



# The Heart of an Ironman South Africa

*Elzabe Boshoff*

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## **The Heart of an Ironman South Africa** Elzabe Boshoff

Two best friends have fanatically supported the Spec-Savers Ironman South Africa event over the years. One evening, while watching an athlete with a broken collar bone, they were again discussing the incredible stories of endurance and hope over coffee. An idea started taking shape and was pitched to Ironman South Africa. Never in their wildest dreams did they think that anyone would share their excitement and encourage them to pursue their dream. Dividing responsibility came naturally as Marietjie was well versed in Research methodology, having obtained her PHD. Elzabe, who also professionally proof reads for Masters students at university, took on the role of Main Writer of The Heart of an Ironman, South Africa. They say, We have met the most incredible people on this journey and will always be eternally grateful to our families and all those who believed in us and supported us.

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