



Cancer survivor inspires

RUAN Ras has the kind of faith, determination and dreams that should inspire all cancer sufferers.

The University of Pretoria star swimmer who was diagnosed with the disease in 2011 is in remission. This has re-ignited his ambition of one day representing South Africa at the Olympic Games.

"I love a challenge. That's what makes life interesting. To face up to goals you have set yourself is a definite way to learn what you are truly capable of achieving," said Ras.

"Having had cancer made me realise that the biggest mistake anyone can make is to let a setback wear them down. Nothing, however bad it might seem at the time, is insurmountable. The secret is to stay true to your dreams and be passionate."

Ras, who graduated in architecture last year, is someone who doesn't know the meaning of the words "giving up".

At the time he was diagnosed with cancer, he was considered a talented swimmer and that's one of the reasons he was never going to allow the "Big C" to get the better of him.

His faith was another crucial factor.

According to Ras, he never worried about dying when given the diagnosis. It was more a case of him being upset because he was not able to swim while undergoing chemotherapy.

"I had set myself goals, and suddenly it looked like I wouldn't be able to achieve them – that was frustrating," said Ras, who wasn't able to swim for six months.

In spite of his arduous study regime, he's not given up on his dream of one day swimming at the Olympics.

His goal is to try to qualify for next year's World Championships in the 200m and 400m individual medley. – African News Agency (ANA)

