

>>Message from John Donald, director of sport and recreation



The past year has seen significant gains for sport and recreation. Most notably, the new Fitness Centre is emerging from the ground at the Kopano precinct, and council voted R10 million for the upgrade of the Kopano soccer facilities and the installation of an artificial pitch, in recognition of the numbers of students playing the 'beautiful game' at UCT.

The Sports Council's policy of sport for all has had a meaningful impact on intra-mural sport over the past 12 months, with existing programmes expanding to accommodate the ever-increasing interest, and the addition of cricket and basketball to the eight clubs now offering properly structured sustainable programmes.

Competitive sport has also enjoyed good results as usual, reflected particularly in the success of the water polo club in the local leagues and the seven club mem-

bers who represented South Africa at the World Student Games (aka Universiade 2007) in Bangkok, Thailand, in August.

UCT boasted a total delegation of 12 students and three staff members to the games, indicative of our competitiveness at national student level. And student Queen Moloko was also there as manager of the South African soccer side.

In addition, the sports awards will reflect that a further seven students represented South Africa at senior level in a variety of sports, highlighting the broad spectrum of activity available on our campus.

Here's toasting another memorable student sports year as reflected in this publication, and hoping that 2008 will be even better. ■

CAMPUS SPORT

2007 | UNIVERSITY OF CAPE TOWN

>>Guest speaker: Kass Naidoo

Physically the likes of Tony Greig and Mike Holding may tower over her, but Kass Naidoo still stands out in any cricket commentary room.

And it's not just because she looks better in a dress than either Greig or Holding. Since making her debut as the country's first woman cricket presenter during the 2003 Cricket World Cup at the tender age of 25, Naidoo has become almost synonymous with the televised game in South Africa.

She made her radio commentating debut at the Boxing Day test match between South Africa and the West Indies in Durban in 2004, and realised a childhood dream when she crossed over to television for the one-day series between South Africa and New Zealand in 2005.

She was also a commentator at the 2006 Hong Kong Cricket Sixes, and was appointed to the International Cricket Council's voting academy to choose the International Women's Cricketer of the Year in 2006.

To cap it all, Naidoo co-hosted - the first South African to do so - the International Cricket Council Awards alongside top ESPN-Star cricket anchor Harsha Bhogle this year.

She's a sought-after MC, and has resigned from her SAfm sports show *Game Plan* to launch the online [www.gsport...for Girls](http://www.gsport...forGirls.com) (www.gsport.co.za), which aims to raise the profile of South African women in sport. ■



INSIDE

RUGBY UNDER-20s
GO UNBEATEN

13 FROM UCT AT
WORLD STUDENT GAMES

UCT REF TOP OF
THE POPS

>>New life for UCT soccer

Dedication, loyalty and team spirit are behind UCT Soccer Club's "brilliant" performance this year.

Firstly, both the men and women's teams will represent the Western Cape in the national South African Student Sports Union championships in December.

Mari Engh, chairperson of the club, said it was the second consecutive year that the women's team has won the provincial SASSU tournament, but UCT could not attend the national games last year because of a lack of funds and the unavailability of players.



The national games take place when most students head home during the vacation period. But this year the team has foreseen the problem and have asked members to consider staying for the games.

"It was a matter of planning ahead, before we even qualified. We sort of reckoned that we will win again and prepared ourselves," Engh said.

On the finance issue, Engh added they were busy fundraising and were confident that they would make the target.

Beside the SASSU games, UCT club has also done well in the domestic leagues, with the men's team winning promotion to the premier division in the Wynberg-based Cape District Football Association.

On the other hand, the women's team, which has a mixture of local students, from neighbouring African countries, Europe and America, came third in the Cape Town region of the South African Football Association (SAFA Cape Town).

They were pipped by the mighty Winnies and Cape Town Roses.

"It has been an incredible year performance-wise, I don't know in how many years," Engh said. "We have been beating teams 11-0, 9-0 and 8-0." She praised the coaching staff "for building a team spirit that has never been seen before".

"The coaching team has done a magnificent job, focusing on playing a good game and creating a positive atmosphere." ■

UCT's cool Mbiyozo is in Sevens heaven

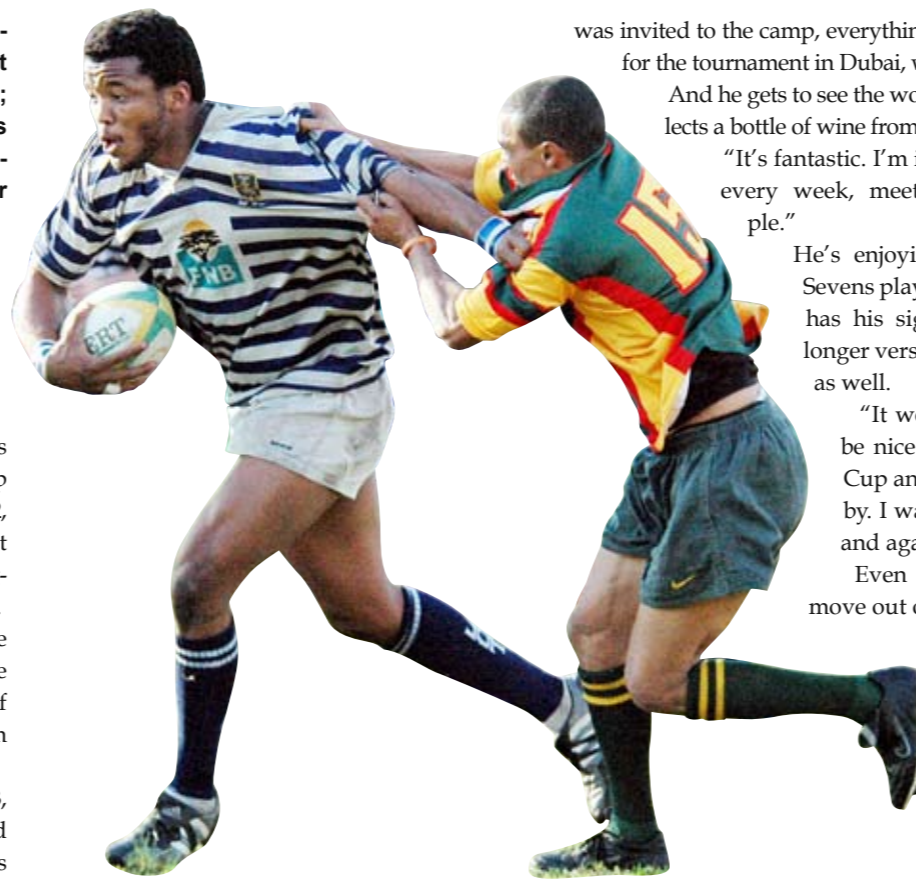
MPHO MBIYOZO is one chilled-out dude. He arrives in his sweat pants, a hoodie and baseball cap; everything about him screams rapper. And, looking at his initials, one could be forgiven for thinking he's Cape Town's version of Eminem.

But get rid of the rapper gear and Mbiyozo transforms into the green and gold of the Bok Sevens team.

Mbiyozo, who was awarded a scholarship to attend UCT in 2002, has used the UCT first XV team as a springboard to rugby success.

"I basically came down here for the rugby," he admits of his move to UCT from Natal.

And at only 23, Mbiyozo has grabbed his opportunities. He's played for Western Province's Vodacom Cup and Currie Cup teams, has been in the Stormers camp, and last



year received a call-up from Springbok Sevens coach Paul Treu.

"I had never played Sevens before," recalls Mbiyozo. "But after I

was invited to the camp, everything went well and was selected for the tournament in Dubai, which we won."

And he gets to see the world. As mementoes he collects a bottle of wine from every country he visits.

"It's fantastic. I'm in a different country every week, meeting different people."

He's enjoying the life of a Sevens player, but Mbiyozo has his sights set on the longer version of the game as well.

"It would obviously be nice to play Currie Cup and Super 14 rugby. I want to play with and against the best."

Even if that means a move out of Cape Town.

"I want to play at the top level, and if that opportunity comes somewhere else, obviously I'm going to take it."

Grant Shub, courtesy of Varsity

>>On the ball

UCT staff and students shared their soccer expertise with primary school students as part of the soccer club's community development project.

Two teams from the Claremont Primary School, the under 11s and the under 13s, became the first beneficiaries of the Sisonke project, as the outreach programme is called.

Linda Brickhill, UCT Soccer Club's development officer, said the project was envisaged late last year and implemented this year.

Between April and September, Brickhill, together with teammate Tara Weinberg and Peter Buckton, a senior sports administrator, coached the children and

arranged matches with other schools.

"It has been a learning curve for us student coaches, who are not new to playing soccer but are mostly new to coaching," she said. "Nonetheless, it has been a fantastic year and experience, which I hope has been thoroughly enjoyed by all involved."

Brickhill said they were planning to broaden the project next year.



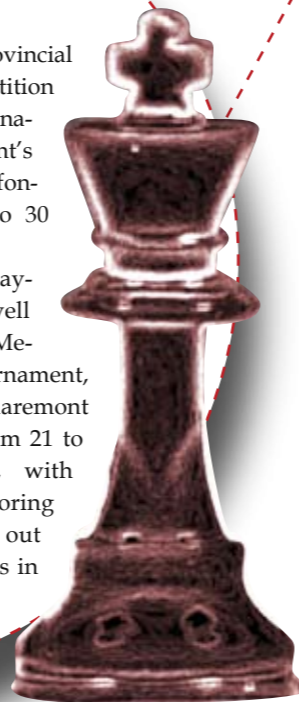
>>Chess team on the move

UCT's chess club has taken its game one step up. After winning the B division of the Western Province League, the A team has been promoted to the premier division in 2008.

Star player Jacob Rachoene scored nine out of 11 points in the competition, winning eight games and drawing two, which qualifies him for a league medal. Rachoene also tied for first place with defending champion Maela Johnson in the UCT Internal Blitz Tournament on 20 September. He will take part

in the interprovincial chess competition for the SASSU national student's team in Bloemfontein from 28 to 30 September.

Four UCT players also fared well in the Mackie Memorial Tournament, held at the Claremont Chess Club from 21 to 23 September, with Johnson scoring four and a half out of seven points in the open section.



>>Gary Kirsten to lend grit to team

It seemed written in the stars that the UCT cricket first team would fluff its first game under new coach Gary Kirsten.

Chasing 160 in its season-opening one-day match against Western Province Cricket Club, UCT seemed to have the game in the bag at 100 for three with 20 overs left. But the team somehow managed to fall short of its target, finishing its 45 overs on 157 for nine.

If anything, the scene is now set for Kirsten to work his magic. As chance would have it, he was strolling around the ground with a selection of books on mental strength tucked under his arm.

"The mental aspect is such an important part of the game," he says. "We spend a lot of time on the physical aspects of the game, but the mental is often more important."

The UCT side has some of the right stuff, though. The side hovered around the relegation zone for the first part of the 2006/2007 season before rallying to finish in third place in the premier league.

In part, Kirsten volunteered his time



to the UCT team because of his own fond memories playing for UCT under Duncan Fletcher, who would later coach England.

"To have that kind of influence at that stage was crucial to my career," he says.

Kirsten's as keen to see a couple of his young players make it to the provincial and even international arena. And club cricket is just the right theatre to hone their skills, he believes.

"If the structure is in place and things work out, the team could do well. And a few players could move onto the next level."

• The UCT Cricket Club is sponsored by Olmeca Tequila.

New fitness centre on the way

Over the years UCT's student population has grown while available amenities have stayed more or less the same. To accommodate this growth and the increased interest in sport on campus, a new fitness centre is being built next to the new Graça Machel Hall residence.

When complete, the 900sqm centre will include a climbing wall, a fully equipped gym and a heated swimming pool. It will be open to both students and staff, and membership rates are expected to be far lower than other gyms.

An interesting feature is an indentation in the footprint of the building to accommodate an old New Zealand Christmas Tree, which is about 150 years old.

"We tried to retain as many trees as we could," says John Critien, executive director of Properties and Services, "so rather than cut it down we decided to incorporate it into the structure."

The building will be finished in December, and will officially open in early 2008. ■



>>Tough trade for power

Power lifting can be a demanding sport, and that is exactly what one UCT student found it to be.

Not only did Euraima Tobias have to excel in lifting heavy weights to win the South African Junior Championship, but he also had to flog his motorbike to buy his ticket to the Power Lifting World Championships in France in September, where he represented South Africa.

"I really wanted to go," Tobias says.

It was a steep price, though.

"I will deal with the heartbreak. I can always buy another bike after I have graduated. But you don't always get an opportunity to represent your country."

Tobias, a biochemistry student, had to raise his own money as the sport is not well supported. He said all the other fundraising attempts had been unsuccessful.

In France, Tobias also found the going tough. He was placed 10th out of 20 power lifters from around the globe.

Not quite as well as he had hoped to do, Tobias admits, but just being there was worth it all, though. ■



>>UCT student the best in extreme sport

Nick Gorman took up the "brutal" Muay Thai martial art to try something new, something unusual.

But Gorman, a film and media student at UCT, found the sport, also known as Thai Boxing and popular in the Southeast Asia, interesting and got obsessed with it.

That obsession has turned him to be the best lightweight Muay Thai boxer in South Africa. And in November he will represent the country at the World Championships in Bangkok, Thailand, where the sport originated.

"I have this excited-nervous feeling. I can't wait to get there."

Muay Thai is also known as the Art of Combining the Eight Weapons of the Body because strikes can be executed using eight contact points on the fists, feet, shins, elbows and knees.

"It is quite a brutal martial art," says Gorman.

He says that it was "very hard" to win the national championships and had to beat one of his friends. He now teaches the sport, in addition to the intense training to prepare for the world tournament.

It's a huge load for a senior student.

"I think I'm just coping," he says. ■

>>Lipton Challenge Cup

For a week in August, Cape Town's Table Bay came alive with ballooned sails as 29 yachting teams from across South Africa competed in the 99-year-old Lipton Challenge Cup.

On the first day of racing, 24 August, UCT Yacht Club entry Lipton UCT, manned by skipper William Norton, Steven Rhodes, Carla Dyer, Oliver Hobson, Constantin Hatzilambros and Bridget Clayton, finished seventh on the leader board.

By race day five, Lipton UCT had moved up to sixth position, five points behind Transvaal Yacht Club's Rote Hexe "Bumbo".

Defending champions Greg Davis and Gareth Blanckenberg (a former member of UCT Yacht Club) of Theewater Sports Club's Dalys Insurance were back in the top spot.

At the time, UCT's Rhodes admitted that the crew would be hard-pressed to overtake any of the boats in the top five. All these yachts

boasted salted sailors who had represented South Africa onboard the Shosholozza in the recent America's Cup.

Team Lipton UCT finished a proud sixth overall, a mere eight points behind the Transvaal Yacht Club.

This is an improvement on their showings of the past three years when they finished ninth, seventh and ninth.

"We are proud of our achievement," said skipper Norton. "It puts UCT Yacht Club on the map."



>>Antunes is champion lifesaver

No one can accuse lifesaver Jade Antunes of just treading water.

This year alone, Antunes bagged 25 wins at various local and national championships. She also skippered Western Province at the South African National Stillwater Champs in March, where she won the Open Victrix Ludorum and scored the highest points overall. That led to her selection for the South African high-performance stillwater lifesaving squad for three competitions later this year.

In September this year, she was part of the SA under-23 squad that finished second overall at a surf lifesaving competition in Japan, bested only by Australia but trumping sides from the US, England and the host nation. Antunes returned with two silver medals - one in the tube rescue event, the other for the taplin relay in which she did the swim leg.

And in November she heads for Germany with the SA senior team, which she will captain, as she did at the Com-



monwealth championships in England in 2006.

Leading a national squad and helping her team members is useful practical training for her studies in occupational therapy, jokes Antunes.

"It helps me deal with people's problems."

>>Student sports award for MacDonald

Fraser MacDonald clinched the Most Outstanding Student Leader in Sport title at the 2007 UCT Caltex Student Leadership Awards. We asked what makes him tick.

What are you studying?

BCom honours in financial analysis and portfolio management.

Sport?

I'm a member of the Mountain & Ski Club.

Best sportsperson?

Steven Bradbury, Australian short track speed skater and unlikely gold medal winner in the men's 1 000m in the 2002 Winter Olympic Games.

Best quality?

Tenacity.

What skills development did you initiate at the UCT Sports Club?

Sponsorship and management workshops.

What is your role on the South African Students Sports Council?

I was the treasurer in 2006 and chairperson in 2007.

Your achievements?

Two things stick out: forming a closer - and



even amicable - working relationship with the SRC, something that was chilly, at best, in the past. I also rewrote the SASSU-UCT constitution and renamed it the Student Sports Union. I introduced four new portfolios: publicity officer, residence and intramural sports, events co-ordinator and webmaster, to ensure that future SSU committees have a good website and publicity, well organised events and that they cover the concerns of residence/intramural sportspeople at UCT. To be honest, it was a group effort from the SASSU-UCT (now SSU) committee and SRC representatives.

Your best sporting moment?

Every time I'm on Waaihoek in the Hex River mountains. ■

>>Pearce is the new voice of sport

When Matthew Pearce was eight years old he used to run around his parents' garden with a rugby ball, mimicking a television sport commentator.

Thirty years on, Pearce, a UCT graduate, is doing rugby commentary for a living. And he's good at it.

This year he received the 2006 SAB Newcomer of the year award for his commentary for the SuperSport television channel.

"I live a full life," he said, adding, "It's a privilege to get the bulk of your income from your passion."

But that did not come on a silver plate.

Pearce sent tapes of his radio commentary to Supersport, asking for a chance to try out on television.

The channel had a policy that commentators had to be former rugby players of international or provincial standard but, since getting his chance, he has proved that you don't need to have gone through the rugby mill to be a sport commentator.

"I so wanted to do it that I never gave up," the former UCT club rugby player explained.

Since 2005 he has done test and Super 14 matches, and a Currie Cup final.

Pearce was inspired by legendary commentators Martin Locke, Kim Shippey and Trevor Quirk.

In addition to his commentating, Pearce does consulting work in property development, marketing and sponsorship.

He was born and bred in Cape Town, obtained a human resources degree and did a postgraduate course in marketing and business science at UCT in the early 1990s.

While at UCT, he wrote articles for various newspapers on rugby, cricket and golf.

Pearce became the first editor of *Golf Digest* magazine and went on to edit *Sports Illustrated*.

All along he was doing radio commentary for SABC.

"The most difficult part of my life is to balance my family and career."

His dream?

To have a TV talk show and do some travelling. ■



>>Queen of the board

It's been a big year for Jenine Ellappen. Not only did this former sportsperson of the year play her part in securing the UCT A team promotion to the A Division in the Chess Western Province league, but she also came home from the All Africa Games with two silver medals and one bronze.

A member of the South African ladies chess team, Ellappen was one of approximately 9 000 contestants participating in 27 sports at the event, which was held in Algiers in Algeria from 11 to 23 July.

The chess team took second place, earning a silver medal. Ellappen won an additional bronze medal for her individual performance, and another silver medal in the "blitz" competition, in which players must win their games in under five minutes.

She has already attended two Chess Olympiads, the first in Spain in 2004 and the second in Italy in 2006. Next year, Germany beckons... ■



>>Travelling Queen



There are two things Queen Moloko remembers clearly about Bangkok and the World Student Games.

The first were the uniformly stunning stadiums of the universities in Bangkok. (And that the universities were practically on each other's doorsteps.)

"Some universities even had two huge stadiums," Moloko recalls.

The second was the suffocating humidity in which the South African soccer women, whom she accompanied as manager, had to play most of their games in. Heat aside, the side still managed a 12th spot finish out of 16 teams, an improvement on their Turkey 2005 performance where they finished second from bottom out of 12 squads.

It was still tough going. "The competition was at a different level," Moloko reports. ■

>>On bikes and things

Even a stainless steel plate and a 28cm titanium nail, which held his arms together, couldn't keep 26-year old UCT duathlete William Robinson from being South Africa's best age-group duathlete and taking silver at the world champs.

Robinson broke both arms in a league biking race last February, a mere two weeks before the Cape Argus Pick 'n Pay Cycle Tour. He still managed to cycle at full throttle, but says his running was slightly affected.

"My right arm didn't swing quite as well as it used to." However, since a second operation in July when the nail was swapped for more steel, this has been fixed.

But this guy is unstoppable.

"Two events stand out." In February, he won a gold medal at the South African Duathlon Championships in Pretoria, and in May he came in second in his age group (25-29) at the World Duathlon Championships in Győr, Hungary.

In total Robinson has competed in 60 races since recovering from the crash: that's 29 cycle races, 11 road runs, eight cross-country runs, nine multi-sport events and three trail runs. Of those, Robinson modestly adds that he's "managed" eight outright wins, two category wins, and nine further podium places.

"Managed" begs to be explored. Robinson "manages" a six-day-a-week training regime while working on his master's degree in applied mathematics, tutoring undergraduate



engineering students, and maintaining the Western Province Athletics association's website, which he also built.

A full plate? As expected, his response is that of a winner: "If you set a goal and make a plan, you'll succeed."

He does admit, though, that he enjoys racing from the front.

In October, Robinson and Dion Middelkoop, his UCT running coach, will team up for the inaugural Cape Odyssey trail running race, a five-day event covering 211km, starting in Hermanus and finishing at the Lanzerac Manor and Winery in Stellenbosch on 20 October.

"I am peaking in my cycling, and would like to get my running on par with my cycling," he says.

This unassuming Capetonian got into the cycling saddle for the first time 22 years ago,

finishing his first *Argus* on a mountain bike at 16. He's gone from strength to strength, and now sports two sponsorships - acsis asset consultants for his cycling and Montrail/CAPESTORM footwear and apparel for his trail running. And he's still his own cycling and duathlon coach.

In the next few years, he sees himself competing in more international duathlons, and keeping up with his academic regime.

Much like his movement through competition traffic, Robinson's slipstreaming through his thesis, *Numerical Study of Solitons in Arrays of Damped Driven Nonlinear Oscillators*. The study simulates a chain of coupled pendulums, modeled with an array of nonlinear Schrödinger oscillators.

"I look at how introducing disorder in the system can lead to more ordered oscillations." ■

Footballers, say your goodbyes to mud-sliding soccer sessions or losing skin in a slide tackle on a grassless turf. UCT's getting a new soccer field and it's expected to be up and running by March next year.

A R10-million Astroturf, synthetic grass interspersed with plastic beads to break the fall, resting on a cushion of soft sand, will soon replace the worse-for-wear Kopano soccer field. Floodlights, to the same standard as the hockey field's, and refurbished stands will also dress up the new pitch.

Currently UCT has 35 soccer teams, amounting to about 700 players, who have to make do with three fields. That's an incalculable number of studs trampling UCT's soccer turf annually. "It becomes overused quickly," says John Donald, director of sport.

"An artificial pitch has a lifespan of approximately 15 years and it requires little maintenance," he added. "The new pitch can be used more frequently."

It will also double up as a practice pitch for 2010 Soccer World Cup teams.

Why the new investment in soccer at UCT?

"Soccer has been identified by sports administration as an emerging sport," said John Critien, executive director of properties and Services.

More students want to play footie.

"At the moment we are turning people away because we cannot accommodate more teams," Donald says.

"There is a misguided feeling that rugby is the flagship sport at UCT," Donald explains. "This is, however, not the case. Its (rugby) big alumni following is prepared to plough money into the club."

"We would like to assist soccer to become a flagship."

A good investment, considering our women's soccer team has already qualified for the national student championships. The men's side needs four points from three games and the women have won the league with two games in hand. ■

>>JC is province's top referee

Jerome "JC" Fortuin of the Schools Development Unit has won the Western Province Referee Society's Referee of the Year for the third successive time.

Fortuin began presiding over matches in 1994 and became a panel referee in 1997.

The Rugby World Cup has thrust referees into the spotlight. Think of that forward pass that saw the All Blacks bow out of the competition.

Fortuin is philosophical. "They played against weak teams in their group. The forward pass could happen to any ref. They (the All Blacks) started to appeal and stopped playing."

What made him take it up?

"I was fattening up and to keep slim decided to become a ref," the former fullback and flyhalf said.

It's a job that demands impartiality, calmness and decisiveness - and a respect for those on and off the field. And you must be able to communicate with all levels of society - even the zealots who question your calls.

How does he handle pressure?

"If you're wrong, admit it and get it off your chest (he once shouted at a player to "Shut up!" and it was on national TV). Focus then to do it right next time. If you're right, enjoy the moment."

The trickiest rule to interpret is the tackle-to-ruck rule.

"When do you decide it becomes a ruck? Everything happens at more than 100km/h."



>>On the run

There've been a couple of highlights for the UCT Athletics Club in 2007. For one thing, the women's team finally won the Western Province cross country league. And seven athletes picked up WP caps over the year. That includes pole vaulter Sylma Jordaan and javelin thrower Odette Olivier, as well as the group in the picture with coach James Evans. Amy Aronson was in the province's cross country and 10km teams; Robyn Williams in the 10km junior squad; Lauren Stewart, who was the WP 8km cross country champion, was selected for the cross country and half marathon sides; Ineke Nel was in the junior 10km and junior cross country squads; and Jeanré Rossouw was in the province's junior 100m and 200m teams. ■



>>UCT students in world games

A sizeable UCT staff and students cohort was among the South Africans that took part in the World Student Games, aka Universiade 2007, in Bangkok, Thailand, in August.

The UCT contingent included seven players from the water polo club - Paul Brewis, Adam Kajee, Matthew Kemp, John Lotz, Jonathan Palmer, Edward Schmidt and Travis Williamson.

Chris King represented the country in the swimming, Andre du Plessis in basketball, David Sedgwick in judo and Mike Malahe in fencing.

Three UCT sports administrators were also part of the squad - Lydia Hall represent-

ed swimming, Roger Adams athletics and Frans Mamabolo basketball.

Another student, Queen Moloko, was also in the management team, representing soccer.

Although the country didn't do well, participants enjoyed rubbing shoulders with some of the world's great Olympic stars.

King, who is doing his honours in information systems, said the competition was "very tough" and, as a result, the SA team did not make the top 15 to go through to the second round.

However, he said it was great experience to be there.

"It was very nice to see some of the top swimmers in the world." ■

>>UCT rugby director resigns

In a surprise move, UCT director of rugby, Spencer King, has resigned from his position. Personal reasons were cited for his decision, which will take effect from the end of this year.

King has enjoyed a successful nine-year stint at the UCT Rugby Club, and is held in high esteem by his colleagues.

In a statement, president of the UCT Rugby Football Club, Dugald MacDonald, said, "During his tenure, Spencer has made a significant contribution to the club and has been instrumental in creating the very efficient administrative structure the club currently enjoys."



The club has, however, for financial reasons decided not to fill the position.

Since the announcement, King, MacDonald, and club vice-presidents Neil MacDonald and Phil Kilroe have met to discuss the way forward for UCT rugby.

King is assisting in the handover to make sure his departure is as smooth as possible.

Reflecting on his time at the club, King said, "I was only going to be here for two years, after a sabbatical from teaching. But working at UCT got into my blood, and I have enjoyed it tremendously."

King describes his experience as "fantastic", and the students as the lifeblood of the university.

"They have kept me on my toes and there's never been a dull moment," he says.

"It's been very stimulating and a great environment. I just feel that, having been here for nine years, I need a new challenge. That's why I decided to call it a day."

And the highlight of his tenure?

"Without a doubt, winning Intervarsity at Stellenbosch. The support that day will last in my memory for a long time to come.

"But, that said, also to just go down and watch the under-20 side play and see them topping their log is just as important as watching the first-team successes." *Grant Shub, courtesy of Varsity*

>>Climb on the wild side for Hall

"Do you fancy a walk?"

It's 22h00 and Anthony Hall is swotting economics. The voice is UCT staffer Andy Lewis's. There's trouble on the mountain. Can Hall join the rescue team?

Search and rescue weren't on Hall's mind when he started climbing 12 years ago. It was something a bunch of buddies did when their own climbing buddies got "caught out".

But UCT's technically capable climbers like Hall, Andy Lewis, Brent Jennings and Julia Wakeling have become invaluable to groups like the Wilderness Search and Rescue team. Recently the papers have been full of stories about climbers and hikers coming to grief, often on Table Mountain.

At 23, Hall has seen some pretty hairy things. With his particular suite of skills, he's often sent in as the "bait" or "jockey".

He grins at the euphemisms. The jockey will abseil over a dangerous ledge to get an injured climber into a harness - or a body onto a stretcher.

But don't single him out for bravery. He's adamant that he wouldn't be prepared to do it without his buddies above, those who rough it on a ledge through an icy, sodden night to haul him back up again.

It's work



for a well-aligned team, not a der-ring-do hero.

As someone who calculates the risks of any given situation, Hall finds it tough to truss up the body of a fellow climber and not reflect.

"Climbing is not like cricket. You can't just declare," he muses.

"You always go up the mountain hoping they're still alright and sheltering somewhere."

He has some strong views on opening previously inaccessible places to the public for commercial gain. It's become too easy for people to put themselves in "extreme environments". Often, through inexperience or by underestimating conditions, they land in trouble.

Often transported to rescue sites by helicopter, Hall recently took part in a simulated helicopter disaster.

They were strapped in and flipped upside down in a pool, waiting for the rotor blades to stop before hauling themselves to safety.

Self preservation is important. In the wilderness, there's unlikely to be anyone else to count on. ■

>>Hockey club & ABSA

The UCT hockey club sported a new name and kit thanks to a sponsorship from ABSA. Early in 2007, the club signed on the dotted line with the financial services company for a four-year sponsorship agreement worth around R250 000. This money will go to-

wards the general running of the club, explained John Donald, director of sport and recreation at UCT. In addition to the cash award, Absa also sponsored the club's new kit, which the men and women's teams donned in the 2007 season.

>>Munnik on top form

At the tender age of 22, third-year BSc student Oliver Munnik was half of the youngest team competing in the Open Men's Elite category of the gruelling Transalp Challenge, which took place in Germany from 15 to 22 July.



The mountain bike equivalent of the Tour de France, the Transalp covers a daunting 700 kilometres over eight days with 22 000 metres of altitude. It is regarded as the toughest mountain bike race in Europe

"It was one of the hardest races of my life," says Munnik. "It was so excruciating that at times I thought, 'Why am I doing this?' But the satisfaction and sense of achievement makes it all worthwhile in the end."

Munnik and his 20-year-old partner, Mark Knox, secured an overall 10th place in the race, beating far more experienced cyclists in the process, and asserting themselves as a world-class team.

The women's team came in second, pipped by Nelson Mandela Metropolitan University in Port Elizabeth.

Club chair, third-year film and media student Krystal Tavenor, took third place in the women's competition, behind UCT's second-placed Kerri Anderson.

In the men's event, UCT powered their way to first and second places, Chris Bond taking the number one slot and first-year student Joshaid Salie second place.

The competition, contested by nine other tertiary institutions, was held at Seal Point, Cape St Francis, in conditions perfect for some - a big swell that heralded storm conditions - but difficult for others.

"The surf was breaking at the back," Tavenor said, "and I strug-

>>Mountain and ski outreach

Up and away for outreach programme

It was William Blake who wrote: "Great things are done when men and mountains meet."

Taking that a step further is the UCT Mountain & Ski Club's outreach programme, headed by second-year climber Megan Greenwood.

The outreach team has joined up with the South African Education & Environmental Project to work with 15 grade 10 pupils from various schools in the province.

The aim is to get them out of their communities and into the great outdoors.

"My desire is to match skills from

the club while exposing the kids to different types of climbing," Greenwood said.

"For example, we've held meets at Lion's Head, we've been caving at Boomslang Cave above Kalk Bay, climbed the Saddle near Devil's Peak and been rock climbing at the old quarry."

At the end of last year, they spent a night at the Mountain Club of South Africa's hut on Table Mountain.

"We focus on team work," Greenwood said. "At the end of each meet we gather for a debriefing session. It's amazing what comes out. They're extremely open to new things."

>>Surf club takes first and second at SASSU event

Things are looking up for UCT's Surf Club after the men's team won the SASSU team trophy in June.



gled to get good waves."

A dearth of women joining the club seems to have been reversed. Five women took part in the trials for the team - and there are more on the way judging by the growing interest in the club's surf lessons. ■

>>Hockey youngster in SA training squad

The UCT first team may have had an unremarkable year in the Western Province Grand Challenge hockey league, but that didn't keep Eugene Pelteret from catching the eye of the national selectors.



Pelteret, 20, has been named for the South African under-21 training squad, from which will be selected a group to play in the African Junior World Cup Qualifier Tournament in September 2008. Here teams will vie for spots in the Junior World Cup in 2009.

Should he make it into the final squad, it won't be Pelteret's first showing in the green and gold. He's already represented South Africa at under-16, under-17 and under-18 levels.

Which may explain why, for now, there are no butterflies fluttering about in his stomach.

"I'm not really nervous," says Pelteret. "But, unsurprisingly, I am very excited at the possibility of playing for my country at an international tournament," he says. ■

>>Club ploughs back into rugby

On Goedgedacht farm in the Riebeeksrivier Valley, a group of farm boys tussle for an oval ball.

The farm dates to the early 1700s. Today there are over 15 projects that help farm workers and their children escape the cycle of deprivation common in rural communities.

An initiative by alumnus John le Roux of the UCT Rugby Club is an example. In a community with rising school dropout rates and high teenage pregnancy, sport has become a valuable avenue for self-actualisation.

The development centre at Goedgedacht now fields league rugby and netball teams.

Not only has Le Roux raised funds through his business network to build a rugby field, last year he arranged for the farm trust's rugby team, Valley Eagles, to attend a UCT training session with coaches Barry O'Mahony and Cecil "Doc" Moss.

"After a rigorous two-hour session, Ian Healey hosted the team at a braai and then we took them to Newlands to see the final Stormers' game of the season," said Le Roux.

"It was great to share in their excitement at actually being in the Newlands stadium and to share in this enthusiasm for the game. It is this enthusiasm of the young people, this commitment and hard work, that has kept me involved in UCT rugby all these years."



>>UCT rugby's unbeaten Trojans put opposition away



The future of UCT rugby has never looked brighter, thanks to a faultless season by UCT's u20 A1 Trojans.

The scoreboard says it all: 18 wins in 18 games in which they chalked up 677 points and conceded only 45. Best of all, they convincingly outplayed their Matie counterparts, winning all four clashes this season, scoring 130 points and conceding a miserly 26.

And at the recent Currie Cup clash between Western Province and the Lions, the UCT Trojans met the WP Rugby Institute in a curtain raiser, winning 38 - 3.

"It's been a remarkable achievement," coach and UCT alumnus John Dobson says. "No one can remember when a UCT rugby side went unbeaten."

Open-side flanker and captain for two years running (he also captained Grey College PE's first XV), Monté Taljaard attributed their success to "hard work, team spirit and always striving to become better".

"It's been a highly successful season where we've identified a lot of talent and used it in the best way possible."

Favouring an open, varsity style of rugby, players are expected to score from any position, Taljaard says.

He lauded the club's rugby bursary system, saying it had brought in talent from the Eastern Cape and KwaZulu-Natal that might otherwise have been lost to UCT.

There are six black players of in the starting XV.

"It's not something we pushed. It happened naturally."

Their success will filter into the first team next year. And this time they're hoping for more record score lines, this time among the spectators. ■

Seven water polo lkeys to world games

Seven UCT water polo players were drafted for the team that represented South Africa at the 24th World University Games, aka Universiade 2007, in Bangkok, Thailand, in August.

Paul Brewis, Adam Kajee, Matt Kemp (captain), JD Lotz, Johnathan Palmer, Edward Schmidt and Travis Williamson took up the lion's share of places in the 13-strong team.

The competition, says Kemp, was tight, and the games quick.

South Africa finished 14th out of 16 teams, losing to Japan, Great Britain and Serbia. Not the result the team had hoped for.

The games are meant for full-time students under the age of 25, a brief that got blurred, Kemp said.

"A lot of teams had professional players, some of whom are probably more part-time students than full-time, and while we couldn't prove it there were definitely players who looked over 25," said Kemp. "If we had known we might have taken some of our national players, but instead picked a side loyal to the spirit of a university games."

"Looking back if we had done the same we may have fared a little better. The teams were more professional than we expected. They take advantage of any weakness you have; the pace is much faster, and at times even ball possession became difficult."

But this has raised the bar.

"The outstanding facilities and extremely high level of competition was a taste of what the Olympics might be like," added Kemp.

Back home UCT water polo is in top form, winning the South African Students Sports Union league, beating the Maties at intervarsity, and taking the Butterworth Cup for the club of the year at the 2006 Sports Awards, as well as the Landstrem Trophy for performance of the year, which was shared between the women's and men's first teams.

Belgrade in Serbia will host the next world university games in 2009. ■

>>Netball soars to the top

Keeping up its yo-yo track record, the UCT netball first team has again taken top spot in the Western Province Netball Union's (WPNU) A1 league.

The side boasted a near perfect record, getting the better of teams from Durbanville, Bellville and Tygerberg, among others.

This likely means promotion in 2008 to the Super League, the WPNU's top tier. But it's not a move that coach Louise Cameron is keen to make just yet.

As befalls all UCT sports clubs with its strong emphasis on student participation - few "out-

siders" are allowed - the netball squad suffers an annual facelift as senior players graduate. With no stable squad, the side has never really established itself in the Super League, and are typically relegated at each attempt.

"It's a huge jump into the Super League," says Cameron.

But that's next year's worry. For now, the team is basking in the glow of another promotion and, recently, the call-up of a no fewer than nine players into a score of Western Province junior squads.

In time, perhaps, these players will help the UCT team cement a place in the Super League.



>>Squash star records double

Young squash talent Siyoli Lusaseni scored a rare double in 2006 when she was named UCT Sportsperson of the Year, becoming one of only a handful of students to win the award twice.

In 2006, Lusaseni assisted UCT to a South African Students Sports Union (SASSU) win, was in the national senior team for its famous victory over the Netherlands, and captained the South African student squad that collected a surprise bronze at the World Student Games in Hungary.

The water polo club hogged most of the silverware at the awards dinner, however. They walked off with the Club of the Year trophy, Fiona Mallett was named the best first-year student, Matt Kemp received the Turpin Cup for service to UCT

sport, and the men's and women's first teams took both the Butterworth Cup as joint team of the year and the Landstem Trophy for performance of the year for its all-conquering showing at the SASSU competition.

"We had dreams of winning something - one trophy, maybe - but nothing like this," says Kemp.

In addition, the tennis club won the Transformation Trophy, and Professor John Simpson, chair of the UCT Sports Council, made special awards to Pierre le Roux and Charlie Stuart for their long service to the UCT hockey club.

And Sele Selamolela, a former member of the Mountain and Ski Club who scaled Mount Everest in 2006, received the Chairperson's Award.

Guest speaker at the event was Ernst van Dyk, the six-time

winner of the wheelchair section of the Boston Marathon, the first wheelchair racer to break 01h20 for the marathon, holder of the best time for the marathon (he broke the tape at 01:18.27 in 2004), and winner of the Los Angeles, Paris, Boston and Sechenkon Marathons in 2006, as well as 2006 Laureus Sport Star of the Year. ■



>>One August in Bangkok

UCT sports administrator Roger Adams shares some moments from his time at the 24th World Student Games (Universiade 2007) in Bangkok. In addition to managing the athletics squad, Adams also spoke at the conference held by games organisers, the International University Sports Federation, becoming only the second South African to do so.

It was a heart wrenching sight to see the guy in the office down the hall with his hands in his hair next to that basketball court in Bangkok. Managing the South African team to the World Student Games can come at a price is what Frans Mamabolo must have thought at that moment, staring down the barrel of another looming defeat. The story does not brighten up when the gal in the office next door laments another swimmer eliminated when we arrive back at the athlete village that night. I did not blame Lydia Hall when she turned to the dining hall to for comfort from that wide spread of the most exotic of Thai dishes. I chose to sit down to enjoy a very entertaining cultural show which was a nightly feature in the village amphitheatre, forgetting for a while the challenges that awaited my

athletics team over the days to come.

Team South Africa may have found the demands on the playing field daunting, but Thailand turned out to be an amazing cultural experience encapsulating a rich history of Southeast Asian lifestyle. Bangkok itself is a bustling city with multiple tourist attractions like shopping malls, markets, Buddhist temples, massage parlours, outdoor activities and such. The very spiritual Thai people radiate a natural warmth and humility, ever eager to be of assistance. This was epitomised when a passing young girl offered me and my 93kg frame her passenger seat on the back of a bicycle to get me to the end of my walk some two kilometres away. Paddling the bicycle was another equally young girl!

Frans bounced back when he negotiated the best of deals for a remote controlled toy helicopter at the Lampuni night market, one of the renowned features of Bangkok.



Too bad that he is yet to get the machine airborne, but a good deal remains a good deal. And Lydia discovered even better Thai food at some exotic haunt in the heart of town. This turned out to be a great trip after all.

Joy finally arrived for Team South Africa when the athletics team recorded four medals on the track. Fair reward for a team which proved to be extremely popular with the local community for its exuberant singing and dancing exploits. All in all it turned out to be a good outing with some of the brightest young sporting talents in the country and two much-loved colleagues.