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PROGRAM NAME: WOMANITY – WOMEN IN UNITY

GUEST NAME: GERDA STEYN – ULTR-MARATHON CHAMPION

SPEAKER	TRANSCRIPTION
DR. MALKA	Hello, I'm Dr. Amaleya Goneos-Malka, welcome to 'Womanity – Women in Unity'. The show that celebrates prominent and ordinary African Women's milestone achievements in their struggles for liberation, self-emancipation, human rights, democracy, racism, socio-economic class division and gender-based violence.
DR. MALKA	Joining us today in our Johannesburg studio is Ultra-Marathon Champion Gerda Steyn who currently holds the winning titles of the Comrades 89 Kilometre Marathon and Two Oceans 56 Kilometre Marathon. One of her next targets is the 2020 Olympics in Tokyo; she is here today to share her journey and what it takes to strive for your dreams. Welcome to the show!
GERDA STEYN	Thank you so much Amaleya it's a pleasure to be with you today.
DR. MALKA	Well we're so glad to have you in studio and to fit, in-between your training schedule, to come and talk to us today.
GERDA STEYN	Thank you so much, yes, I finished my morning's workout, early morning, so yes, it's such a pleasure to be here.
DR. MALKA	And where do you work out?
GERDA STEYN	This morning specifically, I had long run, so I just the streets of Berario, actually this morning to train in; it's beautiful.
DR. MALKA	When I was reviewing your profile, it really stood out for me that you have had a completely different career and start into running and I know that these days it's not uncommon for people to have diverse careers but for you there's been quite a leap from being a quantity surveyor working in Dubai, to becoming not just a professional endurance athlete, but a champion ultra-marathon runner in a relatively short space of time; I think it's six years?
GERDA STEYN	Yes, that's correct, my story is quite a bit different to your average athlete, whereas normally marathon runners or ultra-marathon runners often start off on the track during high school or even primary school and work their way up through university; probably join an academy somewhere along the line and then finally becoming a marathon runner, whereas my story made a massive U-turn a few years ago. So, during my school years I was not an athlete at all, I did enjoy the outdoors, I enjoyed sports in general but no, I never stood out in anything. I did try everything, but I was just basically just a bit too slow to make any sort of decent team.
DR. MALKA	So your talent was just lying in wait.
GERDA STEYN	Yes, absolutely, I think if I look back now, so I tried track running, I tried sprinting, all of that, it was just available to me in my school; I always tried it but never stood out but one thing I never tried and never got into really, was cross-country running and I do think now looking back, if I had got into that earlier I might probably have discovered my talent earlier, but you know I went to university, like you said studied as a quantity surveyor and I loved my job, I mean I thought this is what I wanted to do for the rest of my life, I had no sort of problem with it or thinking the whole time how can I escape or...I did enjoy it.
DR. MALKA	So, how did you discover your talent?
GERDA STEYN	What happened then is a few years...I worked in Johannesburg for a couple of years and then I had a job opportunity from Dubai to go and work there and as we all know Dubai is known for its construction and it's all happening there with building work, so I thought it's an amazing

	<p>opportunity to go there and so I took the job and when I got there obviously I didn't know anyone, I went with literally two bags and a head full of dreams. So ja, when I got there I realised like I need to make friends in some way or another and at the time I did do a little bit of running, but honestly, nowhere near competitive or I didn't even do competitions because ja I just...I wasn't at that level at all, I just did it a little bit for fitness and just sort of...I always enjoyed it but yes and that's as far as it went. So when I got there, not knowing anybody, I decided to join a running club over there and actually the first day I got to the running club I met a group of people that was...everyone was expats, they were from all over the world, the UK, Australia, all sorts and they told me they were so surprised to meet me and to hear that I'm a South African because they told me that every year they come to do the Comrades Marathon in Durban and it struck me so much, I mean I knew how big Comrades was growing up and watching it on television with my mother and so forth, I knew it was a massive event but only when I got there I realised how big an impact it really had. I mean these people, they weren't even South Africans and they just went on and on about this amazing race and that how it almost took a whole year of training, like they would just focus on Comrades and everything else went around it. They would run marathons and other races, but everything was focused on Comrades Marathon and it felt...I felt so at home there, even though I didn't have anything to do with Comrades at the time, I just immediately felt at home. So, they took me in and I started training with them and we became friends, so ja, it just happened from there, I started improving, I then did my first marathon only three months after joining the running club and even there already in the first three months I showed massive improvement. So, it went from there and things just became all more and more serious for me even to a point where I had to make a decision to leave my office job and focus purely on running and see how it works out.</p>
DR. MALKA	So that's your journey into a professional career and what would you say have been some of the highlights so far?
GERDA STEYN	Well I can't...I would lie if I would say anything stands out, like winning the Comrades Marathon last year, it was just the most incredible feeling and a moment that I will never forget for the rest of my life. So, I think if I had to point out one specific day, it's definitely last years' Comrades Marathon.
DR. MALKA	And what made it so special?
GERDA STEYN	I think just the fact that, you know, the whole...how everything came together on that day. It's years and years of preparation, I mean yes, my career has been short but it's always been the main focus of my career, it's always been the main focus of my everyday training and whatever I do to prepare myself has been Comrades, so, I think on that specific day it all just came together. The year before I finished in second place, which was both incredible and I was really happy with my silver medal, but it just left a massive void....
DR. MALKA	...it's not gold....
GERDA STEYN	...no, it's not gold, it just left this void and you know, it's just like I can't forever settle for second place, I have to improve one spot so ja, I couldn't fault the day for one minute, so ja that's why.
DR. MALKA	And thinking about your training for a moment, so for instance when we started you said you were running in the streets Berario; you must have clocked up significant mileage in your training, any idea how many kilometres you've covered?
GERDA	I've covered quite a bit. So I'm not focused though in the same sense on

STEYN	how many kilometres I do, I do count my hours of training and that also includes a lot of cross-training, so I know runners can get quite a bit hectic about how many kilometres they've done for the year and for this month and for this week and it just sort of mixes up your head and if you start comparing yourself with other runners it's a dangerous spiral to get involved in, so I don't focus on counting my kilometres so much, but I do count my hours of training and it's certainly it's counting; it's adding up.
DR. MALKA	And during the week, what would you say you do?
GERDA STEYN	I'd say during a week, as it can depend, my kilometres are often anywhere between a hundred to a hundred and forty kilometres a week. I tend not to go over that because then I have the risk of injury and just burnout, which for me is a massive concern, I really I'm so focused on not stepping over the line but yes, in training in a holistic approach I don't hold back, I train a lot all day, I try to fit in four or five, six hours a day of training and I split it, obviously it's not six...five, six hours of intense training, it can be anything from my running hours up to walking, even stretching and rolling. So yes, that's how I...ja, that's my approach to training.
DR. MALKA	Thinking about sports and hearing what you said about winning the silver and it's just not gold; in sport, breaking records is part of an outcome of yourself being, you know, pushing to the limits, to out beat the competition and I think it really demonstrates human capacity to evolve, to change, to get faster and last year, well actually to go back, in your successive Comrades runs, you've successfully shaved hours off of your time. I believe you went from eight hours to seven hours, to last year when you won, to being just under six hours; what physical and mental processes do you use to keep getting faster?
GERDA STEYN	Ja there's a lot that goes into that. I mean sometimes I feel like I shouldn't overthink it and sometimes it just feels like it's sometimes just repeating the same thing over and over and over again and then when others give up you repeat it twice more and often that brings a lot of improvement on its own, just that, which ja I think a lot of people give up too soon and you...or you have one achievement or one great day and you think that's enough, but you should never feel like you've reached your limits now, you should never feel like this is the ceiling for me and I'm happy with this, I'm good enough now. I think that's definitely one of the biggest keys to my improvement and my uphill curve, if I can put it like that, until now it's just sort of even if fortune comes your way just keep your head down and still put in the same amount of hard work and just do exactly what you've been doing and exactly what's been working for you and I think that alone is already a...it's a step in the right direction. The mental side of it is sometimes more challenging because ups and downs can mix with your head, so, you must really, really focus on keeping your head straight, keeping your mind in the right place, your body will follow, but whenever your mind deviates off plan, that's when you start to struggle.
DR. MALKA	And where do you put your mind when you're doing this?
GERDA STEYN	There's loads of places. I do...before a race, as I plan my race plan in running, I have a mental race plan, so often I use tactics to keep me positive, I use road marks on the route, I plan it before hand to...if perhaps I would use family members; I would tell myself that the first five kilometres I will run for my mum, the first ten kilometres is for my dad, the first...if I get to thirty kilometres imagine how proud my grandma would be. So, you know, you have these sort of....
DR. MALKA	...those are real emotive drivers...
GERDA STEYN	I think it's important to have those, you put something that you can sort of...that takes your mind off the race but also keeps your mind in the race at the same time, but it's just important for me to sometimes have a focus

	that feels bigger than me. So, I would even use my supporters, I would say why would I stop at fifty kilometres, imagine all the thousands of people that's watching this today, they can't...they're not expecting me to stop. So you know, you use things that's bigger than yourself to keep you motivated and I've found that that really works for me and ja, it just keeps me on the road and yes, I do think that it's very, very important as an athlete to always focus on that because like I said, your mind is so strong, your mind is what controls your body and that's where you have to put the work in.
DR. MALKA	You were talking about support structures and last year Eliud Kipchoge broke the two hour marathon mark and I was really struck by the team effort that went behind him; so can you tell us more about your support structures and how you feel this contributes to success?
GERDA STEYN	Yes, it's very interesting in running, because when you look at...as a non-runner you could look at running and think it's not a team sport. You run on your own, you're there and it's only your two feet that carries you from point A to point B, but really, it's so much more than that. I do think that a strong support structure is very, very important, like you say with Eliud Kipchoge you could see how his team just sort of...he floated in his team and it just carried him over the line and that's an example for all us. So me for instance, I'm part of the Nedbank Running Club and our manager, Nick Bester, is also my coach and so yes, I just follow whatever he tells me to do, it's almost like you put your trust not in yourself, you put it on him; he has to you know produce the winning recipe, if I can almost say it like that, so....
DR. MALKA	...so he's sort of setting the strategy and you're doing the implementation...
GERDA STEYN	...absolutely, I'm just the engine that has to do...that has to follow the instructions and it also helps because again it feels like it's not me, it feels like it's someone else, I'm putting the pressure on someone else, whereas he perhaps feels like the pressure is on me because he just writes the programme and I have to actually do the work. So it's a two-way relationship, you have to have a lot of trust in your team...in your support structure but also it goes beyond just my running team, my partner Duncan, he's also very, very supportive, he's a runner himself and he's also run the Comrades so he supports me, he understands running. He's a pilot and often he gets home early hours of the morning and then he gets dragged out either on the bike or in the car or even running to support me on my early morning runs. So I think that is also very, very important, you have to have your whole...you have to create your entire environment to fit in with your running and your career; it's not just going to the office and coming home and just moaning maybe a little bit about work and then it's over. It takes your whole life, even when you're not running, even when you're relaxing at home it's still...you're still training and you're still focused on your running.
DR. MALKA	You've created this ecosystem....
GERDA STEYN	...[laughs] this little microcosm, absolutely, but it is important and it often...so for me I had to make a transition because it was never important to me. I had an office job, I...yes I did a bit of running, but not, you know just for health, just whatever, it was just for maybe relaxation and now all of a sudden things become important that wasn't important then. I have to get to bed early now, I have to focus on what I eat and what I drink and what time I wake up and how good my sleep is and how quiet my room is; so now all of a sudden there's so many more things to focus on but I do find that if I am focused on those small things it makes a big difference in the end. So, for me it's not sacrifices, it's just changes and changes for good, so I'm really, really still enjoying the process.

DR. MALKA	Well, all those interventions have certainly reaped their rewards if we look at 2019; apart from your Comrades and Two Oceans successes, you were also placed eleventh in the New York Marathon, which is the largest marathon in the world, I believe there's something like fifty thousand runners that crossed the finishing line....
GERDA STEYN	...yes....
DR. MALKA	...I'm not sure how many were in the starting....
GERDA STEYN	...yes....
DR. MALKA	...line-up and you earned a qualifying time for the 2020 Tokyo Olympics. Now that you started running, did the Olympics become part of your bucket list?
GERDA STEYN	Yes it was an incredible race, the New York Marathon last year and with regards to the Olympics, I can remember when a few years ago someone once asked me if I think I would ever be able to make the Olympics, the Olympic Team and I laughed and said I'm sure I'll make the Olympic team if the add maybe a hundred kilometre race to the Olympics, but that's about as far as my chances go. So, dreaming about the Olympics, I did start to dream about it maybe a year ago, at the end of 2018, I was very close to making the qualifying time for the Tokyo Olympics, so I did start thinking that its....
DR. MALKA	...and what were the times and what did you get in New York and what did you get in....
GERDA STEYN	...yes, so in 2018 I ran the New York Marathon as well and my finishing time was two hours, thirty-one minutes and the qualifying time for the Olympics would be two hours and twenty-nine minutes. So, it's close...
DR. MALKA	...gosh, two minutes...
GERDA STEYN	...yes, it's close...it is very close but also in running terms two minutes can be quite a way so, but I was almost a hundred percent sure I had more in me. I knew I wasn't going to stop here, I could go two minutes quicker if I just put in the hard work so and then from 2018 I started to really think about the Olympics and trying to make the qualifying time was certainly a big item on my list. So with the New York Marathon, yes, it's the biggest in the world and it's so amazing that race is just something else, it's incredible and the New York Marathon is one of the world's major marathons, but, it is also known to be quite a tough route because it's not a hundred percent flat and you can also have bad weather. In some of the years they've really had bad weather with very, very cold temperatures.
DR. MALKA	And I think there was one year that was cancelled because of the bad weather.
GERDA STEYN	That's it, ja, they had a proper storm so they had to cancel it, but this year we were very, very fortunate with the weather, I mean it was out of this world weather, it was incredible and the bridges that you cross is, yes, it's hard compared to the Berlin's and Amsterdam's marathons which is really a hundred percent flat, but, when we train here in Johannesburg I mean it is so hilly around here, you...I can't find a kilometre's route that's just flat. If I want a flat I have to go on the four hundred metre athletics track; that's about as far as it goes. So, you know, I trained on the hills and when you get there it's...the bridges doesn't even seem like hills if you're used to training in Johannesburg so I found that if I just, ja, just adjust my training a little bit it will be fine, so I went into the New York Marathon quite confident and I wanted also to make the top ten, but unfortunately or fortunately, I was number eleventh this year, which was the first year that a time of two hours and twenty-seven didn't get you in the top ten. So, I was unfortunate not to make the top ten, but also, it is a race, it's not...you're not racing against the clock you're racing against your

	competitors there and it's maybe just an area that I have to still work on and improve and learning to adjust to work around the race dynamics more rather than just focusing on what time I want to finish the race in. So yes, I walked away with even more lessons, things to take with me in the future, so it's still just...it's so exciting still for me.
DR. MALKA	So, having done the New York Marathon, you've qualified now for the Olympics, what goes into the preparations as next steps?
GERDA STEYN	So I have to see how it goes, of now for 2020 I've decided to...for the beginning first few months of 2020 my focus has been and is to get my shorter distances times down, so I've now run my first ten kilometre race at the end of January which I improved quite a lot on, so, it's been a good start to the year. I've now also got two more twenty-one kilometre races, which I will be targeting in February, oh, one in February and one in March, so I decided that...me and my coach decided that this will be the start of the year and after those races I'll then start focusing more on the longer distance races. Tokyo in specific they've actually changed the city where the marathon is going to take place; Tokyo as we know, because the rugby was...the rugby world cup took place last year at more or less the same time and as we know the rugby was very, very hot. Everyone was complaining about the humidity and the heat there, so we are certainly up for a hot, hot race. The city, Sapporo, where they are planning to host the marathon now, is more to the north of Japan, so it should be a few degrees cooler but I'm not saying cold; it's just going to be a bit cooler. So, we are certainly...we can certainly prepare ourselves for a hot race and with that I think it will be important to acclimatise and to prepare my body for the circumstances, so I'll be doing some heat training and all sorts to sort of get myself in the right shape for that race.
DR. MALKA	Thank you for taking us through your relatively short journey, from start to where we are today, being a Comrades Marathon holder, Two Oceans marathon holder and off for the Olympics.
	AD BREAK
DR. MALKA	Today we're talking to Gerda Steyn who currently holds the winning titles of the Comrades Marathon and Two Oceans Marathon. We would love to receive your comments on Twitter:@WomanityTalk.
DR. MALKA	Gerda one of the things, because we're a gender-based radio programme, is we look at aspects and dynamics in terms of gender equality and contemplating the sporting arena, men's sport often gets significantly more exposure than women's sport; what do you think needs to be done to help elevate the profile of women in sport?
GERDA STEYN	I think women in sport has certainly come a long way. There was times where women's running was not even...women weren't even allowed to run more than eight hundred metres and it wasn't that long ago...
DR. MALKA	...eight hundred metres....
GERDA STEYN	...yes, it was seen that women can't run over eight hundred metres, they are physically...it's physically impossible for a lady to do that and the first lady who finished a marathon was only in the 70's and if we think about it, it's not long ago at all, it is almost just the other day. So yes, women's....
DR. MALKA	...so, forty years ago, approximately....
GERDA STEYN	...yes....
DR. MALKA	...was when we had women...our first marathoner.....
GERDA STEYN	...yes....
DR. MALKA	...globally?
GERDA	Yes, she ran the Boston Marathon, Katherine...I can't remember her

STEYN	surname now; she ran the Boston Marathon and she first entered under a male name because women weren't allowed to even enter, so she entered under a male name and the race organisers didn't pick it up and then she sort of sneaked into the start line and there's amazing pictures of the race organisers trying to drag her off the marathon course because they realised there's a woman in the race and she's sort of refusing to stop and pushing them away....
DR. MALKA	...and what was it, did they think she was going to contaminate the race?
GERDA STEYN	Yes or they think...they thought that women's bodies aren't able to do that so it's like physically impossible for us to run and it is an amazing story actually and it's not long ago at all and she's still alive and she's, since then started to really push women running whereas to a point where it was allowed and then it just grew and grew and she started women running clubs and all sorts, so, there's a large history in women running and especially in women distance running and for any sport, if it's that young there must still be loads of room for improvement and I think that's what makes women running very, very exciting, especially in this day and age. Competing abroad really opened my eyes quite a bit; in America we have seen an amazing boom in women marathoners in the last year, there are, I can't remember, I think something like five hundred of them have now qualified for their trials, whereas, in the past it's in the hundreds only that qualified, so that's really just taken off so much and I think for them they have got amazing role models like Shalane Flanagan and Desi Linden who won the New York Marathon and the Boston Marathon respectively in the past two years. So I think for a woman, for a lady, for a female athlete marathon runner at the moment it's such an exciting time and we have to really pursue that and see it as an opportunity. We now see many races who in the past maybe have given, if it's a two hour race they've given women's side of the race maybe ten minutes of broadcasting time, whereas now the rules have changed, you have to make 50% male, 50% female or even 30% wheelchair female/male, so, things like that has really improved our sport. Also with prize money in many races, it's now also frowned upon if a race tells you that they have got smaller prize money for women than men, I mean, they get so much bad publicity if they even try to do that, whereas a few years ago it wasn't anything strange, it was just almost the way to do it. So, as a female athlete it's very...I feel very, very pleased and very fortunate to see these changes in female sports.
DR. MALKA	And Gerda do you think that that's because we've had...we've seen more of a local investment into talent to nurture it?
GERDA STEYN	I do think it is from local investment and I also think it's a thing of...it's just an inspirational thing. For me, when I started running, I looked at Caroline Wöstmann and I saw her and she was sort of...she started running late, I've started running late; she totally destroyed the field coming out of nowhere and I thought maybe I can do it and here I am, it's almost just echoing her story. So now if someone out there is looking at me thinking this is me in five years' time and that's I think what is very, very important. We need these role models, we need these people in our local people; people that runs in our streets that's approachable within a proximity of three hundred kilometres, you can fly them down, you can see them in flesh and I think that's very important and it becomes a snowball effect and I really hope to see more of this in the future because I really do honestly believe that there's more than just me that's out there who's got this talent but maybe not have discovered it just yet.
DR. MALKA	And how do you find or view the notion of you being a role model, because effectively you are, you've spoken about role models that have been in your life,

	but now you're a role model to the next generation?
GERDA STEYN	It's a humbling thought to think that I might be a role model...I'm a role model to someone. At this moment in my career I sort of...I have to almost put in on a side; I have to just focus on my training, focus on the everyday routine, focus on how to become better because, you know, I know that being a role model is very, very important and it's a story that I want to be able to tell and words of encouragement I want to be able to give until the day like long after I've stopped running. So, I'm sort of...I feel like at the moment I'm still writing my story and I'm really, like it's an investment for me for the future because it has to be told and it has to be put out there for many, many years after and I really do hope that in the future there'll be loads of ladies that can still read about this or hear about this and see that it's genuine and that's it not that far away, it's one them, it's one of us, it's just here, it's a local story and I do think that I'm still writing that story. But ja, it's a humbling thought to think that and it gives me great pleasure and it brings a whole different dynamic to my running and my motivation and my inspiration if I know I'm doing it for someone else and can maybe bring someone else the same joy that I have had when I started running.
DR. MALKA	I would love to say that I feel ready to hit the road now, but my running capabilities are nowhere near what you have, but turning towards more of a personal perspective, one of the questions that I ask all my guests who've made tremendous achievements in their respective fields is about some of the drivers that they consider have contributed towards their success and listening to everything that you've said today, if I could describe you in word, the word that comes to mind is "toughness" and "grit". So, can you share with us on some of your success factors?
GERDA STEYN	Yes, yes, certainly you need a toughness of a different kind, of a different animal [giggles] to be able...running is tough. Running is a tough sport, everyone who tries it will tell you, if you are unfit and you are trying to get fit you are going to suffer so much, everything's going to hurt and it's going to hurt for a long time and then one day you're going to go out and you're going to meet your friends and you're just going to feel like you're floating and what seemed to be hard earlier is now easy and that feeling is incredible and then you just want to hang on to it, then you don't ever want to feel unfit again because now it's almost like you've seen the light and you never want to go through the process of getting fit again. So yes, I think running takes a lot of traits but one thing that I can't leave out is talent and I'm very fortunate with that because yes, I might not have discovered it earlier, but I do think that I have a natural ability, however, if you don't put the hard work in you are...that means nothing, it will mean to you what it meant to me in the first twenty-four years of my life; absolutely nothing. So, it goes together, you could discover a talent but if you don't put the hard work in every day, in and out, it means nothing. So but then also, besides from just hard work and talent, I think one of the aspects for me that is also...it's contributed quite a lot is the fact that I'm coachable and I want to encourage people to always be mindful of that. You need to be coachable, you need to be able to trust someone else that knows better than you to put you in the right direction and I think if you get over that mental, if it's a block for you, if you get over the block it will open a whole world for you and it really does help and ja, I think then also just...for me, if I can speak out of my own experience, I think what made it...what makes it easier for me at this time in my career is that fact that I've had an entire life of social, I've had many friends, I had everything outside the world of running. I loved the way I went about life before I started running and that is very important, you need to be fulfilled without having to do an hour of

	hard running in a day. You need to be happy with yourself, within yourself, you need to have a peaceful, holistic mental approach to life, you should not be trying to find your happiness in your running. Make sure that who you are is already enough for yourself and then add running to it and you'll find the pure joy of running.
DR. MALKA	Well thanks for sharing some of the traits that you've developed and have contributed, but also the sense of quality of life that needs to complement your job and effectively running is your job now....
GERDA STEYN	...yes....
DR. MALKA	...so that you've got this holistic wrap around everything that you do.
GERDA STEYN	Yes absolutely, I do think it's very, very important and I get that as an athlete it's not always possible, I mean I can't have...I don't have a lot of time now to socialise or to have late nights, I can't do that now but having had that it's, for me it's very fulfilling, so I'm fortunate that my running career came at this time of my life because I'm ready for it now and I'm ready now to put my 100% attention into it and not feel like I'm losing out on other sides of life.
DR. MALKA	And lastly, as we close out the conversation today, could you share a few words of inspiration that you'd like to pass onto ladies that are listening to us on the continent?
GERDA STEYN	Yes, I would love to do that, because you don't know often who you inspire or who finds inspiration from something small that you say, so yes, I do think that a lot of young ladies I can help them a lot and I love that they...if they listen to me, I'm very...like I said before, very grateful for that. So, if I can give some words of encouragement or words of inspiration is that ladies, it doesn't matter how old or young they are, they should never think that they can't be something or they aren't enough. You can be enough, you can be the person that you dream of or the person that you have in mind or you can achieve something that you...if you put in the hard work and you focus on that dream and you really do feel in your heart that this can be you, it can be. It can be you; it doesn't have to be someone on a poster somewhere, that person also dreamed...was a little girl who dreamed that massive dream and she just decided to pursue it. So that's often the difference between the person who gets to the top and the person who never does, it's just that first leap of faith. It's scary sometimes and it's frightening because it's uncertain, but I really want to encourage young women to be fearless when they pursue their dreams.
DR. MALKA	Thank you, those are fantastic words of wisdom, we really appreciate you spending your time with us today.
GERDA STEYN	It's my pleasure, thank you again for having me on the show.
DR. MALKA	Gerda, we wish you all the very best for the year to come and may you have many, many more wins!
GERDA STEYN	Thank you so much, I appreciate it.
DR. MALKA	PROGRAMME END