

CAMPUS SPORT

OCTOBER 2006

UNIVERSITY OF CAPE TOWN



SISTERS OF SWING

Siblings chip in for UCT

UCT at America's Cup • Dan Nicholl writes for us • Athletics stars shine • Sports doping

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CAMPUS SPORT



Prof John Simpson.

Athletics banner year

Message from Professor John Simpson, chairperson of UCT Sports Council

SPORT at UCT is not confined to those who want to compete at the highest level.

We certainly accommodate such students, and we are really proud of their achievements, both locally and internationally.

Many of the clubs' shelves are struggling to support the weight of the silverware that they have brought back to UCT, and their performances both on and off the field are of such quality that they attract other young men and women to seek enrolment at UCT.

Equally exciting is the massive growth in numbers of many other stu-

dents who participate in sport, either in the various internal leagues or who make use of the facilities as individuals. We are especially proud of the fact that we give equal support and recognition to no less than 40 sports codes at UCT.

We know that as a proportion, more students participate in sport at UCT than any other university in South Africa.

In every code, it is gratifying to see how students have responded to what we regard as being an imperative; that sport at UCT is run by students. This is reflected not only in their achievements, but in their approach to self governance, transformation and outreach.

We don't believe that in these areas any university in South Africa can

match what we have achieved.

All of this has not gone unnoticed at UCT. Despite the very tough economic environment in which it finds itself, the university has seen fit to support sport and recreation to the tune of many millions of rands. Some examples include the upgrading to international standard of the Hare's Brickfield Hockey complex; plans for a magnificent gym in the middle campus residence precinct have been passed and building is already underway; and an upgrade of our soccer facilities is on the drawing board.

The future for sport and recreation therefore looks very bright for students at UCT.

*Professor John Simpson
Chairperson*

Check — it's chess, mate

UCT's queen of the chequered sixty-four dreams of the Olympics.

THE year 2005 was a special one for Jenine Ellappen.

In January she won the African Junior Championship in Zambia, earning the title of Woman International Master. In February she was awarded the WP Junior Sportswoman of the Year Award, and then finished second in the South African Women's Open Tournament, thus qualifying for the 2006 Chess Olympiad in Italy. She was also selected to represent South Africa in the African Individuals in Zambia, a qualifier for the World Championships, but had to give that a miss because of final exams. In addition, she was nominated by Chess South Africa for the Sportsperson of the Year award of the South African Sports Confederation and Olympic Committee (SASCOC). And in December she finished second at the SA University Chess Championships in Zululand.

Finally, surely the cherry on the top, she was named UCT Sportsperson of the Year at its annual awards dinner.

Would 2006 measure up? Her schedule has been a lot less hectic, for sure, but still fruitful. Ellappen took part in her second World Chess Olympiad in Turin, Italy, in May, and as the country's second seeded player is a member of the South African women's team, which remains the top African team. Ellappen has also been named for the squad from which the team to go to the Ninth All Africa Games in Algeria in July 2007 will be selected.

And she represents UCT, playing board one for the university side in the Western Province league.

How does she balance studies and chess? It takes some juggling, she concedes. So, for example, academia took



Queen of the board: Jenine Ellappen is enjoying a quiet chess year.

precedence when she was invited to the Universities Chess Championships in Nigeria, in August.

"The problem is that I really want to do both – I want to get my degree and become a chartered accountant, but I also want to play chess. That's the tricky part."

This means she only gets to play

about one international tournament a year, much less than she would like to.

There's one sporting dream she still nurses – that chess will be recognised as a full Olympic sport and will be included in the line-up for either the 2008 Beijing or 2012 London Games.

No finance exam will keep her away from that. **DANIELLA POLLOCK**

Stewart in the running for top

James Evans likes to recall how Lauren Stewart crawled home in a middling two hours and eleven minutes at the 2003 Two Oceans Half Marathon, her first.

Ask Evans for an update on Stewart's career now, and the UCT coach will likely tell you that 2003 was, well, years ago.

Since then, the 24-year old Stewart has become one of the stars of the UCT Athletics Club, matching training partner Unice Vorster stride for stride.

In 2004, the two helped a UCT team become the first since the early 1980s to beat Stellenbosch in the intervarsity road race. And in 2005, the women's team - Stewart and Vorster leading from the front pack - won the Two Oceans Half Marathon team event.

They finished second in the Two Oceans race this year - in a huge field - but made up for that by winning the Knysna Half Marathon women's category. And the two are always among the leaders in local road and cross-country races, with either one or both clocking personal-best times in nearly every event.

It's no small thanks to Stewart and Vorster that the UCT women's team has become a force to be reckoned with.

Their work has not gone unnoticed. Just recently, Stewart and 17-year old Robyn Williams were named for the Western Province squad to compete in the Nedbank South African 10km Championship. A little later, Stewart and Vorster were also included in the WP cross-country team for the senior women's 8km event at the SA Championships in Mpumalanga in September, where Williams competed in the under-17 6km team.

What's changed for Stewart since that trundle at the 2003 Two Oceans? Well, back then neither she nor Evans thought of her as anything but a social runner.

"I just wanted to run and finish a half marathon," she says.

A few months later the penny dropped when she finished the Gun Run Half Marathon in one hour and forty minutes, shaving more than half an hour off her Two Oceans time.

It was then she realised that, with a little more of the right training, she could be capable of even better.

Evans wasn't slow to spot untapped talent. He put her on a top-of-the-crop regimen (and he pesters her to make sure she sticks to it) and let talent run its course.

"She trains really hard and consistently," says Evans. "Also, she is very strong mentally." (And she's a damn nice person to boot, he adds.)

Can she get better still, coach? "Yes, by far."

She did so well in 2006 that the Athletics Club named her the winner of its Road Challenge Series for the best performances over the year, and named her its best cross-country athlete after she finished fourth in the senior women's category in the Western Province league.

Stewart has now set her sights on bigger goals. The longer the race, she's says, the better she runs. In the Tuff Thirty in Brackenfell in July, for example, she finished third in her best time over the distance.

Her next stop is a full marathon, and who knows what could happen from there. **MEGAN MORRIS**



True-blue athlete: It took a while for Lauren Stewart to understand her own talent, but she's now one of the front runners in the UCT Athletics Club.

A mention for the men

It would be silly to deny that it's the women who, deservedly, hog the limelight at the UCT Athletics Club. The likes of Lauren Stewart and Unice Vorster are the club's front runners, the women's under-19 team won their cross country league, and pole vaulter Sylma Jordaan - the club's athlete of the year - and javelin thrower Odette Olivier are always among the medals. But the boys have not been put to shame. Teboho Phooko, Nelson Bass (right) and Will Robinson proved again that they're no slouches, regularly finishing races among the leaders. Robinson, now much mended after his cycling accident early in the year, also won the Peninsula 80km Fun Run in August and finished second in the Table Mountain Challenge in July. He also retained his King of the Mountain title at the Atomic Mast Race in October, won by another UCT runner, Dion Middelkoop. In addition, radio presenter Nigel Pierce - yes, him - clocks very respectable marathon times in UCT colours. And last but not least, Professor Kevin Rochford, at 60-plus, is setting even more UCT records this year. As the new ones are for his age category, it's likely that they'll stand for a very long time. At least until Phooko, Bass, Robinson and company scorch themselves on their 60th birthday cakes. **MEGAN MORRIS**



Tribute to Lindsay Weight

UCT Comrades Marathon winner and lecturer Lindsay Weight died at her Hout Bay home on September 12, aged 44.

Weight was, in the words of James Evans, coach at the UCT Athletics Club, one of the club's icons. She was just one of three members of the club to have won the Comrades Marathon, which she did twice - in both 1983 and 1984. She was only 21 and a student at KwaZulu-Natal University when she won the 1983 race in a winning time of 7:12:56, becoming the first woman to earn a Comrades gold medal.

She did even better in the 1984 down run. Running in UCT colours, she became the first woman to break the seven-hour barrier, smashing the women's record by just over 18 minutes to win in a time of 6:46:35.

In total, she won 11 Comrades medals, including six golds and five bronze medals.

Weight also boasted a second in the Two Oceans Ultra Marathon. Her best marathon time, recorded some 22 years ago, is still the 53rd best ever by a South African woman.

She also played other roles in sport. She was a popular radio and television commentator, and contributed regular pieces to magazines like *Runner's World*.

In addition, Weight, who finished her PhD at UCT, was a beloved academic in the Department of Human Biology, where she contributed to the recent changes in curriculum in the Faculty of Health Sciences. A dedicated teacher, she also signed up last year for the Higher Education Studies

(HES) programme of the Centre for Higher Education Development (CHED), which covers teaching theory and practice.

"She excelled in all aspects of her life," said Professor Sue Kidson, head of the Department of Human Biology, in a newspaper interview. "Lindsay cared a lot about her students and got to know each one personally."

Weight was just as eager to pass on what she knew about running to the young members of the athletics club at UCT, and beyond.

"Lindsay became quite passionate about assisting younger people and was always willing to offer advice and assistance," says Evans. "She did not hesitate to accept our invitation to participate in our series of talks earlier this year."

Many have paid tribute to Weight over recent weeks. The Faculty of Health Sciences hosted a memorial service in her honour on September 14. Students groups arranged a similar event.

On September 23, the Sports Science Institute of South Africa (SSISA) and her husband, Ian, hosted a memorial run in her honour.

Her family has also established a fund in her name at UCT, which will benefit promising young female athletes with limited means to support themselves in further education.

Donations can be made to the UCT Donations Account, Standard Bank, Rondebosch, branch code 02 50 09, current account number 07 152 2387. The beneficiary reference is the Lindsay Weight Memorial Scholarship Fund.

Weight is survived by her children Christopher (11) and Genevieve (6), and her husband, Ian. **MEGAN MORRIS**



UCT runner a Comrades and Two Oceans veteran

It's an oft-repeated tale. After her divorce in 1989, approaching 40, Gail Solomons was keen to do something new, something just for herself. At the advice of friends, she took up running. Nothing serious, mind you. Just as a casual interest. But it was in 1993 that Solomons, a lecturer in the classics section of the School of Languages and Literatures, decided to take her running to the next level. She finished her first half marathon, the Knysna race, midway that year. By December, she had graduated to full marathons, completing the Master's Marathon. Come 1994, she ran her first Two Oceans Ultra Marathon and the Comrades, which she did every year until 2003, when she received permanent numbers for both events. That was her last Comrades, though. "When I got my permanent number, I decided that was enough," she says. "I've always said to my friends, it's the closest a man can come to the pain of childbirth." She still ran Two Oceans, though, but an injury in 2005 reduced her to a spectator. She staged a modest comeback at the event in 2006, taking on the half marathon. What's the appeal? "The agony and the ecstasy," she says. "You just know at the end of the race that you've achieved so much." But there are also the cherished moments of reflection during those long training runs along Ou Kaapse Weg, and the joy of finishing a race with her kids. (She did Two Oceans twice with daughter, Samantha.) So expect Solomons to return to her beloved Two Oceans shortly. **MEGAN MORRIS**

Bodybuilder makes the cut



Ab-solutely magnificent: Jackson Marakalala is making his mark on the local body building circuit.

Jackson Marakalala is using his body beautiful to keep UCT in the medals.

NOT too long ago, UCT boasted a troupe of body builders big enough – in sheer numbers, too - to walk the South African Students Sports Union (SASSU) games two years in a row.

Jackson Marakalala was part of the last UCT team to win the title, back in 2004. But now the doctoral student in chemical pathology cuts a lonely figure on the stage, with only he and occasional teammate Sadiq Abubaka flying the UCT flag at competitions.

Not that Marakalala is fazed by the solitude. This year the sometimes model took the leap and started to compete professionally, with good results. He finished first in both the bantam and senior novice categories at the Western Province Ironman Competition, and also finished third at the Western Cape Natural Rose Competition, an event staged for those body builders who eschew pharmaceutical assistance.

He also made it into the top five at the recent Muscle-mania event of the International Federation of Body Builders (IFBB). And he just missed out on a podium position at the national championships in September, finishing in fourth position.

Marakalala insists that he maintains his impressive physique – he’s particularly proud of that six-pack - through a three-day training regimen, and maybe cutting down on some foods a few days before competitions. That’s a far cry from the spartan diet of training and eating (and not eating) usually associated with the sport – hulks pumping iron for hours each day, gorging themselves for months and then just about starving themselves to death on the eve of competitions.

“I don’t believe in suffering,” Marakalala says. “I do the sport because I enjoy it.”

Coach Jeffrey Johnstone believes Marakalala can go far in the discipline. He has lots of strengths - his chest, deltoids, biceps and obliques catch the eye - and with a little more work on the legs can strike the right balance with his upper body, says Johnstone.

And then it won’t matter much that he’s the only UCT person on the stage.

“I believe in UCT and my plan is to do the best I can in representing my varsity, and my ambition is to reform a great team,” Marakalala says.

That enthusiasm is something to build on. **CHWAYITA NQIWA AND MEGAN MORRIS**

Stalwart coaches hang up their whistles

Pierre le Roux and Charlie Stuart bid adieu to hockey club.

They've been with the UCT Hockey Club through both the fat and the lean years, but come 2007, two of the club's most loyal servants, Pierre le Roux and Charlie Stuart, will no longer be on the coaching staff.

After 16 and nine years, respectively, with the club, Le Roux and Stuart have called it a day.

Le Roux, a lecturer on the academic development programme of the Faculty of Engineering and the Built Environment, calls the impact the club has had on him "multidimensional".

"As a lecturer in teaching and learning, my focus falls on student empowerment," he says. "It helped me grow as a coach to becoming less authoritarian and more of a facilitator."

Le Roux joined the hockey club as a player back in 1991 and began coaching the third and fourth teams in 1994. He's been with the club since, taking charge of the men's first team from 1998-2000 and 2003-2006, some of its most halcyon days.

His achievements at UCT did not escape the notice of the provincial and national selectors. He's led different provincial sides to some impressive results, and has served as coach and as-

sistant coach to both the South African senior and South African U21 men's teams. This year, he was in charge of the national A team that played New South Wales, and was also the assistant coach for the South African team that took part in the Azlan Shah Cup in 2005.

The highlight of his UCT career, says Le Roux, was leading the UCT first side to the club championship title in 2003. That earned the team both the UCT Sports Team and Performance of the Year Awards.

There were other successes, including two SASSU, three Western Province indoor and four Western Province Grand Challenge league titles.

Le Roux has also served the club in other capacities, such as chairperson and club captain. In fact, UCT received its first UCT artificial surface (or Astro-turf) on his watch as chairperson.

While he's staying on at UCT, restructuring in the national camp and a new national coach selection process afoot – not to mention a second child on the way – means Le Roux will be spending a lot more time with the South African team in its buildup to the 2008 Olympics in Beijing. Which is why he's had to pass on the UCT baton to someone else.

Stuart may not have been around for

as long as Le Roux, but he's enjoyed his share of good times with the UCT club. He started as a player in the late 1990s, was club chairperson in 2000 and 2001, assistant coach in 2003 and then women's first XI coach in 2004 when Kerry Bee left.

He describes his nine years' experience with UCT hockey as "extremely rich and rewarding".

On his three years with the women's squad, he says that he had been "blessed with a group of talented, committed and balanced players and fine individuals".

The true reward, he said, was the team's great progress and growth.

The highlights were many, and include cantering to a win in the SASSU B-Section in 2004, and making the A-Section final a year later after upsetting the fancied Maties – its nemesis in the WP Grand Challenge – in the semis; bagging the 2005 UCT Performance of the Year trophy for that SASSU showing; and overtaking Maties, however briefly, in the league standings this year.

But now the time has come to part ways. "Dolfie", as he's known to his players, weds in January.

"My wife and I plan to head off overseas for a few years to travel and explore before starting our own little team," he says.

A new era begins. **DANIELLA POLLOCK**



Eras come to a close: Pierre le Roux and Charlie Stuart helped UCT hockey teams to some of their best results.

A family affair with golf

Between lectures, assignments and studying, sisters Nuraan and Aneeqah Mallick are hitting the golf course, working on their swing and their handicap.

It was the golf clubs lying around the family home that sparked Nuraan and Aneeqah Mallick's interest in the sport when they were still very young.

Brother Samier (20) had been playing the game for some time, and his sisters decided to follow in his footsteps around the local courses.

"We had been trying other sports like karate and softball, but we didn't feel that we were going anywhere," explains second-year BCom (information systems) student, Nuraan, 21. "So we ended up playing golf."

About three years ago they started formal training at the Rondebosch Golf Club and soon started to play competitively, mainly in league matches. They could only manage about one competition a month "because campus takes up too much time".

But the sisters have done well. Both feature in the Western Province junior team, as do their younger siblings Wasimah, 17, and Rushta, 15. (The Mallicks, by the way, are a brood of 10 – all of them golfers, including the two-year-old baby, a young Tiger in the making.)

"We are a sporting family and golf is a family talent," says Aneeqah, 18, who is a first-year mechanical engineering student.

Both Nuraan and Aneeqah have been captains of the WP junior team, and have played in the senior ladies league.

Recently, Aneeqah represented the WP B-side in the senior ladies inter-provincial tournament in Germiston, Johannesburg, in which she performed satisfactorily. The WP B-team made the C division, which is the top division for the four-women team event.

So besides their brother, who else are their golfing role models?

The sisters agree that it's Annika Sorenstam (whose first name sounds an awful lot like Aneeqah) and Tiger Woods.

But do they see themselves emulating their role models and turning pro in the future?

"It's an option that I'm keeping open at the moment, and we will see how it goes," says Nuraan, thoughts of graduation clearly overshadowing any thought of the Women's World Cup.

"My main focus is on my studies for now," adds Aneeqah.

SHUMI CHIMOMBE



Two can play at that game: Sisters Aneeqah and Nuraan Mallick are two of UCT's promising golf stars.

Club reaches out

As chairperson, Kyle Lenhardt rightly takes pride in what the UCT Golf Club has achieved in 2006, particularly the many social competitions and golf days he and his committee have been able to organise. One of these stand out – the inaugural Beth Uriel Classic, as it will hence be known, staged on September 14 at the stately Pearl Valley Signature Golf Estate and Spa in Paarl. The event was held to raise funds for the Beth Uriel House of Light in Salt River, home to some 24 young men aged between 15 and 23 who hail

from troubled backgrounds. Thanks to Beth Uriel, they now have a safe place to live, attend school and even go on to higher learning. That takes money, though, which is where the UCT students stepped in. Despite the inevitable teething problems, UCT students raised just under R12 000 for the home through the golf day, which featured not just student players but a score of business leaders. The Beth Uriel Classic is going to be one of the highlights of the UCT club's calendar, promises Lenhardt. "This is going to be the big one." **MEGAN MORRIS**



A stroke of genius: Kyle Lenhardt (second from right) of the UCT Golf Club with John Aspeling, Joseph Alexander and Derrick Silberbauer at the Beth Uriel House of Light.

Looking back

Sarah-Jane Johnson, chairperson of the UCT branch of the South African Students Sports Union (SASSU-UCT), reviews the changes in student structures and the academic calendar in 2007, and its impact on sports clubs. (Johnson is a keen archer and a member of the archery and golf clubs at UCT, although, she willingly concedes, she hasn't been a very active member of the latter.)

The level of student involvement in sports at UCT is fairly unique among South African universities.

Elsewhere, university sports are, on the whole, run by the administrators. But at UCT, students are involved to some degree in every aspect of sport. Each individual sports club is run by a committee of students.

This can be a mammoth task for students, who are normally also competitive in their sports and have the usual academic commitments. The rewards far outweigh the sacrifices, as students are given the opportunity to manage the clubs for students. Sports Administration, however, is always on hand to assist clubs where necessary.

SASSU-UCT is the university's branch of the South African Students Sports Union (SASSU). The committee of nine is elected from students with a proven track record in the administration of the individual sports clubs.

SASSU-UCT's role is to develop and promote student sport at UCT from a student perspective. One of the main focuses of the committee is to ensure maximum participation in student sport and to encourage excellence in both academics and sports.

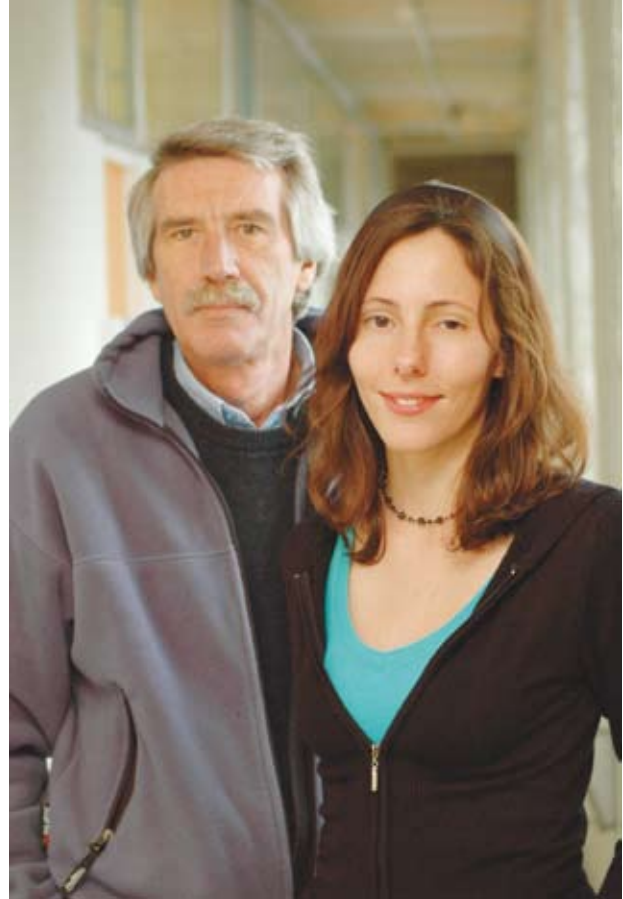
The launch of the Sports Sub Council of the Students Representative Council (SRC) this year has meant that there are now two bodies that seem to have the similar functions in student leadership.

SASSU-UCT has three positions on the Sports Sub Council and a further three positions are held by committee members of the various sports clubs. The SRC sports representative chairs the Sports Sub Council and residences and dayhouses are also represented.

The challenge has been to figure out how the two bodies can work together, without duplicating tasks or excluding each other.

Another challenge that sports clubs have faced this year is the new academic calendar, which means that the UCT semesters and holidays are quite different from those of other universities in the country.

The long winter vacation has put pressure on teams that take part in leagues, as many team members leave Cape Town for this time



Sarah-Jane Johnson with John Donald, director of Sport and Recreation.

and league fixtures need to be rescheduled. As a result, UCT teams have to play extra matches each week to make up for lost time.

This has an effect on team members' academic pressure as well as their health.

So, too, the preparation for winter SASSU tournaments has become difficult, as the tournaments now fall in the middle of our vacation. The tournaments have traditionally fallen at the beginning of the vacation, giving students the opportunity to train together.

Now most participants go home first and then meet up at the tournament, which affects training time.

The new Health and Fitness Centre is slowly becoming a reality. The plans are in their final stages and SASSU-UCT and sports clubs are in the process of negotiating a business plan for the Health and Fitness Centre with Sports Admin.

Both internal and external development remain high priorities for SASSU-UCT. Many of the clubs have successful development projects on the go.

This year has also seen the growth of the SHAWCO Sports project to three centres (see pages 22-23). The Tennis Club has extended its development programme, and now has an external development project to complement their existing internal development programme.

The golf and mountain & ski clubs have both enhanced their development efforts this year with new projects and equipment.

It has been an adventurous year for sports at UCT, with many adjustments, not least of all the restructuring of Student Affairs.

The Sports Awards Dinner – which takes place later this month – is an opportunity for UCT's sports people to reflect on the year and to celebrate their many achievements, both on and off the field.

We wish everyone the best of sporting success in 2007. ■

Other members of SASSU-UCT are vice-chair Gary Cox, treasurer Fraser MacDonald, secretary David Xu, transformation officer Taryn Smuts, external relations officer Jacob Rachoene, and additional members Alapan Amab, Cheryl Hudson and Queen Moloko.

Sport connects the world for alumnus

Campus Sport catches up with graduate and sports lover Anwar Jappie.

Sport was a big part of Anwar Jappie's student life.

Even when in the throes of his undergraduate degree in social anthropology and international politics and his honours degree in social anthropology, Jappie dedicated much of his out-of-class time to sports clubs at UCT.

He was chairperson of SASSU-UCT and the soccer club, for example, and also served as vice-chairperson of the UCT Sports Council as well as SASSU-Football Western Cape.

And when not taking part in sport, he was reporting on it as sports editor of *Varsity* newspaper.

It all started, recalls Jappie, with his job at the sports administration office while on the UCT JOB Placement Programme, which helped students find employment with various administrative departments around campus.

His main duty was to organise and manage the internal soccer league, a task he managed for two years. Back then, the internal soccer league drew many players

and fans to the sports centre.

"I spent the whole soccer season on the field, organising the matches and making sure that the teams, players and supporters were all taken care of."

Jappie enjoyed his time at sports admin so much that, once the JOB stint came to an end, he volunteered his time for a second year. It was here that he developed his management and organisational skills.

Sports Council was certainly impressed with Jappie's multi-pronged involvement, and awarded him the Turpin Cup for service to UCT sport in 1998, his final year at UCT.

Jappie joined Unilever SA, and then won the prestigious Nelson Mandela Scholarship to do his MBA at Durham University in the UK. He would later spend another three months on exchange at a business school in Shanghai, China.

He globetrotted some more this year when he attended the FIFA Soccer World Cup in Germany, watching eight live matches and trekking to 10 of the 12 match cities. (He now knows the German rail network inside out.)

"It was a phenomenal experience," Jappie says of the German tournament.

"People were bonded by sport in a way that nothing else can. There was a sense of being connected to a bigger world."

That experience has now touched on his professional life.

Until a short while ago, Jappie was business unit manager for Reach the People, a Unilever project that sought the involvement of communities - "ownership" is the word he uses - in the distribution and marketing of Unilever's goods.

But now he's struck out on his own. Speaking over the phone while driving from Bloemfontein to Cape Town, Jappie says that he's at last returning to sport, marrying it with the marketing skills he's picked up over the years.

He's playing his cards close to his chest for the moment, but lets on that it has something to do with getting communities involved in the 2010 World Cup.

"First and foremost, [the World Cup] is about showcasing South Africa and its people," he says. "I want to see South Africans take ownership of the World Cup."

And he has a few ideas about how they can do that. FIFA be warned. **CHWAYITA NQIWA AND MEGAN MORRIS**



Making friends: At this year's Soccer World Cup, Anwar Jappie and a few South African buddies hopped from one German city to the next, connecting with other soccer lovers from across the globe.

Graduate takes course in America's Cup

No fewer than five UCT graduates are crewmembers aboard the Shosholoza, the first South African boat to compete in the America's Cup in the event's 155-year history. We caught up with one of them, Alex Runciman.

To understand why Alex Runciman – and just about every other person on the boat – would quit his job and dedicate three years of his life to one yachting event, it helps if you understand a little of the America's Cup.

The America's Cup was founded in 1851 and is said to be the oldest active sporting competition in human history, predating the famed FA Cup by two decades and the Modern Olympic Games by four and a half. It is named not after the country, but rather the schooner 'America' – which by no mere chance hailed from the US – that in 1851 beat the best that Queen Victoria's fleet could offer in a race around the Isle of Wight, winning the Royal Yacht Squadron's 100 Guinea Cup.

According to some, that American victory was not just a symbolic triumph of the new world over the old, but also

unseated Great Britain as the world's undisputed maritime power. That 1851 race was the beginning of an American stranglehold on the cup that would last more than 100 years, broken only by the Aussies in 1983. In every America's Cup – it runs over three- to four-year cycles – only one boat wins the right to challenge the defender.

"The America's Cup transcends mere sport," reads one blurb. "Rather, it is a story of adventure, ambition, innovation, creativity, fame and competition."

For all the 155-history of the America's Cup, no South African boat has ever sailed in the competition. Until now.

In 2003, Salvatore Sarno, the Italian chairperson of the Durban branch of the Mediterranean Shipping Company, launched what is known as the South African Challenge. That involved scaring up funding for the four-year campaign, pulling together a cosmopolitan crew of around 25 (with a healthy proportion of black sailors from the developmental Izivunguvungu MSC Foundation for Young training school, as well as design, shore and marketing teams), and, the *pièce de résistance*, coming up with two boats for the challenge, including the

out-of-the-box Shosholoza RSA 83.

"Any nation can enter the America's Cup, but it is only the most technologically advanced countries in the world that can effectively do so," said Sarno in one interview. "Our campaign is not only about sailing, but rather a perfect opportunity for showcasing South Africa's technology, incredible human initiative, skills and expertise in a way that few other international campaigns can."

So how could anyone say no to an invitation to become part of South African and world sailing history.

Runciman certainly couldn't. He was working for Origen, the company of UCT's Professor Robert Tait, in 2004, and was asked if he would – later – like to be part of the Shosholoza crew. He said he wanted in immediately, resigned from his job (with Tait and co's blessing), said farewell to loved ones, and set sail with Shosholoza. He joined four other UCT engineering graduates on the boat – Michael Giles, Joe Heywood, Charles Nankin and Ken Venn. Every one of them had given up one thing or the other to be there.

"How are you going to get anywhere if you don't take risks," Runciman says in a phone call from Valencia, Spain, where the America's Cup has been staged over the past two years. "But it's not just a job – we are here to work as a team and achieve results that normally would not be possible with the resources available."

For the past two years, Shosholoza has been going head to head with 11 other international teams in the run-up to the deciding Louis Vuitton Cup – named after the 19th century luggage designer – in April to June next year, sailing in 13 Louis Vuitton Acts over 2004 to 2007. The winner of the Louis Vuitton Cup is the only boat to take on the Swiss defenders, Alinghi, in the grand finale, the nine-race America's Cup Match over June and July 2007.

In the months between those 13 Acts, spaced anything from two months to



In the deep end: UCT graduate Alex Runciman (centre) is one of five UCT graduates aboard Shosholoza, the South African boat making a bid for the 2007 America's Cup.



Dale puts wind into SA sails

The Shosholoza isn't the only South African sailing show in the coastal city of Valencia in Spain. It's from here, sharing meals and gym facilities with the SA crew competing in the America's Cup, that doctoral student Dale Rae and teammate Tiffany Baring-Gould are making their bid to become the first South African women's team to sail at the Olympics. Team Rae-BaringGould's weapon of choice is the 470 double-handed Olympic-class dinghy. (They've already made history of sorts, being the first double-handed women's dinghy-sailing team to hail from our shores.) Their three-year Olympic campaign started in Barcelona in March this year, and will see the team hoist their sails in nearly 20 events in Europe, China and Australia. Valencia – thanks to the generosity of Shosholoza manager Salvatore Sarno - is base camp for now. (It also means Rae, an award-winning sailor in her own rights, gets to hang out with husband David, one of the South African crew.) "Europe is a good place to be since the events here are the most competitive, the best sailors live and train here in summer time, there are more opportunities for us to train with the fastest sailors, the coaches here are very good, and there is a great understanding of the equipment we use," says Rae. It's not been all plain sailing for Team Rae-BaringGould, though. Baring-Gould's recurring shoulder injury has played havoc with the duo's training and racing master plan. Right now, for example, Baring-Gould is mending in South Africa, while Rae works on her PhD in Valencia. These setbacks have not deterred Rae, who's still determined as ever to follow in the footsteps of father, Dave Hudson, who sailed in the 1992 Barcelona Games. "This is something that I have always wanted to do, and in many ways have been working towards since I started sailing at the age of nine." Just the stern stuff needed to take the team to Beijing. **MEGAN MORRIS**

nearly a year apart, team members take part in other international races, all the time polishing their sailing skills.

The rewards are good, says Runciman. Team members remain fit with daily gym training, are well fed and kept, and get to see the world.

But they sing long and hard for their supper. Sailing days are endless and there are hours of preparation each day.

"You often get back after dark and then there's more work to do."

The elbow grease is paying off for Shosholoza, however. After a slow start in 2004, the team is picking up steam, and after the 12th Valencia Act is ranked eighth.

It's a learning curve for everyone on board. That includes the experienced Runciman. He's been sailing since age five, and has he's competed in six Lipton Challenge Cups, including a few with UCT and the 2003 winners, and numerous international competitions.

But the America's Cup is just in a different league altogether.

"I don't think you can ever be ready for this," he says. "The learning curve we've been through would have been almost impossible for most of our team if we hadn't been here.

"We're all better sailors now than we were when we got here."

If there's one thing lacking, though, it's support from South Africa, Runciman says. Few warmed to the idea of investing €20-million in a boat with little chance of winning an elitist sporting competition thousands of miles away.

But good showings for Shosholoza team members in the ISAF Nations Cup in Ireland and Trapani Cento Cup in Sicily, plus their northbound passage up the Louis Vuitton ladder has, at least, won the respect of the other nations.

"A lot more people are beginning to believe in us," he says.

And in case anyone has missed the news, one new convert has been Archbishop Emeritus Desmond Tutu. He's accepted the team's invitation to serve as its patron, and has promised to use his hotline to ask, um, You Know Who, to lend the team a helping hand occasionally.

With Tutu and the divine leading the cheerleading, other South Africans will hopefully follow in their wake.



Teamwork: Dale Rae (right) and teammate Tiffany Baring-Gould with Rae's dad and inspiration, Dave Hudson, during a regatta in Austria.

Chop of the crop

At just 21, commerce student Thabiso Nkile is already something of a veteran of the world karate circuit. And a good one at that.

Back in 2004, aged just a tender 18, he was in the Botswana senior team that shone at the Kofukan (it's a particular style of karate) world championship in Paris, France. Nkile picked up second spot in the individual competition on that occasion, and helped his country to an unlikely team win. But for his studies and a series of injuries, he may have landed a few more wins in 2005 as well.

He hasn't done too badly by himself in 2006, though.

So far this year he's won both the Western Province title and the South African Student Sports Union (SASSU) gold medal. And at the end of April, representing Botswana, he also took home the silver medal at the World Kofukan Championships in Copenhagen, Denmark. No mean feat, this, as he was fighting a little out of his weight range - usually he competes in the under-65kg pack, but had to enter the under-68kg category in Copenhagen.

Nkile then bagged another handful of medals at the SADC juniors and seniors all-styles karate championships in Zimbabwe. Representing Botswana again, he won gold in the senior men under-65kg individual kumite (fighting), silver in the senior men team kumite - losing to another Botswana squad - and bronze in the senior men individual kata.

In the team event, the two Botswana teams saw off South African rivals in the semi finals. Botswana also took the overall championship crown for the sixth consecutive year.

Nkile was keen to go to the World University Games in New York a few months ago, but couldn't make it when Botswana chose not to send a team. He made up for that disappointment, though, when he travelled with his national squad to Helsinki, Finland, for the highlight of his year, the Senior World Kofukan Championships.

It was his first time at the competition since 2003, but was raring to go, he said shortly before leaving Cape Town.

"I know what to expect," he says. "I've been training, but due to academic pressure I can't confidently say that I will win a medal, although I believe I will win one or two fights like I did in Marseille [in 2003]."

If not there, he can still add to his medal collection later when he hopes to don his white kit again at the African University Games in Pretoria. **MEGAN MORRIS**

Karate kid: At just 21, Thabiso Nkile has seen his share of senior world karate competitions.

Shall we dance?

Dance sport has been around a good many years, but its public profile has certainly been upped in recent times, largely thanks to movies like *Strictly Ballroom*, both the Japanese and Hollywood versions of *Shall We Dance?*, even Antonio Banderas' *Take the Lead*.

The code, as everyone will know, is rooted in the traditions of ballroom dancing. But in a bid to be recognised as an Olympic sport, ballroom dancing re-invented itself as dance sport in the early 1990s, with international and national organisations to match.

In South Africa, too, the sport has taken off, fuelled no doubt by the late-evening SABC show *Strictly Come Dancing*. (Which proved, by the way, that Mark Fish has all the rhythm and flair becoming a central defender.)

No wonder, then, that the sport has won its share of enthusiasts at UCT. So much so that a group of students amicably parted ways with the Ballroom Dancing Society just about a year ago to form the UCT Dance Sport Club.

According to founder, Thembaletu Zintwana, the main difference between the two groups is that the ballroom society, while members do compete occasionally, sees dancing more as a social pastime.

In contrast, the dance sport club started because, says Zintwana, "we wanted to concentrate solely on competing". And although still in its infancy, the club has done well on that front, its dancers taking part in numerous competitions and nearly always finish among the finalists.

Although it sent just three couples to the South African Students Sports Union (SASSU) competition at the Tshwane University of Technology in Pretoria in July, for example, UCT still finished a respectable eighth out of 16 teams. And in early October, UCT took second, third, fourth and sixth places at a local Federation of DanceSport in South Africa (FEDANSA) event.



Shaking things up: Since it was established a year ago, the UCT Dance Sport Club has been thriving.

Evidently, students enjoy the thrill of competition - the club has had a very good turnout and now boasts 138 dancers. It's overseen by an executive committee of nine members, all competitive dancers.

The mission of the club so far has been to establish a competitive cohort of athletes. Classes are open to all dancers, who are then trained and go out to compete.

Some even come to the club with no experience whatsoever and are put through a beginner's class to introduce them to dancing as a sport.

"We are trying to produce good dance athletes, and we strive to achieve that all the time during practice," says Robin Bentele, Zintwana's dance part-

ner and also a committee member.

The club has had its naysayers, says Zintwana. There were those who thought that the group would be redundant "because there are many clubs doing what we do".

But the split from the ballroom society, he stresses, was on good terms. Some dancers are even members of both bodies.

"The Ballroom Society did not react negatively to our branching off," he says. "We were all professional about it because we all dance for the love of the sport."

At the dance sport club, that just means that that passion is being converted into medals. **CHWAYITA NQIWA AND MEGAN MORRIS**

From the sporting front

THE WING-FOOTED Frankie Fredericks, former world 200m champion, world-record holder and Olympic silver medallist, was the guest speaker at the annual symposium of the Namibian Students Society (NAMSOC) in September. Here the Namibian sporting hero spoke on his outstanding career, and his life after sport. That includes involvement with numerous international bodies – not least his own Frank Fredericks Foundation - to champion sport in his home nation and across Africa.

THERE WERE NO trophies for any university players and teams at the UCT Badminton Open in March, but a few

put up brave fights. Steven Kuo, just off a plane from Taiwan, and Tim Long were beaten by the SACS team in a hard-fought semi-final. Ditto for women's pair, Nicky Keitsile and Samantha Oatley, who let slip a match point in losing to the eventual winners from Goodwood. In the singles events, Oatley was UCT's star performer. She made it into the semi-finals but was knocked out by defending champion Debi Godfrey of Cape Tech - the top-ranked U17 player in the country last year - who went on to reclaim her title.

UNDOUBTEDLY THE TALK of the Western Cape Badminton Open was UCT's Fabian Raddatz. The unseeded Raddatz, a master's student in law, first ploughed his way through six qualifying singles games – there was also the small matter of seven games in the doubles qualifiers – and then slowly but surely knocked over the pedigreed players to wind his way into the semifinals. One of his victims was national selector and third seed Johan Croukamp, whom Raddatz outgunned 21-11 and 21-19 in the quarterfinals. Alas, the law student met his match in top seed, Enrico James, in a 15-21, 21-18, 10-21 semifinal tug-of-war.

THE BADMINTON CLUB hosted a very successful inaugural UCT Schools Challenge on May 13. The competition featured schools from the Northern and

Southern Suburbs, as well as the Boland district. Some 65 learners from 14 schools took part. SACS 1 won the boy's section, just getting the better of Ocean View. In the women's competition, Southern Suburbs Youth Academy proved too good for Bergvliet.

IT WAS ANOTHER barren year for UCT in the Western Cape Basketball Association (WCBA) season, with not a single men's side making it into the play-off stages. The women's first and second teams qualified, but both sides lost their playoff games, the women's side stretching their contest against Vikings to three matches.

THE YEAR STARTED on a high note for William Robinson. Courtesy of his good showing at the 2005 South African Student Sports Union (SASSU) Games, Robinson was named for the eight-strong national team to travel to Antwerp, Belgium, for the World University Cycling Championship in March. Sadly, Robinson crashed badly in a local race just a week or so after the announcement, and was sidelined for much of the year. He's back in the saddle, though, and successfully defended his King of the Mountain title at the 2007 Atomic Mast run-and-cycle race in Tokai in October.

JAMIE GORDON WAS selected to represent South Africa at the Commonwealth Fencing Championships held



No eggs in the basket: Despite good showings from the likes of Christine "Taaipopi" Parrish, no UCT side made it into the basketball finals this year.

Snapshot: (Top to bottom) Keeyan Dick helped the netball side win promotion; William Robinson was scheduled to go to



in Belfast from September 20-25. This was Gordon's first time in the green and gold, and his first international competition. Gordon, ranked in the top five in the country, competed in the sabre event in Northern Ireland. Gordon caught the selectors' eyes after he won bronze at the senior nationals in Bloemfontein in early July. He also picked up gold in the sabre and silver in foil for UCT at the SASSU games.

THE HOCKEY CLUB celebrated the laying of a brand spanking new, R1.6-million artificial surface (or Astroturf, as some know it), which includes a new shock pad and carpet, in early 2006.

FOR ONE BRIEF shining moment, it looked as if the women's hockey first team would finally knock the almighty Stellenbosch off their perch atop the Western Province Grand Challenge log. Picking up bonus points in all their early matches, UCT even overtook Maties at one stage, surely causing jitters in the Stellenbosch camp. Sadly, the honeymoon lasted only until the two rivals met mid-season. Another Stellenbosch goal rush banished UCT to second place, where they stayed for the rest of the year. By the end of the season, the picture looked all too familiar – Maties untouchable at 24 points and 72 goals clear of UCT. But those 10 bonus points, compared to Maties' 14, will give cause for hope. Give them hell next year, ladies.

DESPITE A SEASON shortened by the long mid-year break, the netball first side managed top spot on the Western Province A-league. That means that come 2007, the side will be back in the Super League, the top local competition. Not surprisingly, a number of players were singled out for honours at the club's recent AGM. Stalwart Keeyan Dick was named Player of the Year, Melanie de Beer was voted Most Accurate Shooter, and the side won the Team of the Year prize. They may have breezed through the A-league, but from past experience UCT will know that the Super League is going to be no bed of roses. And the 2007 squad may look vastly different to the current one once the December graduations have come and gone.

THE WATER POLO men and women finished 2005 on a high, winning both their sections at the SASSU games in East London. That obviously inspired them, and the teams took top honours in both the 2006 summer and winter leagues in Cape Town. In addition, they had the pleasure of thrashing archrivals the University of Stellenbosch in the annual intervarsity in April. Victory also went to the men's seconds and thirds, winding up a memorable evening. "It's the first time we've had a clean sweep," said vice-captain Guy Powell at the time.

the World University Cycling Championship; the Hockey Club broke new ground; Frankie Fredericks spoke on his world-beating performances; and Nicky Keitsile and Samantha Oatley tried their best to see UCT to a win.

Surfer on the crest of a wave



Krystal clear: Surfer Krystal Tavenor is slowly working her way up the SA surfing ranks.

UCT surfer Krystal Tavenor doesn't just like hitting the waves, but wants to record the experience on film as well.

Krystal Tavenor has a hard time convincing her film and media studies lecturer that a documentary on surfing would be a worthwhile class project.

So it doesn't ask penetrating social questions or have a big take-home message, but the surfer world has its own stories and culture. There's the waking up in the morning to check the wind and the waves, calling your friends ("Surf's up, dudes."), the hours in the blue waters, the notoriously carefree lifestyle and, of course, the parties.

The lecturer may have sussed by now that Tavenor, 21, is something of a surfing fiend.

But she's not all talk. Even though she only took up the sport about five or six years ago - her rivals have a head start of at least five years on her - she's been doing quite well for herself.

Back in her school days, she won the Boland under-18 closed championships in 2002, the Boland under-18 open in 2003, and, last year, the Boland under-20 championships. She was fourth in the Billabong South African Students Sports Union (SASSU) games in 2005, and finished sixth this year.

She also took sixth place in the Senior Quicksilver SA Champs this year. Officially, that makes her the sixth-best

women surfer in the country.

It's been no cakewalk. Not too long ago, there were just a handful of good women surfers around. The sport has undergone a sea change since then. (Some credit may have gone to surfer movie *Blue Crush*.)

"A few years ago, if you could stand up on the board you could compete," says Tavenor. "Now the women rip."

More material for her filmmaking.

Tavenor chose UCT - her brother and friends were here - before she even knew what she wanted to do once she got here. Film and media studies caught her eye and dovetailed nicely, it turned out, with her surfing interest.

What she wants to do is shoot documentaries in the vein of those made by the acclaimed Taylor Steele. She already has a couple of story ideas and titles in mind.

Her surfing may overtake her film career, though.

Initially, Tavenor struggled getting through the first heat. (If her first waves weren't right, it all fell apart for her, she admits.) This year, she's managed to overcome that hurdle and is making it into the later heats more often.

She's been good enough to make the cover of one surfing magazine, and get at least one sponsor on board - Havaianas - so may just fancy her chances on the water. "It encourages one to see the Havaianas sticker on your board," she says.

Now if she can just get those good first waves. **MEGAN MORRIS**

Tennis women ace WP league

After winning promotion to the Western Province premier league in 2005, you'd have thought the women's tennis team would take time to find its feet when the 2006 season kicked off.

Not so. They adapted to the change in pace in no time, and showed that they were not out of place in top-flight Western Province club tennis.

With player-coach Jackie Booth - a veteran of the premier league after a couple of seasons with champions Camps Bay - leading from the front, Kate McDade, Amy Reid and Siobhan Simpson quickly hit their stride. So much so that UCT were soon among the title contenders.

And they almost pulled off a stunning championship win, stumbling only at

the deciding hurdle when they lost 2-4 to Camps Bay in their final game of the season.

"I am so proud of this team!" gushed Booth at the time. "Having achieved our goal last year and promoted to the first league, I would have been quite satisfied with a middle-of-the-pack finish. But all the players really stepped it up individually on the singles court and then together on the doubles court, making us a very tough team as a whole."

McDade, a first-year student and tennis scholarship recipient, played a big role as number one player, says Booth. In turn, number three Reid lifted her game a few notches, and captain Simpson anchored the team at number four.

Sadly, McDade couldn't make that fi-

nal match against Camps Bay.

But there's no crying over spilt milk, says Simpson.

"We did very well. From promotion in 2005 to second place in the premier league, that was quite an improvement."

Following suit this year is the UCT team competing in the mixed league, where the men and women pool their talents. The UCT mixed side also won their section last year, and this year feature in the premier league. Again, UCT has proven to be worthy of their place in the competition.

The side is likely to finish high up in their pool, and will then go into the final playoffs.

Tennis silverware could still return to the UCT cabinet. **MEGAN MORRIS**



Smashing: Jackie Booth, Siobhan Simpson, Amy Reid and Kate McDade earned UCT a well-deserved second place in the WP women's premier league early in the year.

Rugby club toasts a remarkable 2006

The UCT Rugby Club will forever remember 2005 as their very own Year of the Great Escape, the year they had to call in the big guns - including Alan Solomons, flown in from the UK for the occasion - to save the first team from dreaded relegation.

Thanks to Solomons and a handful of recruits, the club dodged that bullet. But 2005 left its scars.

"I don't think I could have taken another year like last year," says club president, Dugal MacDonal.

Which is why the club did its homework for 2006, sending, for one thing, a fact-finding envoy to Australia to see how university rugby is managed there. In addition, the club appointed Dave Mallett as head coach to spearhead an overhauled coaching set-up that includes the ilk of Robbie Kempson and Robbie Fleck as advisors. (Solomons is still on board as technical director.)

Teething problems were few once the season got underway. The first team enjoyed their most consistent start to a season in recent memory. No more did the team blow hot the one week, cold the next.

The three matches they did lose, including the intervarsity against the University of Stellenbosch, were by but one point in games that could have gone either way.

"What was important for us was that we looked at our structure, and changed it," says Spencer King, director of rugby at the club. "And it worked. Throughout the senior divisions, in fact."

It goes without saying that there were problems in the season, not least of which was the new six-week midyear break, not counting the exam period, when things already grind to a halt. Over that period, the coaching staff could do little but hope and pray that players would stick to the recommended training pro-



Vintage UCT: After giving Maties a hiding and almost stealing the Super League title, UCT may fancy its chances for the 2007 season.

gramme and not return all holidayed-out.

"I'd forgotten the impact that it has," says Mallett. "It's like having a end-of-year break right in the middle of the season."

All the same, the side hardly put a foot wrong in the second half of the season, even whipping Maties 27-10 at UCT. A very commendable second- or third-place finish seemed very much on the cards.

But then the Super League title almost fell into their laps. Stellenbosch suffered a few surprise defeats and, out of the blue, UCT was within five points of wresting the trophy from Maties' vice-like grip.

That five points – a victory and four tries – had, however, to be got off the

Stellenbosch "second team", Victorians, in the final match of the season. In Stellenbosch.

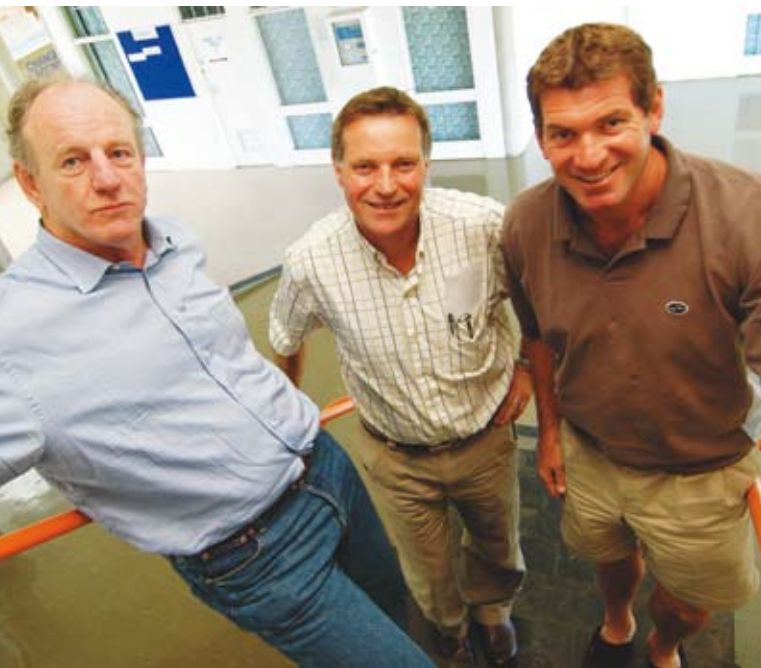
With so much at stake, Vics bolstered their side with a few players from the Maties first team and, the ace up their sleeve, Springbok Werner Greeff. UCT lost 12-27.

But it would be sour grapes to put that defeat down to Greeff and company only, says Mallett. Due should go to a fired-up Victorians team that put their bodies on the line on the night. In turn, UCT let too many scoring opportunities slip through their fingers, perhaps overzealous in their pursuit of those four tries.

"We lacked a bit of composure at crucial times," says Mallett. "Up to then

Biceps, brawn and bricks

Think of it as a fresh new spin to the pre-season routine. In March, a few weeks before the WP club leagues kicked off, 40 big-hearted members of the UCT rugby club lent a hand to a project that builds homes for shack dwellers in the community of Netreg, about 10km away from the UCT campus. The students, drawn mainly from the club's under-20 teams and led by former Springbok number eight and Polar explorer Dugald MacDonald, joined up with the Niall Mellon Township Initiative (NMTI), a charity that builds quality brick homes in townships in Cape Town. Half of the burly 18- to 20-year olds were given Wellington boots and spades and were put to work shovelling and smoothing the concrete foundations. The rest prepared the slabs for concrete and put their backs into labouring. By down-tools time at four in the afternoon, the students had laid the foundations for nine new homes. According to MacDonald, president of the UCT Rugby Club, the club's involvement is part of its Good Citizen Portfolio, which sees students and coaches training formerly disadvantaged players in areas like Gugulethu, Langa and Nyanga. "It is always rewarding to be involved with something where you are giving of your time and energy to those who are worse off than you," said MacDonald. **HELEN THÉRON**



Brains trust: After a memorable season, Dugald MacDonald, Spencer King and head coach Dave Mallett had much to smile about.

in our season, we'd been very good at being patient and building up phases and wearing our opposition down. This time, we lacked that patience."

But the side's final position on the log – second behind Maties by just four points – is nothing to be sneezed at.

"We don't want to lose sight that ending up second in this league was a remarkable achievement in itself," says King.

Next for the club is to spruce up the coaching structures at its under-20 level next year, much the same as it did with its senior teams in 2006.

And, says Mallett, the first-team players have a new-found faith in themselves. Winning the league and qualifying for the national club championships – where the top teams from the provinces vie for bragging rights as the best club side in the country – does not seem so far-fetched now.

"The players would love the opportunity to take the side to a different level next year," says Mallett. "To test our skills against other club champions."

If 2006 is anything to go by, that could just happen. **MEGAN MORRIS**



Built to last: The rugby club's Monty Taljaard gets ready for the new rugby season.

Township champions

A new initiative by the Students' Health and Welfare Centres Organisation (SHAWCO) is taking sport to the townships, and introducing kids to some new interests .

“Everyone knows what soccer is,” says Aithne Prins, speaking specifically of the love for the Beautiful Game in local communities.

But as project leader of SHAWCO Sport, Prins is trying to broaden the horizons of the kids in these areas. “The whole objective of SHAWCO Sport is that we are trying to offer education through sport, and to give children from previously disadvantaged communities the opportunity to be exposed to all kinds of sports.”

Launched in 2005, SHAWCO Sport operates from the Students' Health and Welfare Centres Organisation bases in Manenberg, Khayelitsha and Nyanga. UCT student volunteers go out to the townships four times a week - twice a week at each centre - and to offer coaching in soccer, yes, but also hockey, netball, cricket and rugby.

Next year, they hope to up the ante by introducing swimming to the suite of sports.

The challenge, says Prins, is that the children have to be trained from scratch as many of them have never been exposed to some of the sports. As such, it is often very difficult to keep the participants interested.

Despite this, the initiative has had surprising success, and SHAWCO has some ambitious plans for the future.

“We found that we were constantly going out and playing with the kids, and yet there were no proper incentives in place for them to be fully part of the events that we organised. So for next year, we would like to introduce incentives such as organising proper fixtures, as well as a Game Week at the end of each month when the groups can participate in inter-centre games.”

They also plan to bring the groups to UCT to experience the university's facilities, which are a far cry from what they're used to in the townships.



Another goal is to start a SHAWCO team, comprised of the best players from each sporting code from all the centres. The teams will then participate in friendly matches with other schools, opening them up to the competitive experience.

The initiative not only benefits the children from the communities. SHAWCO volunteers are also gaining a lot from giving their time, particularly in acquiring leadership skills, as well as the satisfaction of being mentors and passing on their skills to others.

“I've always played sport, and I think that most of my life lessons have been learnt through sport,” says Prins. “I think it's special for us to be able to teach them through this.”

There are important life skills to be passed on to the kids, such as sharing and team-work: learning to “pass the ball” because you can't do it yourself, and the next person needs you just as much as you need them.

Another major challenge for SHAWCO Sport is to get local students to take part in the coaching, as the majority of volunteers are exchange students who usually leave UCT after a semester. (On the day that a photographer went out to the Khayelit-

Fit from head to toe: International students Britt Lyngmo, Kathrin Moormann and Mitch Gruber work with kids on the SHAWCO Sport project in Khayelitsha.



Shooting from the hip: Ryan Powter gets kids in Khayelitsha into the swing of the SHAWCO Sport project.

sha centre, for example, three of the four students were international students – an American, a German and a Norwegian.) As a result, there is no sense of continuity, which is something that SHAWCO is trying to build through cultivating on-going relationships between the children and their coaches.

The international students enjoy the time out with the kids, though. “I wanted to see more of South Africa than just the place where I study,” says Kathrin Moormann of Germany. “And I like to work with children.”

That’s something all the students can agree on. There is no greater satisfaction

than watching her hockey teams playing a game against each other, putting their newly learned skills to the test with such diligence and enthusiasm, says Prins.

Hopefully, in the not-too-distant future, there will be a formidable SHAWCO team posing a serious threat in the schools fixtures calendar. **SHUMI CHIMOMBE**



Tainted glory — doping and athletic performance

Is it possible for the “natural” athlete who competes without chemical assistance to achieve record-breaking performances in sports requiring strength, power, speed, or endurance? Because doping tests are infrequently positive in international sports, it has been widely believed that the answer is yes — and that few athletes competing in major sporting events, including the Olympic Games and the Tour de France, use performance-enhancing drugs. But multiple sources of evidence, including personal testimony and an ever-increasing incidence of doping scandals, suggest the opposite: that widespread use of performance-enhancing drugs has fundamentally distorted the upper range of human athletic performance. Unfortunately, a global code of silence has kept the problem hidden from public view.

Drugs have been in sports for a long time. In the earliest modern Olympic Games, the drugs of choice included strychnine, heroin, cocaine, and morphine, which were probably more harmful than helpful. The first “effective” performance-enhancing drugs, the amphetamines, which were used widely by soldiers in the Second World War, crossed over into sports in the early 1950s. These drugs — nicknamed *la bomba* by Italian cyclists and *atoom* by Dutch cyclists — minimise the uncomfortable sensations of fatigue during exercise. By setting a safe upper limit to the body’s performance at peak exertion, these unpleasant sensations prevent bodily harm. The artificial manipulation of this limit by drugs places athletes at risk for uncontrolled overexertion. The first cases of fatal heatstroke in athletes using *atoom* were reported in the 1960s. In the 1967 Tour de France, elite British cyclist

Tom Simpson died on the steep ascent of Mont Ventoux, allegedly because of amphetamine abuse. The precise extent to which amphetamines enhance athletic performance is unknown, since, as with all performance-enhancing drugs, there are few modern studies quantifying their effects. The convenient absence of such information represents further evidence of a hidden problem. A popular opinion is that *la bomba* can turn the usual Tour de France domestique, or support rider, into a stage winner.

Since amphetamines must be present in the body to be effective, the sole method of avoiding the detection of their use during competition is to substitute a clean urine sample for the doped specimen. A multitude of innovative techniques have been developed to accomplish this swap.

Cortisone, a potent but legal performance-enhancing drug used to dampen inflammation, also reduces the discomfort of heavy daily training and competition and lifts the mood. It is also widely abused by professional cyclists.

Testosterone propionate (Testoviron), the prototype of the anabolic steroids, the second major group of potent performance-enhancing drugs, was synthesized in 1936 and appeared in sport sometime after the 1948 Olympic Games. The subsequent synthesis of methandrostenolone (Dianabol) in the United States in 1958 and oral chlordehydromethyltestosterone (Turinabol) in East Germany after 1966 marked the beginning of the “virilisation” of modern sport. By increasing muscle size, these drugs increase strength, power, and sprinting speed; they also alter mood and speed the rate of recovery, permitting more intensive training and hence superior training ad-

aptation. For maximal effect, anabolic steroids are used in combination with other hormones that have similar activity, including insulin, growth hormone, and insulin-like growth factor. They have multiple side effects, some of which are serious, including premature death. The true extent of the use of performance-enhancing drugs is uncertain for a variety of reasons: athletes avoid detection by using scheduled testing for illicit drugs to plan their drug use; those conducting “out-of-competition” testing of athletes may intentionally avoid testing known drug users; hormones such as testosterone and insulin are initially undetectable, since they are so similar to the naturally produced substances, and designer drugs such as tetrahydrogestrinone (THG) are initially developed specifically to elude detection by all the current testing protocols; and positive tests are often not reported, and even proven drug users are generally not prosecuted.

The exact magnitude of benefit from the use of combined anabolic agents is unknown. Previously secret East German records indicate that anabolic steroids alone reduce 100m sprinting time by as much as 0.7 second and improve performance in the 400m, 800m, and 1500m running events by 4 to 5, 5 to 10, and 7 to 10 seconds, respectively. Equivalent benefits have been found among swimmers. Effects in throwing events are also substantial: a gain of 2.5 to 5m in the shot put, 6 to 10m in the hammer throw, 8 to 15m in the javelin throw, and 10 to 20m in the discus throw. Benefits are greatest in women, since the natural secretion of testosterone in young women is negligible.

The third type of potent performance-enhancing drug is erythropoietin, the hormone that regulates the red-cell



mass. A popular theory holds that performance during high-intensity exercise is limited by the rate of oxygen delivery to the exercising muscles. By increasing the red-cell mass and hence the oxygen-carrying capacity of the blood, erythropoietin should increase performance only during all-out exercise lasting a few minutes. Yet it spectacularly increases performance in events that last anywhere from minutes to hours and in events in which oxygen delivery is not the primary determinant of performance. It therefore seems likely that erythropoietin has another type of action, with effects on the brain that may resemble those of amphetamines, cortisone, and anabolic steroids. Currently, erythropoietin can be detected in the urine for only a few days after the most recent injection, although the related blood changes (in particular, the increase in red-cell mass) last much longer. Indeed, the benefits of even a short course of erythropoietin may last for many weeks.

The dangers of erythropoietin use include sudden death consequent to a fatal reduction in the heart rate, usually at night, and the development of antierythropoietin antibodies, which may cause a paradoxical reduction in the red-cell mass (pure red-cell aplasia). Eighteen young professional cyclists died from unknown causes in the late 1980s, when erythropoietin was first introduced into the world of cycling. Eight additional

unexpected deaths of professional cyclists have been reported since January 2003, including that, reportedly from an accidental cocaine overdose, of Marco Pantani, the winner of the 1998 Tour de France who was banned from cycling after testing positive for markers of erythropoietin use while leading the Tour of Italy. The widespread use of performance-enhancing drugs may be associated with an increase in the use of recreational drugs by some of the same athletes.

Performance-enhancing drugs pose a great threat not only to the health of users, but to the moral integrity and hence the continued relevance of modern sport. For, when used by fully trained, elite athletes, these drugs can improve performance to a much greater extent than any combination of the most intensive, sophisticated, and costly non-pharmaceutical interventions known to modern sports science. Scientifically based training regimens, special diets, and complex physiological and biomechanical measurements during exercise and recovery cannot match the enhancing effects of drugs. The attraction of performance-enhancing drugs is simply that they permit the fulfilment of the mythical promise of boundless athletic performance — the hubristic “faster, higher, stronger” motto of the Olympic Games. An ethically based medical science cannot compete. Thus, drug use in a subgroup of athletes who — even in the absence of drugs —

are able to compete at an elite level causes their separation into a distinct athletic population, distanced from “natural” humans by a margin determined by the potency of the drug combinations that are used. These athletes, quite simply, have moved off the natural bell-shaped curve of normal human performance.

In disclosing his own drug-enhanced performances, former Australian world discus champion Werner Reiterer, who chose to retire rather than risk winning a tainted medal in the 2000 Olympic Games in Sydney, has written, “There was something pathetically wrong with the fact that a packed home arena — an entire country — would urge me on without any concept of the truth behind my ultimate athletic achievement, or of the sham of which they were unwittingly a part.” Our burden is that no longer do we share this ignorance. We can no longer pretend that we do not know. **TIMOTHY D NOAKES**

In the wake of the doping scandals that have cast a pall over, for one, the Tour de France and winner Floyd Landis — and is Lance really in the clear? — the World Anti-Doping Agency (WADA) has not only updated its List of Prohibited Substances and Methods, but has also joined forces with Interpol, the world’s largest police organisation. The 2006/2007 WADA list is available at www.wada-ama.org/en/prohibitedlist.ch2. Stay in WADA’s good books, please.

Professor Tim Noakes is Discovery Health Professor of Exercise and Sports Science and Director of the UCT/MRC Research Unit for Exercise Science and Sports Medicine. The article appears courtesy of *The New England Journal of Medicine*. The piece first appeared in NEJM dated volume 351: 847-849; August 26, 2004; number 9.



Strongman: Jeffrey Johnstone shows the form that won him gold at the National Powerlifting Championships, where Euraima Tobias (back) also took part.

Staffer worth his weight in gold

JEFFREY Johnstone has been in the powerlifting game for donkey's years, but it was only in 2006, aged a young 52 and after a decade-long break, that he made his first appearance at the National Powerlifting Championships.

And a memorable one it was at that for Johnstone, who won a gold medal in the 75kg master's category at the event, held in Tshwane in June. He pushed and hoisted a total of 430kg over the three lifts - bench press, squat and deadlift.

The medals have been a long time coming for Johnstone, a shift supervisor in the Sports and Recreation department at UCT. He did competitive powerlifting from the early 1980s to the early 1990s, but then took time away from the sport. Until early this year, that is.

"The bug bit me again," he explains. And after the 15-year lull, he's come back all the wiser, he says.

Working with UCT coach Ron Collins - seven-times world powerlifting champion and the first man to lift ten times his body weight over the discipline's three events - Johnstone has steadily been working on his comeback, growing

stronger in regulated steps. Collins is a big cog in that wheel, says Johnstone.

"With his experience, being in the game for so many years, he was a great plus for us all."

The "us" he's referring to are the many other lifters under Collins' wing who bagged medals at the Tshwane competition. That includes UCT student Euraima Tobias, who won gold in the 100kg junior section.

Four other Collins protégées, Donald Julius, Karl Christians, Paul Jaffa and Eric Hofmeyer, all representing Western Province, took gold in their respective events as well. (With its five gold and three silver medals, WP missed out on Best Team Award by only one point.)

Johnstone is just getting warmed up. He has a couple of small competitions ahead this year - although he missed out on the UCT Open because he had to adjudicate - but plans to be lifting for a long time still.

"With my training, I'm actually getting stronger all the time."

So he should be throwing his weight around for a while yet. **MEGAN MORRIS**

Lifting gold

Another UCT powerlifter of note this year was 20-year-old Euraima Tobias. Tobias won the 100kg junior category at the National Powerlifting Championship, earning him a place in the SA team that went to the Sixth Sub-Junior Men's World Championships in Sofia, Bulgaria, in September. He finished a very impressive ninth. His total lifts of 645kg took him to position number 52 in the International Powerlifting Federation rankings for his category. Tobias also made a clean sweep of honours at the Craig Nelson Memorial Powerlifting Competition, winning both the junior and the overall best-lifter awards. The event, which doubles as the UCT Open, is hosted by the university gym in honour of the late engineering student and powerlifter.

Star blows whistle

At UCT, Matt Kemp is known as a law student and a loyal servant of the Water Polo Club, which he serves as chairperson, coach and star player. But outside of his lecture theatres and the Kopano pool, Kemp lives another life as one of South Africa's up-and-coming young rugby referees. It all really started for Kemp as a 13-year old at Maritzburg College in KwaZulu-Natal. Once he finished his early-morning under-14 rugby game, Kemp had a few hours to kill until the late afternoon when he and the other boarders were required to attend the school's senior matches. So he signed up for hockey refereeing to fill the time, but that wasn't quite his cup of tea. Encouraged by the likes of Craig Joubert, now one of the country's most respected match officials, Kemp tried his hand at refereeing rugby matches, which he found more to his liking. He stuck with it, even

relegating himself down the ranks and playing third-team rugby. Once he got to Cape Town, Spencer King, director of rugby at the UCT Rugby Club and a former referee himself, was among those to take Kemp under his wing. These days the law student officiates at both Western Province Super League club games and a few provincial matches. All things being equal, he hopes to take charge of Currie Cup, Super 14 and international games before too long. "In a good game, there's no better seat in the house," he says. "You're a spectator, but actually a part of the game as well." At just 21, Kemp is by some margin the youngest referee on the Western Province referees' panel. Those fresh legs may stand him in good stead when he has to keep an eye on 30 of the world's finest rugby players in a major international one of these days. **MEGAN MORRIS**

Calling the shots: When not at the UCT water polo club, Matt Kemp is a promising young referee in the Western Province ranks.



Squash star set to make a racket on pro circuit

Little did Siyoli Lusaseni know when she travelled to Hungary for the World Student Games in August, what a watershed moment it would be.

Sure, it marked her full-blooded return to the international squash world, 2006 being her comeback year after she cloistered herself with her books in 2005. And an impressive revival it was.

She's yet again the second seeded player in Western Province, and is robustly moving up the national rankings again after slipping a few spots in 2005. She also managed a victory over the top provincial player, Karen van der Westerhuizen, and was part of the WP team that won the inter-provincial Jarvis Cup. In addition, she made it into the quarter-finals of the Gauteng Open. She was also included in the South African side that took on Holland in Cape Town in August, her first national cap in a while.

"It was such a blessing to be back in the team again," she says.

Then Lusaseni and her UCT teammates – captain Annie Aling, Lauren Cowley, Kim Hall, Anndrea Naidoo and Gina Robinson – swept all before them to take first place at the South African Students Sports Union (SASSU) squash games. As a result, Lusaseni and Robinson, as the country's top student players, were chosen to be the women's players on the SA side to travel to Hungary for the World Student Games.

Lusaseni was also named as captain of the six-strong national squad. (Robinson had to pull out after she broke her nose – or at least, another player did – at SASSU.)

The Hungary games, as it turned out, was a turning point in how Lusaseni viewed her squash career. The South Africans won bronze, beating the highly-rated United States in the third- and fourth-place playoff.

"We were the surprise side," says Lusaseni.

Lusaseni finished an impressive seventh in the women's category, but it was the praise from teammates and rivals alike that she remembers best.

"I had such positive feedback from everyone," she says. "We as South Africans often underestimate ourselves, thinking more about getting exposure to international competitions rather than winning it. I think that if we'd had more of a positive attitude, we could have done even better."

But heartened by her showing at the games and being back in the national side – even though she is still far from her best – Lusaseni is now thinking of a place on the European professional circuit next year. She's spoken to coaches, is going on an all-out three-month training programme come December, and is scouting around for sponsors and the like.



Striking out: Siyoli Lusaseni has big dreams for her squash career.

She's going to have to keep her nose to the grindstone, however, if she's to pull it off. For one thing, she realises, she's going to have to "dominate" the South African competitions.

"I've always known that I wanted to take my squash further, but never quite got to the point of telling myself to go out and do it," she says. "But our results in Hungary showed me that there's no longer that huge gap between us and the rest of the world."

If she has her way, Lusaseni is soon going to show the world just that. **MEGAN MORRIS**

Mountains of Argentina tricky, but worth the climb



If UCT's Mountain & Ski Club was after an old-style exploration into lands and up peaks that few had previously set foot upon, then, by all accounts its month-long expedition in Argentina last year delivered the goods. And then some.

What the club was looking for, when people first floated the idea last year, was a flagship project that was off the beaten path.

"We wanted to do something that was going to take planning and preparation," says club chairperson Anthony Hall. "A real expedition into the unknown."

Destinations in Uganda and the Himalayas were mooted, but the club, after taking into account costs and altitudes, settled on a few hardly scaled peaks in Andean Patagonia in the extreme southwest of Argentina. In late November 2005, 11 members of the club touched down in Argentina in two batches.

The trip almost ended before it started for the first group of nine. To get in some practice, as few had done any ice climbing or mountaineering in serious snow, the group attempted the better-known Mount Tronador, within reasonable distance of help and a small local town. The group had to turn back, though, when the weather took a turn for the worse and visibility was substantially impaired, but on the way down passed two more experienced climbers who chose to brave the storm. A week later, the UCT group heard that the pair had died on the mountains.

It put things into perspective for the group, illustrating again the dangers of mountaineering. "It really drove home

A perch with a view: Richard Halsey flies the UCT flag.

the extent of our ambitions,” says climber Richard Halsey.

Then the adventure really began. Their final stop was the 2 542m Cerro Trés Picos, a peak scaled, according to a local fishing guide, by no more than 20 people.

Getting to Cerro Trés Picos took some doing, though. The group had to negotiate their way to the peak from Lago Cholila - a remote lake surrounded by mountains and glaciers - crossing rivers and crashing through thick bamboo forests to get there.

However, with only topographical maps, no directions and no path, it turned into a no-holds-barred expedition. The climbers often caught glimpses of Cerro Trés Picos, but it took five days of false turns and cul-de-sacs before they finally found the best route to the base camp.

No one ever really thought of giving up in those five days. But a few suffered from “a serious case of humour-failure”, as Halsey would put it, after following another dead-end path for hours.

The snow-wrapped Cerro Trés Picos was everything the group had hoped for, and a few things they hadn't. Conditions had made the rock brittle, and negotiating the way up was extremely dangerous. Put a foot or a hand wrong and a rock - often up to the size of a bar-fridge - would break off and plunge down the mountain. “The rock was s**t,” summarises Halsey.

A team huddle was called, and for safety reasons it was decided that only groups of two would attempt the peak at one time. Halsey and Craig Peters went first, and once they returned were followed by Hall and Ake Fagereng.



The view at the top was stunning. “Just snow and peaks extending into the expanse of the Andes,” says Hall. Mount Tronador (which they later climbed successfully) could even be seen far to the north.

Cerro Trés Picos was but one of many objectives in the area, and each climbing party - picking up new skills along the way - attempted some of the other peaks and ridges.

“We had just wanted to learn and do something new,” says Shachaf Polakow, part of a group who scaled Peak 1991 (that’s the height in metres). There’s a chance, think some, that they were the first to do so.

That was just in keeping with the expedition motto, says Hall. “The whole objective was for everyone to push the envelope, whatever level they were at.”

Mission accomplished. **MEGAN MORRIS**

The full expedition party was Ake Fagereng, Anthony Hall, Richard Halsey, Craig Peters, Shachaf Polakow, Gaelen Pinnock, Christina Jongens, Iming Lin, Moritz Thilo, Stephen van Helden and Sally-Anne Barber. The group would not have made it far without their generous sponsors, whom they wish to thank here: Ram Mountaineering, Cape Storm, Falke, Rudi Project, the Mountain Club of South Africa, the UCT Student Travel Fund, Elastoplast and Eveready Batteries.

Up the hill and round the bend

As a bird conservationist with international links and responsibilities, John Cooper's year planner shows whole weeks blocked off for travel to exotic places - the Falkland Islands, Tristan da Cunha...

He's amassed thousands of travel kilometres island- and continent-hopping for the cause, but converted to the joys

of cycling 11 years ago. Earlier this year, he raced his way to another milestone: 10 000km in five seasons for the Pedal Power Association (PPA), the largest cycling organisation in South Africa and based in Cape Town.

His last cycling race, the Oxygen Bay City Cycle Tour (his 120th PPA ride), nudged his total to a grand 13 603km.

Let's put that in perspective: "The Earth's diameter at the Equator is 12 756km, which I have exceeded at Pedal Power Association rides since I started riding with them in 1995," he notes.

With over 17 000 members, the PPA is reportedly the largest cycling club in the country, an offshoot of the venerable *Cape Argus* Pick 'n Pay Cycle Tour.

Cooper first rode for the PPA in 1995 on his 1993 model Specialised Rockhopper mountain bike (he'd hired one in Yosemite National Park and the bug bit), the same bike that took him through three Arguses from 1994-1996. He now rides a Cannondale R600 CAD3 road bike.

Cooper easily clocked the distance for qualification in the 2 000km-in-a-season target for the PPA 2 000km Club awards, but overseas travel commitments meant he was missing the next mark: the 3 000km in a season.

"My best seasonal total to date was 2 595km over 30 events in 2002/3." Seeking a new solution, Cooper persuaded the PPA to introduce the 10 000km Club in 2005.

"I argued successfully that this should be a prestigious award, difficult to achieve, that needed perseverance and commitment, and not just the steady accumulation of kilometres over the years. So the rule finally adopted is that to join the 10 000km Club one has to first become a member of the 2 000 Club five times, although the years taken to attain this total do not necessarily need to be consecutive."

Cooper exceeded the 10 000km target descending Slangkop into Kommetjie, qualifying for his PPA 10 000 Club black cap. He's now wondering if he should moot for a PPA 25 000 Club.

In which case, he's half way there. HELEN THÉRON



Cruising: The Avian Demography Unit's John Cooper ascends Chapman's Peak during the 2004 *Cape Argus* Pick 'n Pay Cycle Tour. The 109km race was part of the total needed for membership of the PPA 10 000km Club.

Of fast bowlers and bean counters

Unless you're of a certain Ikey vintage, Alastair Murray and Martin Crosoer won't mean a great deal to you.

Dave Wessels will be nothing more than a name, the Wallbanger brothers a mere curiosity, and Matthew Garrett barely worth a second glance. But the select few whose time skipping lectures on Jammie steps coincided with the university careers of the above-mentioned gentlemen, simply reading the names will inspire a bout of wistful nostalgia...

At the farm school up the road, Springboks in assorted sporting codes have been churned out for as long as students have been milking their cattle and learning how to service tractors. UCT might not have quite such a glittering list of national representatives, but it does have a rich tradition of producing outstanding sporting characters. Sometimes characters and national colours collided - think the irrepressible Dugald MacDonald, for instance, or more recently, Springbok centre Robbie Fleck (who admittedly failed to make a single lecture during his eight-month tenure at university).

But for every unforgettable Ikey who went on to represent South Africa, there are dozens who have lit up the university's fields for their personalities as much as their sporting skills. Which brings me to the lads introduced above...

Alastair Murray was a tall, languid fullback for the first XV, and a tall, languid all-rounder for the first XI. The thinking man's sportsman, Murray combined a shrewd head with a devastating lack of pace, frequently beating the cover defence by arriving several minutes after the despairing tackle, or clean bowling somebody after they'd lost concentration waiting for the ball to arrive. Hence the

nickname 'Dobbin' - more frequently associated with horses tasked with pulling carts than attacking fullbacks and fast bowlers - and a highly successful career as a double Ikey blue.

Murray skippered the UCT first XI, as did one Martin Crosoer, who gathered runs at the top of the order almost as quickly as he lost hair.

Possessed of a cover drive that ought to have come with theme music and an

entrance fee, an acerbic tongue, and an inventive, free-spirited approach to captaincy, he's also responsible for one of the worst decisions a member of the human race has ever made. Not long after casually dismissing the fearsome face of West Indian quickie Nixon McLean in a tour match in Cape Town, he gave up a glamorous career in the making in cricket... to become an accountant in the grey and gloom of London. People have



ended up in padded rooms for less.

Dave Wessels is another contributor to UCT's vivid tapestry of sporting characters I'll never forget. Off the field, the man was (and remains) gentle and demure - think the Dalai Lama after several joints. But place him on a sports field, and the man becomes possessed of an unbridled fury, encompassed in a swirling red mist that saw him amass 63 red cards while at UCT. 41 of them were in football matches, including a dismissal for a two-footed tackle on the referee just above the poor official's hip; 22 were in rugby matches. The 63rd is possibly the most extraordinary, however: the night Dave Wessels was refereeing an internal league rugby clash, and was removed from the field after catching a Kopano loose forward with a crashing right hook after said loose forward had suggested that Wessels' interpretation of the offside law was a little inconsistent.

Similarly belligerent were the Wallbanger twins, Harvey and Junior (they have real names, I suppose, but I don't think I ever knew what they were), two impish teenagers from the wrong side of Durban who gained notoriety for getting sent off in a rugby match for fighting - despite playing for the same team. Junior later got banned from the cricket field for accidentally catching the nose of an opposition player-umpire with his forehead in a Cape Town league match; eat your heart out, Mark Vermeulen.

There are countless other examples of



people who littered my sporting years at the world's finest university. Marc Jury, at 142kg the most ungainly central defender the beautiful game has ever seen. Adrian Evans, who would smoke countless cigarettes through his hockey goalkeeper helmet, and protect his goal both to support his team and to prevent the Black Label quarts lined up behind him from damage (energy drinks). Shannon Turner, the muscular hockey player who was prone to delivering wrestling-style body slams on troublesome opponents. And then there was Matthew Garrett, and an afternoon I'll never forget...

Inter-varsity rugby may no longer fill Newlands, but the clash with the farm school is still a festive affair, alternating between Groote Schuur and more rural fields out in the winelands. Some years

back, in a game featuring the tall, languid Alastair Murray at fullback, with UCT on home turf, a boisterous home crowd were in full cry. Much beer had been drunk, many songs had been belted out (UCT, for all its many qualities, does not possess the choral wonder of Cardiff Arms Park), and Guy Balme and Matt Cocks of the UCT Canoe Club had shed their clothes for a spot of late afternoon naturism. But stealing the show that Saturday was Garrett, now a successful IT media specialist in Sydney.

Just inside the Stellenbosch half, and with UCT poised for a sweeping attack, the ball spun down the line, through the centres, and out to Murray, who had loped into the line. But when he turned to look for his wing on the outside, he instead found Garrett, stark naked, beer in hand, having joined the UCT line at third centre. A moment of pure Ikey Tiger poetry...

And that's why I remember Garrett, and Murray, and Crosoer, and Wessels, and the Wallbanger twins. No Springbok blazers, perhaps, or back-page headlines, or glorious careers in professional sport. But the memories they produced are priceless, the characters unforgettable. Every UCT student will have rubbed shoulders with students of a similar ilk, spent time watching colourful combat, and reminisced about varsity days in a sporting light.

Superstars? Perhaps not. Legends? Without a doubt. **DAN NICHOLL**

Dan Nicholl was born in Belfast in Northern Ireland – yes, that Northern Ireland - and moved to London when he was three (we can but hope there were parents or someone over 18 to hold his hand), then to Zimbabwe when he was four. He grew up in Zimbabwe, and later won a scholarship to UCT, where he completed an honours degree in English literature. Rumours abound that he registered for a sports club or two while here. What has been confirmed, however, is that he hosted a daily afternoon show on UCT Radio. He moved to Cape Talk in 2000, currently works as sports editor – “There is no-one in South Africa who knows less about sport,” writes one adoring fan - at iafrica.com, and also contributes on a freelance basis to a number of publications. He also makes an annual appearance at the UCT Sports Awards Dinner, where he embarrasses his girlfriend - is it the same girl as last year? - with his gibes about the hockey ladies.

