



## FIREFIGHTER PROFILES

### Who is Jermaine Carelse?

I am 50-years-old and have been a firefighter for more than 23 years. Currently, I am based in Goodwood as a Divisional Commander in the Command and Control Centre – the hub of the Fire Service.

I have been running for longer than I can remember. I see it as a form of therapy – just me, and the road, and my thoughts. It is also a time of reflection and gratitude to still be in good health.

I have completed the Two Oceans half marathon five times – twice in fire gear, and I have completed the ultra-marathon once.

I decided to do this challenge in uniform, because we all have an inherent quality of pushing the envelope and why not do it to raise much-needed funds for VWS? Also, who doesn't like a challenge? The public will see the gear and the equipment we use and this might inspire someone to become more active or even apply to become a firefighter in future.

### Who is Renaldo Duncan?

I am 36-years-old, and have been a firefighter for 14 years. I'm based at the Sir Lowry's Pass Fire Station, and started running in 2012, when Mr. Carelse asked me to join him for a 10 kilometre run.

I ran the Two Oceans half marathon for the first time in 2013. Four years later, Mr. Carelse and I ran the race in our fire gear for the first time, and we decided to repeat our antics in 2022. This year, we will be running the race with approximately 14 kilograms of added weight, including our self-containing breathing apparatus that weight about 10 kilograms.

I love testing myself and I know that preparing for an event like this will challenge me physically and mentally, but also create much needed awareness and support for a great NGO like VWS.