

Chess club breaks 18-year stalemate

UCT

GAMERS REPORT

2010

Face off

Climber Joe Mohle on cliffs and far horizons



Eau de chlorine: Alumnus and SA water polo goalie Matt Kemp

contents

- 1 Forewords
by Prof Mike Meadows and John Donald
- 2 Sports briefs
- 3 *Get moving – it matters!*
Guest column by health psychologist
Dr Helgo Schomer
- 4 Rowing
- 5 Sports honours
- 6 Rugby
- 7 Chess
Squash
- 8 Alumnus and SA water polo goalie
Matt Kemp
- 9 Underwater Club
- 10 Alumnus and ultramarathoner Prof
AO Okreglicki in the Italian Alps
- 11 Climbing
- 12 Cricket
Karate
- 13 Swimming
Water polo
- 14 Hockey
Ultimate frisbee
- 15 Canoeing
Surfing
Mountain rescue
- 16 Table tennis
Sailing
- 17 Fencing
Sports Injuries Clinic
Soccer for the blind

Cover picture: UCT climber Joe Mohle on Horror Crack, part of the Oceans of Fear route in the Winterhoek Range opened by UCT alumnus and climber Andy de Klerk. Picture by Alastair Lee.

Editor

Helen Théron

www.posingproductions.com

Writers

Morgan Morris
 Chris McEvoy
 Daniella Pollock
 Myolisi Gophe
 David Capel



Photographs

Katherine Traut
 Morgan Morris



Art & design

karien@theearthisround.co.za

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Online information: www.uct.ac.za Enquiries: Tel +27 (21) 650 9111
admissions@uct.ac.za

In mind and body – for life

Foreword by Professor Mike Meadows, chair of the UCT Sports Council


This has been a monumental year for South Africa. At this time just twelve months ago, many South Africans remained sceptical – if not openly critical – of the prospects of hosting a successful soccer world cup. Now, just a few months after the event, we are basking in the reflected glory of our enormous success – perhaps best illustrated by the headlines in a British newspaper the day after the final, which read: ‘...AND THE WINNER IS... SOUTH AFRICA (oh, by the way, well done Spain)’.

For me, the most important lesson of the 2010 experience was that sport has an incredible power to harmonise people from totally different backgrounds. Walking to the Cape Town Stadium – as I did for the one match for which I was lucky enough to obtain tickets – I was struck by an overwhelming sense of unity. It was a graphic illustration that, as a nation, we can stand (and queue) together – as we did in 1994 – and recognise that what brings us together is so much more important than what divides us.

And so it is with sport here at UCT. This year, Sports Council launched its new vision and mission, under the banner UCT Sport: In Body and Mind – For Life. Among a large number of values of sport, we recognise that involvement in sport at this university – whether as participant, high-performance athlete, administrator or official – can help to develop the whole indi-

vidual. Ultimately, sport at this university is a potent tool for transformation, a vehicle for bringing people together.

This transformative role is given significant impetus by the fact that so many of our sports clubs are involved in outreach activities within the local community. These projects take a range of formats, but include providing coaching to clubs and schools from the poorer areas of the city, and arranging the use of our facilities for teams or individuals who may have no access of their own. The time and effort expended by our clubs in utilising their talents in support of those less advantaged is but one of the ways that UCT sport helps to develop not only our own students, but also the wider community beyond the campus.

UCT ranks among the elite, and its academic reputation is truly world-class. We need to use the message in the new mission to highlight the developmental role of student-centred sport and, in so doing, achieve our goal of being the top tertiary institution in South Africa for sport. The year 2010 appears to be a pivotal one for the nation as a whole. Only time will tell if this will hold true for sport on our campus. 

From recreation to top-flight honours

Message from John Donald, manager of Sport and Recreation


UCT has a real commitment to sport, as is evidenced by the 40 clubs registered with the Sports Council; and we estimate that through the provincial affiliation of these clubs and their extensive intramural offerings, 50% of our students are actively involved in some form of sport or physical recreation.

This is good news. The uniqueness of sport and recreation at UCT finds expression in the role of student leaders in the clubs they lead and the broad spectrum of activities on offer.

UCT has a proud record of achievement both in the Western

Province leagues and at national student tournaments, and each year the university produces a number of sportspeople who achieve the highest honour: representing their country. 2010 is no exception, as is reflected in this edition of *Campus Sport*.

But it's not all about top-flight honours. Sport and Recreation provides for all levels of competition, from purely recreational through to high-performance sport. We also endorse Dr Helgo Schomer's sentiments in the guest column on pg 3.

Get out there – and keep moving! 



Dirt trackers: Lily the labrador puts UCT Sports Council chair Prof Mike Meadows (Environmental and Geographical Science) through his paces in Newlands Forest above UCT's main campus.



Lifetime award: John Donald has a Lifetime Achievement Award from the Western Province Sports Council for his longstanding commitment to hockey in the province and beyond. Donald was at the frontline of the move to unify the sport's many unions and associations in the Western Cape in the early 1990s.

New vision and mission to guide UCT sport

A new era for sport at UCT was ushered in when the UCT Sports Council launched its revised vision and mission on 20 September.

The Sports Council's vision is a bold and ambitious one: "To be the leading tertiary institution for student-centred sport by providing a balanced and broad-based sports programme that promotes participation and performance excellence and through which students can achieve their full potential."

In turn, its mission recognises that through a student-centred approach, sport fosters the development of the 'whole student'. The document, headlined by the



Heralds: Prof Mike Meadows (left) and deputy vice-chancellor Prof Crain Soudien were pivotal in the launch of the new vision and mission of the UCT Sports Council.

catchphrase *UCT Sport: In Mind and Body – For Life*, also lists the kinds of values that sport can bring to the UCT community.

"What this document really tries to do is inform everyone involved at UCT – and beyond the university – what sport is about

at UCT, what it can do for an institution like ours, what it can do for the students here, and what it can do for the community around UCT," said Professor Mike Meadows, chair of the Sports Council.

More than that, the document sets out to reconcile sport with academia, added Meadows.

"We very often see sport as an add-on, and I think what this document tries to do is see it as a much more integrated part of the life of a university."

The words may be new, but not the commitments, which have evolved over time, noted deputy vice-chancellor Professor Crain Soudien. He also pointed to what he called "the new space of performance excellence" and the challenge that UCT faces to create that space, understanding that the demands of sport often clash with the demands of the classroom.

"It's asking hard questions of where we were in the past," he said. 🏃

Lotto money underpins sports development

The development initiatives of four UCT sports clubs enjoyed a welcome boost in the shape of a R770 000 grant from the National Lottery Distribution Trust Fund (NLDTF). The grant – the first stipend in a four-year award – will go towards the development programmes of the rugby, rowing, tennis and yachting clubs.

The biggest slice of the pie, over R551 000, will aid youngsters on a Rowing Club initiative. Started some years ago by UCT students and the late Keith Hart (then with UCT Sport and Recreation), the outreach programme works with some 100 school learners. Such have been the benefits that the programme has since been adopted by Western Cape Rowing as its official development programme. Well over half (around R320 000) of the grant will be spent on indoor rowing machines (aka 'ergos'), while the rest will cover coaching and transport bills, as well as the purchase of a coaching boat.

The Yacht Club's windsurfing development school, a collaboration with Windsurfing South Africa and *Gust* magazine, will receive R127 000.

That programme introduced 10 children



Water wise: Some of the learners on the Yacht Club's outreach programme get the hang of windsurfing during a session at Shark Bay, near Langebaan.

(aged between 9 and 13) from local townships to the sport. With the kids improving all the time, new kit was required, so most of the funding will be invested in boards, sail rigs, wetsuits and a trailer, while transport and coaching costs will also be covered.

Just under R27 000 has been earmarked for the Tennis Club's programme, revived in 2008 by graduate Jessica Ellis after joining forces with Michelle Whitehead, founder and trustee of the Growing Tennis initiative. By 2009, Ellis, Whitehead and UCT students were running coaching sessions with hundreds of learners at seven primary and high

schools in Cape Town. At one stage Ellis had bewailed the lack of kit, a shortcoming that the NLDTF money will go a long way towards rectifying.

The final recipient is the UCT Rugby Club – more specifically its Ubumbo team, initially established by the club for UCT students from the Eastern Cape. Apart from playing in the UCT internal league, Ubumbo players also coach and mentor school learners in Gugulethu, Langa and Nyanga. The R24 000 received from the NLDTF will be split between buying new kit and footing some of the programme's costly transport bill. 🏃

GUEST COLUMN

by health psychologist Dr Helgo Schomer (BA, BA [Hons], MA, PhD)

Get moving – it matters!

This is nice. Out of the blue UCT contacts me, inviting me to write for *Campus Sport 2010*. Why the surprise? I took early retirement at the beginning of this year after three decades of teaching and research at UCT. New horizons were calling.

Yes, I admit I miss you, the students. How could I not? Your ideas, the life, the discussions, the energy. I loved teaching; I'm a UCT Distinguished Teacher. I had the privilege of bringing sport psychology and then health psychology to UCT. I couldn't let this long journey of accumulation of knowledge and understanding go to waste. I now export it to a handful of institutions around the globe, run a consultancy and private practice, do lots of motivational speaking, and appear regularly on live radio talk shows. I am having fun.

When asked what I would choose as one of my seminal messages to the student body, looking back at all this from a health psychologist's and academic's perspective, it would be: at all costs, keep moving; never submit to a sedentary lifestyle, use your body for what it was designed.

The obvious physical health benefits are so well-documented by now that you would have to be virtually brainless not to comprehend how badly human beings need regular physical exercise for being fully alive and well. Hunter-gatherers would have vanished from this beautiful, God-given planet if they had stopped moving, running, chasing.

For millions and millions of years, that is what we were busy with. Now we can regress and vegetate on the couch, motionless, pretending to be alive. Yet it is the

brain that benefits instantaneously from being *homo ludens*, the 'playing human', the one that moves, sweats and plays sport.

When my *laatlammertjie* daughter Enya explains to her 12-year-old peers what her father does to earn his stay, she quips that he counsels CCs: the Confused and Conflicted! Not a bad synopsis. There are those, and there are the eating disordered, the angry, the stressed-out, the mentally drained; the list appears endless. And in my journey with them, and sooner rather than later, sessions will happen while moving. Gentle stuff at first, walking on flat ground while talking, then more and more strenuous tasks... still while talking. Mild to moderate depression evaporates, anxiety states diminish, moods lift, life energy refreshes, the mind rejuvenates.

This is exertion therapy: it enables recovery and optimises healing. What about the slightly bigger picture of sport? Dealing with athletes of all calibres who want to fine-tune their skills is of course a celebration of all that can be. The Roman poet Juvenal was not far off the mark with his philosophy of *mens sana in corpore sano*, a healthy mind in a healthy body.

Years and years of in-your-face clinical practice have biased me: those who were encouraged and nourished to play sport appear to be more complete human creatures. Their self-images are out there, on

top, their self-confidence and resilience are far more solid, their mental and emotional development closer to balanced. Those that play sport with a passion get lost in their full potential to feel human. And it is certainly not the element of winning that is at the core of this. It is the experience of being fully alive, in motion, that does it.

Do I even have to mention the amazing power of sport to build a nation's gees? I thought not. You were there yourself. You watched it evolve in front of your eyes. Of course you sense what it can do to inspire youngsters to start participating, practising, competing. The hosting of the soccer world cup on African soil was worth every cent it cost. It stretched the somewhat stagnant imagination of this nation once again, at a time when it was needed so badly. And again, the (collective) mind is the beneficiary.

So what am I trying to get across to you, reading *Campus Sport 2010*, from this side of the fence? I firmly believe that physical exercise is an essential and necessary experience for the emotional and mental wellbeing of humans, male or female, young and old. To be fully human, never stop moving, playing, participating. For your health, and for your mind. As a student at UCT you need it, for your future career you have to have it: your life demands it.

It matters! 🏃

Oarsome oarsmen and women take on the best

Though rowing was considered to be a Cinderella sport at the university several seasons ago, UCT rowers have just completed one of their most impressive years yet – and they're aiming for even better.

Chairperson of the UCT Rowing Club Brendan Gliddon, a third-year mechanical engineering student, says 2010 has been particularly memorable.

Gliddon, who is also coach of the first team, says one of the highlights of the year was a tour to the UK in June and July, when the team competed in the Marlow and Henley Royal Regattas.

"We entered the Temple Challenge Cup at Henley, which featured university crews from around the world: the US, Canada, Australia, the Netherlands, the UK, and so on. The competition is a five-day knockout event on a one-mile and 550-yard stretch of the Thames. After prequalifying for the regatta at the Marlow Regatta two weeks beforehand, we raced against the University of Belfast crew, and unfortunately were knocked out in the first round," he says.

But the experience was unparalleled.

"With the old-fashioned traditions and high level of competition, it was an amazing opportunity for all of us."

At the Zambezi International Regatta held in Livingstone, Zambia, in September, the A men's eight represented South African Universities. It was the fourth series of Oxford vs Cambridge vs South African Universities Boat Races, held at the Zambezi Boat Club.

The event has a rich history, dating from 1904. The last race (in 2004) included Brown University from the US. This year marked the centenary of the World Professional Sculling Championships, and was held on the Zambezi River.

"We raced crews from Oxford and Cambridge Universities, made up of current or recent members of their Boat Race crews. Oxford won, and Cambridge just edged us out in some very close racing," explained Gliddon. "The event was an incredible ex-



(Above) Brendan Gliddon, first team coach, and (below) with the UCT crew at Henley.

perience for our UCT guys, and saw us race against some of the world's best athletes."

Gliddon is also neighbouring high school SACS' first eight coach, and he says a major achievement in 2010 was SACS winning the SA Junior Champs in February, for the second year in a row.

The team remained unbeaten by South African competition this past season, and came second to an English crew from Abingdon at the Old Mutual Schools' Boat Race in December 2009, held on the Kowie River in the Eastern Cape. Modelled on the Oxford/Cambridge boat race, it's touted as one of the premier national boating events on the South African schools calendar.


Rowing at UCT can only benefit from a healthy schools rowing system. Gliddon says the UCT Rowing Club increased its numbers this year and had the most competitors from any single university at every regatta.

"University clubs often go through cycles, which we need to avoid after getting the club to where it is now after a few years of rebuilding. We're looking at updating our equipment and improving our capacity to carry more members."

In an outreach initiative, the club has also set up the Indoor Rowing Programme, which will bring learners from the city's disadvantaged schools to its indoor training facility on campus to be coached (and eventually to compete nationally) on rowing machines.

Meanwhile, women's rowing captain Sarah Bishop, a second-year BSc student, says the general standard of rowing at UCT has improved significantly this year.

"We had a second eight competing throughout the whole year, and this hasn't happened since 2005. The standard of rowing is much higher now, due to the increased numbers, and this has helped lift the performance level of each individual. We made the women's A and B division A finals at Boat Race, and the last time the first eight made the A final was in 2005.

"Another highlight was three UCT students (sisters Alex and Kate Munnik and Kim Joscelyne) making 'Grudge' at SASU sprints in March." 



Honoured: Lydia Hall and Frans Mamabolo have been toasted by USSA, the national governing body for student sport.

Badges of honour for sporty two

Though not usually in the limelight, UCT sports administrators Lydia Hall and Frans Mamabolo were honoured by University Sport South Africa (USSA) this year for their service and commitment to student sport, and their work within USSA in particular.

The governing body for student sport in the country, USSA made the pro meritis awards – winners receive special badges to go with their USSA blazers – at a national meeting in July.

Hall's association with USSA (formerly known as the South African Student Sports Union) goes back 25 years to 1986, when she joined UCT. Since then she's been working with national and provincial bodies for a number of sports codes, including aquatics, basketball, hockey, netball, squash, and (lately) rowing.


Mamabolo is a more recent USSA collaborator, but started his involvement in USSA structures at UCT as a student in

1998. In addition to representing UCT in chess and basketball at USSA, he's had a large hand in the organisation's karate committees.

Both Hall and Mamabolo have enjoyed some of the 'perks' of serving on USSA; they've travelled to student competitions across the globe, from Serbia to Thailand, Montenegro to Russia. But that's not the appeal, they say.

"It's about seeing students achieve something," notes Hall. "And if you don't serve on these committees, your students miss out."

Mamabolo agrees. "The kick that you get out of working in student sport is in creating opportunities for these kids. Without sport, many of them might not have seen the inside of an aeroplane, or have gone overseas."

Sad then, says Mamabolo, that few students show an interest in the administration of sports clubs, one of the main thrusts of the sports department. 

“These days, my phone rings 20 times a day, with boys asking me if they can come to UCT so that they can play rugby for us”.
– John Dobson

From sidelines to try line

UCT rugby on the up

UCT rugby is fast emerging from the sidelines to the try line, transforming itself not only into a force to be reckoned with on the field but also a force for real change in impoverished communities.

First XV head coach John Dobson attributes the regeneration to a number of factors, including the advent of the Varsity Cup, a return to being a purely student-based team and “fantastic support” from UCT itself.

“Vice-chancellor Max Price has lent us incredible support himself, and this has made a tremendous difference to our fortunes on and off the field,” says Dobson.

He says too that rugby at UCT is now more aligned with the values and ethos of the university, which has been another “major factor” in its recent success.

“Another important factor is that we have done well on the field,” says Dobson. “These days, my phone rings 20 times a day, with boys asking me if they can come to UCT so that they can play rugby for us”.

He says the main aim now is to make the semifinals of the Varsity Cup again next year. “Then anything can happen.” He predicts that in 2012, UCT will have “one of its best sides ever”.

Club manager Gavin Sheldon agrees rugby at UCT is in “very healthy shape”.

He says a number of players have earned higher honours this year, including Marchel Brache – who he describes as “the find of the season”, and who repre-



Airborne: Marchel Brache, one of UCTRFC's finds of the season.

sented Western Province in the Currie Cup – Tim Whitehead and Martin Muller, both of whom are now ex-UCT students.

The first team has been in the final of the Varsity Cup in each of the past two years, and only lost to Stellenbosch by three points in the dying seconds of this year's showpiece.

Meanwhile, says Sheldon, the UCT under-20 B team has won the Western Province Under-20 League for two years in a row, and the fifth team (known as the MC Marais team) won their league for the third time in four seasons. The two sides were voted joint “teams of the year” at UCT's recent rugby club players' dinner.

On another front, the club's Ubumbo Outreach and Transformation initiative is touching more and more lives in Cape Town's impoverished communities.

Established in 2002 as a UCT Internal League rugby team, with the aim of providing a platform for players of colour who felt left out of the rugby system, in 2004 Ubumbo partnered the UCT Rugby Football Club in its mission to transform rugby at UCT as well as assist in outreach programmes run by the club.

Ubumbo was awarded the prestigious Chairman's Award at the 2006 UCT Sports Awards Dinner. The award was accepted by the two main administrators of the programme, Malibuye Tom and Khaya Sontsele, who also served on UCTRFC's Executive Committee on Transformation.

Since 2009, Ubumbo and UCTRFC have been involved in a joint venture with the SA Rugby Legends in launching the Vuka Tournament, aimed at under-16 teams on the Cape Flats and in townships. 🏉

Queen of kings

With pieces serving as troops and players as generals, some suggest the game of chess originated as a bloodless substitute for (or aid to) warfare. And though today it's considered a sport, a similar psychology applies – stay one step ahead, and leave room to manoeuvre.

“The game makes you dig deep within yourself; the way you play is testimony to how you live your life,” says third-year actuarial science student Laura Irving, chair of the UCT Chess Club for the third year running.

It's seldom Irving finds her king under threat. That's hardly surprising – she made the Western Province squad at the tender age of 11.

In December last year she was part of the South African women's junior team that competed at the African Junior Chess Championships in Egypt, where she drew to a grand master and finished best in South Africa. Earlier that month she also took home the title of South African University Girls Champion at the University Championships.

This year she travelled to Botswana as

captain of the SA University team. There she competed at the Confederation of University and College Sports Association Games and triumphed, and was part of the UCT team that won the WP league – the top tier in the league – for the first time in 18 years.

The win means that the 60-strong team will be invited to play in the African Club Championships and the South African Club Championships in 2011.

Irving notes that they started the season with a bang, moving into first place on the log from the start. Everyone – including the club – thought they were just keeping the top spot warm for the so-called big guns in the league, but they managed to maintain their performances over the season, defeating nine of the 10 other teams.

Irving says the club has steadily been increasing in popularity on campus, with the main membership coming from the so-called hard science degrees, such as maths and physics.

“We have created a very nice social vibe at the chess club, and everyone seems to



Good move: Laura Irving, chairperson of the UCT Chess Club, winners of the Western Province League for the first time in 18 years.

enjoy it thoroughly,” she says.

In her spare time, Irving coaches the WP under-10 team and tutors private students (the youngest is just six).

Next year she'll up the ante by trying out for the Chess Olympiad and the South African Chess Open.

“I definitely qualify for tryouts.” 🏁

Playing ball

When he is not head-down in his books, Richard Colburn blows up a mean storm on squash courts across Cape Town and further afield.

This fourth-year BCom (politics, philosophy and economics) student was selected for the South African team that participated in the World Student Championships in Melbourne, Australia, in July.

Not only that, but he was chosen to captain the side, and was ranked the number-one student squash player in the country.

Richard finished 8th in the individual event and helped the South African team to 5th position in the team competition.

He has represented UCT's 1st team for the past four years, the past two as captain.

Each year the club participates in the Western Province League, considered the strongest in the country.

“Last year we won the Western Province Club of the Year Award and this year we've been nominated again for the same accolade.”

Squash at UCT has grown in leaps and

bounds over the past few years.

“There's been a big improvement in the overall level of squash, and also the way in which the club is run,” he maintains. “This can be attributed to all the hard work that has been put in by the committee and the UCT sports administration.”

UCT recently qualified for the USSA Regional Winners Tournament, which was held at UCT this year, and the team ended in a respectable third place.

“The result, as well as the fact that we were the hosts of the event, is testament to the fact that UCT squash is alive and thriving.”

Being at UCT has provided him with a base training area and has allowed him to play top professionals in the WP league. “It has also enabled me to participate in the World Student Games in Melbourne and Cairo. UCT provided the necessary funding to allow me to take advantage of various touring opportunities during my time as a student.”

Colburn says it is his dream to join the Pro-



Squash at UCT has benefitted from coaching by professional squash player Rodney Durbach, one of the country's top players. He reached a career-high world ranking of World No 23 in 2002.

fessional Squash Association circuit in the future, after his studies, and to tour abroad and compete on the international scene for a few years.

“But for the next year-and-a-half, UCT will remain my base, and I'm hoping to remain a student for the foreseeable future.” 🏁

“We always win in Africa. But we lack high-level experience. Water polo in South Africa is self-funded, which makes travelling to any recognised match a problem.” – Matt Kemp

Eau de chlorine

Daniella Pollock had a poolside chat with UCT alumnus and South African water polo goalie Matt Kemp about the sport, family history at UCT, and giving back

As we finish the interview he says goodbye and breaks into a sprint. His next appointment is in a few minutes; this time, with six fellow chlorine-cologne'd South African College School (SACS) old boys, a ball, seven opponents, and a whole lot of water. This is the life of Springbok water polo goalkeeper Matt Kemp. And it's no wonder he's running fit too; with a schedule like his, there's no place for a leisurely crawl.

It's hard to summarise Kemp's activities in one breath. Besides being part of the SA squad and playing for SACS old boys, he's completing his Master's in Law at UCT, plays water polo for Western Province, is the head of water polo at SACS Junior and High Schools and coaches their first team. He is also a rugby referee on the South African Rugby Union's (SARU) list of provincial referees.

Mere hours before we met he'd flown back from Durban, where he was assistant referee at the previous night's Currie Cup game between the Sharks and the Leopards.

But front-running has always been a Kemp family staple. His father, Dirk Kemp, was a UCT Students' Representative Council president during the 1970s, and sat in this capacity on the management committee of the National Union of South African Students (NUSAS – a student-led liberation movement of the latter part of the century that often came into conflict with the apartheid regime because of their stance against racism) – for which he was arrested. During his school years, Kemp Snr also played SA schools hockey.

“The bar was set high,” says Kemp. “But we often also joke about my dad being the one in the family with the criminal record,” he laughs.

Kemp sticks with sporting records.

“My interest in water polo started when I was in Grade 5 at Kloof Senior Primary School in Durban,” he says. “We had a fantastic coach, Patrick Liddle, who got me hooked on water polo. When I went to Maritzburg College (in Pietermaritzburg, in the heart of KwaZulu-Natal) I started taking water polo seriously.”

It was there too that he started reffing rugby, at the age of 13.

“Maritzburg College, being a rugby-oriented school, strongly encouraged the younger rugby teams to stay for the late-afternoon first-team game. My match would usually end at about 09h00, and I would have to sit around until 15h30 for the last game. So I found something to do with my time, and that's how I started reffing.”

And the rest, as they say, is history. Kemp landed a scholarship to UCT, where he played for the first team, got involved with running it and became its chairperson, and coached the first women's and men's teams. His two brothers (they're triplets), Rupert and Nick, also studied at UCT. “Nick played water polo for UCT as well, but Rupert couldn't, thanks to a rugby injury.”

In 2004, Kemp started coaching at SACS.

“I wanted to get involved with coaching, and my dad is a SACS old boy, so it was the

natural first choice.” Kemp (together with brother Nick) coached the SACS first team to a King Edward VII School (KES) tournament win in 2007, the first time that a WP side has won. “We had high-calibre players that year,” he says.

“We've since gone through a bit of a bad patch.” To combat this, he's introduced a new programme at SACS that stretches from the under-6s to the under-19s, and is designed to encourage consistency in coaching. “We're seeing some good players coming through the system.”

Other personal highlights include being

“There are many club sides that come to SA for training camps, but no national teams. We're trying to attract more teams to play in SA in the future.” – Matt Kemp

part of the WP team that won the 2007 Water Polo Currie Cup.

“We hadn't won it since the 1980s. And then there's my first SA cap. I'd been involved with the squad since 2007, but was never chosen. This year saw a change of coach, and I was chosen.”

They won the African qualifiers for the 2010 Federation Internationale de Natation (FINA) Men's Water Polo World League, and travelled to Nis, Serbia, in July to play in Group B of the Super Finals, where they were defeated.

But as a goalie, Kemp says, a loss is not a loss.

“It's called a save because when your team has done something wrong, you save them from losing a potential goal.”

Despite the pool of talent in South Africa and the ideal conditions, we are hampered by country-specific challenges, he adds.

“We always win in Africa,” says Kemp. “But we lack high-level experience. Water polo in South Africa is self-funded, which makes travelling to any recognised match a problem. There are many club sides that come to SA for training camps, but no national teams. We're trying to attract more teams to play in SA in the future.”

And his future? Kemp will graduate this year, and will probably do his articles in Cape Town.

“My hope is obviously to move up the SARU referee ranks, and to continue playing water polo for SA.”

And as a coach?

“This is my time to give back,” he smiles. 🏊



Bottom trawling: On Workers' Day 40 participants spent the morning cleaning up garbage from the sea floor at the False Bay Yacht Club in Simon's Town, in an initiative called CleanDIVER.

Ocean trawlers

Underwater Club helps clean up our seas

UCT's Underwater Club is playing its part in saving our seas, participating in a number of initiatives to protect this fragile environment.

Club chairperson Dean Harrison, a business science graduate who is now doing a BSc in biology, earth and environmental sciences, says the club membership is hovering at around 200 members, and he's optimistic about its future.

Earlier this year the club took part in an initiative in which student divers from South African universities descended upon Cape Town for some of the best diving conditions of the season.

Named varsityDIVER, part of the UCT Underwater Club's DIVER outreach brand, the event brought university dive clubs together and showed off the best that the Cape waters have to offer.

The UCT Underwater Club aims to

make this and other DIVER events annual features on their calendar.

On Workers' Day (1 May) around 40 participants spent the morning cleaning up garbage from the sea floor at the False Bay Yacht Club in Simon's Town, in an initiative called CleanDIVER. Their aim was to churn up some awareness about marine pollution – and to remove some of it.

The club also promoted and raised funds for its principal beneficiary, the Save our Seas Shark Centre, which is based in Kalk Bay.

Harrison says diving is one of the abiding passions of his life.

“Most of the world is ocean. You haven't really experienced the world unless you have experienced the ocean. It doesn't matter how you might be feeling when you start a dive – when you finish it, you are in a state of total euphoria,” he says. 🏊

ALUMNUS FEATURE

“Not only had I survived and completed the 332km distance of this inaugural race of the Tor des Géants, literally the high points of the Giants of the Alps, but in touching the sky, I had fought off gravity and gained a remarkable accumulative 24 000m (yes, 24km) in vertical altitude.” – Dr AO Okreglicki

Mountain high

UCT alumnus (MBChB, 1983; MMed, 1996) and cardiologist Dr AO Okreglicki reports on his experience of the first Tor des Géants race in the Italian Alps

While I was surfing the internet earlier this year, a new long-distance race in one of my favourite parts of the world caught my eye. This unique race, the 332km Tor des Géants, the longest multi-participant ultramarathon in the world, in the high Italian Alps, would cover the entire routes of the Alta Via Hiking Trails 1 and 2 of the Aosta Valley, with 31-day hike stages, but with a cut-off of 150 hours (six days, six hours).

What attracted my attention was that the race wouldn't follow the formulaic daily stages of races such as the TransAlpine Ultra and the TransRockies Ultra. Also, this was an event for individuals, not teams.

After months of planning, but with not as much formal trail training as I had hoped for because of work pressures, I registered with 352 other entrants in Courmayeur, at the head of the Aosta Valley, on 11 September. My previous experience in the Alps – the Tour du Mont Blanc (158km), the TransAlpine Ultra (250km) and the recent non-stop UltraBalaton (212km) in Hungary – made me reasonably confident that I could finish the distance.

The weather was a great unknown, and snow and rain had made things challenging during my previous races. However, the weather turned out to be perfect. At 10h00 on Sunday 12 September we were off. Immediately the gradient rose sharply, and the route began to follow the spectacular paths at the foot of Mont Blanc and the highest Four-Thousanders in the Alps, paralleling glaciers and reducing towns way below to specks.

By day three or four, we had thinned out so much that at times I wouldn't see a fellow runner for hours. At checkpoints,




Don't look down: Some of the spectacular scenery Dr AO Okreglicki enjoyed during the inaugural 332km Tor des Géants, the longest multi-participant ultramarathon in the world, in the high Italian Alps.

on average 10km apart, the offerings were water, cola, wine and beer, cheese, bread and biscuits. There were six 'life bases' with hot pasta meals and the chance of a quick snooze.

Day two was really tough, with the path seeming to rise vertically. Before reaching the 3 300m col, I was struggling with the very thin air. And with the clock ticking and a series of cut-off times, there was constant pressure to keep going.

Hurting down mountains three times higher than Table Mountain, on loose gravel paths in the middle of the night in pitch darkness, while sleep-deprived, was the greatest

challenge – and probable madness – and made this the toughest and most dangerous endurance event that I have done. But the incredible views in the daytime almost made up for the nocturnal life-risks!

The winner, a ski-instructor from Aosta, completed the race on Wednesday evening. I came in comfortably on Saturday. Not only had I survived and completed the 332km distance, but in touching the sky, I had fought off gravity and gained a remarkable accumulative 24 000m (yes, 24km) in vertical altitude. This achievement will remain a defining bookmark in the saga of my life. 



Joe 'The Caveman' Mohle.

Cliff hangers

Whether it's on a 'wish you were here' postcard or on a tourist site on the internet, there's one giant immovable that doubles up as Cape Town's logo – Table Mountain.

Not only does it act as a reliable GPS for Cape Town newbies, but climbing it is also an unspoken rite of passage for becoming a Capetonian. It's no wonder the UCT Mountain & Ski Club (MSC) has over 600 members.

But for most of the bouldering and rock-climbing bunch at MSC, mounting The Table is small fry. They'll climb just about anything in the Cape, Africa and abroad.

"I've climbed most of Africa's highest mountains," says 2010 MSC chair and post-graduate LLB student Mikhaela Levitas.

"The club had a very successful year too," she adds. "Our climbing team took the second and third prize in bouldering and the first prize in sport climbing, and our June/July vacation meets took 40 people into the mountains and went to hike in Zimbabwe and Namibia."

There's an adage in mountaineering circles that goes: 'Climbing is hard, but not as hard as growing up.' No one knows this better than someone growing up in an informal settlement.

In doing their bit, the MSC began a community outreach project in collaboration with the South African Education and Environment Project (SAEP) in 2006, to expose learners from underprivileged areas such as Phillipi and Khayelitsha to the rewarding world of hiking and climbing.

"The SAEP offers supplementary teaching assistance to students from under-resourced areas, as well as providing environmental education," adds Levitas.

"In 2009, the programme provided for one Grade 10 group of 15 learners. However, the group took to hiking and climbing with such enthusiasm and dedication that we felt it would be a tremendous loss not to provide them with the means to continue. And so, in the beginning of 2010 we introduced a Grade 11 group, in addition to the new Grade 10s."

From next year, the club will also launch an exchange programme to attract students from European countries to UCT. "We are hoping to have our first exchange next year in June/July and receive them in December/January 2011/2012. We will go up to Basel, Switzerland, and learn about ski touring and Alpinism, and they will come here to climb and hike our world-renowned climbing and hiking spots."

The impetus behind the exchange programme is MSC top climber Joe Mohle. Mohle, a second-year Bachelor of Social Sciences student, is arguably one of the most experienced climbers in the club.

After matric, he spent six years hitchhiking between climbing venues in Europe and the US, has climbed the Alps thrice, including many peaks in the Mont Blanc region, and scaled Oceans of Fear,

a benchmark South African climb that saw its first free ascent by UCT alumnus and climbing legend Andy de Klerk in 1994.


His club peers have aptly nicknamed him Joe the Caveman; his first love is nature, and he'll happily spend the night sleeping on a ledge, or in a crevice, in the name of a two-day climb. Though all things considered, a cave's first prize, he says wryly.

Highlights and all-time bests are a difficult one, he says.

"Every climb is a best. Being outdoors takes me to the edge of the world, no matter where I am. You get to see places no one's seen before. Climbing is a language that speaks across borders, continents and cultures."

One climb stands out though. He recently climbed Seweweeks Poort (halfway between Ladismith and Laingsburg at the foot of the Klein Swartberg Mountains).

"I'm developing a new, big wall of about 200 meters here," he says. "I've decided to call the route Busy Sparrow after the legendary Cape climber Dave Davies, who passed away recently."

One day he'd like to go pro. "My dream is to hike from Cape Town to the Alps. Not only do I get to travel the world, but I get to meet the locals too. They fill my plate and they feed me beer." Bliss. 

New blood for cricket

This season's cricket at UCT will introduce a host of new faces: up-and-coming younger players add spice to the side, and two new coaches bring years of national-level cricketing experience to the pitch.

Replacing the legendary Hilton Ackerman, who coached the side from 2008 until his death last year, are Allan Dawson and John Commins, both cricket stars in their own right.

Commins played test cricket for South Africa in 1994/5 and was a regular presence in the Western Province side in the 1990s. Dawson was a seam bowler for South Africa with two tests and 19 one-day internationals under his belt. (Many felt he deserved more caps.)

UCT cricket administrator Kobus Olivier has high hopes for the new season, which



Fresh start: Allan Dawson (left) and John Commins are the new UCT cricket coaches.

runs from October 2010 to March 2011.

"Four of our top players graduated last year," says Olivier. "This is a loss, but it's also an opportunity for the younger players to prove themselves."

Olivier explains that managing a university cricket team presents unique challenges. Players graduate, leave for the holidays and are unavailable during exam times.

"You must also remember that they are

students with ambitions other than cricket, so many of them see it as little more than weekend recreation."

But Olivier is confident the new bloods are more than capable of stepping up to the crease.

"They're already looking good in the practice sessions, and both coaches are in their early 40s, so they fit in well with UCT's younger side." 🦏

Striking point

No offence, but you don't want to meet second-year UCT mechanical engineering student Fatima Mowzer in a dark alley...

This feisty student has a second-dan black belt and has been practising the age-old art of karate since the tender age of seven, and has competed in the Western Province team at a national level since 1998.

You might get off a little lighter should you encounter another UCT karate kid, Itumeleng Mangwedi, in similar circumstances. But only a little: this third-year business science economics student has a brown belt, and took part in the World University Karate Championships in Montenegro in June.

Mangwedi says the championships were "a great experience", and her driving ambition now is to earn her black belt, and a place in the national team.

Mowzer, meanwhile, represented UCT at the University Sport South Africa (USSA) tournament in Port Elizabeth, where she received two bronze medals.

In June this year, she took part in the International Open Female Karate Tournament in France, along with participants from 27 other countries.

A team of six women represented South Africa in France, and although none won any medals, the scores in the two rounds in which Mowzer participated were close.

"It was the first time that I had participated in an international tournament, and it was a real honour for me to be chosen to represent my country. It was eye-opening to see the high standard of karate at international level, and it serves as encouragement for me to get to that level one day," she says.

She loves karate "because it ties together many aspects of life. It focuses on the physical aspect, but it also develops the mental and spiritual aspects".

Mowzer's next step is to achieve her

third dan in 2011, and she says it would also be great if she could represent South Africa at an international tournament again. 🦏



Karate kids: Itumeleng Mangwedi and Fatima Mowzer.

Flip turn for swimming

UCT Aquatics is making waves in pools across the Western Cape, as more and more of its swimmers earn their stripes at the top end of this competitive sport.

Chairperson of the club Sarah Haiden says a number of its swimmers have recently registered with Western Province Aquatics, which in turn is registered with Swimming South Africa, and this is a key development.

Haiden (a final-year BSc undergraduate, majoring in ecology and environmental and geographical science) joined the club in 2008, and was elected to the committee as secretary (Hugh Jacobs is chair) for 2009.

She took on the position of chairperson for 2010 and will retain this role in 2011.

Haiden participated at the annual USSA aquatics tournaments in Pretoria and East London in 2008 and 2009 respectively, and has an impressive swimming pedigree.

The fact that UCT swimmers have joined WP Aquatics allows them to compete (under the banner of UCT Aquatics) at WP league galas and club-hosted galas, and if they qualify they will be able to take part in competitions such as the WP Championships and SA Nationals.

League galas (both short-course and long-course) are open to all club swimmers (affiliated to WP Aquatics) and can act as qualifying events for competitions such as provincial champs or nationals.

"Three winter and four summer league galas are held every year; entry to these galas is voluntary for our swimmers but is encouraged, since it is believed regular competition provides the necessary motivation to maintain fitness and the opportunity to challenge oneself to improve one's performance," says Haiden.

"Swimming is, admittedly, a sport predominantly for the individual; league galas are not point-scoring events for the team, but rather an opportunity for personal challenge and improvement," she adds.

On the other hand, there are times when UCT Aquatics is able to compete as a team against other clubs and varsity sides. In August, UCT was selected as one of four clubs invited to swim at the Maties Winter Series gala, which provided an opportunity for UCT swimmers (some of whom had never

competed before) to gain some racing experience.

"We dived head first into the challenge and performed very well to achieve third place overall, beating UWC Aquatics and the Maties second-tier team. This bodes well for when UCT Aquatics takes to the blocks at the annual USSA tournament to be held in East London at the end of the year," she says.

"Not only are our swimmers waving the UCT flag at the pool, but at a number of open-water events too. We had a number of our members swim at the Brian Curtis Mile and 3km event, the Llandudno Mile, the Big Bay Round the Rocks 2km swim and the Cadiz Heritage Day and Youth Day swims, as well as the Cadiz Freedom Swim (Robben Island to Big Bay).

"Participation at the latter is fast becoming a UCT Aquatics tradition. This year, ten of our members took part. Laura Barrett and Rouen Smit did the solo swim – the completion of which is a tremendous achievement in itself. We also entered two four-man relay teams, one of which (the UCT Kelpraider – of which I'm proud to say I was a member!) won third place in its category, and R3 000 to boot!"

Haiden attributes much of the success to coach Hilton Slack, who came on board at the start of 2007.

"Prior to Hilton's arrival, the squad was essentially a bunch of students coaching themselves on an irregular basis. Now the team can proudly boast quality coaching with regular training hours (even through the holidays).

"Hilton was also instrumental in vastly improving the UCT pool by helping to source and install lane ropes, flags and diving blocks at discounted rates. A quality facility goes a long way towards improving swimmers' performances," she adds.

Slack, meanwhile, says having a strict training programme, which any student can fit into, has been key to the club's success.

"The club has really turned the corner, and I have no doubt that we have a very bright future." 🦏



UCT Aquatics chairperson Sarah Haiden.

Winning strokes for water polo women

The UCT water polo lasses currently top the university women's water polo log in South Africa. This comes after they clinched the University Sport South Africa water polo championships 2010, their fourth consecutive win, and took the cup in this year's summer and winter leagues.

It helps that two of their top players are members of the South African squad. Kim Kay, a third-year human resource management student, and Laura Barrett, who's completing a master's degree in disaster risk management, travelled to the 2010 World League Championships held in Greece and France in June.

Barrett also captained this South African team. SA didn't win any of their seven matches but did well to restrict their opponents, and managed 29 goals of their own, Barrett said.

This was Kay's first selection to the national team, while Barrett made the team that toured to the 2009 FINA World Championships held in Rome.

Back on home turf though, UCT women's water polo is on the up and up, Kay adds.

"We hope to win the South African universities' title again in November." 🦏

South African water polo representatives Laura Barrett (left) and Kim Kay.



Men's hockey in grand win

It was a nervy and sometimes sloppy affair, but in the end the UCT men's 2-1 win over Central on 3 September was more than enough to help them clinch the Western Province Hockey Union Grand Challenge trophy – the team's first championship victory since 2004.

Going into the match, the title was UCT's to lose – even with archrivals Stellenbosch University breathing down their neck, a win, a draw, or even a defeat (if by no more than one goal) would have been enough to settle matters in their favour. They got off to a bright enough start, dominating the early stretch of the game and deservedly taking the lead about midway into the first half.

But then they took their foot off the gas, allowing Central back into the game. Central would continue to press in the second half, and their equaliser came as no surprise as holes began to open up in the UCT defence. But the goal was just the jolt UCT needed, and the team picked up their



Grand winners: The men's hockey side celebrate their championship win.

game and scored late into the half. That took the wind out of Central's sails, and UCT was hardly stretched as they held on for the final whistle.

"I'm really proud of these boys," said a visibly chuffed coach, Craig Sieben, after the match. "This was really one of the best-contested Grand Challenges for a long time."

While UCT had been competitive in recent years, they weren't quite good enough to match Stellenbosch or some of the other teams. But a close finish in 2009 put some

fire in their bellies. "We just said that things have got to change," said Sieben. With a more settled side – they hardly lost a player over the off-season – things finally panned out.

But Sieben knows that UCT will be the side with the target on its back next year. "Winning the title for one year means nothing; we have to perform again next year."

With only two players likely to leave the squad over the coming months, Sieben is confident that in 2011, UCT can fend off any challenge. 

Ultimate off to a flying start

Did you know that Ultimate is one of the few competitive sports in which men and women compete in the same team? Its quirkiest feature, though, is that there are no referees or umpires, even at the game's highest levels such as its World Championships.

Ultimate is so called because one of its founders claimed that it's the 'ultimate game experience'. We're talking Ultimate Frisbee, now known only as Ultimate, as 'Frisbee' is a trademark of the Wham-O toy company.

The sport also calls for agility and supreme fitness; it's a fast-paced, little-contact sport played by two opposing teams of seven players a side, using a 175-gram flying disc. It's played on a 100m x 37m field, with an 18m-deep end-zone at each end of the field. The idea is to score by completing a pass to a team-mate standing in the end-zone. You may not run with the disc, so game-play revolves around making space on the field and moving 'off the disc'.


Relatively new to South Africa, UCT Ultimate was launched only this year, with

membership climbing steadily to 78 players.

"UCT Ultimate had a very successful year," says founding member and MSc zoology student Matthew Lewis.

"The two teams that represented the club at the South African Flying Disc Association (SAFDA) Nationals were placed seventh and tenth out of 12 teams. The UCT Ultimate team that took part in 'Rocktober' (an Ultimate tournament held in Johannesburg in October) was placed second out of nine teams. We also took part in the Cape Town Flying Disc Association's (CTFDA) Summer and Winter leagues, and hosted an indoor tournament, which was hugely successful."

This year the club focused on finding their feet.

Lewis adds. "Next year's committee includes an outreach co-ordinator, and we have already started communicating with SHAWCO in the hopes of running an outreach programme through their well-established channels." 



Flying start for UCT Ultimate club.

Second wave for women surfers



Wave crest: (Right) UCT's Jessica Bezuidenhout, Carla Mackenzie, Sarah Nicholson, Kerri Hodgkinson and Jerri Anderson celebrate their win at the USSA surfing championships.

UCT's women surfers continued their successful run this year in defending their title at the 2010 University Sports South Africa (USSA) surfing championships at Victoria Bay recently.

That was largely thanks to Sarah Nicholson taking the top spot and Kerri Hodgkinson placing third, with rivals from Stellenbosch University and Nelson Mandela Metropolitan University (NMMU) finishing in second and fourth place respectively.


But defending champions NMMU held onto their title in the men's event, although top-eight finishes by Jochaid Salie and Philip Visagie were enough to earn UCT the second place.

Cold winds and rain made the event a

nightmare for spectators, but provided good waves for the surfers, reports Nic Pringle of the UCT Surfing Club.

"They were probably the best waves we've ever seen at the competition," says Pringle.

But as UCT's surfers are making their mark, the club is making strides in introducing new blood to the sport. The UCT Surfing Club also offers three days per year of free lessons to surf club members.

Even non-members are catered for. Foreign students are especially quick to take advantage of very cheap surfing lessons – including wetsuit and board rental – which the club has organised with the Lifestyle Surf Shop in Muizenburg. 

Hand up from mountaineers

The UCT Mountain & Ski Club is all about outreach – which should come as no surprise, given the fact that they have two UCT Sports Awards for outreach under their (safety) belts.

As active and outdoorsy as you would expect, club members have a hand in rescue, conservation and training – as well as hiking, climbing, caving, kloofing and skiing, of course.


For example, a recent outreach event saw club members take a group of Grade 10 and 11 learners from the Cape's townships up Lion's Head – one of many similar outings.

On the conservation side, the club takes regular trips to the UCT-owned Zuurburg estate, located between Worcester and Ceres. Home to about 8 000 hectares of

pristine mountain fynbos and the popular Waaioek peak, the club helps conserve the area with regular 'pine hacks', removing alien pine trees that encroach on the indigenous flora and reduce the water table.

"We get to use chainsaws, so this is a popular event," says club member Angus Morrison.

The Cape Leopard Trust also benefits from their enthusiasm for conservation. The club maintains observation cameras for the trust and have also bought one of their own. Members also do volunteer rescue work for the Mountain Club of South Africa, working in their areas of expertise, from technical to medical.

"I'm just a dogsbody," says Morrison, "so I'm usually on call-outs, which means I have to be ready 24 hours a day." 



Liquid asset: Rising canoeist Jacqueline Barnes.

Canoe champ's colours confusion

Rapidly-advancing canoeist Jacqueline Barnes completed her first Fish River run at 16, and has been hooked on the sport ever since.

Now one of the stars of the UCT Canoe Club, Barnes' record has seen her reach provincial level. Or has it?


"I am not entirely sure about this year because I gave the Knysna Half Marathon a go, which clashed with the SA Marathons," says Barnes. "But my Fish River Canoe Marathon partner says that we made the provincial side. But since 2007 I have been in some sort of Western Province team, whether it be for river or flat-water marathons."

Barnes explains that provincial colours are a debatable issue in Western Province canoeing, as they don't often have trials.

"They just check who will be competing in events and get the canoeists at the top of their game to represent the province."

So Barnes isn't always certain about the meaning of her victories at this level. "I won the ladies' division of the Orange River Marathon – placing third overall – but I'm not sure if I was representing the province or not!"

Barnes began her charge to the top with a mixed-doubles win at the 2006 Fish River Marathon, and made the national junior marathon team in 2008. Now a third-year business science student, her aspirations to tackle the Fish River again, among other marathons, are challenged by her academic commitments.

"To be honest, I think it might be easier to train with a day job," says Barnes. "At varsity, your day doesn't really have hours. If something is due, sleep and training are forfeit. The real world is nine to five – hopefully!" 

Paddles up!

Winning a third-division knock-out tournament may hardly seem newsworthy, but for UCT's Table Tennis Club the triumph is but the first stepping stone in a whole new game plan that could well see them leapfrog into the top tier.

The club was a no-show in Western Province Table Tennis events last year, reports chairperson Sulayman Salie. For 2010, the club's new committee not only made sure that they had teams taking part, but also paid more mind to training and preparation. Thanks to some new recruits, they were also able to bolster the first team with provincial and national under-17 and under-19 caps.

Because they'd skipped a season, the first team – made up of Salie, Wafeeq Domingo, Nu-Azzan Kippie, Adnaan Parker



Table manners: Members of the UCT Table Tennis Club include (from left) Jordan Silverman, Ookeditse Rantwa, Adnaan Parker, Sulayman Salie, Udhir Ramnath and Nu-Azzan Kippie.

and Dane Stewart – was obliged by WP to step into the third division, the fourth tier of the seven leagues in the province. Unfortunately, the team missed games because of exam commitments so wasn't exactly a juggernaut in the league, but they had it much their own way in the knock-out event.

Now there's a good chance, says Salie, that the team could be promoted to the premier league in 2011 because of its overall performances.

Good news is that the first team will be able to build on this year's track record, as the composition of the team will stay much the same. 🏓

Second wind at Lipton Cup

The UCT Yacht Club earned its best finish yet in the 102-year-old Lipton Challenge Cup, kind winds and smart helming winning the team an ovation-worthy fourth spot at this year's event, hosted by the Royal Cape Yacht Club at the end of August.

The competition allows UCT students to match boats and wits against the country's best sailors. UCT crews have put in some polished performances over recent years, including, in 2007, UCT's up-to-then best result – sixth.

After a good race at the previous weekend's L26 Western Province Championships, there were high hopes that the 2010 team – skipper Oliver Hobson, helmsman Ross Dyer, crew Stewart Cardis, Bridget Clayton, Connor Leech, Neil Malan and team manager Geoff Kilpin – would vie for a place in the top five at Lipton this year. And right from day one the UCT boat, named UCT Maverick, was among the leaders, finishing fourth in the opening race. The crew would hold on to fourth place with reasonably consistent racing afterwards, finishing ninth, sixth, third, twelfth and third again in races two to six.

With just a handful of points separating the top five boats, there was plenty to race for on the final day. "Sailboat racing is all about consistency and making fewer mistakes than the next competitor, by achieving a great start and choosing the correct wind shifts throughout the race," says Clayton.

Great helming by Dyer and precise fore-deck work and trimming by the rest of the team shot them into third place in the race. That was enough to secure fourth position overall – a feather in their caps.

But Maverick wasn't the only boat crewed by UCT students. William Crockett was on board the third-placed Orion Challenger of the Royal Natal Yacht Club, and Danielle Jarvis was part of the all-women's team that sailed under the colours of the Imperial Yacht Club on the boat Bandito, finishing 11th. And the more fun-orientated Team Well Hung, representing the Hermanus Yacht Club and featuring another all-UCT crew – in skipper Gabriel Fernandes, crew Julius Biermann, Nicholas Bush, Colin Greyvensteyn, Elizabeth Whipple and manager Rudi Aucamp – cruised into 24th spot out of the 25 entrants. 🏆



Breezy stuff: The UCT Maverick makes its way to the front of the pack at the 2010 Lipton Challenge Cup.

Sharp performances from UCT fencers

Fencing is big at UCT. As one of the oldest clubs at the university, it's also one of the strongest, boasting three top-ranked national team members, as well as Yasmin Henkle, the number-one women's foil fencer in South Africa.

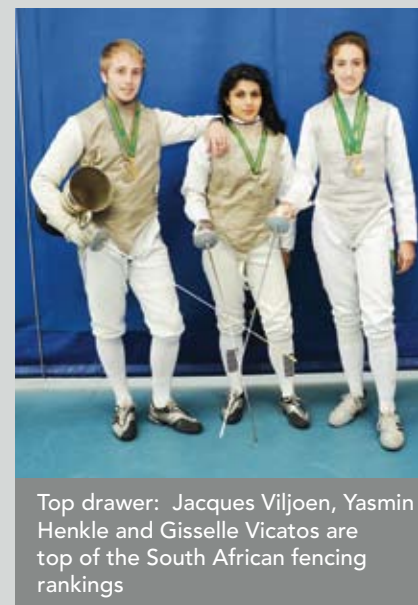
Henkle would have been the fourth, but as a German citizen, she can't compete in the national side.

Local heroes are Jacques Viljoen, the men's foil champion, ranked first in South Africa and 80th in the world. Viljoen is a two-time national champion, and winner of the 2009 UCT Sportsperson of the Year Award.

Gisselle Vicatos is ranked second in woman's épée and first in woman's foil nationally; and Michael Malahe was ranked number-one men's epee before an injury earlier this season.

"The club has a long tradition of high-level fencers coming to UCT because the top clubs are situated close to the university," explains Viljoen.

A recent club highlight was the University Sport South Africa championships in December 2009, where UCT won all but one of the gold medals on offer. As well as competing around the country, the club also hosts an annual Western Province competition, which Viljoen says is usually the best-attended competition of the year.



Top drawer: Jacques Viljoen, Yasmin Henkle and Gisselle Vicatos are top of the South African fencing rankings

But despite these high-level achievements, Viljoen says they function mainly as a social club, catering for beginners and intermediate-level fencers. The club is also involved with teaching fencing to learners at Christal House, a school in Ottery.

So as well as winning competitions, the club is also focused on fundraising, for transporting learners to UCT.

"Hopefully the learners will be training with our beginners in 2011," says Viljoen. 🏆

Blind soccer takes to the pitch

With a morning of blind soccer (aka futsal) in May this year, UCT Disability Services made a bid to champion disability sport once more, highlighting the role that it plays in the lives of people with disabilities at UCT.

For this occasion, Disability Services teamed up with Sport and Recreation, the Students' Representative Council and the League of Friends of the Blind (LoFoB), a Cape Town-based community organisation. In addition, the likes of the Students' Health and Welfare Centres Organisation

(SHAWCO) and Graça Machel Hall fielded teams on the day.

"The aim was to create awareness of disability issues generally, but also to focus on bringing disability sports into the mainstream of the sporting environment, especially at an institution like UCT that's so involved in sports," said Nafisa Mayat, disability advocacy co-ordinator at Disability Services.

"And we wanted to create an awareness that people with disabilities are involved in sport, and that they're out there playing these sports." 🏈



Helene Simpson, head of the Sports Injuries Clinic.

Rescue remedy

With falls and injuries an unfortunate part of sporting life, it's good to know that UCT's athletes can land in the safe arms of the Sports Injuries Clinic (SIC), who have a treatment for everyone from professional sports stars to 'weekend warriors'.

Established in 1997, UCT's SIC is focused not just on the treatment, but also on the prevention of sports injuries. So as well as the expected treatment of neck and tissue injuries and post-surgery recovery care from four physiotherapists, the clinic also boasts a biokineticist who provides fitness and training programmes.

A new addition to the SIC's services is Pilates classes on Wednesday mornings and Tuesday evenings (at R75 per class), filling the gaps between the more traditional back rehabilitation classes on Monday, Wednesday and Thursday nights (at R60 per class).

As well as being able to submit directly to medical aid scheme, students who have no such cover and have been injured playing sport for UCT are offered an Accident Insurance Claim, including three treatments for R100 – or free for students on sports bursaries or financial aid.

"We are also keen to get involved with teams for pre-season screening," says SIC head Helene Simpson of the clinic's future plans. "We have already contacted UCT's sports clubs with our plan, which will prevent many of those costly injuries and improve performances." 🏆

Need more information? Visit www.sic.org.za or phone Helene Simpson on 650 3560.



THE MISSION

OF THE UNIVERSITY OF CAPE TOWN

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

