



The Pink Drive will again be the beneficiary of this weekend's Bobbies 3-in-1 road race. Photo: Stephen Selaluke

# Bobbies road race returns

**'The annual Bobbies 3-in-1 road race in Aid of PinkDrive takes place on Saturday at the Wonderboom Junction.'**

On Saturday 10 March 2018 Wonderboom Junction will host the 8th annual Bobbies road running event.

The race is held in Aid of PinkDrive, an NGO organization with the focus on the prevention of Breast, Prostate and Testicular cancer.

A PinkDrive truck will be available at the race to do free screenings and it will also offer of the tenants of the centre, will also be doing free cholesterol and blood sugar tests on the day of the race.

The event starts and finishes at the Wonderboom Junction Shopping Centre, which is located on the corner of Lavender Road.

The route runs through the suburbs of Wonderboom, Annlin, Sinoville and Magalieskruin.

In recent years the event has than 5 000 runners took part in 2017. The race consists of a 21.1km half-marathon, 10km road race and 5km fun run (or walk).

The half marathon and 10km races will start at 06:00 and the fun run at 06:15. Medals will be given to all participants who complete the race.

A R3 000 cash prize will be handed over to the school with the most entries in the 5km fun run.

# A remarkable tale of gain with lots of pain

Kaleb van der Merwe is already one of the real heroes of the South African Commonwealth Team without him having swum one stroke. Imagine being in so much pain that you got to be put on a drip in a hospital's intensive care unit.

That is a reality for Van der Merwe. And it does not just happen once in a while. In a lousy month, he could end up in hospital on a few occasions.

In spite of this, the Tuks swimmer has qualified to swim the 100m-breaststroke and the 200m individual medley in the Paralympic S8-category at the Games.

Van der Merwe admits to being relatively inexperienced when it comes to international competitions, however, he is still optimistic about getting a good result.

"If I can equal my best time of 1:43.29 in the breaststroke there is a realistic chance of me qualifying for the finals. But the main goal, for now, is to gain as much experience as possible that will hopefully stand me to good stead in the built-up to the 2020 Paralympic Games in Tokyo," said Van der Merwe who holds six South African and two African records in his category.

His best time in the 200m individual medley is a time of 2:46.86.

Van der Merwe was always passionate about participating in sport because his family

words he was not that good but he enjoyed every moment being out on the sports field.

In 2009, Van der Merwe's life was changed irrevocably. He was involved in a serious motor accident.

"Don't ask me what happened because I cannot remember anything. My right arm and shoulder got so badly injured that I am paralysed. I got no feeling. I can move my fingers a bit, but that is pretty much it," he explained.

The medical term for his condition is brachial plexus. A brachial plexus injury occurs when these nerves are stretched, compressed, or in the most severe cases, ripped apart or torn away from the spinal cord.

His dad, Gerhard, said there was no chance of recovery. He was the one who suggested swimming.

"I did, but I did not enjoy it at all. After just one week I quit," said Van der Merwe.

"A few months later I decided to give swimming another go. My dad arranged for a personal instructor at the gym to coach me. After a few months of training, the instructor advised my dad that I should get proper coaching," said the first-year law student at Tuks.

That led to him ending up matriculating at TuksSport High School where he was and still is being coached by Rocco Meiring.

"Swimming has certainly