



WESTERN CAPE
TRANSPLANT SPORTS
ASSOCIATION

Transplant Sports News

A word from the Chairperson



This year got off to a very fast start and one can hardly believe that we are already in May. After a very difficult previous two years it feels like the world of sport is slowly but surely getting back to normal with major events

like the Cape Town Cycle Tour and the Two Oceans Marathon being hosted again with great success. It is great to see our Transplant Sporting community starting to practice sport again and participating in events.

This year marks an important one for us as our National Transplant Games will take place in July 2022. This is always a special date on our sporting calendar. The National Transplant Games brings our Transplant community together every second year. This is our first opportunity to qualify for the 2023 World Transplant Games but most importantly; it's our first time in almost two years to see our fellow transplant athletes again, compete in a friendly environment and most importantly: create awareness around organ donation and transplantation in South Africa.

Team Transplant will travel to Gqeberha without some dear friends, top athletes, and great leaders that we lost during the Covid-19 pandemic. We remember them and aim to celebrate life in honour of our fallen friends and their families.

We also have our AGM this year where the Regions and SATSA will elect new management committees. We urge all our members to be a part of this process and attend the AGM's. This process is necessary to

ensure that our organisation stays healthy and that we can give you all the opportunities to travel to National and International events to represent South Africa.

I would like to congratulate each athlete and member of our team. We have already seen amazing achievements during the past months. I am especially proud of all our new members and look forward to the rest of the year. Keep fit and healthy.

Yours in Transplant Sports

VIVIAN DE KLERK

Interim Chairperson: Western Cape Transplant Sports Association

www.transplantsports.org.za



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Development Day 2022

The WCTSA had the opportunity to host a Development Day for our athletes at Bellville Athletics Track on 26 March 2022.

The aim of the day was to get our athletes in contact with professional and qualified coaches to prepare them for their journey to the National Transplant Games taking place later this year.

Coach Zain Lamara and his team welcomed our athletes at the Bellville Athletics track and started the day of with a warm-up session. Hereafter it was off to the throws. Lamara focused on the various throw techniques and athletes were given the opportunity to put the coaching to practice.



The day was enjoyed by athletes, their families, and supporters.

The WCTSA would like to thank the Western Cape Department of Cultural Affairs and Sports for the financial assistance to make this day possible, Bellville Athletics Club for making the track available

for our use and Zain Lamara and his incredible coaching team for assisting us during the day.

Any athlete that would like to become a member of Bellville Athletics Club, please contact Rentia le Roux for further details (vice-chair@wctsa.org.za)



Cape Town Cycle Tour

The Cape Town Cycle Tour took place on 13 March 2022 with two Western Cape cyclist, John Connell and Bradley Arendse, entering this iconic race.



This was to be Bradley's third Cycle Tour since his kidney transplant in November 2019. He proudly represented Transplant Sports and successfully completed the race.

John Connell started the race in good spirits but unfortunately his Tour was cut short by an accident. John was unharmed, but his wheel was not so lucky.

Congratulations to both on you for entering and training for this 109km Cycle Tour.



SA Masters Swimming Championships

Jeandre Geldenhuys showed why he can be regarded as one of South Africa's top Transplant Swimmers. He took part in the SA Masters Swimming Championships in Cape Town recently and walked away with a bunch of medals.

The 37th SAMA National Masters competition took place from 9 – 13 March 2022 at the University of the Western Cape in Cape Town.

Jeandre swam three personal best times, two Transplant SA records, three Transplant World records and won four gold, five silver and one bronze medal.

Jeandre is in the top 20 swimmers in the world in his age category and was also selected to be part of the Arena Swimwear Programme.

Jeandre is currently training towards the 2023 World Transplant Games where he would like to represent South Africa.

We wish him all the best with his road to Perth and look forward to seeing this swimmer go from strength to strength.



Two Oceans Marathon

The iconic Two Oceans half Marathon and Marathon took place on 16 -17 April 2022 around the beautiful southern suburbs of Cape Town. This year Transplant Sports and the Organ Donor Foundation decided to partner to create awareness around organ and tissue donation in South Africa.

A total of 17 runners from all over South Africa formed part of Team Transplant SA/ODF.

Lumarie Alers, a mother and teachers from Humansdorp, initiated the run after hearing that her mother might be needing a kidney transplant. With the help of Heiliie Uys, they were able to get 17 runners to run for this incredible cause. Of the 17 runners, two were Western Cape Transplant Sports members.

Melda Ruiters and Chantel Memziwa, both bone marrow/stem cell transplant recipients, successfully completed the half marathon.

The runners and supporters, all wearing Team Transplant shirts, created a stir around the race and got the chance to talk about organ donation and transplantation.

We thank the organisers and participants for their effort in raising much needed awareness around organ donation.



DONOR PARTICIPATION IN SPORTS EVENTS

Donor families and living donors are invited to participate in four special events in the schedule:

- 5km Road Run
- Power walk (5km men / 3km woman)
- 100m athletic sprint
- Ball Throw

Please contact the SATSA Executive Secretary if you are interested in participating – Cell 082 874 2277

DEADLINE: 31ST MARCH 2022



WCTSA AGM 2022

DATE: SAT, 21 MAY 2022

TIME: 10:00

VENUE: PAYSOFT OFFICES, GROUND FLOOR, COURTYARD BUILDING 2, WEST PARK, CENTURY CITY, 7441



SOUTH AFRICAN
TRANSPLANT SPORTS
ASSOCIATION

NATIONAL TRANSPLANT GAMES

Gqeberha, 7th to 10th July 2022

Organ and Bone-marrow recipients from ages 5 to 70+ will be participating in the National Transplant Games

The Games will consist of the following Sports:

FRIDAY 8 JULY:	
Badminton	Road running
Cycling	Squash
Darts	Swimming
Golf	Table Tennis
Lawn Bowls	Tennis
Petanque (Boule)	Tenpin Bowling

SATURDAY 9 JULY:

Athletics
(Track & Field)

Nelson Mandela University Stadium

**SUPPORTERS WELCOME
NO ENTRANCE FEE**

FOR FURTHER INFORMATION:

Jan Marais
082 874 2277

Willie Uys
082 442 1210

Heilie Uys
082 465 0935

or visit
www.transplantsports.org.za



All Covid protocols will be adhered to!



PLEASE CONTACT THE WESTERN CAPE TRANSPLANT SPORTS ASSOCIATION IF YOU HAVE ANY QUESTION RELATED TO TRANSPLANT SPORTS

WE WOULD ALSO LOVE TO PUBLISH YOUR TRANSPLANT RELATED STORY IN OUR NEWSLETTERS.

CONTRIBUTIONS CAN BE EMAILED TO admin@transplantsports.org.za OR chair@wctsa.org.za



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