

# Her hammer title is only the beginning

At the moment the name Margo-Chéné Coetzee might not mean anything to athletics fans, but the local athlete might just help revive an interest in South African athletics women's field events.

At the recent national championships in Pretoria, the 23-year-old won the women's hammer throw with a distance of 58.97m.

Her performance ranks her fourth on South Africa's all-time list.

Her best is undoubtedly yet to come. For the past three years, she has been battling a severe back injury which made it near impossible for her to throw.

It was the hammer throw coach at TuksAthletics, Renaldo Frechou, who has helped her change her technique to such an extent that she is not in constant pain every time she throws.

Coetzee has made peace with the fact that pain is forever going to be part of her life as long as she competes but at least now it is bearable.

She is confident of being able to throw further.

"There are still a few small little things



Margo-Chéné Coetzee is the new South African champion in hammer throw for women. **Photo: Reg Caldecott**

in my technique that I got to work on. If I get that sorted there is no reason why I can't get past 60m.

"Something I got to work on is to keep my emotions intact after throwing a big one. I should not allow myself to get side-tracked afterwards," she said after winning the SA title.