

# The Links wins the Inter Golf Club Annual



Above: Tossing the cup again after the Inter Golf Club Annual match were JEFF CLAUSS, CEO St Francis Links with Willie Uys, Captain SFB GC and sponsor Richard Ardenne of Pam Golfing Properties. Far Below: Winners of the Pam Golfing Annual, John and Paul Southwood. Below: The Best Score at the Links was achieved by Janine vd Merwe, GM of SFBGC and Alison Bosch.



St Francis Bay has now not one, but two 'Iron Ladies' with the latest feat by a new comer to this gruelling event, Shelley Donaldson.

Having only run seriously for one year with training, Shelley, like her running coach, Debbi Nevay Hudson, has become an inspiration to all would be competitive athletes out there! Last year Debbi was dubbed an 'Iron Lady' by this paper after completing the gruelling event.

"What a day!" Shelley commented after she crossed the finish line in East London, - a feat not for the faint hearted.

"Rough sea swim, challenging hills and wind on the bike but had a blast on the run! Thanks to all my supporters - you make it worth the effort!" She described the sea swim as tough with heavy swells and strong currents, while the cycle event was challenging with strong head winds and temperatures more than 30 degrees C. With 4 hours to do the half marathon run distance she was confident she would finish.

She said she enjoyed the two laps along the beachfront with great support from family, friends and her number one supporter, husband Keith Donaldson.

She voiced a big thank you to her swim coach, Haydn Holmes at Liquid Lines, her cycle coach husband, Keith, and her running coach - her dear friend and inspiration, Debbi. Not least, she also thanked everyone for all the support on the day from friends in St Francis Bay and around the world.

"I am overwhelmed by the kind comments and hope that my efforts have inspired someone else to go out there and give it a go - anything and everything is possible if you set your mind to it!"

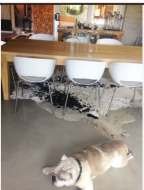
Sadly this year Debbi became ill during the cycling event and missed the bike out time.

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