



SPEAKER: Hanli Prinsloo is a multiple South African freediving record holder.



INSPIRING: Peter Marshall is a world-class swimmer and ocean lifeguard with a heart to serve others.

Cape Argus SportShow to be an extreme hit

EXTREME sports fanatics will have a chance to talk to top adventure experts at the Cape Argus SportShow this weekend.

The Cape Argus SportShow is South Africa's first multi-sport festival featuring a variety of entertainment, sport clinics, extreme shows, appearances by sport celebrities and an extensive range of sport-related exhibits.

It takes place at Cape Town's Sandringham Farm from Saturday to Monday.

Cape Argus SportShow is expected to host 20 000 to 30 000 visitors over three days, with 6 000m² of exhibitions, 150 exhibitors and some of the country's top schools participating.

Among those attending the festival will be a number of extreme sports adventure athletes who will impart their knowledge at the Xtreme Speaker theatre.

Some of the extreme sport gurus speaking this weekend will be Hanli Prinsloo, a multiple South African freediving record holder and the founder and chief executive of I AM WATER Ocean Conservation.

Prinsloo grew up on a horse farm where she said her love of nature and "need of wilderness experiences" were sparked.

She has made a name for herself in competitive freediving and is said to be one of the most sought-after coaches, having worked with professional rugby players, cyclists, runners and big wave surfers.

Her personal quest, which is freediving with marine megafauna, has resulted in exhibitions, films and articles about the

Cape Argus
SPORT
SHOW

Ultimate Sport & Lifestyle Experience

human/animal connection. Prinsloo will be sharing the aquatics topic with world-class swimmer, ocean lifeguard and underwater videographer, Peter Marshall.

Marshall, who graduated from Stanford University in California, ditched his economics books for a profession in swimming.

He holds the 50m backstroke world record and, in his seven years as a professional swimmer, has claimed two world titles, eight world records and 11 American records.

Good Hope FM sports presenter Dan Oliver will also be entertaining the crowd.

For information about the Cape Argus SportShow and to find out how to exhibit at the show or become one of the event's sponsors, e-mail annelize@sportshow.co.za. Call 021 851 5159.

For details about the show, see www.sportshow.co.za or follow @SportShowSA on Twitter.

Tickets are at Computicket; day passes are R150 and weekend passes R200. – Staff Reporter