



## Cape Town National

### My comeback...

The Week started off fantastic, being said in an extremely sarcastic manner! I had been told that I was not cleared to ride even though my surgeon declared me fit to race. That definitely did not help my week of prepping for my first national of the year.

I was stressing big time for this race. My nerves were shot. On Wednesday I was told I had to report to the race doctor after practise on Friday for a decision on my fitness. My ankle felt ok, but my foot was giving me hassles, swelling lots. I was going for Physio for 2 hours a day to prepare for this race so I was starting to feel confident that that I would pass the Test...

Friday Practise definitely did not go the way we wanted to; the weather was miserable and every time it was our session, it would rain. So I practically only went out for one session the whole day. They even gave us an extra session which was not perfect because Greg from the Superbike class messed oil all over the track. At this point in time I thought I was cursed and was not meant to ride. But I went out and did some good times for my First real practise session and got cleared to RACE!! I was so happy when I got clearance.

Now Race Day!!

Cape Town really has strange weather patterns - Friday was Miserable and Saturday was beautiful! We were all so happy that at least we got to race in beautiful weather and for my first race back I was over the moon; I definitely did not want to have my comeback in the rain.

### **Qualifying**

Now normally for qualifying I would take it easy and just get some times in, but I decided I wanted to put my head down and push it. It felt so good to have a normal session I wasn't going to waste any precious time on my bike. And it went so well. I managed to do my race time from the last time I was in Cape Town. My confidence was back - all I needed to do was keep that momentum for the race.

### **Race 1**

A lot of new things happened this weekend. One, my Dad was unable to come with to Cape Town (first national he's missed) and Two, I started from Pit lane for the first time in my life! I had a lot to deal with this race, but I put my head down, focussed and managed to do my race times.

## Race 2

Yeah, I got to Start on the grid ☺. Now my biggest problem when it comes to racing is my starts - sometimes I'll have a great start, and then others I mess it up completely. So when I waited for those lights to go off I put my head down and just grabbed that throttle and it worked!! Yeah☺... I managed a decent start, though I still think I can improve a lot. I was so ready for this race pushing every lap. The biggest problem I had was Fitness, wow especially being the tough Killarney. If you haven't ridden for 2 months it's amazing how you realise what muscles you actually use in a race and how your concentration levels get affected☺. I was so happy though, I Beat my Best ever Race time in Cape Town. This race will definitely go down in History. The front guys were pushing hard like they always do and there were many crashes throughout the day. 3 of the 4 Honda Boys didn't finish, two of them taking each other out. So because of that, I finished 8<sup>th</sup> overall for the Day! Got some nice points for my first national.

Now I have to hit the gym and get stronger for PE national at the end of April.

My Kawa looked amazing!! Thank you so much to everyone who was involved in the final touches!!

Love the Pink Rims ☺

Thank you so much to all my sponsors. Our Smart for Women Kawasaki is going to be taking over the Race track soon!!

Ricky, thank you very much for looking after me this weekend and giving me the confidence for this race. The race wouldn't have turned out the way it did if it wasn't for you.

And last, but not the Least, thank you Xlite for my Helmet!! It looks Amazing!!! Thank you so much!

There is still a lot to be done before the next National but we got the first race out the way and now it's time to Show SA What a women can do on the race track. Tommy Lasorda said, "The difference between the impossible and the possible lies in a man's determination." Well in my Case Woman ;)

Till the Next national!

Ciao for now...

*Little Miss #79*

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