

# Epic ocean race awaits

SOUTH West Academy of Sport chief executive Bernice Butlion is making a habit of practicing what she preaches.

Both Bernice, and her husband Gary have a long CV of sporting achievements.

On Saturday, December 17 the duo will take on one of the world's toughest endurance events — the Fenn Cape Point Challenge in South Africa.

The gruelling surf ski race takes competitors 50km up the rugged south-western coast of South Africa into dangerous waters around the notorious Cape of Good Hope and its dreaded reefs.

Competitors must also negotiate their way around Cape Point, the south western most point of the African continent.

Rugged rocks and sheer cliffs tower more than 200m above the sea, cutting

deep into the ocean providing a spectacular backdrop and into the waters.

The race is an open international event with two types of craft, double and single surf skis are permitted. Bernice and Gary will compete together in a double. It will be Gary's ninth Cape Point Challenge, while Bernice will make her debut.

Bernice said the months of training and tough race was made up for by the unequalled camaraderie between the competitors once they reached the finish line at Cape Town's Fish Hoek Lifesaving Club.

"This is going to be another big challenge for me because I have never paddled a race further than 27km and this is an endurance event which does make you hurt a little," she said.



Bernice Butlion