

# UCT SPORT



2012

*Party like a*

**ROCK STAR**

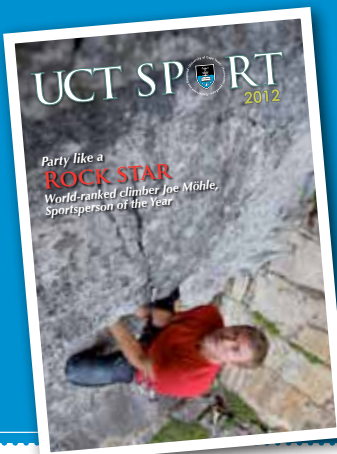
*World-ranked climber Joe Möhle,  
Sportsperson of the Year*





# MISSION

UCT aspires to become a premier academic meeting point between South Africa, the rest of Africa and the world. Taking advantage of expanding global networks and our distinct vantage point in Africa, we are committed, through innovative research and scholarship, to grapple with the key issues of our natural and social worlds. We aim to produce graduates whose qualifications are internationally recognised and locally applicable, underpinned by values of engaged citizenship and social justice. UCT will promote diversity and transformation within our institution and beyond, including growing the next generation of academics.



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# UCT Sport: In Body and Mind – for Life

2012 has been a year of contrasts for sport globally.

The London Olympics was surely one of the most enjoyable on record – not least, perhaps, due to the convenience (for us in South Africa, at least) of the timing of the television coverage of the major athletics and swimming finals.

None of us will ever forget the pre- and post-race showboating of Usain Bolt – the world’s fastest man and surely one of the world’s great entertainers. Certainly there were great moments for South Africa too – Chad le Clos beating the greatest Olympic swimmer of all time to the gold in the 200m butterfly will live long and happily in my memory.

The BBC interview with Chad’s father, Bert, immediately following the gold medal swim, must be one of the sporting television highlights of the year. And what of the look of absolute astonishment on the faces of our four rowers when they realised they had not only won a medal in the lightweight fours – but a gold one at that?

There were also some disappointments and let-downs, not least the fall from grace of cyclist Lance Armstrong. There have been headlines around the issue of ‘cheating’, notably in regard to English Premier League soccer, where the antics of (among others) Gareth Bale and Luis Suarez would surely be laughable if it were not for the fact that they were so serious.

Success – at least, if it is achieved fairly – contributes to yet greater achievements; although sometimes I think defeat is more important than victory. Defeat (or injury, for that matter) is when we search deeper inside ourselves, discover the home truths, and build the strength to perform better next time.

I think defeat is where we really learn, as sportsmen and women, to understand ourselves. Sometimes this will prompt us to ask: why are we doing this? The long and tedious hours of training, the pressures of balancing academic commitments with the physical and mental effort required to maintain and improve performance – all of these competing for our time and energy in an increasingly hectic schedule.

Sport as portrayed by the media may appear glorious and even glamorous; but the smiles and tears of happiness of podium finishers hide the thousands of hours of graft that have got them there. Success for our sporting community at UCT comes at a very considerable personal cost in time, effort, and yes, money. Most obviously, such sacrifices are made by the participants themselves; but let’s also applaud the others that facilitate this success: the coaches, the officials, the committees and the administrators.

This year UCT welcomed a new manager of Sport and Recreation, Jonathan Stones, who together with his team of committed administrators has reinvigorated attempts to further improve the facilities and the sporting experience for the UCT community.

We are proud, at UCT, to be a truly world-class academic institution. As the words of our Sports Council Vision and Mission phrase it: UCT Sport: In Body and Mind – for Life.

Achieving sporting excellence while studying for a degree is a tricky task, but at UCT we believe that success should contribute to, rather than compromise, the student experience. I want to pay tribute to UCT’s sportsmen and women – some of whom you can read about in this issue – not only for their obvious talents, but also for the sheer bloody-mindedness and determination that lies behind their success.

Such performances are truly inspirational.

**Professor Mike Meadows**

**Chair: University of Cape Town Sports Council**



Message from  
the Chair

“Achieving sporting excellence while studying for a degree is a tricky task, but at UCT we believe that success should contribute to, rather than compromise, the student experience.” – *Prof Mike Meadows*



# Jonathan Stones

## on 'Long Arms', transformation and the pyramid

**W**hen Jonathan Stones took the reins as manager of Sport and Recreation at UCT in February 2012, he brought with him experience from a number of sectors, most recently as managing director of South African Rugby. Despite overseeing the Springboks' 2007 IRB Rugby World Cup triumph, Stones discovered that university sport is a different animal. With growing student numbers, dwindling facilities, tight purses, and a national transformation agenda to contribute to, university sport can be a hydra. UCT Sport checked in with Stones after nine months in the hot seat.

### **UCT Sport: Has it been a successful year for UCT Sport?**

Jonathan Stones: I'd say it's been a very good year. I think we've rebuilt some relationships with stakeholders that needed remediation. I think that the Sports Council has run

well this year, and our interaction with the Student Sports Union has been very good. The University makes all the right noises about sport, and what it contributes to the University. I just wish sometimes that the pockets were deeper (or that our arms were longer)!

We are in a facilities-deficit situation. The Registrar told me that when he was a student here the University had more physical facilities for sport with 10,000 students than we do now with more than 25,000 students. Sports numbers have grown, but facilities have not kept pace with that growth. Hartleyvale [the City Council's sports complex alongside the Liesbeek River in Observatory] offers a unique opportunity to redress the facilities imbalance. It would provide us with a permanent home for a number of clubs who currently do not have their own facilities. We cannot allow this opportunity to pass us by, given Hartleyvale's location with respect to the university's developmental direction! ➤

We had a very successful trial re-introduction of the historic UCT/Stellenbosch Intervarsity in 2012, with about 16 codes participating. I've received nothing but good feedback from the clubs that participated. We will try to get all our sports codes participating in the 2013 instalment, with an open invitation to our societies to participate as well. I also want to do more in the area of internal sport. It's been fun!

**US: Besides Hartleyvale, are there any other possible solutions to the infrastructure problem being mooted?**

JS: (sighs) That's the million-dollar question. We are 'surface-area challenged' at UCT. Given the footprint of this organisation on the side of the mountain, the demands from the academic element for new buildings, etc, there isn't much space left over for us. Hartleyvale ticks all the boxes in terms of athletics, football, netball, hockey, ultimate frisbee, aquatics. All of these could take place there. Is there an alternative that offers the same number of opportunities that Hartleyvale does? I don't think so.

**US: The 2012 UCT Sports Awards rewarded some world-class performances by our athletes, but university sport isn't only about its elite athletes, is it?**

JS: We talk about sport at three different levels. We talk about the 'lowest' level being recreational sport. We've got some work to do there. I'd like to see some 30-odd codes competing in an internal league structure. The middle layer, which I think we do well, is what I call our competitive layer, and that's our club structures. A lot of our clubs compete in Western Province leagues, etc. Our clubs are all run by students and they do an extraordinarily good job. Top of the pyramid: our elite sport. As I said, we don't recruit elite sportspeople [as such], but we have a fair number of international, world-class sportspeople, men and women, at this university. Going back to your question: no, it's not all about elite sportspeople. Elite sportspeople are, in fact, at the top of the pyramid. The strength of that pyramid is really dependent on that bottom layer, your foundation layer, and that's our internal sport.

**US: Why should prospective UCT students be excited at sporting opportunities when they are deciding on universities?**

JS: That's an interesting question. Firstly, you're coming to UCT because you're getting a world-class education. People know that your education meets the highest standard. On top of that, if you add the opportunities to play sport at the highest possible level – because we do; our sportspeople play their chosen sports at the highest possible level – it's that unique balance between academic and athletic prowess (in probably the best surroundings in South Africa) that really is what we are all about.

**US: What's the progress been like on the transformation front?**

JS: You know, that's a question that people ask constantly, and I think what they need to do is to come down and look at our sporting teams. We can never shy away from transformation, but

I watch a lot of sport at this university, and I see the make-up and composition of our teams, and I'm not sure, in a lot of cases, that there is any need to force transformation. In 2012 we initiated, and populated, a Transformation Fund. For me, transformation is about ensuring that everyone can compete on merit. In other words, we provide the opportunities, we provide the facilities, we ensure that there are no barriers so if you've got an inherent talent, that talent is developed to the stage that you are competing on merit. I'm not a supporter of quotas. I do think I have an obligation to provide funding for students to develop their talents in areas that have been historically unavailable to them, and we're doing that. We started off this year, and we will continue with it.

**US: At the beginning of your tenure you mentioned the need to focus more attention on the 'smaller' clubs at UCT. How's that going?**

JS: That's a work in progress. We need to address what those clubs think are their needs. Part of that is funding. I think 2013 is going to be a tight year financially. There are 37 clubs that require assistance in some respect, and I'd like to treat them on an equal basis.

There are potential Varsity Cup-style competitions on the horizon in five or six sports other than rugby. Athletics, football, netball, hockey, beach volleyball, and sevens rugby are all on the table to be televised on a Monday night, making university sport the focus of Monday nights throughout the year. 2013 should be an exciting time for Sport at UCT! 🏆



# UCT Sport: Levelling the playing fields

Not only do UCT students take their sport seriously, they're also spreading their love of sports to underprivileged communities



## Yacht Club – Charting a course

It was an initiative born of the vision of German professional windsurfer Peter Garzke, who came to Cape Town some years ago and felt pangs of guilt “watching people struggling to make a living, while I used their country for my own pleasure at the same time”, he tells windsurfermag.com. Garzke teamed up with then-UCT student Steven Rhodes, another avid windsurfer, and together they set about sharing the joy they derived from their sport with children from nearby poor communities.

Rhodes eventually roped in the UCT Yacht Club, who saw it as a travesty that the socio-economic climate had resulted in Cape Town’s vaunted beaches and waves being enjoyed more by visitors to our shores than by local communities.

The UCT Yacht Club has since taken over the running of the programme, and members teach the youngsters how to windsurf and the basics of safety in the water. The enthusiastic teenagers, who come from a sports club in Khayelitsha, are taught their new craft at Zeekoevlei, the home of UCT’s wind-water sports activities,

using brand-new equipment sponsored by the National Lottery Development Trust Fund.

Twenty-seven children have felt the wind in their sails since the programme began, and by all accounts they enjoy every minute of it. The spring of 2012 saw 18 teenagers kicking off the second season of the initiative with a weekend camp that the club’s outreach officer, Michael Overstone, describes as an “eventful and promising beginning to the season”.

“Windsurfing is a very intense activity, and there are normally twelve children to three coaches,” explains Overstone. Other members of the yacht club provide vital support, volunteering to help out with the non-technical aspects of running coaching activities.

“The goals of the programme are to have the current pupils become the future coaches, and take part in windsurfing competitions,” says Overstone. “Just let us expose them to the sport of windsurfing, and show the community how to enjoy some of the best wind and waves in the world.” 🌊

# Hockey Club – Astro-nomical community spirit



Sport and Recreation manager Jonathan Stones understands transformation – as he explains earlier in this publication – as levelling playing fields by providing opportunities to learn, grow and participate to people who, historically, were denied a fair slice of the pie. It was no great surprise, then, when the UCT Hockey Club was awarded the 2012 Transformation Trophy for their UCT Hockey Development Initiative.

Led by senior players Paula Dollman (captain of the women’s team) and Gina Sole (the hockey club’s transformation officer), Ikey hockey players have been sharing their skills and experiences with members of the Khayelitsha Hockey Club since 2011.

“Most UCT hockey players, throughout their careers, have had exposure to the best coaching and have been privileged to play with the best equipment,” says Dollman candidly. She and Sole saw it as nothing less than their duty, then, to open up opportunities to those denied them, and spread the growth of hockey around the Cape Peninsula.

Since the ribbon was cut on the partnership between the two clubs in 2011, UCT players have been mentoring players and sharing tips and experiences with coaches at the Khayelitsha Hockey Club (KHC) for two hours every Friday afternoon. The KHC has since expanded, with more than 80 players – mostly between the ages of seven and 14 – now on the books. The UCT players consider it particularly important to develop not only young players, but coaches as well, ensuring that the initiative is

sustainable beyond the direct UCT influence.

“This development initiative seeks not just to provide children with hockey skills; it also aims to promote sportsmanship and greater life lessons,” explains Dollman.

In spite of inspirational coaching, however, hockey is no fun without the proper gear. “We constantly run a kit drive,” says Dollman, “in order to provide the beginners with hockey equipment to start playing,” thereby eliminating a major stumbling block for many fledgling careers.

An annual Development Hockey Day is held – with 80 young players from Athlone, Du Noon, Langa and Khayelitsha – at the Hartleyvale astro turf, where the players are taught astro turf-specific skills.

“For many children, this is their first experience on astro turf, and it brings tremendous joy,” Dollman reports.

This help from UCT’s Hockey Club, coupled with the dedication of the young Khayelitsha players, has already seen the KHC’s under-13 boys’ team compete in the Western Province Hockey Top Schools Competition, which as the name suggests, pits the best junior hockey teams in the province against each other.

In 2013, UCT Hockey will be running umpiring courses for all the coaches from the KHC. “We believe that it is fundamentally important to have a sound knowledge of the rules of hockey in order to be a successful coach and player,” says Dollman. ♾



## Mountain and Ski Club – Up you go

The UCT Mountain and Ski Club's (MSC) outreach project, dubbed Siyenyuka, meaning 'we go up', involved taking 30 learners from two schools in Philippi on various excursions during the year. Siyenyuka was launched in 2006, and the project has been growing ever since.

"As an outreach portfolio we aim to share a love and appreciation for the environment, hiking, climbing and caving, as well as promoting camaraderie through the challenging nature of the activities that we organise," says the club on its website. "By creating a platform for UCT students and underprivileged learners, the programme hopes to inspire and encourage the learners to think and find out about tertiary education opportunities."

The events, which numbered more than twenty in 2012, were held in partnership with UCT MSC's outreach partner, the South African Education and Environment Project (SAEP), and included activities to develop environmental awareness (focusing on topics such as conservation, recycling and pollution) through the help of experts from the university and further afield. They all aimed to expose the learners to outdoor adventure and growing community skills, while affording the learners the opportunity to experience a "range of unique and demanding activities to help them discover new abilities and passions".

"We aim to get the community involved through parents and teachers in order to incorporate the skills and passion gained into their daily lives," adds the club.

"Through the involvement of the communities, we aim to make outdoor activities more accessible, by showing them how public transport can be used to reach areas where they can hike and increase their appreciation for nature, past the extent of our programme. This would enable them to share the experiences and skills gained with their wider communities."

More than twenty events were held during 2012. Highlights included arranging for a qualified paramedic to teach bandaging and basic first aid skills to Grade 10 learners at Sophumelela Secondary School – skills which could prove invaluable, both for mountaineers and in daily life. The 'Skeletons and Greenhouses' hike in May took young explorers from Sinthemba Secondary School on their first expedition through Nursery Ravine, Skeleton Gorge and Kirstenbosch Gardens on Table Mountain.

A pinnacle for Siyenyuka in 2012 was undoubtedly the 'Siyenyuka Camp: Campfires and Brazilian Schweeets'. UCT MSC members and the learners soaked up three June days of "funning and running and caving and sailing and hiking and beaching and campfires and marshmallow-roasting and games and inspiration and Brazilian parties and sweets" at the Muizenberg Sea Scout Base, which was definitely one for the books for all who attended.

Onwards and upwards in 2013! 🏔️

## Netball Club – Life skills in the net

UCT Netball Club has made major strides in transforming the club and the sport in 2012. The club participated in the Desmond Tutu HIV Foundation netball tournament, as part of the foundation's drive to increase public dialogue and awareness of issues related to HIV/AIDS.

The club has also held coaching clinics with schools, and organised a coaching clinic for the JAG Foundation. The JAG Foundation was established to provide a healthy alternative for children who are vulnerable to societal ills like gangsterism and drug abuse, using sport as the catalyst for teaching them life skills.

UCT's netball players and coaches have consistently participated as volunteers in SHAWCO's outreach programme, providing expert coaching to learners in Grades 5-7 in local townships Manenberg, Nyanga and Khayelitsha as part of SHAWCO's Sports Stars programme, and to Grade 8 and 9 learners in the same areas.

The chairperson of the Netball Club, Ziningi Madonsela, scooped UCT's 2012 Award for Most Outstanding Leader in Sport. Madonsela pioneered the Students' Sports Union's 'We Are Aware' campaign, which aims to foster a sense of social responsibility among UCT's sports clubs and athletes, and also to encourage community involvement in uplifting the historically disadvantaged. 🏐



# NEWS CUTS

## Return of the Intersvarsity weekend

Nearly 20 years after the last edition was played out in pre-democratic 1993, the (in)famous multi-disciplinary UCT-University of Stellenbosch (US) intersvarsity weekend made a comeback in 2012. Busy league schedules and crowd control issues are cited as the main reasons the two fierce sporting rivals had not locked horns in a dedicated sporting weekend since then.

Sports fans will be grateful that the two universities reckon they have now ironed such bumps out, and the intersvarsity weekend from 31 August to 1 September saw Ikey and Matie sportspeople from no fewer than 16 disciplines – from taekwondo to rugby – facing off against each other.

The two universities' underwater clubs cut the ribbon with a social dive at Miller's Point in Simon's Town, with fast-paced Ultimate games and the typically bruising rugby clashes drawing the curtain on what the universities hope will be the first iteration of an annual event. A full intersvarsity weekend is planned for 3-5 May 2013.

The first official intersvarsity meetings took place in 1911 when UCT (then known as the South African College, or SAC) played two rugby matches against the Victorian College (now the University of Stellenbosch), with SAC running out 9-0 and 10-0 winners.

In his history of South African rugby, the late Dr Louis Babrow related one professor's assessment of the intersvarsity as a day when "enthusiasm expresses itself 'in unintelligible noises from dark mutterings' to 'swelling waves of animal cries and nightmarish roars', as our teams hurl themselves at their opponents or crash through in a mighty foot rush.

Students are exalted in this glorious contest; may we shout ourselves hoarse as we witness a fluctuation of fortunes".



*Waterborne: Hole man Devon Card pressed pause on his studies for a stint with Barcelona.*

## Hole man Card signs for Barcelona

The name 'Barcelona' conjures up images of footballers who are better than everyone else at the beautiful game, but it's not just the Camp Nou that attracts leading athletes from around the world.

UCT student Devon Card (21) has realised a long-held ambition by being offered a contract to play for leading water polo outfit Club Natacio Barcelona, from (initially) September 2012 until May 2013.

The centre forward, or 'hole man', pressed pause on the third year of his BCom studies to grab this once-in-a-lifetime opportunity.

"My excitement levels are at an all-time high," said Card shortly before leaving for Spain.

The SACS Old Boys Water Polo Club player says the sport is his number-one passion.

"Water polo comes first in my life," he says. "I work hard at it, and it pays off."

Card is a veteran of the provincial and national set-ups, having first represented the senior Western Province side at 17 and the senior men's national team in 2010, when they competed in the World League.

"Another ambition of mine is to play in the Olympics one day," says Card. "2016 and 2020 are definitely a possibility for me and I'm hoping that this opportunity will kick-start my career, so I could play professionally for the next ten years and lead South Africa into an Olympic Games."

With four of Spain's 2012 London Olympics men's water polo team coming from Club Natacio Barcelona, the biggest contribution from a single club to the squad, there are few better places for Card to realise his ambition.

## Himalayan mountain high for UCT climbers

In June 2012, six students journeyed to the Indian Himalayas for their most daring expedition yet: the exploration of Tharag Nala (a tributary valley to the Miyar valley), and the ascent of the 5,870m Tharang I. And those were to be mere warm-ups for the main event, as the students planned to attempt the first ascent of Tharang II, a technical ice peak of 6,011m and one of many in the area with no recorded human summits

The students, Brendan Argent, Greg Bowden, Duncan Fraser, Jonathan Glover, Chris Laidler and Leo le Roux, enlisted the aid of Indian adventure company Kaushai Desai to organise the tricky logistics.

“Project Himalaya is not so much concerned with altitude as it is with the style with which the expedition will be undertaken and the nature of the route developed,” they wrote on the expedition’s official blog site.

The team reached the first camp for Tharang I on 15 June, two days away from base camp.

After battling stomach bugs, hair-raising drives along mountain passes, dwindling food supplies and a mission-ending injury to a guide (oh, and freezing temperatures on treacherous mountain terrain), the adventurers finally began their summit bid for Tharang I on 29 June.

Having reached the shoulder of the summit, and with turnaround-time approaching, the team realised “with dismay, that the arête to the summit, though not particularly steep, was narrow and loose – and alarmingly long.

“The hot sun was melting the snow and ice and making our retreat increasingly dangerous, especially with the glacier still to cross,” observed the climbers.

It was decided that Fraser and Le Roux, the most experienced climbers in the group, would make a last-gasp assault on the summit by themselves; but the risk was still too great.

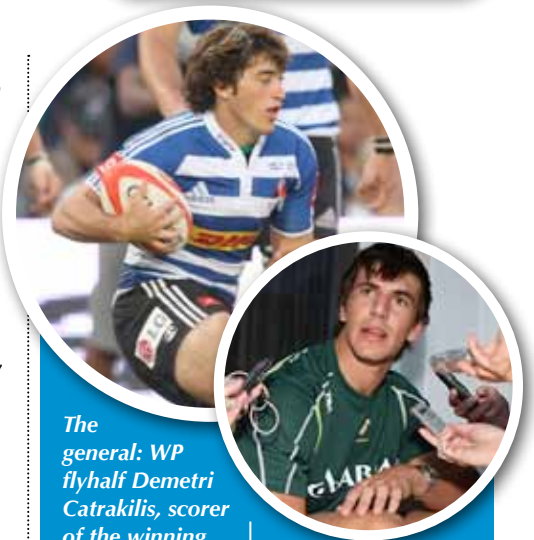
“In the end we made the tough decision,” they wrote. “Safety was our priority and summiting was not worth the risk of a collapsing snow bridge or a fall into one of the many covered crevasses.

“With a tumult of emotions we retraced our steps. Bitter disappointment, relief, pride at our efforts and wise decision, fear, and awe for this silent, beautiful, deadly place.

“And not a moment too soon. Barely 10 steps back and one of the guys broke the surface, falling up to his armpits before arresting with his axe and clawing to the relative safety of the slope.”

In the end, the summit bid was unsuccessful; but to say that the trip was fruitless could not be further from the truth. 🏔️

*Bubbles of light: Six UCT climbers attempted to summit Tharang II, a technical ice peak of 6,011m, and one of many in the Himalayas with no recorded human summits.*



*The general: WP flyhalf Demetri Catrakilis, scorer of the winning points in the Currie Cup final, represented UCT before making the jump to inter-provincial rugby.*

*Big hulk: Ikey lock Eben Etzebeth picked up the Young Player of the Year title at the SA Rugby awards in Cape Town.*

## Ikey old boys shine in Currie Cup final

As fans of Western Province Rugby toasted their team at a victory parade through Cape Town on 30 October after WP’s first Currie Cup trophy in 11 years, UCT could proudly point to a strong Ikey connection to the thrilling final in Durban on 27 October.

Five former UCT rugby players started for WP in the against-the-odds victory against the Sharks: Don Armand (flank), Demetri Catrakilis (flyhalf), Damian de Allende (centre), Eben Etzebeth (lock) and Nic Groom (scrumhalf), while star centre Marcel Brache was named on the WP bench. Ikey fans would also have recognised Sharks No. 12 Tim Whitehead, another finalist to have represented UCT in the recent past.

All seven players made their name for UCT in the FNB Varsity Cup, and all but De Allende were part of the Ikey class of 2011 that lifted the FNB Varsity Cup. The hulking Etzebeth was also named Young Player of the Year at the SA Rugby awards in Cape Town.

The 2013 edition of the FNB Varsity Cup kicks off on 4 February. 🏉

# GOAL ON

## Grant Robertson: Steady rise up the rankings

**F**or business science student Grant Robertson, campus life revolves around more than 'just' negotiating a tough academic schedule. The hockey prodigy recently made his debut for the South African senior men's team after being involved in provincial and national sides since under-13 level. Fresh out of a gruelling photo shoot with our photographer, the midfielder spoke to UCT Sport about balancing the demands of being an international athlete with full-time studies, the key to taking SA hockey to the next level, and penalty showdown nerves.

### **UCT Sport: Glitzy photo shoots, magazine interviews... Not too bad being an international athlete, eh?**

Grant Robertson: (chuckles) Well, not quite yet. I was in the under-21 side and played one or two games for the senior team. I haven't quite broken in to the senior team yet.

### **US: Getting there steadily, though.**

GR: Hopefully, ja. That's what I'm working towards.

### **US: When did you first pick up a hockey stick?**

GR: Geez, I can't remember exactly. I definitely started playing when I was about six or seven, in the pre-primary stage – with those old-style sticks, I remember. Those are my earliest memories, lying on the grass fields by my house and stuff.

### **US: At what point did you realise hockey was something you wanted to take seriously?**

GR: I went to DPHS [Durban Preparatory High School] from preparatory level until Grade 7, and I started really enjoying it in those years. It was always hockey and cricket for me. In high school I was sort of playing both, but I just realised that I was probably doing a little bit better at hockey, in terms of comparing myself to other people. That's when I started taking it a bit more seriously, and just relaxed a bit on cricket, and just enjoyed myself.

### **US: You must have some highlights that you can share with us.**

GR: Hmm, memorable moments... We – the SA under-21 side – recently beat Egypt in the final of the Junior World Cup Qualifier Africa Tournament. I was vice-captain that tournament. In hockey you get something similar to penalty shootouts, called penalty showdowns. I was the last taker. It's the same deal as football, five each, and I was the last one to go for South Africa. The pressure was... I was absolutely sh\*@\$#! myself. But the Egyptian guy before me missed, so I didn't have to take mine – so I could just participate in the celebrations! But that's definitely the most excited I've been about winning [a match]. That was great.

It was my first time playing for South Africa in a big tournament. It's great representing your country. It's an awesome feeling. It was very interesting – we were playing against other African sides, and the styles of hockey we came up against were very different. Some we'd never experienced before. Some had their own style; very quick, very unpredictable. On the hockey side of things it was pretty cool trying to adapt to that. Obviously, representing South Africa was, wow... especially [having the tournament] in Jo'burg, that was vital. To have some support and stuff was really cool.

### **US: As a student, is it a matter of fitting hockey in between studies, or studying between games?**

GR: It's always got to be academics first. That's why I chose UCT. Maties, Tukkies and universities like that are very much 'sports first', and then try to fit your studies around that. I'd definitely say I fit my hockey around working and not the other way around.

### **US: When did you start cracking the provincial and national sides?**

GR: I've sort of been in the mix since under-13 level. I've always been in the age-group sides. I live in Durban, so it was always KwaZulu-Natal, and then when I got to Cape Town I managed to make the Western Province under-21 side, so I've been three years under-21 now, which I've steadily worked on. Last year was the first time I made the Province men's side.

### **US: To risk jumping the gun – is Olympics in four years' time a long-term goal for you?**

GR: Yeah, definitely. It's more of a dream [at this stage]. To achieve that, though, I'd have to make major changes. I don't think I could carry on putting hockey off. It almost would take two years of out-and-out playing hockey – both during the season, and during the off-season playing overseas, playing in better leagues overseas and just focusing on hockey for two years. It's a big commitment. If you want to be an Olympian you really have to put in the effort. But that is one hundred per cent a goal.

### **US: Plans for the future, in terms of either hockey or studies, whichever takes precedence?**

GR: Well, opportunities to impress on a national [team] level are quite limited. You've got about two tournaments [annually] to get people's attention, so for me that would just be to be as prepared as I can be. There's only so much you can do, so I have to make sure I'm nice and fit and training hard, and when the time comes to shine, or step up, I'm ready to do that. It's quite simple at the end of the day. When you get the opportunity, you've just got to take it. 🏏

Elite five - Sports person of  
the Year Award contenders





# PRESS POISE

## Giselle Vicatos: Fencing with finesse and a positive attitude

**I**t was a love affair inspired by those she saw on the silver screen. Unlike many of her contemporaries, though, it was not the exploits of the Don Juans of cinema that captivated Giselle Vicatos. Instead, it was the romance in the graceful swordsmanship of heroines and heroes that she strove to emulate. And emulate she has – after eight years of fencing, Vicatos was ranked first on South Africa's foil table and second in épée at the time of writing, and has won enough silverware to make 50 Cent jealous. She has been at the forefront of UCT's excellent fencing teams of recent years, and regularly competes on the international stage. UCT Sport discovered that behind the blade stands a person who appreciates the artistry in her daring sport.

**UCT Sport: Giselle, you've been collecting fencing honours for a number of years now. Tell us about some of your most memorable performances.**

Giselle Vicatos: It's hard for me to single out memorable performances, because each time I compete in a competition and am successful, it's a memorable occasion. It's because fencing is a combat sport, and every time you compete it's a challenge – things can be unpredictable, and so much depends on whether you can assess your opponent quickly enough and react accordingly. One bout that does stand out is when I managed to beat a Swedish fencer in a five-point bout. She'd previously won the World Championships. I felt good about my own performance, since it was a very high level of competition.

**US: I believe your love for swords goes a long way back...**

GV: Yes, it does. I started fencing when I was 12. It's actually hard to place exactly when I first decided I loved the art of fencing and swords. As a child I was influenced by a lot of films with people sword-fighting in them; and the more I saw them fighting, the more I wanted to do it myself. Then one day I decided to go and try, and I haven't stopped since.

**US: With all your achievements, are you satisfied that you are close enough to the level of the silver-screen martial artists you admired?**

GV: To be honest, I've never idealised the silver-screen martial artists. I think my view of fencing has always been a more romantic one, which involves a lot of tradition and finesse. I don't think I'll ever say that I am satisfied with the level that I'm at, because there's always a higher level to aspire to – and that's what keeps my interest going in the sport.

**US: How big is fencing at UCT and in the country as a whole?**

GV: The UCT fencing club is one of the biggest fencing clubs in South Africa. Fencing is a growing sport in South Africa and especially after the last Olympic Games in London, there has been a considerable growth of interest in it as a sport in general in South Africa, and a marked increase in numbers of new members in clubs, especially in Cape Town.

**US: Despite fencers (like Jacques Viljoen) having recently left the university, UCT's fencing pedigree remains consistently strong. Is there a secret to your success?**

GV: I think the secret is that we have a very strong and close fencing community here at UCT; we train together and help each other to improve, and that I think has helped us to be so successful in competitions.

**US: What are your plans for the future? The Olympics must be a goal...**

GV: Well, the 2012 Olympic Games was actually a goal for me. Since the beginning of 2011 I'd been part of the South African Women's Épée team, which participated in all the preliminary international Olympic qualifying competitions with the aim of ultimately qualifying for the 2012 Olympic Games in London. We missed qualifying by one international placing. We finished with an overall ranking of 17th in the world and 1st in Africa. The qualification specification was that only the top 16 teams in the world could qualify for the Olympics. But even though we were disappointed by the fact that we got so close but didn't make it in the end, I have a positive attitude. I've already started training for the next Olympic Games. 🏆



Elite five - Sportsperson of  
the Year Award contenders





# WANT TO BRANCH HIGH

## Benjamin de Charmoy: The engineer with the Spiderman gene

**U**CT mechatronics student Benjamin de Charmoy doesn't confine his knowledge of levers and joints to the engineering labs of Upper Campus. The star climber has won a plethora of climbing competitions and regularly expeditions to the most famous – and some of the lesser-known – climbing spots around the country. In September 2012, De Charmoy also represented South Africa at the International Federation of Sport Climbing World Championships in France. UCT Sport discovered his talent for getting vertical runs in the family.

### **UCT Sport: You've been climbing since you were 10 years old. What's the attraction?**

Benjamin de Charmoy: At first I think it was just fun with my friends. I was friends with two brothers who were really good climbers, and then their cousins climbed. So we did it on the weekends instead of going cycling or doing anything else. After that, once I got into high school, I just realised that it was something I enjoyed and just kept at it.

### **US: Your sister, Rachelle, is quite a climber in her own right. Did you both get bitten by the same spider when you were young?**

BdC: (laughs) She actually started climbing a year or two before me, and then I started climbing with the two brothers; and then she stopped for a few years, and then started again in high school, and we've just been climbing together since then.

### **US: Favourite climbing spots?**

BdC: My favourite route-climbing spot is a place near Shongweni Dam called The Wave Cave, because that's where I grew up, and I spent many, many days there. More recently the Cederberg is my favourite spot to climb. I've climbed a lot around the Western Cape and Kwazulu-Natal, as well as around Jo'burg, Magaliesberg; and then recently I went to France for the World Championships. That was amazing.

### **US: Don't stop talking about the World Championships...**

BdC: It was an eye-opener, for sure. The standard of climbing in

Europe is exceptionally high. Ja, it was just nice to see how they climb, how they approach climbing; I spoke to a few of the guys about what they do for training, and it was a valuable experience.

### **US: Is the climbing scene in Europe vastly different to the local one?**

BdC: Ja, it's very different. The scene there is just much bigger. There are better indoor climbing facilities, and just the sheer volume of climbers produces better climbers.

### **US: Your speciality is bouldering, no?**

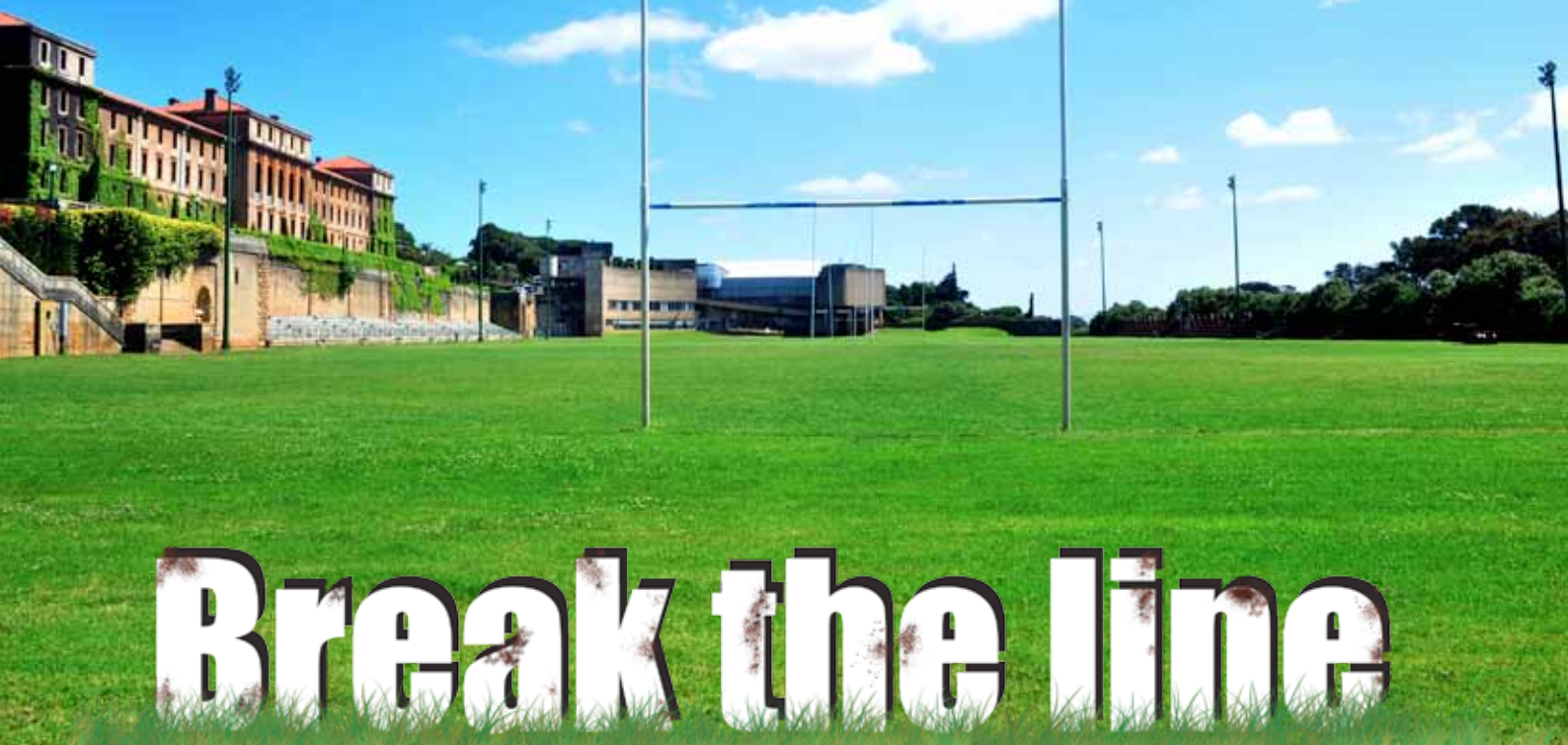
BdC: I wouldn't like to bracket myself as a boulderer. I grew up sportclimbing in Kwazulu-Natal; there was no bouldering. When I moved to Cape Town I decided, kind of, my long-term training plan would be to boulder; because you build power, and in my opinion the best thing you can do for climbing is to build power; finger-strength and power. Also, the bouldering in the Cape is world-class. So, yes, I do bouldering, but it's just part of my climbing as a whole.

### **US: Any close calls you care to remember?**

BdC: At a place called Everest in the Free State, there's multi-pitch climbing. The two brothers and I were just walking, and we saw the multi-pitch line, which looked considerably easier than the single-pitch lap we'd done earlier that day. We decided to head on up (it was our first multi-pitch), and things just took a lot longer than we anticipated. We just took a long time, and then we made a few comments like, "oh, look at the sunset!", and then it was dark and the wind picked up, communication wasn't so good... we got down, but it was definitely an experience. I wouldn't say it was dangerous. It just shows how quickly things can go wrong.

### **US: Plans for the future?**

BdC: Well – back to whether I'm a boulderer or a sportclimber – I've actually got a sport-climbing trip planned to Spain at the end of 2012. Hopefully I can put in my training from the last three years of bouldering; start tying it onto a rope, and see how that translates to the sportclimbing. That will be nice; really nice. 🧗



## Dillyn Leyds: On being in the spotlight, Elton Jantjies, and the haka

**N**ot many high-school students can realistically expect to hoist a World Cup trophy a few months after matriculating. Fresh out of Diocesan College in the Mother City, UCT's Dillyn Leyds (a first-year humanities student) not only cemented a spot in the Ikey rugby team's first XV (he was UCT's top try-scorer in the FNB Varsity Cup) in his first season on the Green Mile, but also picked up a silver medal in the under-21 Currie Cup and a winner's medal at the IRB Junior World Championship in June 2012, beating New Zealand's vaunted Baby Blacks in the final. UCT Sport succeeded where many defenders have failed, and caught up with fullback Leyds.

### **UCT Sport: You've rocketed up the rugby ranks in double-quick time...**

Dillyn Leyds: I wouldn't say too quickly. I think it's nice that things are starting to happen so early in my career and people are starting to know me; but I think it can also be a bad thing if people know you well quite early on in your career. You can become a 'once-off' thing, and that's not something I want to be. I want to still go higher and higher: as high as I can possibly go. I'm enjoying every moment of it. I mean, playing rugby is something that I love.

### **US: Rugby's always been your chosen sport, then?**

Yeah, it's always been. I played a bit of cricket, and athletics as well, but nothing that I enjoy as much as rugby. It's been number one since as far back as I can remember.

### **US: Fans are used to seeing you running with ball in hand from fullback, but what do you enjoy most on the field?**

DL: I still think I'm more of a flyhalf than a fullback, because I like to be involved in the game more. I like to control things. I like to rather let other people score the tries, and make them look good rather than me. I don't really like being in the spotlight, because I'm quite a shy guy – a man of few words!


### **US: Facing the Baby Blacks must have been a highlight of your career.**

DL: (smiles) Yeah. There's nothing better. When you play in schoolboy games, the derbies against the big schools, and you beat them, it's good. Winning a World Cup final, especially against a team that had won all four of the trophies that could be won, makes the victory even better. Standing there, facing the haka, is also something quite special. Not a lot of people can say that they've stood in front of a haka. I don't think anyone can say there's something better than beating the All Blacks in a World Cup final.

### **US: Prospects of cracking the senior team?**

DL: It's obviously one of my big dreams to play for the senior Western Province side or even the Stormers in Super Rugby, running out in front of a massive crowd at Newlands. But I guess it's just patience. It's about not panicking and [not] doing stupid things; playing your best game every single game.

### **US: Is seeing players like Elton Jantjies signing for WP an obstacle for you?**

DL: Because a guy like him is very talented, and he's a Springbok now, and everyone says he should be the starting Springbok flyhalf, it does put an obstacle in your path. But then, it challenges you to become better as well. I mean, a guy of his experience, you can learn so much by training with him. 

Elite five - Sports person of  
the Year Award contenders





# UP THERE

## Joe Möhle: High peaks and tea in the Maghreb

**W**hat do you get when you mix a love for everything outdoors, a longing for adventure, a healthy respect for academics and a “mad” desire to succeed? You get UCT’s 2012 Sports person of the Year, Joe Möhle, of course. Ranked in the top ten of the traditional climbing, sport climbing and bouldering genres in South Africa, Möhle is also the only non-professional climber to rank in the top ten in the world. The first climber to win that accolade since Andy de Klerk in 1988, Möhle took time between completing his Bachelor of Arts degree and scaling virgin peaks in Morocco to chat to UCT Sport about what makes him tick.

**UCT Sport: I’m assuming that you’re not afraid of heights.**

Joe Möhle: Ja, definitely not afraid of heights. I’m totally comfortable in high places, sleeping on ledges, exposed walks and paths... Falling is a big part of overcoming that fear of heights. I’ve more a fear of hitting things than being up there in exposed positions.

**US: Have you had any serious falls?**

JM: Ja, I’ve had quite a few falls and impact injuries. Not so many wear-and-tear, ligament injuries and that sort of thing. One or two quite bad impact injuries from big falls and striking the rock, but it’s a rare occurrence. Usually I’m falling into mid-air [thank you, rope]. It’s just when you push the boat out a bit, you know... Both times the rock broke. That’s a hard thing to account for. But it happens, and the rope is always there.

**US: You started out as a surfer; what made you switch to drier ground?**

JM: (grins) how did you know? Throughout high school I was as

passionate about surfing as I am about climbing now; waking up every day, thinking, what do I want to do today?, and the answer was surfing. Now it’s climbing. I often spent most of the day at the beach, most of my life at the beach. I grew up in Hout Bay and used to hike over the mountain to go surfing, and always spent time on the mountain. The interest in surfing faded a bit and I went walking on the mountain, and one thing led to another. I just started scrambling up things and climbing harder, and in those days it was [with] a skateboard helmet and tekkies. It was a nice way to start. From there I met other climbers, and then there was a sense of, okay, I’m not the only one. I was just hooked from the start. I always thought I could never be more motivated for something than I was then; but every year I get more and more motivated. So I just ride that wave, hey.

**US: Nice one.**

JM: (laughs) it was unintentional. I still get out there in the water every now and then. Most of the time, if I’m not climbing or training then I’m doing schoolwork.

**US: What drives you to – apologies – such great heights?**

JM: It’s about challenging myself and breaking boundaries. It’s kind of metaphorical; I often use my climbing to reflect on my life. It’s a very metaphorical exercise, perseverance and all that. That’s a whole other thing we can talk about (laughs).

**US: Feel free to go off on that tangent.**

JM: If you want it, you’ve just got to try really hard. It’s the same as any other sport. If you want to achieve it, it makes it easier if you’re just mad for it. If you’re mad for it it’s easier to push yourself. ➤

**US: If you can pinpoint some memorable climbs...**

JM: This is the hardest question. I mean, there's so many; so many. I think the ones that demand the most of you are the most memorable for me. You step onto a new route and you're not sure whether you can do it or not, so you just keep at it. That's kind of one of my strengths: to just keep going, to stick it out. I'm a bit stubborn (laughs). But then there's also the kind that demands the most from you on the day. Climbs that you've never been on before, but you fight your way to the top. It just takes all that skill that you've learnt over the years of climbing into that one single push. Examples of those are hundreds. I recently opened what's probably the hardest traditional climb in the country, on Table Mountain, called Darkest Africa on Africa Ledge. It goes through these big, big roofs. It's dark under there. That's a highlight for me from this year. Last year, a friend of mine – Clinton Martinengo, who's been at the forefront of South African climbing for some time now – and I teamed up and opened a route on the Klein Winterhoek's north-east face. It's a really iconic place in South African rock climbing. Opening a route on that wall was an all-time dream.

**US: Any preference between the different climbing styles?**

JM: I find that they all complement each other really well. Once I've reached a kind of a plateau in one type of climbing I'll maybe do some bouldering and renew my enthusiasm, until I feel like I've started to lose steam a bit. The rock here lends itself to traditional climbing (placing your own protection in the rock). The rock dictates how to climb it and how to protect it. Over here, the sandstone quartzite is really protectable. In fact, I think it's some of the most protectable rock in the world. We haven't even touched on what is possible here. The level we can go up is way, way higher. I wouldn't be surprised in the next ten years if the hardest trad climbs are over here. It's nice having all these options, all this rock here in the Western Cape. It's like living a dream.

**US: Tell us about your first ascent of the Biguinoussene peak in the High Atlas Mountains in Morocco.**

JM: I went over there with the intention of doing a couple of first ascents and doing various styles of climbing; traditional climbing, bouldering, sport climbing and alpine climbing. In the end I just managed the alpine route, and I bolted – by hand – a new sport climb that I didn't

have enough time to finish. Two holds broke off at the bottom and it became quite a bit harder, so I couldn't. I had three days to do it and there wasn't enough time.

In the week that I spent in the High Atlas, I just got a lot of mileage in. The legs were burning. Going up and down things... a lot of it is still unclimbed. We found a nice narrow pull-bar that kind of led up to this exposed ridge going up Biguinoussene. It's the steepest and rockiest peak there. We started off – I was with a mate of mine from the UK – going for an easy scramble climb for the morning. It turned out to be a really nice route. We got on top, the storm clouds were coming in, snow was starting to fall, and, you know, those are the special moments, especially when it's unplanned like that. In the end, we managed to pull off what is very likely a first ascent on a 4,000m peak. And in the end, it

was just a fun day out! We started off at six in the morning and were down by four in the afternoon, drinking tea with the locals. The difficulty of the climb wasn't that high, and conditions were good. It was a great exposed-ridge climb; you can't ask for better than that, and then to get down and drink tea with the Berbers was just great. The tea is good up there. Yis, it's lekker man. Ja, they've got special mixes and special blends, and a lot of sugar. It was very nice. I kind of miss the tea. It's the one thing I miss about Morocco. I have to go back – also because I have a route to complete! I must go back. There's some good surfing spots there, too.

**US: Plans for the future?**

JM: I've got about three pages of top-priority projects that I want to finish before I leave for Switzerland in February. I'll never get through it all, but that's something to come back for.

I'll do as many as I can. So, after three months full-time climbing here I'll be going over to Switzerland. I'm hoping to start a new phase of my life out there; just try to climb as much as I can and try to take what I've learnt about climbing in South Africa and take it overseas. (smiles) Represent, you know? Europe you might think of as being explored or organised – you know, like every rock has been overturned, but it's not like that. There's still a lot of exploration to be done, especially when it comes to harder stuff (eyes light up). There's scope for harder stuff going up there, and I want to be a part of that. Next year in October I'm going to Mallorca, an island off Spain where you climb on these sea cliffs – with no ropes, so you just fall in the water. It's a great mix: the ocean, which I grew up with, and the rock, so you get the best of both worlds, and there's so much there. I'll be like a kid in a playground. 🧗





# TOP OF THE PILE

## Students shine at annual sports awards

A highlight of the UCT sports calendar, the annual Sports Awards Dinner was held at the Cape Sun in October, with Mike Wills as the Master of Ceremonies. Colours, half colours, honours and merit awards were made to scores of UCT students and administrators and to top individuals and clubs. Here are the main category winners. (View the **photo gallery** of Sports Awards at [www.uct.ac.za/gallery/](http://www.uct.ac.za/gallery/))



### Jamison Cup: Sportsperson of the Year - Joe Möhle

UCT's Sportsperson of the Year for 2012, Joe Möhle (*see cover story on pg 20*), is considered one of the top five climbers in South Africa, ranked high in each of the sport's three codes – traditional Alpine climbing (in which he's No 1), sport climbing and bouldering. As each discipline requires unique skills, such a high ranking in all three is rare. Möhle is also the only non-professional climber ranked in the top ten in the world. In January, Möhle was involved in the development of a new sport-climbing venue in the High Atlas Mountains of Morocco, where he also scaled the 4,000m peak of Biguinoussene and the tallest peak in North Africa, Mount Toubhal. His award was presented by Vice-Chancellor Dr Max Price.

# Transformation Trophy: Hockey

UCT hockey players, led by Paula Dollman and Gina Sole (in picture with VC Dr Max Price), coach and mentor players at the Khayelitsha Hockey Club for two hours every Friday afternoon. The Ikeys also regularly swap coaching knowledge with the club's trainers. As a result, Khayelitsha Hockey Club has grown steadily, with more than 80 players, from seven- to 14-year-olds, now on the books. The help from UCT's Hockey Club, coupled with the dedication of the young players, has already seen the Khayelitsha Hockey Club's u13 boys' team compete in the Western Province Hockey Top Schools Competition.



## Best First Year: Rugby – Dillyn Leyds

The Ikey Tigers endured a torrid 2012 campaign, surrendering both their FNB Varsity Cup and Western Province Super League A titles. From the ashes of a disappointing season, though, rose one Dillyn Leyds, a first-year student who lit up the Green Mile from fullback. Scintillating showings in the FNB Varsity Cup, capped by seven tries, earned Leyds a call-up to the Western Province set-up, and he established himself as the first-choice No 15 for the Baby Boks in the 2012 IRB Junior World Championships in June.

## Butterworth Cup (Team of the Year): Rowing – USSA Crew

The UCT Rowing Club won the overall-points trophy at the University Sport South Africa (USSA) Sprint Regatta in March, their first triumph in the event since 2002. Fourteen UCT rowers were selected for the national student teams. Six of the UCT crew were also selected for the USSA team who competed at the World Universities Rowing Championships in Kazan, Russia in September. With the re-introduction of the Indoor Rowing Universities Regatta Programme in July, UCT won all four divisions and the overall trophy. The club also beat archrivals Stellenbosch University in all categories at the intervarsity event, and won the overall points standings at the USSA Race Regatta.



### Turpin Cup (Service to UCT Sport) – Sarah Bishop



Sarah Bishop (in picture with VC Dr Max Price) has been involved in UCT rowing for more than four years. She has rowed for the women's first eight and has served on the executive committee as women's captain from 2009 to 2011. She's now responsible for the UCT Rowing community outreach programme and coaches 30 learners three times per week at Zeekoevlei. In September 2012 she was elected onto the USSA Rowing Committee as transformation officer. Bishop also served as secretary of the Student Sports Union in 2011 and chairperson in 2012, and serves on the UCT Sports Council.

### Landstem Trophy (Performance of the Year): Rowing – Leo Davis and Jozef Muller



Rowers Leo Davis and Jozef Muller won the silver medal at the World Universities Rowing Championships in Kazan, Russia in September. The heavyweight pair finished 1.16 seconds behind winners Italy after a titanic push

to the finish line. So quick was their charge to the finish, their final 500m time was the fastest quarter of any team in the 2km race, and left the likes of Australia, France, Poland and Russia – powerhouses in world rowing – trailing in their wake. They were photographed with coach Brendan Gliddon, left, and VC Dr Max Price, right.

### Chairperson's Award: Lorne Hallendorff

Prof Michael Meadows, left, chairperson of the UCT Sports Council, presented this award to Lorne Hallendorff. As the Students' Representative Council (SRC) sport and recreation co-ordinator and as a secondary member of the Student Sports Union executive, Hallendorff contributed towards many successful developments in UCT sport.



### Club of the Year: Rowing Club

The Rowing Club's twice-monthly or weekly minuted meetings with UCT sports administration ensured smooth and effective governance of the club: it handled a R1.2-million budget with maturity; established an indoor rowing centre and maintained equipment worth R3.5 million; hosted five successful events this year; won the overall university trophy for rowing; was involved in useful community outreach coaching programmes; and raised more than R50,000 through an alumni initiative. In picture is club president Will Tipping-Woods, left, with sports manager Jonathan Stones.



# Colour Awards

## HALF COLOURS

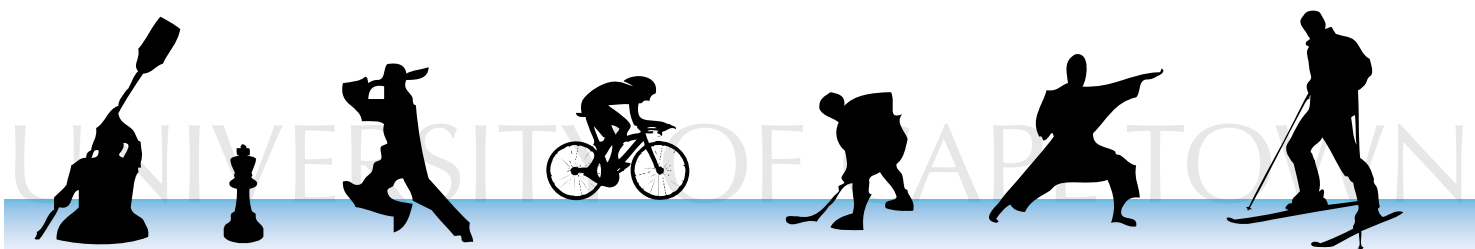
<b>Canoe</b> Benjamin Biggs	Amy Freakes Steven Lovesay	Francis Argent Duncan Fraser Jonathan Glover Christopher Laidler Pierre Le Roux	Kyle Hanck Evan Jackson William Millatt Gideon Valster	Enslin Gardiner Mohapi Mohlamonyane
<b>Chess</b> Sakhe Mkosi	<b>Judo</b> Luke Viljoen	<b>Netball</b> Lisalokuhle Mbobo Girly Mthimunye	<b>Rugby</b> Nicholas Holton Joshua Katzen James Kilroe Rick Schroeder	<b>Water polo</b> Luke Fouche Kieran Lyle
<b>Cricket</b> Seb Golding	<b>Mountain &amp; Ski</b> (Traditional Climbing) Duncan Fraser	<b>Rowing</b> Kaitlyn Croney	<b>Taekwondo</b>	<b>Yacht</b> James Stock
<b>Cycling</b> Emily Clarke Hockey	<b>Mountaineering</b> Kieran Amin			

## MERIT AWARDS FOR CLUB ADMINISTRATION

<b>Athletics</b> Esther Gunter Lwazi Pambuka	<b>Cricket</b> Graeme Beghin Stephen Wormald	Nicholas de Klerk Emma Hosking Jonathan Glover	<b>Tai Chi</b> Aditi Hunma	<b>Volleyball</b> Christine von Hirschfield
<b>Basketball</b> Salebona Shongwe	<b>Cycling</b> Bruce Hughes Brendon van Niekerk	<b>Netball</b> Ziningi Madonsela	<b>Tennis</b> Clair Brayshay Georgina Frere Lisa Levenberg	<b>Water polo</b> Ryan Cumming Sinéad Power
<b>Canoe</b> Steven Bissett Brett Moolenschot	<b>Golf</b> Marc Harris	<b>Rowing</b> Kyle Hanck William Tipping-Woods	<b>Ultimate Frisbee</b> Andrea Ross-Gillespie Joy Waddell Nicholas Zaloumis	<b>Waterski</b> Kieron Dunn
<b>Capoeira</b> Fergus Turner	<b>Ju-Jitsu</b> Graeme Paul	<b>Rugby</b> Nicholas Rosslee	<b>Underwater</b> Kirsten du Plessis Thomas Morris	<b>Yacht</b> Nicholas Bush Geoffrey Kilpin Sebastian Thomson
<b>Chess</b> Rowan Ellappen	<b>Mountain &amp; Ski</b> Matthew Davey	<b>Swimming</b> Nicole Tacon		

## PLAQUES – HONOURS AWARDS

<b>SA Swimming Team</b> Dominique Dryding Ayrton Sweeney	<b>SA Men's Hockey Team</b> Grant Robertson	<b>Represented SA at World Champs in Paris</b> Benjamin De Chamoy	<b>Represented SA Ultimate Frisbee at Worlds</b> Matthew Lewis John McCoy Nicholas Zaloumis
<b>Ranked No. 1 in Fencing in SA</b> Giselle Vicatos	<b>SA Senior Judo Team at Commonwealth</b> Nicolaas Louw	<b>Ranked No1 in SA and in World Traditional Climbing</b> Joe Möhle	



## FULL COLOURS

**Athletics**

Tanya Scott

**Canoe**

Stuart Maclarens

**Chess**Laura Irving  
Peter Long How  
Alyssa Ziegler**Cricket**

Mogamat Joseph

**Fencing**Ashleigh Arton  
Joseph Baker  
Andrew Hochfelden  
Alison Maclachlan**Hockey**Bradley Venter  
Nicola Walters

Tracey Whitfield

**Judo**Daniel de Klerk  
David Lutrin  
Nicholas Schady**Karate**

Itumeleng Mangwedi

**Mountain & Ski**(Bouldering)  
Robert Fraser**Rowing**Sarah Bishop  
Marcus Crowther  
Abby Davidson  
Jaime Davidson  
Leo Davis  
Anthea Dickson  
Gordon Dodge  
Cameron Hoey

Chase Hyde

Kimberly Joscelyne

Jozef Muller

Julia Munnik

Alexandra

Scheepbouwer

Matthew Shaw

Catherine Stark

**Rugby**

Donovan Armand

Wesley Chetty

Nicholas Groom

Dillyn Leyds

**Squash**Alexandra Fuller  
Stefano Garas**Surf**

Katarina Kern

Jessica Lee

Phillip Visagie

Daniel Wilson

**Table Tennis**

Udhir Ramnath

**Ultimate Frisbee**Sean Massyn  
Thomas Morris  
Timothy Taylor**Volleyball**

Gashirai Masvikeni

Phillip Montsho

Benson Siyawareva

**Water polo**Christopher Baker  
Tisha Benetti

Devon Card

Ryan Cumming

Jonathan Hock

Nicholas Hock

Amica Hallendorff

Christopher Icelly

Amy Keevy

Marc Neto

Edward Schmidt

Tayla Smith

Mattieu Theron

Rebecca Thomas

Nicholas Walker

**Yachting**

Ryan Black

Christopher Gough

Angie Haig

Oliver Hobson

Neil Malan

Brevan Thompson



## TEAM AWARDS

**Basketball**Kristin Bredenkamp  
Julia Hilgenberg  
Melissa Maganga  
Tahila Pimentel  
Anne Schady  
Reika Shucart  
Kristen Wolfenden  
Sharon Yen-Jung Chen**Canoe**Murray Burgess  
Kirsten Gelderblom  
Antony Lake  
Samantha Murray**Cricket**Graeme Beghin  
Wesley Bell  
Dewald Keulder  
Wayne Lombard**Cycling**

Greig Knox

**Hockey**Carey Clegg  
Alexander Cox  
Michael Day  
Paula Dollman  
Keren Dugmore  
Wesley du Plessis  
Scott Drew  
David Esterhuizen  
Brittany Fenwick  
Alexandra Fuller  
Amy Gibbings  
Sebastian Golding  
Kirsten Hood  
Sarah Ive  
Thalia Kritzas  
Mark Leshnick  
Stacey Morley-Jepson

Annabelle Nichol

Joshua Perry

Andrew Winter

**Mountain & Ski**Johannes Breytenbach  
Graeme Paul  
Ashley Pople  
Silke Pritzen  
Birte Toussaint**Netball**Norealda Cronje  
Nicole Hamman  
Laura Heldsinger  
Lineo Quali  
Ziningi Madonsela  
Atandile Mafanya  
Asanga Mehana  
Zandile Mnisi  
Simone Peters**Rugby**Paul Cohen  
Ross Jones- Davies  
Nathan Nel  
Matthew Page  
Ntsolo Setlaba  
James Tatham  
Stephen Wallace  
Digby Webb  
Mark Winter**Tennis**Myles Aaron  
Claire Brayshay  
Alexi Briechele  
Kevin Essery  
Kryisia Gaweda  
Richard Mellon  
Julia Mitchell  
Kelly Nel  
Rainer Steinhagen

Gertrud Talvik

**Ultimate Frisbee**Matthew Dennis  
Craig Harding  
Nokuthula Mayaba  
Keketso Motjuwadi  
Andrea Ross-Gillespie  
Vere Ross-Gillespie  
Niell Strydom**Water polo**Kimberley Barker  
Alex du Plessis  
Courtney Healey  
Sinéad Power  
Lloyd van der Griendt  
Bronte Westcott  
Megan Weston

# UCT SPORTS CLUB REPORTS

Over 9,000 students are registered with the university's 35 sports clubs. These are some of their 'potted' reports for 2012.



## UCT Archery Club

The UCT Archery club prides itself on providing all the necessary equipment as well as basic instruction to its members. And – pardon the pun – we aim for the best at all times.

We meet on Mondays and Wednesdays from 16h00 to 18h00 at Sports Centre 1 on Upper Campus. We currently have about 20 members, but we intend to grow this number in the next few years. We also have new arrows and two arrow stops.

Contact: Jonathan de Bruijn (chairman) at 076 018 1386 or email [janniede@yahoo.co.uk](mailto:janniede@yahoo.co.uk)

## UCT Athletics Club

The UCT Athletics Club offers all forms of running imaginable, from track and field to trail and road running. Whether it's a stroll around campus, getting fit in the process, or running the 4-minute mile, you'll find UCT Athletics the perfect haven.

We have world-class coaches, friendly Committee members, and more than 200 runners of all shapes and sizes. 2012 was highly successful for the Club. The ever-growing UCT Memorial 10km was a winner once again, boasting a field of 1000+ and with our very own vice-chancellor, Dr Max Price, starting the event. The Intervarsity relay on campus is a 4x1.25km route in front of stands packed with spectators, and with UCT's four fastest men and women racing for glory.

We meet on Mondays and Thursdays from 17h30 to 18h30, at

the Woolsack Oval (the cricket oval on Middle Campus, next to Woolsack Drive).

Contact: Matthew Henshall (chairperson) at 083 778 0294 or email [hnsmat004@myuct.ac.za](mailto:hnsmat004@myuct.ac.za)

## Badminton Sports Club

UCT's Badminton Sports Club consists of 50 members and offers both a social, relaxed atmosphere for those who just want to meet new people or learn a new sport, and a competitive environment for those who are interested in competing against other.

Practice is held at Sports Hall 2 every Tuesday and Thursday evening, from 19h00 to 22h00.

In 2012 we entered one team into the Western Cape Badminton League, where we were placed third on the log, and we are hoping to enter at least two teams into the 2013 League.

Contact: Patrick Shadwell on 072 875 2520.

## UCT Chess Club

We are a group of highly intelligent (not to mention extremely modest), fun, young people who meet every Tuesday and Thursday to enjoy one of the world's best-ever brain-teasers – chess.

Members range from former SA and provincial players to

novices and those just starting out. We provide coaching – starting with the basics, which includes a fascinating look at the history of chess. Last year we celebrated International Suit-Up Day 2011 by suiting up in Leslie Social and playing a few games during meridian, drawing quite a crowd. The club participates and does well in the annual Western Province (WP) League – and won the recent Intersvarsity against Stellenbosch 7-0. We have over 80 members, making us one of the biggest chess clubs in the Western Cape.

Contact: Lebo Pherane (chairperson) at 083 363 6417 or email phrrel001@myuct.ac.za

## UCT Cricket Club



Many doubted UCT Cricket Club's prospects for the 2011/2012 season, due to relegation the previous year. Under the guidance of accomplished player/coach Ryan Maron, and with improved structures, UCT is on the up. The change is due to improved structures put in place by the committee and the introduction of coach Maron. With new sponsors on board, including Gunn & Moore, South African Breweries and Powerade, we had the perfect recipe for success.

The first XI drew their first two league matches before the Christmas break, leaving them bottom of the log. But the post-Christmas part of the season saw them finish top of the log, remaining the only unbeaten team in the league. The Club is ready for life back in Cape Town's elite league, and is looking forward to building on this year's success.

Contact: Nicholas Lassen (Chairperson) at 082 943 1891 or email uct.cricket@gmail.com

## UCT Cycling

Being a member of the UCT Cycling Club brings with it many benefits: you'll get fit and fast, you'll shed those unwanted kilos and you'll get great, subsidised cycling kit (which comes in pink for women). Throw in a stunning cycling tan, and you've got the deal of a lifetime!

We offer weekly Thursday Time Trials at Ladies' Mile or Bishopscourt, with an array of attendance prizes to be won. Saturday and Sunday training rides range from 40-80km, and there are also opportunities to get involved with Pedal Power

Association League rides, mountain-bike rides and fun rides held around the Cape. Every year, UCT participates in the Intersvarsity Cycling event against Stellenbosch University, as well as Varsity Champs Cycling, which is a three-day stage tour for more serious riders hosted by various universities around the country. UCT Private Client Holdings also enters a Double Century team (200km), as well as a Trans-Baviaans team for those who enjoy spending hours in the saddle. On the social side of things, there are slower 'coffee rides' over weekends, a pre-Argus evening, the Moonlight Mass cycles, social braais, an end-of-year party, pizza evenings and an annual AGM.

Contact: Bruce Hughes (chairperson) at 072 118 0851 or email hghbro001@uct.ac.za

## UCT Football Club

UCT Football Club is thriving, with both men and women enjoying the world's most popular sport at the highest university level available in South Africa. The Club caters for social players too. Practice is twice a week, depending on the team you are selected for, and takes place at the Kopano Astro turf field on Lower Campus. We currently have four Men's teams and two Women's teams, with a total of about 200 members. This year both the Men's and Women's first teams qualified for the nationals tournament, where we get to take on the best universities in the country. The Club caters for different levels of participation. The first teams are concerned with furthering the skills and talent of the individuals selected with a high level of training, while the lower teams focus on developing the skills of the players to aid their growth in football. Social teams provide a structured but relaxed football experience.

Contact: Dustin Holohan (chairperson) at 082 448 7994 or email dustinholohan@gmail.com

## Golf Society

At Ikeys Golf Society, we play roughly 12 rounds of golf each year, at a variety of courses in the greater Cape Town area. We now have a standing membership with the River Club, which ►

we use as our practice facility. We are given 300 golf balls to hit per day, and practice is open to all members of the Club. Our annual Club Championship competition, which spans two rounds of golf, is held every second semester and is divided up into an A and a B division as well as a Women's Division, so anyone can play. This year our Men's Champion was Giles Hobday; the Women's division was tightly contested, with Heather Todt finally taking laurels. For the first time in many years, 2012 also saw Ikeys Golf sending two representatives to the Boyd Quach World Intersivity Championship at the famous Old St Andrews Golf Course in Scotland.

At the end of the year we select the top eight golfers from the order of merit – as well as women golfers – to take part in the annual USSA intersivity challenge. This year our USSA team will

Gymnastics is the place to be. The Club offers a safe and fun environment in which to learn myriad gymnastic skills – and although gymnasts of all levels are welcome, beginners are especially catered for. And given the help of experienced coaches and the guidance of older members, we could turn you into a star in no time! Our Club is a unique and diverse one, with a tangible team spirit. We take part in several competitions each year, including USSA, the annual intersivity tour. There's also an amazing social atmosphere. Take a peek into our practices at <http://www.youtube.com/watch?v=53Re55ubgrA>. Training Times: Tuesdays & Thursdays 19h00 to 21h00; Sundays 12h00 to 16h00. Venue: Gordon's Gymnastics (corner of Liesbeek Parkway and Durban Road, Mowbray. Entrance on Hill Park Lane).

Contact: Chairperson Hollie Bradley – 078 701 6746



be competing at Potchefstroom from December 2 to 8.

Contact: Marc Harris (president) at 083 397 6291 or email [marcharris.uct@hotmail.com](mailto:marcharris.uct@hotmail.com)

## UCT Gymnastics Club

Ever dreamed of being an accomplished gymnast, showing off to your friends on the parallel bars and rings? If so, UCT



## UCT Hockey Club

The UCT Hockey Club had a very successful year on and off the field. The Club boasts over 700 members, with nine men's and eight women's teams competing in the Western Province Hockey League. The Club also has a thriving Internal League, and in 2012 this league was made up of 16 men's and 16 women's teams. Our Development Hockey Initiative is also growing from strength to strength, and over the past two years we have established a firm partnership with the Khayelitsha Hockey Club. In recognition of its efforts in this regard, the Club has won the UCT Transformation Trophy two years in a row; and in 2012, we were named the Western Province Hockey Union's Hockey Club of the Year. We are also very proud of our young South African men's hockey team member, Grant Robertson, who was named captain of the u21 SA Men's side that won the African qualifier this year. He will therefore be leading his team in 2013 at the U21 Hockey World Cup.

Contact: Paula Dollman (chairperson) at 073 253 5461 or email [pauladollman@gmail.com](mailto:pauladollman@gmail.com)

## UCT Ju-Jitsu Club

The ever-growing, gentle art of Ju-Jitsu is self-defence through leverage in the form of throws, joint locks and strangulation –



and you don't have to be Superman (or -woman) to succeed. This popular martial art does not require physical strength to execute the moves, meaning small or physically weak people can still defend themselves effectively. We have close to 80 members, and held cross-training sessions with UCT Karate during 2012. We have also begun work on a Self-Awareness video series which will highlight ways to avoid dangerous situations in and around campus. Seven of our members graded to Fifth Kyu (Yellow Belt), and we are set to attain more grades before the end of the year. Training times: Wednesday & Friday 16h30 to 18h30 in Sports Hall 3 (Upper Campus).

Contact: Muya – 082 594 2203 or email [muya.koloko@gmail.com](mailto:muya.koloko@gmail.com)

## UCT Rugby Football Club

UCT's Rugby Football Club is widely regarded as the centre of UCT's extra-curricular life.

The Club is remarkable not only for its success and unprecedented accomplishments on the field, but also for its unrivalled social life, which offers a welcoming and festive vibe for all those who wish to join. We have people from all walks of life and members who balance the demands of rugby with arduous academic commitments. On almost every night of the week, whether in the under-20 Cs or the first team, future engineers, doctors, lawyers, accountants, actors and writers can all be found enjoying the game on our impeccable



## UCT Netball Club

The UCT Netball Club offers social and competitive netball through the Internal League and the Western Province Leagues, to which the club is affiliated. Affiliation to the WP Netball Union means that players have the opportunity to take part in trials to play at provincial as well as national level, if they meet the requirements. The Club meets on Monday and Thursday evenings from 17h30 to 19h00 at the Tennis Court area on Upper Campus. This excludes Internal League players, who play at UCT on Sunday afternoons. The WP Leagues play at the WP Headquarters in Bellville on Saturday afternoons during the season. In 2012 we had 78 registered members who play competitively at WP. This number included male players for the first time ever. A highlight of the year was our first-team netball players taking part in the University Sports of South Africa (USSA) netball tournament, hosted by the University of Stellenbosch from 28 June to 2 July. This year we participated in the Premier League – the B pool of the A section. Overall, we retained our position in the A section this year, and are very proud to still be ranked in the top 10 University netball teams in the country.

Contact: Sports Administrator, Lydia Hall, tel 021 650 3554, or [Lydia.Hall@uct.ac.za](mailto:Lydia.Hall@uct.ac.za); or chairperson Asanga Mehana tel 073 122 4298 or [asangamehana@yahoo.com](mailto:asangamehana@yahoo.com).

fields. One of the top club sides in the province and country, UCT has won both the Varsity Cup and the Western Province Super League A Club trophy. However, equally important as the success of the first team is the wonderful gees that pervades the rest of the club. For spectators, the vibe at an Ikeys home game – particularly in the Varsity Cup – must be among the best in the world. All agree: a walk down to the Green Mile ends in good things...

Contact : Clement le Roux on 021 650 5102 or [clement.leroux@uct.ac.za](mailto:clement.leroux@uct.ac.za)

## UCT Swimming

The UCT Swimming Club (also known as the UCT Aquatics Club) has had a highly successful 2012, and has big plans for next year too. The Club offers evening training five times a week in summer and winter. In summer we train at the UCT pool on Lower Campus, while in winter we train in a heated outdoor pool, usually at SACS or Westerford High Schools. We have 75 members, and our coach is on deck at all training sessions. We offer sprint and distance training and also have stroke correction lessons. On 12 February we set off to swim the Brian Curtis Mile at Elgin Country Club in Grabouw, where our swimmers did well – and more importantly, had loads of fun! On Friday 31 August we competed in our first intervarsity gala against the Universities of the Western Cape and Stellenbosch. Our UCT boys came third, while the girls really kept the flag flying with first place! ➤

This placed us second, just behind Maties, which is an excellent result. And if there was an award for sheer spirit, we would have won that hands down! Our annual USSA aquatics tournament was held from 3-5 December at UWC in Cape Town, where we aim to continue to achieve. UCT Swimming also started its first development programme at Lelieblom Orphanage in Athlone, where we're teaching 90 children to swim.

Contact: Nicole Taconon 083 282 9054 or tcnnic001@myuct.ac.za.

## UCT Squash Club

This year squash proved to be one of the fastest-growing sports at UCT. The UCT Squash Club began its activities



with sign-ups in O-week, and then progressed to a highly successful ranking tournament. League began well in the first semester and social squash was very active on Thursdays, with many exchange students joining the fun, together with local UCT students, music and punch. A popular mixed-doubles tournament and a victory over the University of Stellenbosch in April set the stage for the Keith Grainger Memorial UCT Open on 4-6 May. Former world #23 Rodney Durbach won the men's event, and SA #1 Milnay Louw took honours in the women's section. UCT Squash Club had a successful USSA, with the first team ending fifth in the A section and the seconds ending second in the B section. Special mention must go to Stephano Garas and Alex Fuller, who both made the SA students side.

Contact: Mighael Lombard (chairperson) on 072 808 6836 or email lmbcor001@myuct.ac.za

## UCT Surf Club

It's a glorious day, the sun's shining and the surf is rolling in. What better place to be in 2013 than the UCT Surf Club? We are upping our game for next year, with a variety of fun activities, events, coaching, and – for the serious participant – some competitive trials as well. These are some of the events offered by (and benefits of joining) the UCT Surf Club:

**Fun Days** – A day filled with surfing, where equipment is provided and anyone who knows how to surf teaches new members who have come to learn.

**Coaching** – Anyone wanting to learn to surf can pay a discounted rate of R90.00 and get surfing equipment and expert coaching. This is done through Cape Town Surf Adventures (CTSA).

**Trials** – For the more competitive surfers, we have four trials throughout the year, one of them being the Intersarsity Cup, which is a massive event and from which a team is selected for the USSA Champs.

**Surf trip/s** – We will be having our annual surf trip to Elands Bay, and possibly another trip too, to a destination yet to be decided.

**Teaching the underprivileged** – This is a new addition to the Club's activities and involves members coming together once a month, along with CTSA, to give back to the community through helping

underprivileged kids to learn to surf.

Contact: Sports Administrator Lydia Hall on 021 650 3554, or Lydia.Hall@uct.ac.za

## UCT Tai Chi Club

Tai Chi is a non-competitive Martial Art focused on self-awareness and personal growth. As such, it ensures the ultimate 'winners' are those who are able to cultivate discipline, dedication, perseverance, patience and self-motivation. Tai Chi is often referred to as 'moving meditation' because of its gentle circular movements. The Tai Chi venue is the Martial Arts Hall, Lower Ground Floor, Sports Centre. We meet on Tuesdays and Thursdays. Beginners' classes run from 17h30 to 18h30, and Senior classes from 18h30 to 19h30. We have an annual membership of approximately 50 to 60, which includes members of staff as well. 2012 was a year of experimentation and novelty. The Club's aim was to reunite the various Martial Arts clubs on campus in the name of Wushu, the fighting arts. It was in this spirit that we organised a combined Martial Arts camp in April at the Disakloof Youth Camp in Betty's Bay.

On Wednesday 29 August we had our first-ever Tai Chi flash mob on Jameson Plaza. Other highlights included social activities such as 'Beach Tai Chi', hikes, and Martial Arts movie nights.

Contact: ucttaichi@gmail.com

## UCT Tennis Club

The year started off with a party in March, followed by a successful season of WP summer singles league. Particularly worthy of mention are the men's seconds and thirds, who were promoted in their respective leagues, with the thirds having not lost a single match. The women's first team was placed third of eight teams in the first league, and the second team finished the third league seventh from nine teams. The Club saw considerable change this year on the social and development side. Mondays from 17h30 to 18h30 were dedicated to Serious Social. Additionally, we planned a Tennis Fun Day for each semester, in place of the previous weekly training at schools. With approximately 100 school kids involved, this proved a great success, as evidenced by



the many happy smiles, hotdogs and high-fives.

Contact: Rainer Steinhagen (chairperson) on 072 502 1279 or email [steinhagen.rainer@gmail.com](mailto:steinhagen.rainer@gmail.com)

## UCT Ultimate

It's fast, furious, and fantastic fun! It's UCT Ultimate (Frisbee), and if you haven't tried it, you're missing out big time. It's been a memorable year for our club, with four members nominated for honours: Matt Lewis, John McCoy, Thomas Morris and Nick Zaloumis, who represented South Africa in Ultimate (Frisbee) in July at the World Ultimate Championships in Osaka, Japan. After two gruelling try-out weekends last November, both John and Matt were selected as part of the first 12 members of the squad. Ultimate (Frisbee) is a fast-paced, non-contact team sport with similarities to American football, netball, and soccer. Played all over the world, Ultimate uses a flying disc, with the aim of scoring points by passing the disc to a teammate in the opposing end zone. UCTU participates in local Cape Town leagues and tournaments as well as the two national tournaments held annually, known as Nationals and Rocktober. We offer our 85-strong membership weekly training sessions, Friday social games, and an internal league during the second semester. In July, eight of UCTU's members participated in the World Ultimate Championships in Japan. The men's team was placed 13th out of 19 teams (two above seed), and the mixed team won the Spirit of the Game award.

Contact [www.facebook.com/UCTUltimate](http://www.facebook.com/UCTUltimate) or email [uctultimate.info@gmail.com](mailto:uctultimate.info@gmail.com)

## UCT Underwater Club

The Underwater Club is a hive of activity, a door to the underwater world, a place of mystery, enchantment and wonder. With over 200 members, UCT's Underwater Club is well established within the gym complex on lower campus. 2012 saw many events, including the hugely successful charity event called DIVER24, a 24-hour dive relay at the UCT pool, where divers relayed into and out of the pool in one-hour shifts, through the night. All proceeds were donated to the Save Our Seas Foundation. Another adventure is CleanDIVER, run on International Coastal Clean-Up day (15 September 2012). We teamed up with the False Bay Underwater Club and the South African Navy to dive the False Bay Yacht Club and surrounding areas for debris found on the ocean floor. If diving is

not for you, how about some spear-fishing, free diving, crayfishing or underwater hockey?

Contact: Christopher Fourie (chairperson) on 083 489 6835 or email [frxchr001@myuct.ac.za](mailto:frxchr001@myuct.ac.za)



## UCT Wakeboarding and Ski Club

The UCT Wakeboarding and Ski Club is a family of inspired riders who live knowing they can lose themselves on the welcoming waters of Misverstand Dam. Not only do we seek the thrill of tearing through glassy flats or launching from wake to wake, we also enjoy the weekends away as a group of inspired individuals growing from each other's experience. The ➤

Club is open to all riders, from the newest of beginners to pro riders featuring in the SA Champs. Four riders did particularly well this year in the Cape Town leg of the SAWBA Pro Wake Tour (Stop 3). Chris Rogers was third in the pro men's wakeskate division, and Nick Larsen, Marc van Cuyck and Robert Vanlierde were second, third and fourth respectively in the open men's wakeboard division. With weekly sessions, unbelievably cool camps and loads of energy thanks to Monster, the UCT Wakeboarding and Ski Club is one of the premier clubs on campus.

Contact: Murray Shaw (chairperson) on 071 606 4838 or email shwmnr003@uct.ac.za

## UCT Water Polo Club



UCT Water Polo Club had a huge influx of new, talented first-year players, enabling us to field two men's teams in the First League division, as well as one in the Second division. This saw 13 UCT players make their respective provincial sides, a great achievement. On the fun side, the annual Jaboolie Internal Water Polo League was a massive hit this year, given the growing interest. The summer league saw the men's first and second teams placed second and fifth respectively in the first division, and the women's side also doing well to make the semis in the first part of the Winter League. UCT were the hosts of the Intervarsity for the first time in five years. The main event saw a gruelling match-up between the two top men's university teams in the country: UCT and Maties. At half-time the score stood at 8-8, but in the second half UCT got a two-goal lead and held it until the end, beating Maties 14-12. The Club also runs several community-service programmes, including one in the Blue Downs community, where members help coach, connect with and inspire the youth about water polo.

Contact: Nicholas Walker (chairperson) at 0783061147 or email droopynw@hotmail.com

## UCT Yacht Club

Founded over 60 years ago, the UCT Yacht Club is one of the most established sports clubs at the university. It's also one of the few clubs based outside of the university area, with full yacht club buildings and facilities on Zeekoevlei. The Club's activities

include a variety of water sports, from sailing to kiteboarding, and a healthy social scene. Equipment is provided, as well as coaching by professionals and peers. Rescue facilities are also available. Sailing extends beyond the borders of the Yacht Club grounds (waters). Many members regularly sail on larger yachts at the Royal Cape Yacht Club on Table Bay, organised through our long-established relationship with the Club. Wednesday night sailing and weekend regattas are well attended, and the Club regularly organises its members as crews on various boats. Through our established relationship with the Ocean Sailing Academy, members can take certificate-worthy courses, as well as introductory lessons in sailing at a greatly reduced fee. Members gather every Friday afternoon in summer for windsurfing, kiteboarding and sailing, as well as for a friendly braai.

Contact: Thomas van de Ploeg (Commodore) at 083 655 8862 or email vdploegt@gmail.com

## Other sports offered at UCT include:

### Basketball

Contact: Salebona Shongwe (chairperson) at 073 758 6376 or email sallas07@yahoo.com

### Fencing

Contact: Alison Mclachlan (chairperson) at 074 111 7497 or email almac4@gmail.com

### Capoeira

Contact: Fergus Turner (chairperson) at 072 365 4440 or email trnfer001@myuct.ac.za

### Aikido

Contact: Nkosilathi Vundla (chairperson) at 079 115 4660 or email vndnko001@myuct.ac.za

### Karate

Contact: Thuso Simon (chairperson) at 073 535 2201 or email thuso@ast.uct.ac.za

### Judo

Contact: Nico Louw (chairperson) at 072 944 6152 or email lwxnic020@myuct.ac.za

### Taekwondo

Contact: Jackson Moore (chairperson) at 071 710 6071 or email ucttkd@gmail.com

### Volleyball

Contact: Christine von Hirshfeld (chairperson) at 082 348 3526 or email chrissyvh@live.co.za

### Table tennis

Contact: Udhir Ramnath (chairperson) at 073 800 0973 or email rmnudh001@uct.ac.za

# WHO'S WHO IN UCT SPORTS ADMINISTRATION



**Jonathan Stones**  
 Head: Sport and Recreation  
 Areas of responsibility: GOLF  
 Jonathan.Stones@uct.ac.za  
 021 650 3553  
 Sports Centre Room 6.03



**Lydia Hall**  
 Senior Sports Co-ordinator  
 Areas of responsibility: AQUATICS,  
 CANOE, ROWING, SURFING,  
 UNDERWATER, WATER POLO,  
 WATERSKI, YACHTING  
 Lydia.Hall@uct.ac.za  
 021 650 3554  
 Sports Centre Room 6.07



**Peter Buckton**  
 Sports Co-ordinator  
 Areas of responsibility: ARCHERY,  
 FENCING, GYMNASTICS, NETBALL,  
 SOCCER, VOLLEYBALL, MOUNTAIN  
 & SKI  
 Peter.Buckton@uct.ac.za  
 021 650 3557  
 Sports Centre Room 5.05



**Frans Mamabolo**  
 Sports Co-ordinator  
 Areas of responsibility: AIKIDO,  
 CAPOEIRA, JUDO, JU-JITSU, KARATE,  
 TAEKWONDO, TAI CHI, BASKETBALL,  
 CHESS  
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 021 650 3559  
 Sports Centre Room 5.06



**Kerr Rogers**  
 Sports Co-ordinator  
 Areas of responsibility: ATHLETICS,  
 CRICKET, CYCLING, SQUASH,  
 TENNIS, BADMINTON, TABLE TENNIS,  
 ULTIMATE FRISBEE  
 Kerr.Rogers@uct.ac.za  
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**Gavin Sheldon**  
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**Noreen Wannacott**  
 Sports Co-ordinator  
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 Noreen.Wannacott@uct.ac.za  
 021 650 3555  
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**Faiza Wilson**  
 Administrative Assistant  
 Faiza.Wilson@uct.ac.za  
 021 650 3563  
 Sports Centre Room 6.04



**Dot Augustine**  
 Senior Secretary  
 Dot.Augustine@uct.ac.za  
 021 650 3564  
 Sports Centre Reception



Facilities Management  
 Team  
 021 650 3923  
 Sports Centre Room 5.07  
 (From left, back)  
 Elizabeth Arends,  
 Marwaan Salie,  
 Tumakele Sinto, Andre  
 Maart, Ntombentsha Mfundisi and Freddie Rodgers. (Front) Ernest  
 Simelela, Jeffrey Johnstone, Willie Claasen, Russell Gurling and Willie  
 Nicholas. (Absent: Meluxolo Pasiya.)

An indoor rock climbing wall with two people. One person in a dark shirt is climbing on the left, and another in a white tank top is on the right, looking at the wall. The wall is covered in colorful handholds and footholds.

# SPORT & RECREATION FAST FACTS

## Sports clubs

UCT has 35 sports clubs with a total membership of over 9,000 students and staff. The more traditional sports are all well catered for, but you also have the option of more exciting individual pursuits such as archery, hiking and mountaineering, and water-skiing. Sports and Recreation provides for all levels of competition from purely social programmes through to high-performance sport. Visit the Sports Clubs website for more information on these and other activities. You can also view videos of the different sports clubs.

## Provincial leagues

UCT has a proud record of achievement both in the Western Province leagues and at national student tournaments. Each year the university produces a number of sports people who achieve the highest honour of representing South Africa.

## Coaches

Every club welcomes new members, from novices to the more experienced athletes, and is equipped to deal with the needs of each individual. Most clubs engage the services of top-level coaches, many of whom coach at provincial level.

## Sports facilities

Sports facilities include an Astroturf hockey facility, an indoor


sports complex, and excellent tennis, squash, soccer, rugby and cricket facilities. Our rowing club is one of the best equipped university clubs in the country. In addition, UCT has access to a mountain near Ceres, an L26 keelboat and many sailing dinghies, an ocean-going dive boat, and a water-ski boat equipped with a 130hp engine.

## Sports scholarships

With an excellent record in a wide variety of sports, UCT is keen to continue attracting top sports people to the campus. If you have represented your country in any sport at a national schools or age-group level, you could be eligible for a sports scholarship of between R4,000 and R12,000. Eligible applicants need to apply to Sports and Recreation to be considered for these awards. The closing date for applications is 31 October for study in the following year. Contact: Dorothea Augustine, Sport and Recreation, tel: 021 650 3564, fax: 021 650 3781.

## Contact the sports office

For information regarding the sports offered, sports activities or sports facilities available at UCT, you can contact Dorothea Augustine at the Sport & Recreation Department Reception on +27 (0)21 650 3564 or +27 (0)21 650 4067 .

<http://www.sportsclubs.uct.ac.za/> 

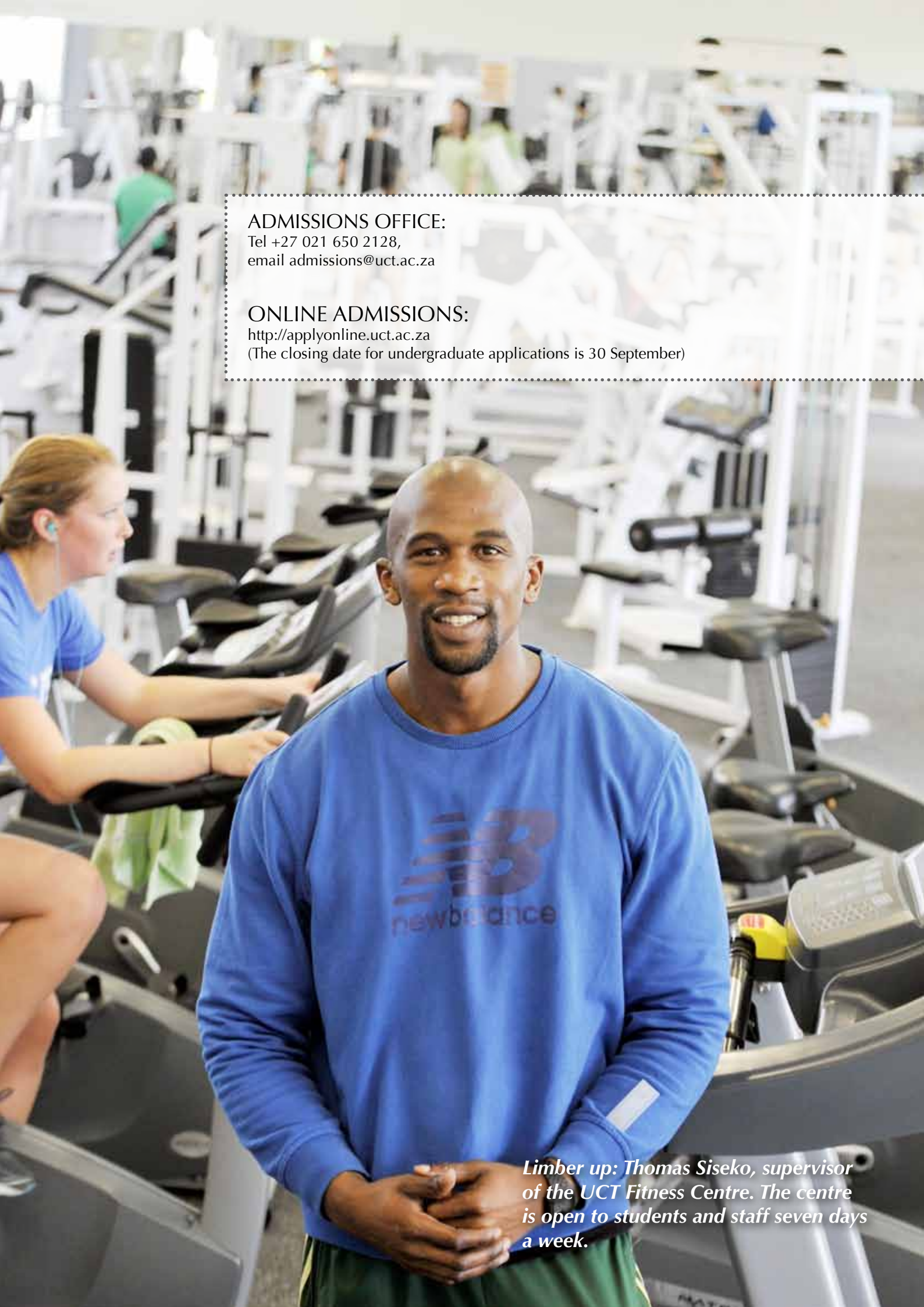
**ADMISSIONS OFFICE:**

Tel +27 021 650 2128,  
email [admissions@uct.ac.za](mailto:admissions@uct.ac.za)

**ONLINE ADMISSIONS:**

<http://applyonline.uct.ac.za>

(The closing date for undergraduate applications is 30 September)



*Limber up: Thomas Siseko, supervisor of the UCT Fitness Centre. The centre is open to students and staff seven days a week.*



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