



A little French flair
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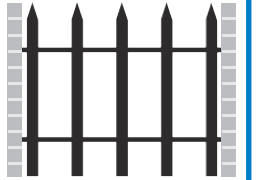
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Henko heads for Pole

Super-fit Durbanville teenager joins extreme explorer Mike Horn's expedition to the frozen wastes of the Arctic Circle.



■ Henko Roukema, of Durbanville, has been selected to go on an Arctic expedition.

Picture: Andreas Knausenberger

CARMEN KRIGE

Henko Roukema, 19, of Durbanville, is on his way to the Arctic Circle on an expedition with South African-born extreme explorer Mike Horn in August.

A maritime studies student at the Cape University of Technology and all-round adventure seeker, Henko was selected to join Mr Horn on his next Young Explorer Programme (YEP) youth education expedition to the Arctic region of Nunavut, Canada, after he took part in a gruelling selection camp in Chateaux d'Oex, Switzerland, in June.

Henko had to qualify to get to the Swiss camp by submitting a video about himself. As a super fit open water endurance swimmer, surfer, mountain biker, life guard and environmental campaigner he convinced the selectors he was worth his salt.

While on the selection camp, Henko and 15 other young adventurers from across the globe underwent fitness and medical tests and took part in all sorts of outdoor activities. They did rope access climbing, abseiling, compass and mapwork, and GPS navigation. A 250m high foefie slide, and pad-

dling across a lake in rafts they had to build themselves, were also part of the fun.

The skills the explorers learnt were put to the test in a final alpine raid which ran over two days, and during which two teams had to navigate their way across rugged terrain.

"The alpine raid was the most challenging but also the most fun experience I've yet had. We had to plan our route over various mountain peaks and had 30 hours to complete a route of 80km, climbing about 6 000m in the process. The teams were only as fast as the slowest team member and teamwork certainly paid off as we all pushed ourselves to the limit.

"The raid confirmed how big an advantage mental strength is when you are physically tired and your body is aching.

"I was very proud that my team was the first and only team ever to reach the last mountain peak of the route, and still managed to finish within the cut-off time. We were all very tired but also extremely happy to have accomplished our goal," said Henko.

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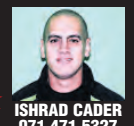


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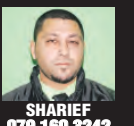
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Brrrrracing adventure for Henko

From page 1

From Sunday August 14, the eight selected young explorers will join Horn's Pangaea Expedition to the Arctic circle for a month, to discover more about the region and the Inuit culture.

"As a maritime (navigation) student I am extremely excited to join Mike on his environmentally friendly yacht, the Pangaea. We will be sailing around Baffin Island and through the North West passage. This route has been a magnet to so many great explorers of the world and I feel privileged to have a chance to experience it."

During the expedition, the explorers plan to have a social outreach to an Inuit community to network and address issues that affect the young people there, such as global warming.

"The communities there aren't coping well with the modern lifestyle and are developing lifestyle illnesses because of physical inactivity. We will be distributing soccer balls and building a soccer field. We will also be presenting first-aid courses as there is a shortage of medical expertise. They have one medical practitioner for 30 000 people," Henko said.

He is also very excited about doing a three-day vertical rockface climb on Baffin Island and sleeping on portaledge, hooked onto the rock wall.

"This experience will be very challenging. I am following a special training programme," he said.

And his training includes carrying an 18kg backpack while running up the hills at the Bloemendal wine



■ Henko Roukema, right, and fellow young explorer Simon Zuberbuhler, of Switzerland, reach the summit of Conte de Cray during an alpine raid.

Picture: Simon Straetker

estate in Durbanville.

"Mike Horn is truly an inspiration and his passion for making a positive difference is contagious. Mike's belief and trust in the youth has resulted in many environmental projects the world over through the YEP," said Henko.

Henko has completed the Freedom Swim, from Robben Island to Blouberg beach, three times and was the third South African man to finish in the last swim on Sunday May 8.

He was due to accompany friend, Emma Allsop, as a pace swimmer on

a swim from Robben Island to Three Anchor Bay yesterday (Wednesday July 13).

On Saturday July 23, he will be taking part in the Speedo Africa Ice Swim, a mile long swim in water with a temperature below 5°C, in Fraserburg.

People who are interested in the YEP programme can apply for the next expedition to the Grand Canyon in America and follow the Nunavut expedition on the YEP website at www.mikehorn.com/en/yep/young-explorers-program/

Robbers strike at racecourse

CARMEN KRIGE

Armed robbers hit the Durbanville racecourse tote at 5.30pm on Sunday July 10.

Four Afrikaans-speaking men, two of whom were armed, robbed the two totes at the racecourse of R49 000 cash, said Sergeant Bernice Laäs-Bezuidenhout of Durbanville police.

The men hid in outside toilets while four employees, all women, were cashing up inside the totes, she said.

"As one of the women left the building to walk to her scooter, the men grabbed her and dragged her to one of the outside toilets where they tied her hands to her neck using cable ties.

"When the next woman walked outside, they took her too and then gained entry to the tote buildings where they tied up the other two women and stole the cash," she said.

The men fled the scene and the women only managed to free themselves and contact the police by 8.30pm. Sergeant Laäs-Bezuidenhout said the women were extremely traumatised.

Meanwhile, a band of armed robbers struck in Fisantekraal on



Saturday July 9. Three armed men tried to rob a bread truck outside a spaza shop in Shiraz Ebrahim Street, at 7.30am. They couldn't open the cash safe in the truck and robbed the driver of his wallet.

It is suspected that the same men robbed a Somali-owned shop in Sierra Street at about 8am. During this robbery, a scuffle broke out and three shots were fired. Nobody was injured and the men fled in a white Hyundai car. The car had false, paper registration plates stuck to it.

At midnight on Sunday July 10, a man was stabbed to death outside a Fisantekraal shebeen. Sergeant Laäs-Bezuidenhout said the attacker, who is known to police, fled the scene and was badly injured after his victim stabbed him using a bottle neck before he died. "The fight was about beer," she said.

Anyone with information about any of the cases can contact the Durbanville detective branch at 079 894 1266.

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