

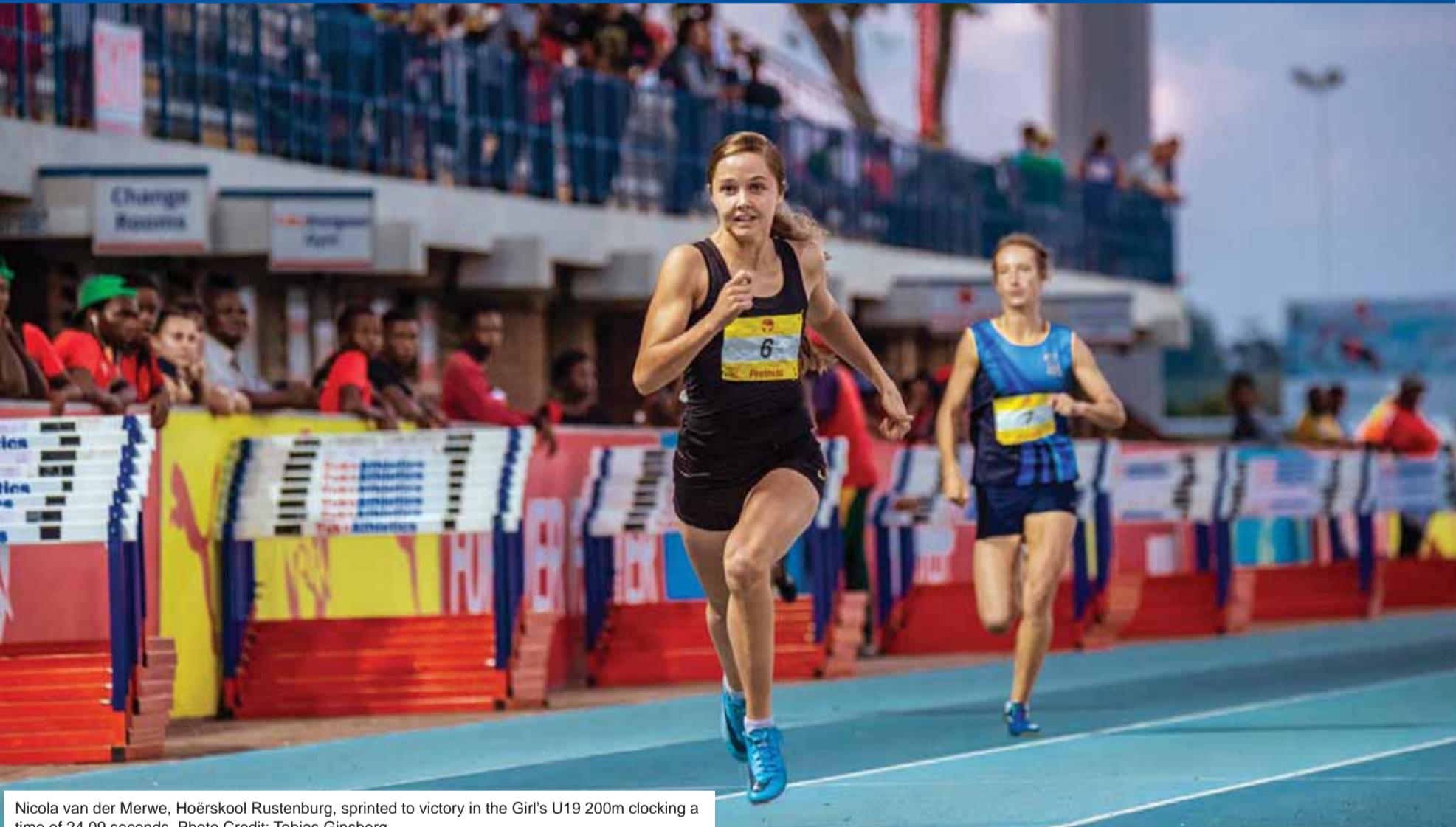


PLATINUM
Weekblad/Weekly

SPORT

PUMA SCHOOL OF SPEED

#4 DELIVERS #FASTTIMES IN PRETORIA



Nicola van der Merwe, Hoërskool Rustenburg, sprinted to victory in the Girl's U19 200m clocking a time of 24.09 seconds. Photo Credit: Tobias Ginsberg.

Pretoria – Track and field supporters were treated to a speed storm of note on Saturday 2 March, with stars following in the footsteps of the world's fastest man Usain Bolt at the PUMA School of Speed #4 that was hosted at the LC de Villiers sportsground in Pretoria.

Launched in November 2016 by PUMA and Stillwater Sports, the series is committed to the development of athletics talent in South Africa by discovering the fastest young Speedsters.

Catering for track and field stars between the ages of 14-19, the PUMA School of Speed Series

features the following events: 100m, 200m, 400m, 800m, 1500m, long jump, high jump, 100m

hurdles (boys 15, girls 17 and 19 only), 90m hurdles (girls 15 only) and 90m hurdles (girls 15 only) and 110m hurdles (boys 17 and 19 only).

Hoërskool Rustenburg's Nicola van der Merwe sprinted to victory in the girl's U19 200m, clocking a time of 24.09 seconds. "The PUMA School of Speed is a fantastic opportunity for everyone to compete at," said Nicola. "The spirit is amazing, and the event is really well organized. I wasn't really running to win, but instead just wanted set a good time. I am really happy with the time that I ran."

ENDOMETRIOSIS WON'T GET JENNA DOWN AT THE FNB PLATINUM TRAIL RUN



Buffelspoort/ Rustenburg – Fifteen-year old Jenna Schubach from Rustenburg will take on the 2019 FNB Platinum Trail Run as part of her 'endometriosis awareness' campaign.

Jenna was diagnosed with endometriosis in 2017 at the age of 14. "A basic explanation for endometriosis would be when the tissue of the endometrium sheds and begins to form growths on other organs and surfaces in the body," said Jenna. "I suffered from most of the common symptoms which included: severe pain in the lower abdomen and pelvic cavity, extremely heavy menstruation, lower back pain, nausea and fatigue when my period was due. Endometriosis is normally hereditary, in my case it ran on both my mother and father's side of the family. Common treatments include hormone treatment or surgery to remove growths and cysts."

Jenna's lifestyle changed since her diagnosis. "With the help of friends, family, peers and teachers I began to realise that there was a positive side to the story that I believed was only negative. I've realised that spreading awareness of something, will help those who don't have it or understand, support those who do. I am a member of the Endometriosis Activist Society, which consists of a group of women who are strong enough to talk about their experiences."

Jenna's parents introduced her to the FNB Platinum Trail Run. "They

both work for Westvalle Rustenburg, one of the event sponsors. I felt that this was the kind of vibe that would make raising awareness enjoyable for everybody. We will take on the 8km FNB Platinum Trail Run. Through our participation we hope to create awareness around endometriosis, what it is and how it affects people. Ultimately, I want people to know that yes, myself and 176 million other women suffer from endometriosis, but that hasn't stopped me or them from doing something remarkable. More importantly, we shouldn't treat people in an inferior manner because their chronic condition affects their physical, emotional or mental ability. By taking on the FNB Platinum Trail Run we will prove that we are capable of anything."

When entering the FNB Platinum Trail Run online, trail runners can choose to make a donation towards Jenna's campaign. Alternatively, entrants can also show their support by wearing anything yellow on event day. For further information please email schubachjenna@gmail.com.

EVENT INFORMATION: FNB Magalies Monster MTB Classic

Date: Saturday, 1 June

Venue: ATKV Buffelspoort

EVENT INFORMATION: FNB Platinum Trail Run

Date: Sunday, 2 June

Venue: ATKV Buffelspoort

For more information on the FNB Magalies Monster MTB Classic or FNB Platinum Trail Run contact Stillwater Sports on 082 991 0045, email entries@stillwatersports.com or visit www.stillwatersports.com.