and history in his pocket, Alcaraz was looking ahead.

"Every match that I'm playing against him is important."

"This is the first match in a Grand Slam final. Hopefully not the last time," he said.

"Because every time we face each other, we raise our level to the top." — *Reuters*



LONG GAME: Spain's Carlos Alcaraz celebrates beating Italy's Jannik Sinner in the French Open final at Roland Garros, in Paris on Sunday. Picture: ADAM PRETTY/ GETTY IMAGES

FUNERAL NOTICES

MASON (NÉE MOORE) ETIE SOPHIA DOROTHEA (DOLLY) passed away peacefully on 2 June 2025, at the age of 95 in Lorraine, Port Elizabeth. Fondly remembered by her remaining children, Sandy and Rose, her daughter-in-law, Carole, her grandchildren, great grand children and great great grandchild. May Her Dear Soul Rest in Peace

The Funeral will be held at First Avenue Funeral Home Chapel on Thursday, 12 June at 12h00

FIRST AVENUE FUNERAL HOME
041 581 5028

LEGAL NOTICES

FORM JJJ
LOST OR DESTROYED DEED

NOTICE is hereby given in terms of Regulation 68 of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of the Deed of Transfer Number T000026029/2014CTN which is in favour of FUZILE GWARUBE, Identity Number 6304166124081 and NOKUXOLA GWARUBE, Identity Number 6602030943085, Married in community of property to each other, in respect of certain ERF 1943 Amsterdamhoek, Nelson Mandela Bay Metropolitan Municipality, Division of Uitenhage Province of the Eastern Cape, which has been lost or destroyed.

All interested persons having objection to the issue of such copy are hereby required to lodge the same in writing with the Registrar of Deeds, Eastern Cape, Deeds Registry Office at Qonce within two weeks from the date of the publication of this notice. Dated at EAST LONDON on the 14 May 2025.

FUZILE GWARUBE
c/o DM LUKHOZI ATTORNEYS INC
3 Tindale Road
Berea
East London
Tel: 0437211562
Email: dali@dmllattorneys.co.za

NOTICES

THE WESTERN CAPE DEPARTMENT OF SOCIAL DEVELOPMENT PHILIPPI LOCAL OFFICE, is requesting anyone who knows the whereabouts of Theminkosi Zomi, last seen in Middelburg area, to please contact Social Worker: Ms. Zikhona Khonco on 021 834 7066.

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NOTICE 81/25
PROPOSED ALIENATION OF MUNICIPAL PROPERTY

Notice is hereby given in terms of the Municipal Finance Management Act (MFMA) 56 of 2003 that the Municipality intend to utilize portion of Erf 1 Cradock, adjacent to Cradock town cemetery for burial use.

Any comments or objections should be lodged in writing to the Municipal Manager's Office at no. 1 JA Calata Street, PO Box 24 Cradock, 5880) during normal office hours within 21 days of the date of this notice.

— issued by: Mr. MBEBE - MUNICIPAL MANAGER —

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SUNDAYS RIVER VALLEY LOCAL MUNICIPALITY
MANAGEMENT OF INSURANCE PORTFOLIO FOR A 3 YEAR PERIOD
REQUEST FOR PROPOSALS
BID NO: SRVM 014/2025

Sundays River Valley Municipality invites proposals from suitable and experienced service providers for the following service: **Management of Insurance Portfolio for a 3-year period.**

The physical address for collection of tender documents is: **SRVM Cashiers Office, No. 23 Middle Street, Kirkwood.** Documents may be collected during working hours from 08h30am till 16h00pm from **11 June 2025.** Tender documents will be available at a **non-refundable deposit of R 300.00 each (no cash accepted)** Bank are as follow: **First National Bank, Account Number 620 254 90856, Branch Number 210817, Reference – Tender Number.** Proof of payment should be provided upon tender collection.

Completed bid documents are to be placed in a sealed envelope endorsed with **Management of Insurance Portfolio for a 3-year period for SRVM 014/2025** and must be deposited in the Bid Box, at the offices of the Sundays River Valley Municipality, Supply Chain Office, No. 23 Middle Street, Kirkwood not **later than 1 July 2025 at 12h00pm.**

TENDERS WILL BE EVALUATED INTERMS OF THE 80/20 PREFERENTIAL POINT SYSTEM AS PER PREFERENTIAL PROCUREMENT REGULATION, 2022.

Evaluation Criteria	Points
Price	80
Specific Goals – B-BBEE (Original or certified B-BBEE Certificate)	10
LED (Proof of address signed by ward Councillor / Lease Agreement)	10
Total	100

SUPPLIERS/SERVICE PROVIDERS SHALL TAKE NOTE OF THE FOLLOWING BID CONDITIONS:

- Sundays River Valley Municipality Supply Chain Management Policy will apply;
- Sundays River Valley Municipality does not bind itself to accept the lowest BID or any other BID and reserves the right to accept the whole or part of the BID;
- Bids which are late, incomplete, unsigned, or submitted by facsimile or electronically, will not be accepted.
- Price(s) quoted must be valid for at least ninety (90) days from the date of your offer.
- Price(s) quoted must be firm and must be inclusive of VAT.
- A firm delivery period must be indicated.
- The following compulsory documents must be submitted with the tender.**
 - Valid Tax Clearance Certificate- OR Status Pin.
 - B-BBEE Certificate **Original or Certified copy**, Sworn Affidavit **Original or Certified Copy**.
 - Original** certified ID Copies of Entity's Director(s)

(Certification not older than 3 months before the closing date)

- Completed MBD forms -1, 4, 6.1, 8 & 9.
- Company registration Documents.
- Municipal statement of Rates or Billing Clearance not older than three months or valid Lease Agreement.
- Proof of Central Supplier Database (CSD) registration- a full report printed.

Failure to submit any of the above requested documents will invalidate your bid and it will not be evaluated further.

Technical enquiries related to this bid can be directed to thembisilev@srvm.gov.za or 042 230 7746. SCM enquiries related to this bid can be directed to phelokazin@srvm.gov.za or 042 230 7807.

Mr. T. Klaas
Municipal Manager

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