



KWAZULU-NATAL

TRANSPLANT SPORTS
ASSOCIATION

THE KZNTSA TEAM SHINES AT THE WORLD TRANSPLANT GAMES

The KZNTSA team — Sean Samujh, Anil Balmakund, Mark Nortjie, Nora Simpson, Vivek Reddy, Billy Macleod, and Deven Naidu — proudly represented South Africa at the World Transplant Games with grit, determination and true sportsmanship. Our athletes excelled across their respective sporting codes, with Mark Nortjie, Nora Simpson and Anil Balmakund bringing home medals and contributing to the South African Transplant Team's impressive tally of **71 medals** (25 Gold, 20 Silver, 26 Bronze). KZNTSA extends its heartfelt thanks to our donors, Raveena Singh-Naidu and Nolette Khan as well as our supporters Aradhana Naidu, Iris Samujh, and Selina Reddy, for their unwavering support throughout the Games.

As a first-time participant, the Games were an unforgettable experience for me. Interacting with transplant athletes from across the globe was incredibly inspiring. A powerful shared message united everyone in attendance: raising organ donor awareness and celebrating the precious gift of a second chance at life. Germany proved to be wonderful hosts, with world-class facilities and warm hospitality. Our sincere thanks go to the World Transplant Games organising committee for delivering an outstanding event, and to SATSA for the immense work behind the scenes in preparing and supporting Team SA.

KZNTSA is also deeply grateful for the exceptional media support leading up to the Games. Our athletes were featured in several print and online publications and participated in radio interviews, helping us spread the vital message of organ donation and honouring the journey of transplant recipients.

What's Next for KZNTSA?

As we look ahead, our focus is on strengthening and growing our province's participation at the 2026 National Transplant Games. Key priorities include:

- Creating more sporting opportunities for members to experience and try out different codes of sport
- Expanding our fundraising efforts to support athletes
- Reaching out to hospitals and transplant units to assist recipients who may not have the financial means to compete nationally

KZNTSA extends heartfelt appreciation to our supporters, sponsors, medical teams, donors and donor families. Your unwavering belief in our athletes and in the KZN transplant community inspires us daily.



DEVEN NAIDU

From the Chairperson's Desk

Wishing you and your families a joyful and safe festive season. Enjoy the holidays — and we look forward to reconnecting in 2026!



The following KZNTSA members were in attendance at the **KZNTSA AGM** held at Lenmed Ethekwini Hospital in August 2025: Raveena Singh Naidu, Cindy Goldie, Vimla Reddy, Anil Balmakund, Sean Samujh, Deven Naidu, Vivek Reddy and Iris Samujh.



TRIUMPH THROUGH TRANSPLANT – MY JOURNEY FROM PIETERMARITZBURG TO THE WORLD STAGE

As a Pietermaritzburg-born athlete now living in Newlands East and proudly representing New Generation Athletic Club, I am truly humbled and honoured to share my journey from battling kidney failure to standing on the world stage at the World Transplant Games in Germany. Earning my senior national colours and representing South Africa was a dream come true. I was blessed to bring home gold in the long jump, silver in the high jump, and another silver in the 100m relay. These medals mean so much more than sport — they represent life, resilience, and the power of a second chance.

What made this experience even more meaningful was sharing it with my sister, who is also my organ donor. She competed in the donor category and proudly won silver in the ball throw. To stand beside her, knowing she gave me the gift of life, was one of the most emotional and powerful moments I've ever experienced. This journey has reminded me that sport is not just about competition — it's about hope, unity, and celebrating life. I want to thank everyone who has supported me throughout this incredible journey — my family, coaches, teammates, friends, and the entire community who stood by me. Your encouragement kept me going when times were tough.

Through the KZN Transplant Sports Association (KZNTSA), we continue to raise organ donor awareness, encouraging others to give the ultimate gift — the gift of life. I am living proof that a transplant is not the end of your story, but the beginning of a new one. With faith, determination, and support, you can overcome anything. This second chance at life has allowed me to triumph through sport — and for that, I am forever grateful.



KZNTSA WARMLY WELCOMES OUR NEW MANAGEMENT COMMITTEE MEMBERS, IRIS SAMUJH AND VIVEK REDDY

KZNTSA MANAGEMENT COMMITTEE

Chairperson	Deven Naidu
Vice Chair	Anil Balmakund
Secretary	Vimla Reddy
Treasurer	Matthew Moffatt
Additional Members	Mark Nortjie, Iris Samujh, Sean Samujh Cindy Goldie & Vivek Reddy





VIVEK REDDY SHARED HIS INSPIRING TRANSPLANT JOURNEY

at the Chatsworth Vernacular School Institute. His story, featured below, was published in the Post Plus on 16 October 2025.



8 Thursday, October 16 2025

POST PLUS

Because someone said yes

YOGIN DEVAN

SUCCESSFUL kidney transplant

patient Vivek Reddy, 56, who competed in the World Transplant Games in August, has made

an impassioned plea for people to register as organ donors.

Speaking at the reunion function of descendants of pioneer Chatsworth farmers hosted by the Chatsworth Vernacular School Institute, Reddy said he stood before the audience not as a miracle, but as a testament to grit, grace, and the quiet power of human generosity.

He said there was a time when his life was measured in hours hooked to a dialysis machine. He carried his laptop and continued working as an IT account manager even as his blood was being filtered for five hours, three times a week.

"I knew the statistics. I knew the odds. But I also knew something deeper: I was not done living. And then, one day, the call came. A donor kidney – an anonymous gift from someone who, in their final moment, chose to say yes. That yes didn't just save my life. It reignited it. Since then, I've asked myself: how do you honour a gift like that? How do you repay a debt that cannot be measured? You speak. You act. You call on others to do the same.

"So today, I ask you – not with pity, but with purpose – to register as organ donors. Because somebody said yes, I have been able to excel in my job, receiving



DERICK Reddy, from left, Vivek Reddy, Selina Reddy, and Joyce Manikam at the reunion | Yoshini Perumal

awards for being a Top Performer in 2019, 2022, 2023, 2024 and 2025 – each of these awards giving my wife and I the opportunity to travel the world.

"Because somebody said yes, I've been able to watch my girls grow up and experience milestones, such as attaining good matric results, entering into university, passing their driver's licence tests, graduate and continue their journeys to create their dreams.

"I've been part of all of that," said Reddy, adding that the crowning glory of his successful kidney transplant was being chosen to represent South Africa in squash at the World Transplant Games in Dresden, Germany.

Although he finished fifth in his division, he has already started training for the World Transplant Games in 2027 to be held in Belgium.

Meanwhile, he has become an ambassador for organ donor registration so that "someone else gets to dance at their child's wedding, finish a degree, or simply breathe without pain".

"This isn't just about medicine – it is a moral triumph. Organ donation is the ultimate act of solidarity, transcending

race, religion, and class. It is proof that even in loss, we can choose to give life. "I am here because someone said yes. Let that yes echo through our communities, our families, our hearts," Reddy said.

He said an organ donor could save seven lives by donating two kidneys, heart, liver, lungs, pancreas and small intestine. There is also tissue donation like skin, cornea and heart valves.

"In South Africa, we have more than 2580 people waiting for various lifesaving organ transplants. Unfortunately only 0.2% of South Africans are registered for organ donation. You can make a difference – please register as an organ donor or just talk to your family members and educate them on what this means," Reddy added.

◆ To register as an organ donor, call the Organ Donor Foundation toll-free at 0800226611 or register online at www.odf.org.za. After registering, you will receive an organ donor card to carry and a sticker to place on your ID and driver's licence. It is also crucial to inform your family of your decision so they can honour your wish.



Date: Saturday 18 October 2025
Venue: Siphosethu Grounds, Mount Edgecombe
Time: Race starts @ 6.30am { Registration @6am }

Mystery Pizes to be won!!
R5000 cash prize.
T-shirts & Goodie bags
for the first 500 participants

Pre Bookings - EFT Details.
Mt Edgecombe Arts and Cultural council
Bank: FNB ACC NO. 63071749594
Branch: Crescent - Branch Code 250655
Reference: Name, Surname, Diwali Fun Run
POP:
admin@ammenkovil.co.za

Contact: Allen Soobramoney - 082 778 1440 /
Ashnee Maharaj - 074 299 8357

Refreshments will be served.

Race Coordinated
by
Phoenix Villagers.





CON MALHERBE OVERCOMING CHALLENGES

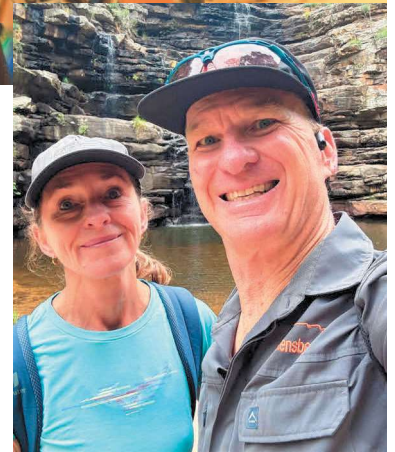
Getting diagnosed with an incurable bone marrow cancer & requiring a life saving stem cell transplant definitely comes with its advantages, 2 of which come to mind as I recap my story for you guys in the most idealistic setting at the Pumula Beach Hotel on The South Coast of KZN whilst celebrating our 24th wedding anniversary. First up is that my dear wife told me recently that post my transplant I have become a much better person, amazing what life has to drag you through to see things differently & appreciate what you have. Then I've been invited by CANSA to take on the worlds toughest mountain bike stage race, The Absa Cape Epic in March 2026, a 2 man team event in which both riders have to endure the 8 gruelling days & ultimately crossing the finish line together. My logical choice of partner was a young man I've been working closely with whilst building on my latest "Content Creator" hobby & that is filming & telling stories off my e-bike. Jared Hinde is himself a warrior & together we're teaming up as the CANSA Warriors to inspire people in general but in particular those with health challenges who may have lost hope.

It was November 2020 when Con Malherbe heard the dreaded words "you have cancer" from his doctor. The cancer his doctor was referring to was Myeloma, an incurable form of bone marrow cancer. Fortunately, it had been caught early. Con quickly adopted a number of healthy lifestyle habits and soon abandoned all processed foods. Following a mostly plant-based, gluten and dairy-free diet, he soon lost 10 kg and was living his most healthy life. He was able to win the SA Grand Master Marathon Mountain Bike Champs in early 2022 as well as win his category in the Sani2C and Berg and Bush MTB stage races, he also placed second Grand Master, and 21st overall, at the 9 day Joberg2C event during this period. We believe that these lifestyle changes were responsible for slowing the progression of the disease,



giving Con two great years of being the fittest he's ever been, and leading him into the transplant in a really good state of being.

Con remained asymptomatic up until November 2022, when things got real and he started chemo treatment leading up to his stem cell transplant in May 2023. Con had a "complete response" and one year post stem cell transplant, he had no discernible cancer in his body.



Sue and Con Malherbe

For me overcoming this challenge will set me up perfectly for Team South Africa & the opportunity to compete in the world transplant games in Belgium 2027!

CELEBRATING THE INCREDIBLE GIFT

By: Jeshika Deoraj

The blazer ceremony was a deeply meaningful moment as our KZNTSA team prepared to represent Team South Africa at the World Transplant Games.

For me, it was especially significant - celebrating the incredible gift of life and the power of organ donation. In January 2017, I underwent an emergency liver transplant at Donald Gordon Medical Centre after being airlifted in critical condition from Life Mt Edgecombe Hospital. Doctors were unsure I would survive, but thanks to the selfless act of an organ donor/family and the dedication of the medical team, I was given a second chance at life — a gift I will forever be grateful for.

Attending the blazer ceremony reminded me how far I've come and how many lives have been touched through organ donation. It was an honour to celebrate alongside fellow transplant recipients, each with their own story of courage and hope. This event was more than just a celebration of sport - it was a celebration of life, resilience, and the generosity of donors or donor families who make miracles possible.





PROTEA BLAZER CEREMONY - CELEBRATING ACHIEVEMENT

On 26 July 2025, KZNTSA hosted a memorable Protea Blazer Ceremony at the Mount Edgecombe Country Club. This special event, sponsored by Lenmed Ethekwini Hospital, marked a significant milestone in our journey. Guest speaker Mr Niresh Bechan, CEO of Lenmed Ethekwini Hospital, proudly awarded blazers to the athletes — including one of his own transplant patients, Deven Naidu, who will be representing South Africa at the WTG for the first time. With over 50 guests in attendance, the ceremony was filled with emotion, pride, and powerful testimonies. Each athlete shared their unique journey — overcoming adversity, embracing their second chance at life, and using sport as a platform to honour their donors and raise awareness about organ donation.





KZNTSA EXTENDS HEARTFELT GRATITUDE FOR THE MEDIA SUPPORT IN 2025



Sean Samujh, radio presenter Zakia Ahmed Siddiqui of Lotus FM, Mark Nortjie and Deven Naidu

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Nireesh Bechan (Lenmed eThekweni Hospital and Heart Centre CEO), Raveena Singh-Naidu (donor), Deven Naidu (kidney transplant recipient) and Cindy Goldie (Lenmed transplant manager).

Image: Supplied



The Protea Blazer Ceremony featured 3rd on their Website on 16 August 2025

Deven Naidu and Mark Nortjie with Hindvani presenters Vinay Hansraj and Asha Thakor

Nora Simpson featured in the Ladysmith Community Newspaper



HERO 777 DONOR TRIBUTE DAY 2025



Cindy Goldie addressing guests at the beautiful Donor Memorial site in the Durban Botanic Gardens

Deven Naidu and Cindy Goldie with Tania Nabal (Donor)



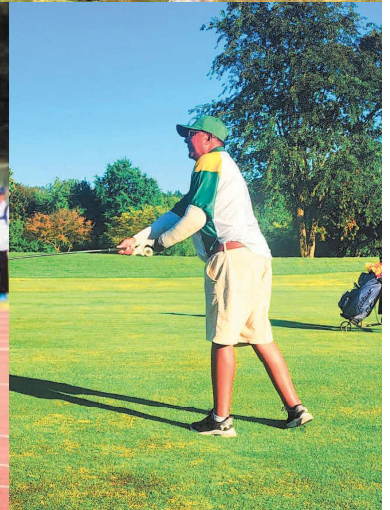


2025 WORLD TRANSPLANT GAMES - SA TRANSPLANT TEAM IN PICTURES...





2025 WORLD TRANSPLANT GAMES - SA TRANSPLANT TEAM IN PICTURES...





UP COMING EVENTS

KZNTSA members are invited to join the team for a fun afternoon of golf driving practice and a friendly game of pétanque, culminating in a relaxed braai as we bring the year to a close.

With our team participating at the World Transplant Games, 2025 has been a year filled with training sessions and dedication to staying fit and ready to compete with the world's best transplant recipients. It's now time to reflect, unwind, and enjoy great moments together as members.

KZNTSA will be organising more sporting events in 2026, and details will be shared via our social media platforms and WhatsApp group.

We look forward to an exciting 2026!




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Join us for a
GOLF PRACTICE SESSION
WEDNESDAY, 26 NOVEMBER 2025
MOUNT EDGECOMBE DRIVING RANGE
42 CORNUBIA DR, MOUNT EDGECOMBE
17H00 TO 18H30



KZNTSA Year-End Social

Kick off the afternoon with a friendly Petanque game, then stay for the fun and celebration as we end the year on a high note!

When:

13 DECEMBER 2025

Where:

**Scouts Hall, Essenwood Berea
(near botanical garden)**

Time: 13h00

**RSVP: Vimlar21@gmail.com
before 28 November 2025**

Interested in transplant sports? Become a member today!