

# Dube's King Shaka trail run

By BEHR PILLAY

**M**ore than 200 athletes from throughout the province descended to King Shaka International Airport to participate in the first edition of the Dube's and King Shaka trail run/walk.

For the first time on the North Coast, a number of local clubs namely, Tongaat Panthers, Verulam Athletic Club, Tongaat Athletic, Phoenix Striders and Woodview Athletic club participated in such an event.

The cool morning made running and walking comfortable. The race started from the new Dube Tradeport offices on a rather flat terrain and runners thought it was going to be a walk in the park. As the race progressed it started to get tough, runners were taken down huge slopes and

at times they had to run in a single file.

According to a number of runners and walkers who participated in the race for the first time, they classified it as being in the army doing a full obstacle course. "You had to run in slippery and muddy conditions and at times, you had to run in potholes of water. Besides enduring the swampy and muddy conditions, you had to hop over barb wire and river gabions that made the race exciting" said one of the participants.

At the 6km mark, participants were treated to traditional Zulu music and a wide variety of Zulu dances. Tongaat Panthers athlete, Themba Quinso was the first walker home and he received a shopping voucher.

Tongaat Panthers athlete, Rajen Naidoo said "For me the beauty of this race is that it is family orientated and it is adventurous. I will definitely be taking part in more of these races in the future". Sharon Williams of Ballito said she has run over 300 trail runs in South Africa and she thoroughly enjoyed the atmosphere. Williams said the race was not very tough, but she enjoyed it.



Seen are athletes from various clubs in the North Coast who completed the race