



WESTERN CAPE
TRANSPLANT SPORTS
ASSOCIATION

April, 2024

Vol. 01

WESTERN CAPE

TRANSPLANT SPORTS

From our Chairperson

Rentia le Roux

2024 has gotten off to a fast start.

Our athletes have been busy with numerous sport events in the Western Cape, from participating in road races, cycling events to triathlons. It is great to see all the photos of how our members are keeping healthy and fit and enjoying the outdoors.

Western Cape Transplant Sports Association hosted a Development Day and we are thankful for the athletes that joined us and trying out new sport codes. Read more about these activities in this newsletter.

From 8 – 12 April, we will be celebrating 30 Years of Transplant Sports in South Africa. Please help us celebrate by joining our 30km activity challenge. Try to run, walk or cycle 30km over the course of the week and create awareness about organ donation and transplantation by sharing your activities on social media.

World Kidney Day was celebrated on 14 May 2024. WCTSA was invited to join Renal Care Society of South Africa at their World Kidney Day Celebrations at the Tygerberg Hospital.

The Local Organising Committee is hard at work, planning the National Transplant Games being hosted in Cape Town from 26-29 September. We are very excited to welcome members from Eastern Cape, KwaZulu Natal & Gauteng to beautiful Cape Town. The National Transplant Games brings our Transplant Community together to compete in a friendly environment, but most importantly create awareness of organ donation & transplantation in South Africa and celebrate life after organ transplants. Less than 6 months to go!

April 2024

"Do the best you can until you know better, Then when you know better, do better" – Maya Angelou

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TRANSPLANT SPORTS

Transplant Sports celebrate 30 years in South Africa



9 April 2024 marks 30 years of Transplant Sports in South Africa.

To celebrate this achievement, SATSA will host a sport week from **8 - 12 April 2024**.

Athletes are encouraged to walk, run or cycle 30km during this week to celebrate the gift of life.

This is an opportunity for our athletes to raise awareness around Transplant Sports and show our gratitude towards our donors and donor families. We encourage participants to share their activity on social media.

Also in this issue

Team Transplant competes at XTERRA Grabouw

World Kidney Day - Kidney Health for All

Transplant Sports Awareness Drives

Cape Town Cycle Tour

Developing our Transplant Athletes

National Transplant Games coming to Cape Town



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Vol. 01

TRANSPLANT SPORTS

Team Transplant competes at XTERRA Grabouw

The Western Cape Transplant Sports Association had two teams competing at this year's Xterra team sprint triathlon in Grabouw. We had a female and male team competing at this event that consisted of a 500m (shortened to 250m due to strong wind) open water swim, 11km mountain bike ride and a 5km trail run. We are super proud of our athletes that competed at this event showing what can be achieved after a lifesaving organ transplant.



XTERRA

SOUTH AFRICA

**TEAM
TRANS
PLANT**

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Female Team:
Merrick Brown - Swim
Vivian de Klerk - Mountain Bike
Anchen van Dyk - Trail Run

Male Team:
Jeandre Geldenhuys - Swim
Bradley Arendse - Mountain Bike
Leendert Winja - Trail Run



TRANSPLANT SPORTS

World Kidney Day - Kidney Health for All



Rentia le Roux raising awareness at Tygerberg Hospital

The theme for the 2024 World Kidney Day was **"Kidney Health for All"**

World Kidney Day is a global campaign that aims to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide. On 15 March 2024 our Chairperson, Rentia le Roux was invited to the Kidney Day Celebrations at Tygerberg Hospital, hosted by Renal Care Society of SA.

She had the privilege to tell her story and to raise awareness of Transplant Sport.

Transplant Sports Awareness Drives

Chantel Menziwa, Melda Ruiters and Mary Anne Johnson raised awareness around Transplant Sports and organ donation at Netcare Kuilsriver during World Cancer Awareness Day in February 2024.

We would like to thank all our athletes and volunteers for going the extra mile in raising awareness and recruiting new athletes.





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TRANSPLANT SPORTS

Cape Town Cycle Tour

We would like to congratulate **Chris Truter** and **Bradley Arendse** on successfully completing this year's Cape Town Cycle Tour on 10 March 2024. This was Chris' first Cycle Tour and Bradley's fourth one. We thank these athletes for raising awareness around Transplant Sports and organ donation in South Africa.



Developing our Transplant Athletes

On Saturday, 9 March 2024 the WCTSA hosted an athletics development day at the Parow Athletics Stadium. This gave our athletes the opportunity to get coaching in different throwing disciplines from coach Zain Lamara. Coach Zain took the athletes through a warm-up session after which they got training in javelin, discus and shot-put. We would like to thank the Western Cape Department of Cultural Affairs and Sport for the financial contribution towards development of our Transplant Athletes in the Western Cape.



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TRANSPLANT SPORTS

National Transplant Games coming to Cape Town

The South African National Transplant Games will be hosted in Cape Town from 26 - 29 September 2024. This event takes place every second year in South Africa. The aim is to bring together organ and bone marrow/stem cell recipients from all the regions of our country to compete in various sporting codes and by this showing what can be achieved after a lifesaving organ transplant.

This year we will also have categories where living donors can participate.

The National Transplant Games will also be the first opportunity for our athletes to qualify for the 2025 World Transplant Games taking place in Germany.

The Local Organising Committee is hard at work to ensure that this Transplant Games will be as well planned and executed as the previous Games.

The athletes can look forward to competing at world class venues in and around Cape Town.

The Western Cape Transplant Sports Association looks forward to welcoming Team Transplant in Cape Town.



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