



# WCTSA NEWSLETTER

FEBRUARY 2018

## TAKING YOUR ORGANS PLACES - PREPARING FOR THE NATIONAL TRANSPLANT GAMES 2018

#TAKING YOUR ORGANS PLACES

WWW.TRANSPLANTSPTS.ORG.ZA

### New Year Wishes and more - straight from the Chairman's heart!



Hi all!

2017 was one of those years that was a roller coaster ride. Every year brings in its own share of ups and downs and we learn from our mistakes and try not to repeat the same. The year started at

a pace that it was already February before I started putting pen to paper-or rather fingers to keyboard.

There are many positives. We had a very successful World Transplant Games in Malaga, Spain where the 16 Western Cape athletes performed very well and contributed 23 medals of the 76 medals SA brought home. We won 11 gold out of the total 35, 5 Silver out of the 23 total and 7 Bronze out of the total 18. Here I must mention the name of Lisa du Plessis who won five Gold's and broke five World records. She was also named the Senior Female Athlete of the Games. Well done Lisa!

Preparations for the National Transplant Games has already started. The Games will be held in the beautiful Eastern Cape in Port Elizabeth from 12 to 15 July 2018. 27 Western Cape athletes indicated their intention to participate; seven of them will be participating in their first National Games.

The weather has been very hot in Cape Town with no sight of rain that we in the Cape so desperately need. Please be

---

*Tough times don't last but tough people do...*

---

very careful when you exercise or practice and take in fluids so not to dehydrate.

These are the exciting times. We have envisaged a great future for the Western Cape Region that will be possible only with your contribution, zeal, commitment, dedication that has been with us all these years. I am very positive and hopeful that you shall stand behind your Management Committee in all our future endeavours.

Thanks to each one of you, whatever your responsibility; however great or small, we share a love for this Region.

Along with all the new hopes and promises that the New Year would bring. Hope it also brings us a lot more opportunities to work together. Wish you and your family a Great, Prosperous, Blissful, Healthy, Bright, Delightful, Energetic and Extremely Happy, HAPPY NEW YEAR 2018.

CHAIRPERSON WESTERN CAPE TRANSPLANT SPORTS  
ASSOCIATION: HERMANN STEYN

## Preparing for the National Transplant Games 2018

By Vivian de Klerk

Each transplant athlete is unique and have their different challenges and methods to prepare for an important event.

With 2018 being a National Transplant Games year, I though it would be interesting to ask some of the Western Cape athletes how they prepare and train for the National Games.

Here are a few tips and “secrets” from the athletes...

### Rentia le Roux



**Transplant and year of transplant:** Kidney transplant, September 2011.

**What events will you enter this year?** 100m Sprint, Javelin, Ball Throw, Long Jump and Petanque.

**How do you prepare and train for the National Transplant Games?** To be well prepared for the NTG, I follow a healthy eating plan and try to exercise five days a week. I do strength and weight training with a personal trainer twice a week and the other three days I do cardio exercise, like spinning classes or road or treadmill running. Some evenings I go to the athletics track to practice. Getting a good night’s rest is also very important.

**How do you manage to be a full-time mom and an athlete?** It is quite a challenge to be a full-time mom and athlete, but not impossible. Time management is very important, so I do my gym training in the morning and then I am free in the afternoon to attend my son’s different sport practices and games.

When I do track training in the evenings, the rest of the family who is able to, joins me and helps me with training. We get to spent family time while getting fit! If it is possible, we do park runs together on a Saturday morning. My husband and children are my biggest supporters. They allow me the time to rain and get fit and therefore it make it easy for me to be a wife/mom and athlete!

### Herculaas Lamprecht

*Final year BCom: Investment Management student, University of Stellenbosch*



**Transplant and year of transplant:** Bone Marrow Transplant, 2011

**What events will you enter this year?** I was planning to enter the 400m and 800m track events but unfortunately will not be able to attend the National Transplant Games in July 2018 due to focussing on my

final year studies at Stellenbosch. I will still train for a special re-qualification opportunity in order to qualify and be selected for the National Team traveling to the UK in 2019 for the World Transplant Games.

**Being a full-time student, how do you manage your studies and training?** My studies come first, sport second and my social life third. I try to plan well-ahead in order to maintain this balance between studies, sports and friends. I will allocate at least seven hours a day to my studies, three hours to sport and about two hours to social events.

**How do you prepare for the National Transplant Games?** I train at least twice a day; one running session and one gym session. Most of my running training is aimed at speed and endurance training.

**Do you have any tips to other athletes who will be competing at the National Transplant Games?** “If you give your best you are already a winner”.

### Massimo Orione

*Owner at Massimo’s Restaurant, Hout Bay*



**Transplant and year of transplant:**

Bone marrow transplant in 2013.

Diagnosed with Policytemia vera, that became myelofibrosis and leukaemia. My sister Loretta was my donor, so I had

to go to Italy to have my transplant.

**What events will you enter this year?** I will do the 5000m road race.

Is this your first time competing at the National Transplant Games? Yes, it's my first ever competition. I am very excited as I was never keen of sports even when I was young. I only started running and playing a bit of tennis in my forties but had to stop when I got ill.

How are you preparing for the National Transplant Games? I have a personal trainer assisting with my preparations at the local Velocity Gym. I run three times a week and do other exercise two times a week. I hope to do well at the National Transplant Games. I am even missing my niece's wedding in Italy; so, I can't fail!

## Kyle Southworth

Grade 7 student, Cannons Creek Independent School



**Who is Kyle?** Hi, I am Kyle, I am 12 turning 13 this April. I am at Cannons Creek Independent School in grade 7. I have great friends at school. This photo (left) is of me last year when I played in a National indoor hockey tournament.

**Transplant and year of transplant:** I had a liver transplant on the 26<sup>th</sup> of September 2006 when I was 1 year old.

Are you competing in any sport at school and what sport if so? I am playing touch rugby twice a week and indoor hockey which I love. In winter I play squash and outdoor hockey at school. I love playing team sports with my friends. Hockey is my "fave".

Have you competed at previous Transplant Games?

Yes, I competed in the National Games in Stellenbosch in 2012 and in the World Games when it was in Durban in 2013. I had lots of fun.

I see that you have been awarded Protea Colours before. Are you proud of your achievements? Yes, it was cool because I got to meet Helen Zille and Patricia De Lille and represent my country. I loved meeting people from all over the world like China, England and Holland. We swapped our countries pins and I put them on my Protea cap. Most of all I am proud because I was fit enough to compete, and I won medals.

What's our advice to other transplant athletes your age?

Take part in sport. It is such fun to play with your friends and meet new friends. Just do it, stay fit to keep healthy.

*The South African National Transplant Games takes place from 12-15 July 2018 in Port Elizabeth.*

## Elmar Sprink, worlds fittest heart transplant athlete, train in the Western Cape

Vivian de Klerk



Elmar Sprink, a heart transplant recipient and world-renowned triathlete from Germany, recently took time out of his busy training schedule to talk to me about his training the Western Cape.

When I met up with Elmar in the beautiful Farm Village in Noordhoek, Cape Town, he looked relaxed and rested. This is a man

who cycled approximately 1700 km in the two and a half weeks that he was in South Africa. A very impressive feat for a heart transplant recipient who will be celebrating six years with his donor heart this year.

Elmar lives in Cologne, Germany and recently spent a few weeks in the Western Cape to train for the upcoming IRONMAN events he will be competing in this year.

In 2010, ten days after competing in an IRONMAN event in Austria, Elmar went into cardiac arrest and his heart was damaged to such an extent that he eventually needed a heart transplant. In 2012 the doctors gave him just two days to live. He had to receive a ventricular assist device (VAD) and was connected to an ECMO-machine (extracorporeal membrane oxygenation) that kept him alive and his heart pumping until finally, on the 9<sup>th</sup> of June 2012, he received his life saving heart transplant. He had to learn to sit, stand and walk again after spending such a long time in bed and lost most of his muscles.

Exactly one year after his transplant he was competing in his first IRONMAN competition again. He worked his way back to health and fitness and has since successfully completed several IRONMAN competitions (including Hawaii) and even the brutal Absa Cape Epic in South Africa. Some of his other feats include the BIKE Transalp

and the Transalpine-Run, described as the toughest Trail Run in the world.

I was curious to know why this man, better known as “IRON HEART” among his fellow athletes, choose to train in the Western Cape. Elmar says that Germany is currently experiencing a very cold winter and that the sunny weather in the Western Cape is one of the main reasons for him to train here. Because of the cold weather that Germany is experiencing many people there are also getting sick and this places him at risk of infection. He says that Stellenbosch is also renowned among triathletes and offers great biking, running and swimming opportunities.

Elmar might be going to the European Transplant Games this year, but it is not his main focus at this stage. He is currently focused and training for triathlon and came to South Africa to prepare for three upcoming IRONMAN events namely the 70.3 IRONMAN in Texas on the 8<sup>th</sup> of April, the 70.3 Austria IRONMAN on the 27<sup>th</sup> of May and the Full distance IRONMAN in Austria on the 1<sup>st</sup> of July 2018.

The Austria IRONMAN is the one competition that really lies close to Elmar’s heart. In 2010, ten days before he went into cardiac arrest that eventually led to his heart failure, this was the race that he was competing in. He couldn’t finish it then and Elmar says that finishing the race this year would be like “closing a book” for him.

Training for triathlons is hard work and Elmar had to change his approach to training after his heart transplant. After his transplant he had to learn how to walk again and six months after his transplant he was able to walk approximately half a kilometre. One year after his transplant he was competing in his first “small” triathlon.

Elmar says he listens to his body and although he now follows a planned trained programme he will adjust his training according to how he feels. He tests his body and monitor how his body reacted to strenuous exercise. In 2017 he started pushing his body further and harder than before and it was realised by medical professionals that the interval training he was doing on his bicycle cause the nerves to grow back to his transplanted heart.

Elmar says that his “heart is connected to his body again”. Although his new heart is connected to pump the blood in his body, the growing nerves to his heart might be the reason why he is probably fitter than any other heart transplant athlete on this planet.

Although this might be one of the reasons for his fitness, he is also training harder than most other transplant athletes and demonstrating what can be achieved after a lifesaving transplant. Elmar has been doing triathlon for several years and emphasises that he knows when he has

had enough training. He always listens to his body and he gradually builds towards his goals.

He says that training for a big event like IRONMAN can be compared to building a house. The foundation must be strong before you can go higher and build the roof. Because of the anti-rejection medication that he uses, his body takes longer to heal than other athletes. He takes time out to rest in order for his body to rejuvenate itself and uses proper nutrition when he trains hard.

Elmar’s advice to people who wants to start exercise after a transplant is to start slowly and build from there. “Do not go as fast as you like, but take it easy”. Exercise can reduce the side effects of some of the medication that most transplant patients have to take. Elmar says that you don’t have to go out and do an IRONMAN two year after your transplant like he did, but any sports like easy cycling and swimming will benefit you after a transplant. “By sitting at home, you are not trusting your new organ...”.

Follow Elmar’s journey at [www.elmarsprink.de](http://www.elmarsprink.de)



All photos supplied by Elmar Sprink

# UPCOMING EVENTS:

## WCTSA Social Function

4 March 2018

The Western Cape Transplant Sports Association Management Committee is delighted to invite all our members and their families to a social function on Sunday, 4 March 2018 from 12:00. It will take place at the Milnerton Cricket Club, Theo Marais Park, Koeberg Road, Milnerton.

Contact Annette Kruger for further info: [secretaryWCTSA@transplantsports.org.za](mailto:secretaryWCTSA@transplantsports.org.za)



## Western Cape Transplant Sports Association 2018 Golf Day

4 May 2018

Our annual Golf Day to raise funds for the Western Cape athletes will once again be held at the award-winning Pearl Valley Golf Estate on Friday, 4 May 2018 at 12:00.

We again rely on your support to assist in securing Four Ball entries and sponsorships for this event. By making this event a success the WCTSA will be generating sufficient funds to assist our athletes for upcoming events like the World Transplant Games in 2019.

Contact Richard Gill of Golf-Corp: [richard@gorp-golf.co.za](mailto:richard@gorp-golf.co.za) | 083 463 4230

Or

Annette Kruger: [secretaryWCTSA@transplantsports.org.za](mailto:secretaryWCTSA@transplantsports.org.za)

## 2018 South African National Transplant Games

Port Elizabeth, South Africa

12 - 15 July 2018

Please contact Hermann Steyn (Executive Secretary) for details:

[admin@transplantsports.org.za](mailto:admin@transplantsports.org.za)

