



# Tuks javelin star on target

Sunette Viljoen, one of Tuks Athletics' new faces, proved at a recent club meeting at Pilditch with a throw of 61.64m that there is no keeping a real champion down.

It was the first time she had competed in a javelin competition since July last year and since she made the move to Pretoria and Tuks.

Understandably she is quite excited to be back on the field doing what she loves most, which is launching a javelin to the best of her ability and seeing it soar.

For the past two years, Viljoen has been plagued by injuries.

In 2017, she missed competing at the World Championships due to a back injury.

Last year her campaign started off with promise when she won a bronze medal at the Gold Coast Commonwealth Games, but unfortunately before the inaugural World Cup in London she was again sidelined with an injury.

A lesser athlete might have decided

enough is enough and Viljoen would have just reason to quit.

At 35 years of age, the Tuks athlete can genuinely claim to have been there, done that and has the T-shirt to prove it.

She won a silver at the 2016 Olympic Games in Rio, and silver and bronze at the respective 2011 and 2015 World Championships. She has also won four medals at the Commonwealth Games.

Her best throw of 69.35m places her sixth on the IAAF ranking list.

However, Viljoen makes it clear that she still has some unfinished business.

"I would love to win gold at the Olympic Games as well as having a real goal at Barbora Spotakova's (Czech Republic) world record of 72.28m," explained Viljoen, who certainly does not lack in motivation.

According to her, she will never get tired of javelin throwing.

"Every morning when I wake up, I only have one goal, and that is to be better than I was yesterday.

"That hunger to succeed still burns in my heart as strong as the first day I started to compete. I want to be a champion.

"To start my season with a throw of 61.64m is exciting.

"I can feel that the hard work I have done during the second part of last year is starting to pay dividends," she said.

Being in a constant quest to find those extra valuable centimetres with each throw is not Viljoen's only passion.

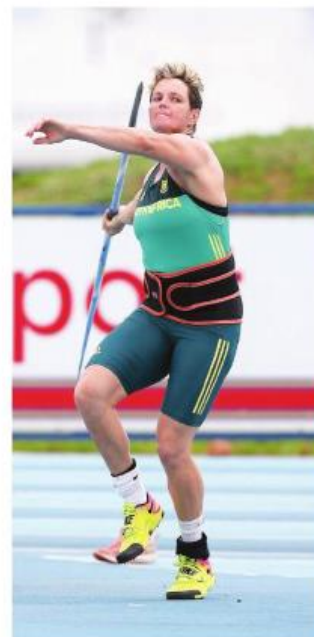
Nowadays she is also an avid cricket supporter. She has even got a favourite team she supports.

No, it is not the Proteas.

It is Afrikaans Hoër Seunskool's under-14 cricket team and with good reason. Her son, Henré, is playing for them.

Viljoen used to be quite a good cricketer herself, representing South Africa between 2000 and 2002.

That included being in action during the 2000 World Cup in New Zealand.



Sunette Viljoen practising at her new athletics home at the Tuks athletics stadium. Photo: Reg Caldecott

