

# A champion with a mission

**I will keep on training and compete up until I feel I have achieved what I set out to do.**

The 2017 athletics season has been a real rollercoaster ride for the South African 400m-hurdles champion, Le Roux Hamman, with definite highlights but unfortunately also disappointments.

In a way, it is a good thing as it means the Tuks/HPC athlete will be a man on a mission at the World Student Games in Tapei when he lines up to race this week.

His best time in the hurdles is 49.24s, but he refuses to believe that he is not capable of running a faster time.

"Thanks to my coach, Lucinda Pienaar, my training has gone well.

"I have been surprised by some of the times I have clocked during training. More importantly with her help, I regained my confidence as an athlete," said Hamman before the team's departure.

The Olympian said 2017 feels to him like it has been two separate years wrapped in one.

"Up to the South African Championships, it felt like a dream season in which I was confident of getting to run my breakthrough race, but then everything started going south," he explained.

A definite highlight for the Tuks/HPC athlete was winning his first senior title at the South African Championships in Potchefstroom.

The biggest disappointment was not being selected to represent South Africa at the World Championships in London in spite of having qualified according to the standards set by the IAAF.

He was also left high and dry mid-season

in Europe when Hennie Kotze (his former coach) informed him that he was no longer able to work with Le Roux.

He said this had a negative impact on his performance and mindset.

"I won't lie. It did hurt me emotionally. It is not as if I am competing in athletics for personal glory," said Le Roux.

"I am an athlete because I love the sport," he said. I will say the most important reason why I am competing is to prove to myself that anything is possible if I put my mind to it."


The reality was that any athlete serious about the sport wanted to be rewarded at some point.

"It might just be to get the chance to test yourself against the world's best. I guess it won't help to dwell too much on what could have

been. I will keep on training and compete up until I feel I have achieved what I set out to do. For now, my focus is just the World Student Games," Hamman concluded.



Le Roux Hamman, the South African 400m-hurdles champion from Pretoria. Photo: Reg Caldecott



**TEL 012 749**

SERVICE PARTS  
ENGINE PARTS  
SUSPENSION PARTS  
BODY PARTS  
ELECTRICAL PARTS

**Daihatsu**  
Service and Engine  
Parts Now In stock!!

42 Bosman  
St Pretoria

MPEA

Vaal Triangle Welkom Nelspruit Bloemfontein West R