

I would like to introduce myself as a kidney transplant Athlete who participated in the World Transplant Games 2013 held in Durban.

The determination to stay alive and fit after a second chance in life steered me to participate in sport after my transplant.

I went into kidney failure in 2003 December due to an autoimmune disease that attacked both my kidneys and left me with serious problems.

My dearest wife ended up donating me one of her kidneys. This was an amazing unselfish, brave thing to do to enable me to live a normal life and not to have to depend on dialysis which has its own set of problems.

Being a very active person in sport and outings I decided to join the South African Transplant Sports Association to participate in sport after the Transplant.

My participation in the World Transplant Games has had an overwhelming effect on me. It has been enriching meeting fellow transplantees from all over the world. **It made me realise that I wasn't in it alone and that there are other people all over the world who have also been given a second chance.** It has made me appreciate having this second chance in life.

I played golf in my age group 50-59 and earned a Silver Medal for the best gross in my division.

I participated in Javelin, Discus and shot put and was placed but no medals.

The effect that was left in me for participating in the World Transplant Games Durban 2013 gave me a better outlook in life and encouraged me to stay fit.

For as long as I can and as I am almost turning sixty I will strive to qualify each time for the World Transplant Games that meant so much to me in Durban.

Hopefully if I can afford it through sponsorship, I will be attending the World Games in Argentina this year August 2015 to play golf and throw the javelin.

I would like to express my appreciation to all those who are helping us do sport through sponsorship and for allowing us to enjoy that special gift called LIFE.

Warmest Sport greetings

Anton Roux

Organ Recipient Athlete

