

Seraphino Antao: 30 October 1937 – 06 September 2011

A Family Tribute

By Joe Antao, the second youngest of the Antao family.

Welcome By Mum and Dad after Gold Medal win & European Tour.



It has been 10 years since Seraphino passed away, but the legend remains alive. I am covering a few items that may have not have been featured regarding this champion brother.

Seraphino was the eldest son of Diego Manuel & Anna Maria ANTÃO. He had two sisters and 3 brothers and was responsible for their guidance during his teenage years.

His main mode of transport was a BSA Bike which our dad bought him to enable him to travel to work.

The Antao family resided in the Railway Quarters, in Makupa, a suburb of Mombasa.

Life at our Makupa home was just like any other family. Mum started the day making Chapatti's and boiling water in a pot for coffee. She prepared our meals, which were mostly Rice and Curry, on a low

wood fire. This was followed by lunch and dinner meals as well as much time on other household duties. She travelled by foot almost 4 kilometres to markets and shops almost daily. Later we moved to Nazi Moja area (Near the Tusks Gateway) in Mombasa, much closer to the town centre. Life at home was full of laughter as Seraphino used to clown around, a lot.

Seraphino launched his working life in a job as a Travel clerk at Fourways Travel Service, a travel Business. The job he preferred was as a Shipping clerk for Landing & Shipping Ltd at Kilindini Harbour, Mombasa which came later.

His sports interest started in his early teens, Athletics and Football being his major interests.

Seraphino attended athletics training sessions at the Mombasa stadium, conducted by Ray Bachelor, a coach. In the early days of his training, he ran barefoot.

I recall a pair of black leather spikes in his kit in later years. These may have been second hand or borrowed. However, he always was keen and prompt for every training session

The Railways & Harbours Athletics was his first major event. He slowly worked his way up into a placing in the 100 yards. His perseverance paid up when he consistently came first in the Kenya Coast Province Athletics Championship. What followed from there was the Kenya Championships.

On the National platform there was no stopping Seraphino to what lay ahead. Representing Kenya at various East African Championships, his break came representing Kenya on the World stage at the Commonwealth Games in Cardiff, UK. His General manager at Landing & Shipping, Captain Williams, gave him leave to attend all his sporting events both Nationally & Internationally.

Then Seraphino took part in two Olympic Games; Rome 1960 & Tokyo 1964. His fame came when he won two Gold Medals at the Commonwealth Games in Perth Australia.

Couple of years before Seraphino's Gold Medal win, he broke his ankle crushing the bone. I remember an ointment used on his foot was not effective, creating massive blisters on his ankle. A Goan bone setter in Mombasa, Mr Fernandes undertook the repair of Seraphino's foot. Mr Fernandes came from a line of bone setters, picking skills from his father and grandfather. After Seraphino healed, he was able to continue his Athletics training going on to represent Kenya to with the first Gold Medals for Kenya.

My dad decided to take the family back to Goa on his retirement, my sister Igniciana (Igi), my brother Leo and my mother returned to Goa by ship.

Seraphino was running in Europe, my brother Rosario worked at the Bank in Mombasa. My sister Philo married and remained in Mombasa for a while.

As for me I joined the Royal Navy, exploring the world. In my first 5 years of service visiting Europe US Canada, I imagined how far Seraphino had travelled, but his heart was close to home in Kenya.

Seraphino would stop to speak to anyone in the street no matter if he knew them or not.

God bless him wherever his spirit is sprinting.

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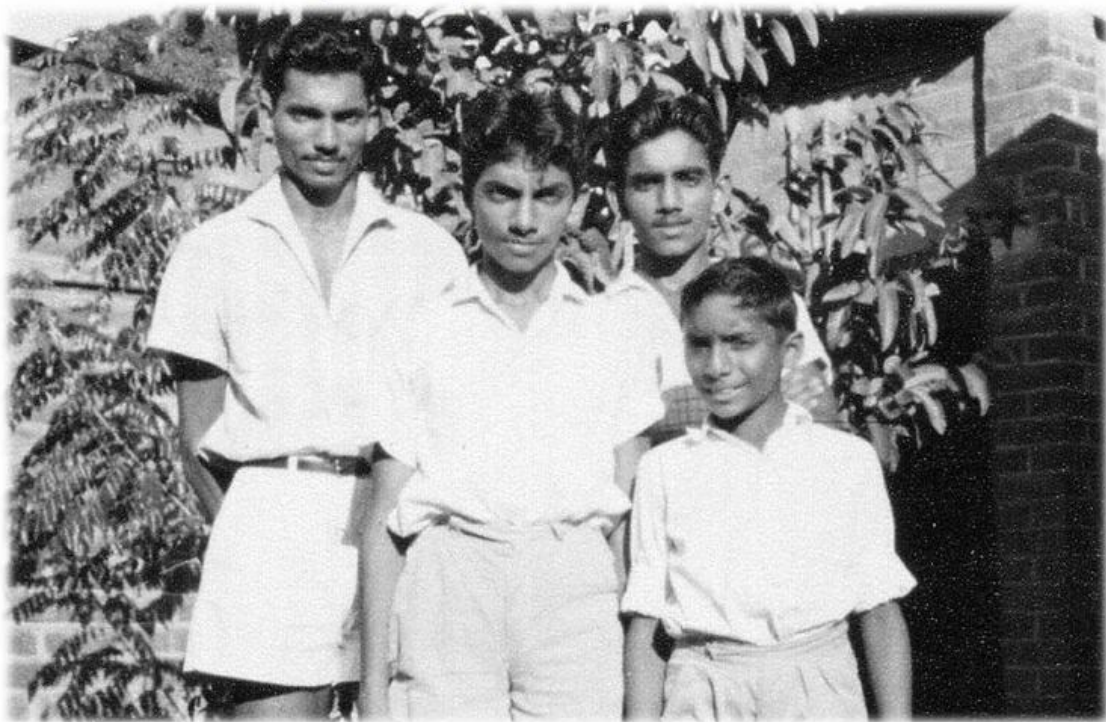
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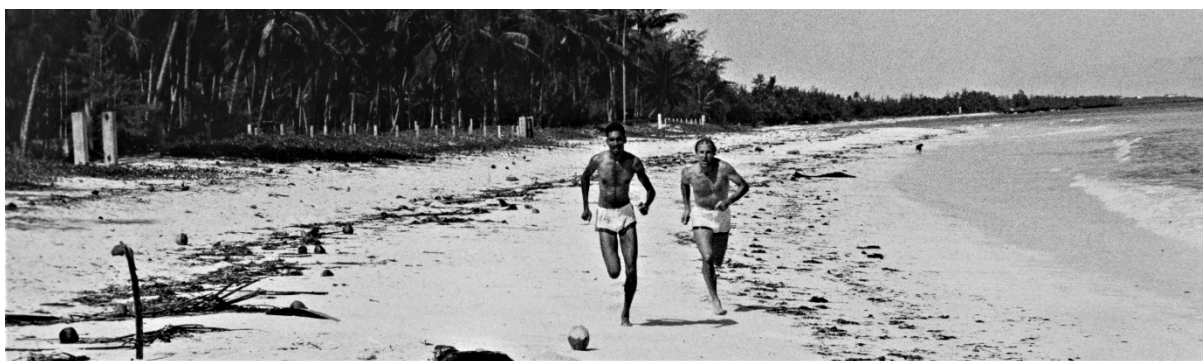
Early Years Trophies from East African Railway Championship



Family in Makupa Railway Quarters Mombasa



Brothers 4- Seraphino Joe Rosario & Leo.



With Coach Ray Bachelor

