



## Emmanuel Uriga The Record Breaker Ready to Conquer Africa

In every generation of athletics, a few names begin to rise above the noise — names that carry promise. When Emmanuel Uriga stepped onto the track at the Interprovincial Championships, few could have predicted that history was about to be rewritten.

The talented Zimbabwean quarter-miler stunned the athletics fraternity by clocking an outstanding 47.55 seconds, *breaking the previous national Under-20 record of 48.37 seconds. In doing so, he announced himself as the fastest junior 400m athlete in Zimbabwe today.*

*The 400m is often called the "killer event"* because it demands a unique blend of speed, endurance, tactical awareness, and mental toughness. Uriga possesses all four.

His rise has been nothing short of spectacular. Every season has brought improvement, and his performances suggest that his best races are still ahead of him. Coaches describe him as disciplined, determined, and technically gifted, qualities that separate good athletes from great ones.

Mauritius now offers him the chance to test himself against Africa's finest. With his current form, Emmanuel enters the championships as one of Zimbabwe's strongest medal prospects.

More importantly, he represents a new generation of Zimbabwean athletes determined to reclaim the nation's place among Africa's track-and-field powerhouses. Should he reproduce his record-breaking form in Mauritius, Emmanuel Uriga could return home not only as a national record holder but as an African medalist.



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