

Fitness won it for us — Henry

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Fitness levels played an integral part in the All Blacks' comeback to score a late 29-22 victory and disappoint 94 000 people at FNB Stadium on Saturday.

While the All Blacks were expected to struggle with the altitude, they appeared the fitter side as the game went into the hour mark, and kept the ball for long periods of time as they ground down the Springbok defence.

In the end the pressure was too much for the Boks and it was a tad unfortunate that captain John Smit missed a crucial tackle on defence that let the game slip from their grasp.

Instead of finishing stronger, the Boks looked jaded and out on their feet, something Richie McCaw picked up just after half-time and used to his team's advantage.

All Black coach Graham Henry paid tribute to their fitness coach Dr Nick Gill, who prepared the team for their mammoth task at FNB stadium.