

Kenyan duo off to Europe for tourneys

TENNIS: Kenya's junior duo of Sneha Kotecha and Ryan Randieck are participating in the Kreis Duren Junior Tennis Germany in their current European tour. In the BNP Paribas Open in France, Kotecha was a first-round casualty going down to 15th seeded French Guilla Morlet in straight sets. Randieck however got a better start, winning his first round match against another home player in Maxime du Bouch, 6-3/6-2. In Velp Netherlands at the Windmill Cup, Kotecha won her first match beating Elysin Pool at her home 6-3/6-4 before losing out to fifth seed Ukrainian Lyubov Kostenko. Randieck also beat home player Jay Zwinckels in a third set tiebreak. Coach Caroline Odior indicates that the level of tennis is very high, despite her players putting in some brave performances against the top players from all over Europe, Asia and South America. -BARRY SLAH

Nyaribari Chache win Mamas Cup in Kisii



Rashid retains Mr Nairobi bodies title at Utalii

by Alex Njue @Peoplesport1

Kenya Body Building Supplements (KBBS) ambassador Rashid Isha (pictured) retained his 2015 moment as he floored opponents to defend his Mr Nairobi title at the Utalii Hotel auditorium, Nairobi.

Rashid who started body building back in 2007 after giving up on sprinting, boxing and football doubles as Mr Kakamega and last year's Mr Kenya 2015

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runners up.

Rashid admits going through his toughest preparations for a tournament in his body building career after being forced to balance his religious needs and body building needs.

Rashid a staunch Muslim went through a hard time during the past Ramadhan period while preparing for the Mr Nairobi tournament that saw him shed more than four kilos but still went ahead to defend his

title. "Preparing for the tournament was not a walk in the park more so during a fasting period during the Holy Month of Ramadhan.

I had to rely on food supplements that acted as meal replacements when breaking the fast to boost my preparations. I spent four hours each day in the gym and the dieting part was not easy as I had to feed on chicken, beef, sweet potatoes and other protein and carbs rich

meals but am very happy that I once again triumphed and retained my title," said Rashid.

Rashid kicked off his campaign at the event by winning in his light-heavy category where he faced Ultimate Sports Nutrition (USN) ambassador Gabriel Mukundi who has been mounting up his shape over the recent months sending chills in his opponents of late but defeated Gabriel to qualify for the overall champion finals.



PHOTO: ALEX NJUE