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UCT CAMPUS SPORT



2011

Oars up

Watershed year for rowers

Mountain high

UCT climbers tackle Indian Himalayas

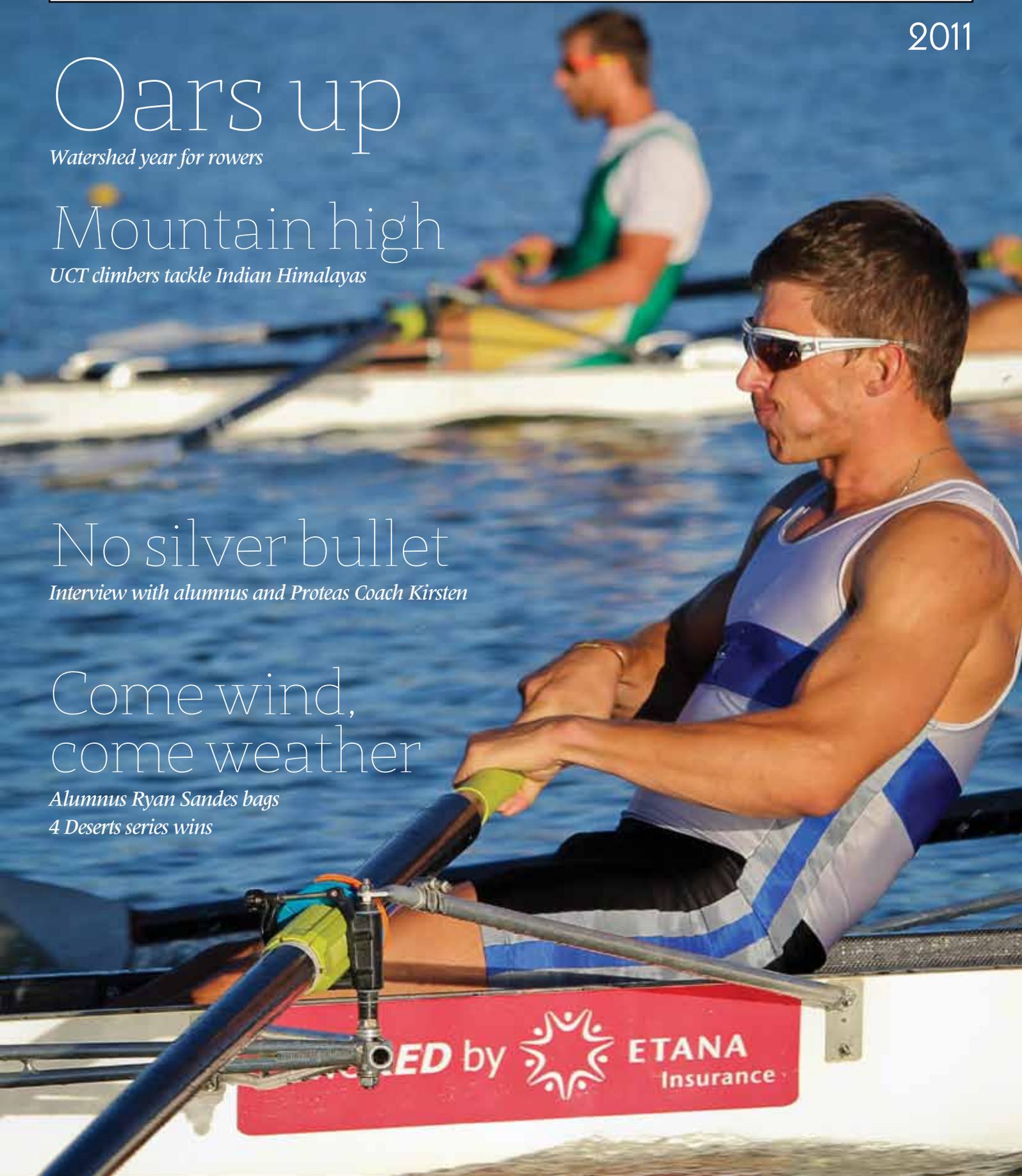
No silver bullet

Interview with alumnus and Proteas Coach Kirsten

Come wind, come weather

Alumnus Ryan Sandes bags

4 Deserts series wins





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manager of Sport and Recreation 1

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To view UCT sports videos, please go to
www.youtube.com/user/UCTSouthAfrica
and look under Sports Clubs at UCT.)

Cover photo: Smoke on the water:
UCT rower Joe Muller



Take the break: Lily the Labrador puts UCT Sports Council chair Prof Mike Meadows (Environmental and Geographical Science) through his paces in Newlands Forest, above upper campus.

2011 has been another memorable year for sport in this country and for us at UCT. Despite some disappointing national team results in codes such as cricket and rugby, the national passion for all kinds of sport continues to grow – even our Police Commissioner is encouraging his charges to sharpen up!

In 2010, Sports Council launched its Vision and Mission under the banner 'UCT SPORT: IN BODY AND MIND – FOR LIFE'. We are convinced that involvement in sport at this university – whether simply as a participant, as a high-performance athlete, as an administrator or official – is central to student development. Moreover, sport is a potent tool for transformation – a means of bringing people from all backgrounds together for a common cause. An increasing number of clubs at UCT are deeply engaged in outreach activities with local clubs and schools in the less affluent areas of our city (see report on page 17). This time and effort assists in fostering a love for sport in the wider community, but also helps to develop a sense of social responsiveness among the students themselves. Sports psychologist Dr Helgo Schomer's column on page 2 is testimony to the importance of this.

UCT's academic world ranking places us firmly among the elite universities globally. In sport, too, there are encouraging signs that we are able to compete at the very highest level. It is heartening to see that the qualities of hard graft, dedication, grit, determination – and, of course, talent – among so many of our students are reflected in success, both in sport and in the classroom. I congratulate you all for managing the delicate balance of so many pressures.

2011 also marks the anniversary of 125 years of women on our campus. It might surprise sports analysts just how often over the past decade women have been named UCT Sportsperson of the Year (seven years out of 10). In 2010 it was alumna Laura Barrett, captain of the Currie Cup-winning UCT women's water polo team and a member of the South African squad, who claimed the Jamison Cup. This year's edition of Campus Sport features many more of our top sportswomen.

Finally, I wish to pay tribute to one of the stalwarts of UCT Sport. John Donald has been head of sports administration at this university for more than two decades, and has selflessly applied his considerable knowledge and experience to the smooth running of our many different sports codes for the benefit of us all. Enjoy your retirement, John – you have earned the break!

PROFESSOR MIKE MEADOWS

CHAIR: UCT SPORTS COUNCIL

DONALD HANGS UP HIS STAFF CARD

John Donald came to UCT in heady times. It was the late 1990s and sports disciplines, players and administrators were reinventing themselves in preparation for a reinvented South Africa, writes Morgan Morris

Donald had been lured to UCT on the strength of his work unifying historically black and white sports groupings in the Eastern Cape, where he had headed up student sport at Rhodes University. He'd been asked to do the same at UCT, but on an amplified scale – national student sport in general.

With that in mind, it was Donald and an interim committee who would host a landmark conference at UCT in April 1991, bringing together the seven national student sports organisations existing at the time. From that groundwork would later spring the unified South African Students Sports Union, now known as University Sport South Africa.

As manager of Student Sport & Recreation at UCT, Donald takes pride in how well integrated sport is these days. (Water sports remain an exception, he admits, their historical and resource obstacles harder to overcome.)

He's a staunch advocate of student-run sports clubs – for students and by students – and it's an ethos he's continued to

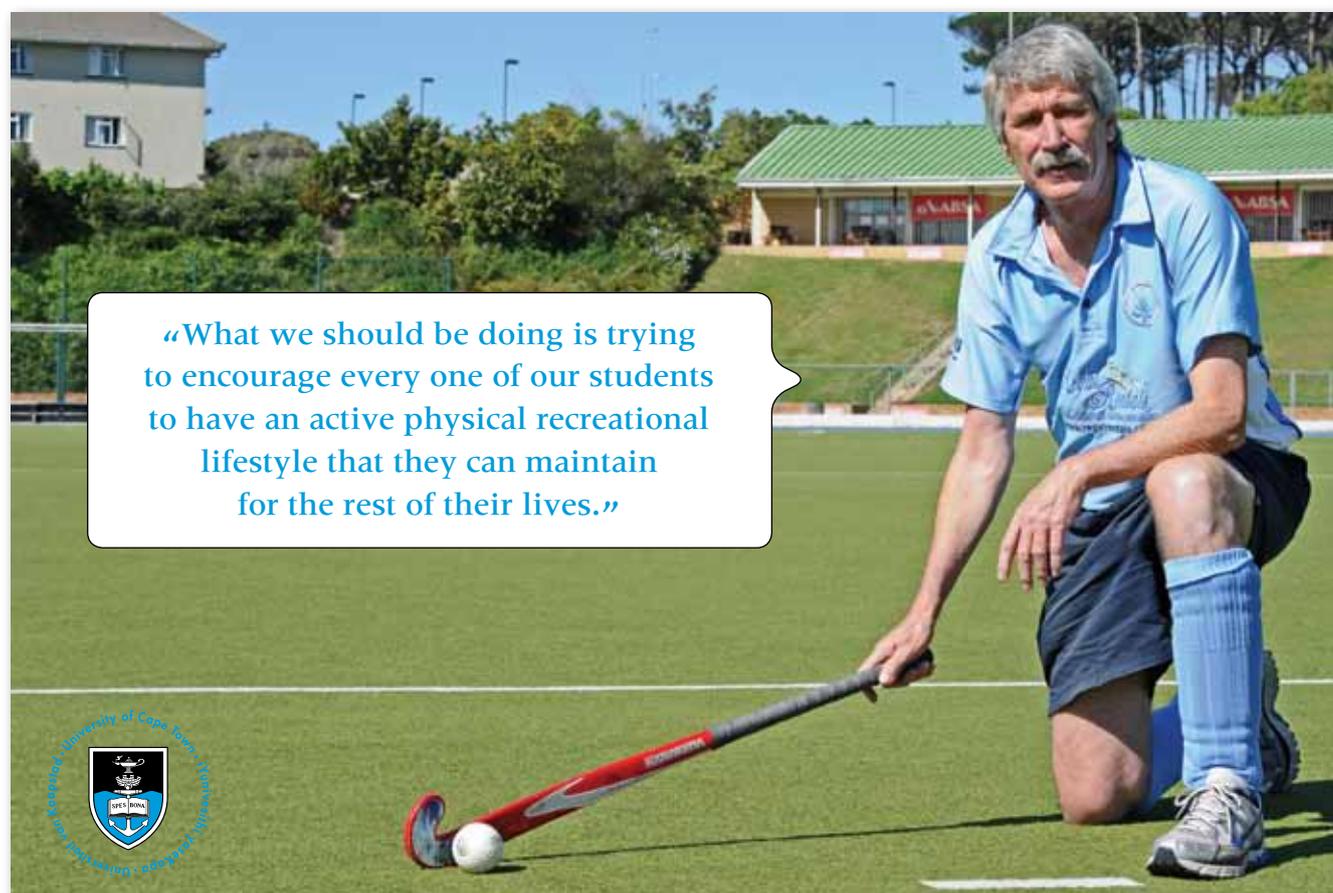
espouse throughout the years.

That may explain his sometimes vocal objections to the rugby Varsity Cup, which he likens to “semi-professional rugby”. If there's an upside to the event, it's that UCT management has recognised university sport as part of the university brand, he says.

He retires at the end of the year, with a train of accolades and honours he's received over the past two decades. He accepts that there are still a few challenges, funding foremost among these. For the rest, students will continue to do what they do: “You don't need to help students to have fun.”

He's just wary that, as has happened in US, students will be relegated to the stands, participating in student sport as spectators only.

“What we should be doing is trying to encourage every one of our students to have an active physical recreational lifestyle that they can maintain for the rest of their lives.”



Soon to retire: Manager of UCT Sport & Recreation, John Donald, has a Lifetime Achievement Award from the Western Province Sports Council for his longstanding commitment to hockey in the province and beyond.

It's undisputed: Playing and winning is good for mind and body. But using your sporting skills to open doors for others is a turbo charger for that feel-good factor. Guest column by Dr Helgo Schomer – consultant, psychotherapist, radio shrink, and UCT Distinguished Teacher Award-winner.

PLAY, COMPETE – GIVE

THE REAL FEEL-GOOD FACTOR

Yes, admit it: you *have* watched Oprah on TV – only occasionally, of course. And there you see lots of what this short column, from-the-outside-looking-back, is all about: giving.

On top of everything else, Oprah makes donating look glamorous, chic, the thing to be done. The little cynic inside of you will be tempted to attribute all this doing good to her vast fortune. She can afford it. But so can you, because altruistic deeds do not have to be associated with material wealth at all. You can give of your skill, your talent, your time.

And particularly in *Suid Afrika* – where the gap between the haves and have-nots is severe – reaching out is good for all concerned. Intuitively, you feel it: donating to a good cause makes you feel good. And what better cause could there be than to broaden a person's life experience by means of a new physical adventure, with huge psychological spin-offs?

At UCT, students have a phenomenal range of sports to choose from, participate in, excel at.

I do not have to tell you how much human beings need sporting activities, to grow a solid sense of self and fortify their resilience and self-confidence.

Letting somebody else share in your sporting activity, teaching them the how, when and where, is pure prosocial behaviour – caring about the welfare and rights of others.

Evolutionary theorists suggest that altruism is an instinctual behaviour; it favours survival. Now stretch that one in your head!

On the other hand, according to egoistic models, altruism is always motivated by some degree of anticipated gain. Undeniably, giving makes you feel good. For me, the decision-stage model of helping appeals and makes the most sense when I invite the uninitiated to be initiated into my sports realm.

First, you notice the situation: for example, many have not sailed a boat. Second, you interpret what you experience when sailing as something that others would benefit from: being in nature's wet

back garden, learning to harness the wind. Third, you assume personal responsibility: I can sail, I need to transfer what I can do well, so I'll pass the skill on. Fourth, you choose an appropriate form of assistance: canvass the matriculants of an underprivileged-area school, and invite them to join you. And last but not least, you carry out the giving: on a Saturday morning, after all the organising and cajoling, you are in the boat with them.

And it doesn't matter which sporting code you belong to, as long as you reach out and give of the very you. Teach soccer, table tennis, karate, netball... ballroom dancing. Share, and play a lot.

As a health psychologist I can't resist it, I have to spell it out: your brain's neural responses to donating your time, your skill, your talent during sport – in summary, your life energy – are very similar to those elicited by activities such as seeing loved ones and/or eating good food.

Let it be of your own free will, and your mental health benefits. After all, human beings are social creatures; we are not insular. We do best, feel best, act best when deeply involved in the social fabric of our community.

Outreach is a clear orientation towards what is, instead of what isn't, and that builds character.

Isn't that what being a UCT student is all about?

Evolutionary theorists suggest that altruism is an instinctual behaviour; it favours survival – Health and sport psychologist Dr Helgo Schomer.



Greene has Olympics in his sights

Participating in the recent Student World Games in Shenzhen, China, was easily one of the most amazing experiences of his life, says UCT cyclist Edward Greene, a third-year BCom (Politics, Philosophy and Economics) student.

"The structure is similar to that of the Olympics, with an athlete's village and some of the most talented sportspeople I've ever met. After that experience, I've set my sights on competing at the Olympics."

Greene competed in the 160km Road Race, which takes place over 16 repetitions of an 8km circuit

"The course was extremely technical and tough, with three short, steep climbs. Adding to that, we started at 14h00 in 42-degree heat, with 80% humidity. The heat was a major factor;

I started cramping during the race and realised my day was almost over. So I worked for one of my SA team mates to pull back a breakaway. It was all worth it, as he finished 9th on the day."

As Greene's first race on the international scene, the event was an eye-opener.

"The speed and skill of the riders was amazing, and so were the risks many of them took!"

With the rest of the SA squad, he also participated in the 50km Team Time Trial.

"All the other nations were on full time trial bikes and had all the equipment; we were the only team without it. But we gave it a good bash and managed to average 47km/h for 50km, finishing seventh overall and beating many nations with full equip-



Top gear: Edward Greene, a third-year BCom (Politics, Philosophy and Economics) student, participated in the recent Student World Games in Shenzhen, China.

ment, an amazing achievement, considering that the right gear can reduce your time by over three minutes on a course like that..."

"Riding with the UCT Club often re-injects the fun and enthusiasm that serious training can take out of you. I do the majority of my training alone, and a group ride with the UCT members always livens things up. The club has a lot of committed members who cycle simply for the love of it. It also has a dedicated committee to keep it running."

Next year, Greene plan to travel to Europe for six months in the hope of being signed by a European team, and to take his cycling to the next level.

Paddle power



UCT's Canoe Club has notched up several successes this year, not least of which was member Stuart Maclaren's selection for the South African Olympic squad.

Club chairperson Michael Bissett, a fourth-year mechatronics engineering student, says although the sport has been slow off the blocks, it boasts some top paddlers.

"Although we now have 66 members, canoeing at UCT has grown slowly over the years. It's a costly sport and it needs commitment to

qualify to paddle A-grade rivers such as the Fish, Orange and Dusi."

These obstacles notwithstanding, canoeists like Maclaren have left their mark. Some of his results this year include:

- Inclusion in the SA U23 team at the World Cup in Germany
- Third in the U23 side in the 1 000m K4 at the Bochum International Regatta
- Second in K2 at Tugela 20
- Second in the K2 Dash and Crash (pre-Dusi race)

- Second in the K1 3 000m Long Distance at the KZN Champs
- First U21 (and fifth overall) at the SA Champs 500m K2 final
- First U21 (and sixth overall) in the Breede River Marathon.

Other UCT results this year have been solid: Three members finished in the first 10 in the Breede Marathon. One, Ben Biggs, finished fourth in the K1 (one-man boat event) and Andrew and James Birkett finished first in the K2 category at the Orange River Marathon.





HIGH ADVENTURE IN THE INDIAN

Seven intrepid UCT climbers tackled Chandra-Bagah 13A in the Indian Himalayas to master snow- and ice-climbing – and feed this back into the club for future mountaineering expeditions. By Helen Théron

Mountains. They're scattered through the Western Cape; the centrepiece of the Mother City, the backbone of the hinterland. But none offers the altitudes and weather conditions local climbers need to master tougher, snow-and ice-bound peaks, says Wiebke Toussaint, leader of the UCT Mountain and Ski Club's "modest expedition to immodest mountains" in the Indian Himalayas in July.

While UCT has produced many climbing legends (think alumnus Andy de Klerk), there hasn't been a UCTMSC expedition since 2006 when an 11-member team ventured into the Patagonian Andes, a journey that bagged them UCT Sport's Performance of the Year Award.

Most have moved on, leaving a depleted mountaineering skills base.

"There is a handful of grey and wise South African mountaineers who have been, seen and conquered and returned, but among us young ones, the opportunities to learn mountaineering are costly and rare," said Toussaint.

In the Indian Himalayas, those advanced mountain skills would include ice climbing, self-arrest techniques, rope climbing and belay systems, as well as fixed-rope techniques, glacier travel and crevasse rescue and excavation. It would also mean an ascent of Chandra-Bagah 13A, a peak of over 6 000m in the Lataul Valley of the Himachal Pradesh.

Lasting three weeks in total, the expedition demanded some nifty logistical footwork for the team. Besides Toussaint, all are senior students: Brendan Argent (MSc, climatology), Hannes Breytenbach (MSc, astrophysics),

Jonathan Glover and Matthew Davey (both third-year civil engineering), Tim Perks (MSc, biomechanical engineering), and Mikhaela Levitas (postgraduate law).

And they're all mountain junkies; between them they've climbed the Alps, the Ruwenzoris in Uganda, the Atlas mountains in Morocco, the Andes, and Mulanje Massif in Malawi, Levitas even stretching her reach to charity work: she runs the African Ascent Project, which works to improve porters' working conditions on Kilimanjaro.

The July expedition was to be a hard-won reward for Toussaint, whose second home is a husky farm in Swedish Lapland. But her trip was almost stillborn when she injured her foot in a freak accident (lifting her duffel bag off her bed) and began the expedition not on crampons, but on crutches.

Approaches to the mighty Himalayas are long and remote, but an expedition from Manali in India was the place to ease into mountaineering – and India offered the best value for rands. The schedule was put together by a local private touring company, Above 14000ft, led by guides and experienced mountaineers Kaushal Desai and Rinku Sharma.

The group gathered in Manali, from where they travelled by Jeep to Batal and then on to a camp in Suthadi Nulla and base camp at around 4 400m, with six days to acclimatise, and get to grips with mountaineering techniques. From there it was on to advanced base camp (ABC) at 4 800m to launch their summit attempt.



Lofty heights: Arrival at CB13A in the Indian Himalayas.



Glacier magic.

HIMALAYAS

“On our way up we saw the remnants from a plane crash in the last century, scattered along the valley. Camp was set up in the snow with CB13A towering above us. ”



Face off: Wiebke Toussaint negotiates a slippery slope.



Excerpts from Toussaint’s blog provide vivid snapshots of their experiences:

“Batal to base camp at just over 4 000m: 12 mules are carrying our supplies. Very kind of them, leaves us with only our personal gear to carry... It goes without saying that the mountains are incredible.”

“Rope work and knot techniques – nifty, been meaning to put my mind to learning these for ages.”

“Acclimatisation walk to 4 800m ... up and down and down and up over rocky moraine until we eventually reached ABC. Glacier magic like I haven’t experienced before. Turquoise trickles developing into rushing torrents. First sneak preview of CB13A. A beauty!”

“Plunge into the dark as we launch ourselves head first down the slopes, gaining momentum to practise self-arrest techniques using the ice axe.”

“Crampons on slopes using ice axes to ascend and descend glacier walls, fixing lines, crevasse rescue ... these are some of the skills we’ve learnt in the past three days.”

“Drama strikes as Hannes dislocates his shoulder. Luckily Matt and Jon know the drill and pop it back in no time.”

“Energy levels hit a slump and we’ve been training on snow and ice for the last six days.”

“After nine days in the wild, the time has come to move to ABC. The guys will ferry most of the supplies up tomorrow while Mix [Mikhaela] and I take a rest day in base camp. Lame, but I have decided to let common sense win and rest my foot one last time before the summit attempt begins.”

“We shifted camp to ABC the day after our technical gear was ferried. Due to our long acclimatisation the increased altitude of 4 800m was not a problem, though the camp on top of the glacier was noticeably colder than base camp. The new dome tent presented us with a yet unencountered problem: how to fit four people into one tent to play a round of Hearts...On our way up we saw the remnants from a plane crash in the last century, scattered along the



Moraine morass: (From left) Matt Davey, Jon Glover, and Wiebke Toussaint.

valley. Camp was set up in the snow with CB13A towering above us.”

“A cup of tea, a bowl of PVM instant maize meal and we were raring to go. Placing good faith in our abilities, Rinku allowed us to lead the route. We split into two teams – in the front Matt and I were led by Jon (who had guidance from Rinku) most of the way. Following closely and overtaking us towards the end were Hannes and Tim, lead by Brendan (and guide Bhagwan). Under ‘summit’ one tends to expect a defined high point, a solid snow-platform on which one can sit for a while, a clear blue sky and a far-stretching view over snow-capped mountains. Our summit was none of the above. Half an hour before reaching the summit it started to snow. Our view was obstructed by a mass of white and cloud. The summit itself was very undefined and we had to huddle together closely to make it onto the rocky outcrop at 6 239m. Even so, there wasn’t really space for everyone and for all we knew there could have been 300m of rock above us. But that’s how it goes, conditions aren’t always perfect and we spent the following seven hours edging down the mountain, little by little, in the snow and the rain. To the team: pat on the back. We successfully completed our mission of summiting a technical peak of over 6 000m. To

Rinku, Bhagwan and Mohan, thanks for your guidance, patience and instruction.”

Perks wrapped up the victory with his laconic comment: “It was chilled. Can we do it again? Especially the seven hours of rapelling in the snow storm.”

The UCTMSC has now undertaken to stage a Drakensberg winter snow and ice meet for the club, the most effective way of sharing their skills learnt in the Himalayas. They plan a further expedition beyond our borders within two years.

(The UCTMSC thanks their sponsors: Drifters Xtreme Sport, PVM, and the UCT Travel Fund.)

Patriot game: A Himalayan breeze fluffs out the national flag.



Savour the summit: Jon Glover (front) and Matt Davey.



Airborne: Members of UCT Ultimate at work. The club has shown impressive growth in the past two years.

THE ULTIMATE WORKOUT

At UCT Ultimate, the gentle art of Frisbee-throwing has assumed an entirely new aspect: here, it's become a highly competitive, fast-paced team sport, and was recognised as an official club at UCT in February last year.

According to Nicholas Zaloumis, an MSc student in the Department of Botany, the sport is taking off. Zaloumis is in the first team and is also treasurer of UCT Ultimate.

Although the sport used to be called Ultimate Frisbee, this is no longer the case, as Frisbee is a trademark brand.

"We use the Ultra-star 175g flying disc, from a company called Discraft. There is a big difference in the feel and shape between these different discs (even with the same weight), and on the competitive side of the sport this is important, both in how the disc flies through the air and how it feels in your hand," he says.

UCT Ultimate was the first university team in Africa to become an official Ultimate Club, and almost a year-and-a-half later, Wits Ultimate followed suit.

"UCT Ultimate grew from 30 members at the end of 2009 to nearly 70 members by the end of 2010. This year our membership base is just under 100, and interest in the game is growing all the time," says Zaloumis.

In October last year UCT's first team surprised all South African clubs by reaching the final of Rocktober (the second-largest competitive tourna-

ment in Africa, after nationals), finishing in second place in a hard-fought game against a Pietermaritzburg team.

In the 2011 summer season the 1st team completed several milestones, beating every local rival in the first round of Cape Town's Summer League, and coming fourth in South Africa at nationals, held in Johannesburg.

Essentially, Ultimate is a fast-paced, non-contact sport combining specific attributes from rugby, basketball and netball. It is a team sport in which the objective is to move the disc up the field, passing between players of the same team and scoring with a completed final pass to a teammate in the opposing end zone, similar to a try zone in rugby or an end zone in American football.

Players cannot run with the disc and can only move one foot, keeping the other still, while holding the disc (this is called pivoting).

One of the most interesting aspects of the sport is that it does not have referees presiding over a game, but rather uses what is termed 'the spirit of the game' to ensure fair play.

Now if that doesn't sound like the ultimate sport, what does?

Success for Ikey yachtsman

First-year mechanical engineering student Matthew Shaw participated in the All African Games in Maputo earlier this year, and says the event was "an amazing experience".

"I was selected to sail for the South African team, based on my results at the Western Province championship and at the National Championship. After the first day of racing I was lying second overall, which was not bad, considering the amount of preparation I had done before the regatta.

"Fortunately my boat speed was up to scratch. As the regatta progressed, I was consistently sailing in the top four, until a race in which the jury boat disqualified me from that race, which landed me sixth place overall," he adds.

Shaw says the conditions at the regatta were "amazing", with a steady breeze and good competitive racing.

"Although disappointed with my results, I was still happy to know that I was up to speed, and quite often even faster than the top sailor there."

The experience of the All Africans was one to remember.

"Meeting and socialising with the other sportsmen and women of our country was huge fun. As athletes, we were well looked after by our federation and by the host country, Mozambique. In my opinion, the games were a resounding success," he says.

Sail away: South African yachtsman Matthew Shaw competing at the All Africa Games in Maputo.



SA BACK IN SYNCH WITH SWIMMING WORLD

By Yusuf Omar

UCT students Fatima Isaacs and Emma Manners-Wood were part of the first South African synchronised swimming squad in all of 13 years to compete in a senior World Championship event when they took part in the International Swimming Federation (FINA) World Championships in Shanghai, China, in July this year.

South Africa last sent a synchronised swimming team to the 1998 world championships in Perth, where the team placed 27th.

Coach Sue Manners-Wood had told news24.com before the tournament that the team was aiming to be crowned the top African team in Shanghai.

The Championships also served as qualifiers for the 2012 Olympic Games, with South Africa needing to beat Egypt to secure a place in London.

The team missed out on a place in the FINA finals after losing to Egypt. Their scores, in the low sixes (out of ten) for both the artistic and technical elements of their routines, were not quite enough to thwart the North Africans. Isaacs still took many positives from the experience, however.

“My coach was very happy because South Africa doesn’t normally send teams to overseas competitions, so it was good exposure,” says the final-year social sciences student.

It’s a small discipline in the country. And, as with most such ‘minnow’ codes, funding and support is minimal, as is international exposure.

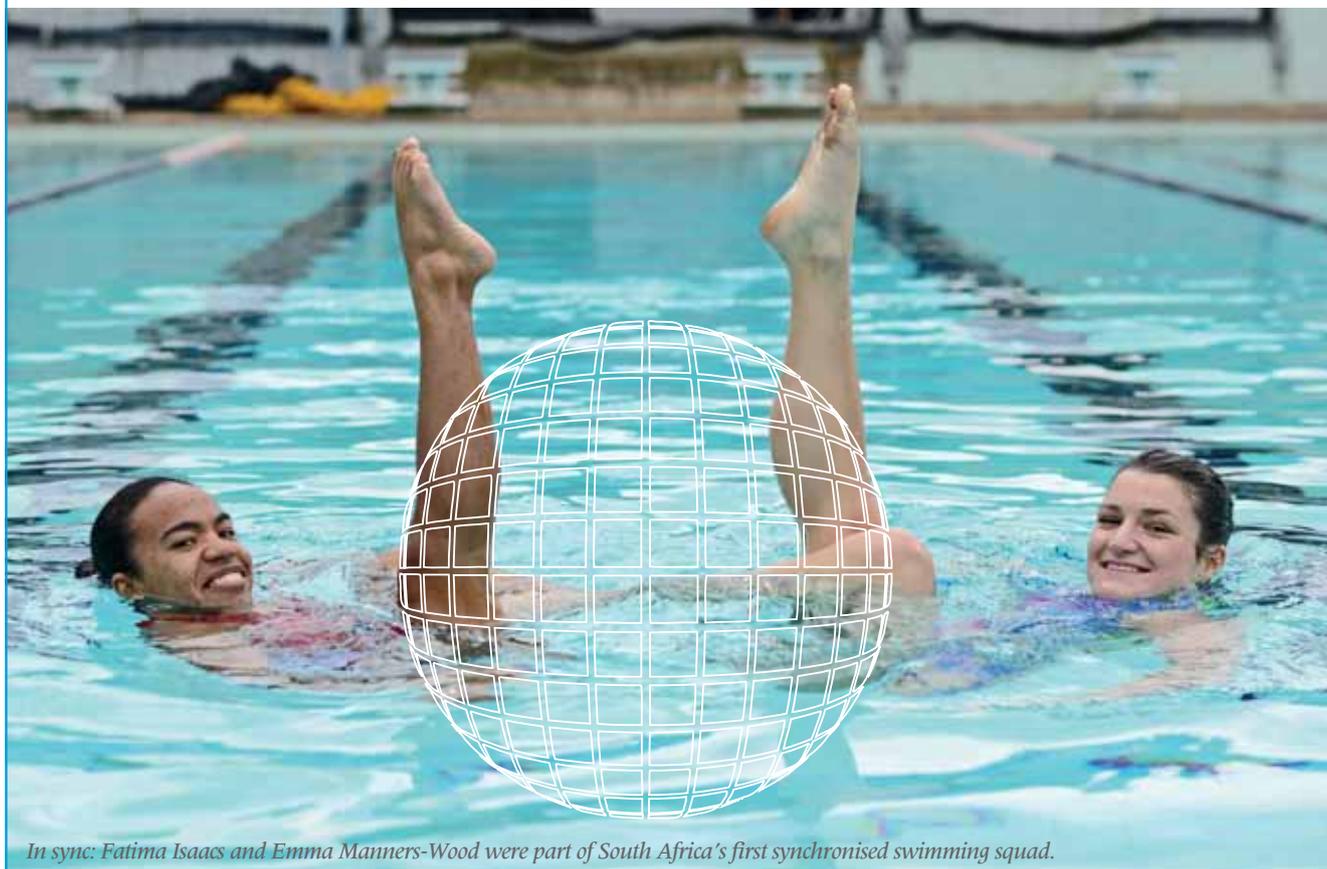
But the two swimmers also had an opportunity to take part in the Comen Cup in Greece earlier this year with the senior national side, which Isaacs said was a fantastic experience.

“It was our first time, so I enjoyed it and learned a lot,” she says. “Also, Shanghai I enjoyed much more (than other meetings) because of the way the competition was organised, it was so much more professional.”

She also marvelled at the quality of performances and the high standard at the tournament.

“It just gave me inspiration,” she smiles.

Next on the radar for the synchronised swimmers is a host of national competitions, starting with the annual trials for the senior national team, to be held in December this year.



In sync: Fatima Isaacs and Emma Manners-Wood were part of South Africa's first synchronised swimming squad.



Stand off: South Africa U20 Goalie Rebecca Thomas.

National honours for water polo trio

There's hardly been a year over the past decade when a national water polo squad didn't have a UCT face or two in it. Things were no different in 2012. In July, team regular Laura Barrett, who is completing a master's degree in disaster risk science, competed as part of the SA squad at the 14th FINA World Aquatics Championships in Shanghai. Matt Kemp, now doing a master's degree in law, was part of the senior men's squad at the gala event. (A few UCT graduates also took the trip.) And second-year film production student Rebecca Thomas travelled with the South African under-20 team to Trieste, Italy, for the 9th FINA Junior World Championships in September. The SA teams didn't always do well. But, explains Barrett, the sides are learning as they go. "For me as an amateur athlete the experience is always beyond my expectations," she says, "and playing the world's best is an absolute honour."

landmark season for UCT rugby

Most fans would quite happily have settled for the Ikey Tigers' Varsity Cup win in 2011. In beating the University of Pretoria in the final in March, UCT finally wrested the trophy from Stellenbosch University's Maties the winners in each of the competition's first three years. But the Ikeys had a few more tricks up their sleeves. In May, they beat Maties in the annual IntersVarsity. Then they topped even that. On 24 September the side beat Victorians – Stellenbosch's 'second team' – by 35-29 in a nailbiting climax to the season. That bonus point win earned UCT the Western Province Super League A title, another competition the Maties had all but made their own over the past 10 years. It was also UCT's first championship title since 1974, a lag of 37 years. "It was a thrilling game, a brilliant climax to the year," said vice-chancellor Dr Max Price after the Victorians match. Expect the Ikeys/Maties rivalry to heat up in 2012.

An important part of Varsity Cup was the Pink Shorts campaign against women and child abuse.



Title times two: Dr Max Price (front) joins the Ikey Tigers to celebrate the team's first WP Super League title win in 37 years. (Picture by Peter van As.) The Ikey Tigers also bagged the Varsity Cup title for the first time this year.

SA fencers to miss out on 2012 Olympics

By Yusuf Omar

A combination of administrative bumbles and a narrow loss to Tunisia in the main qualifying tournament for African teams conspired to deny the South African men's fencing team a coveted spot at the 2012 Olympic Games in London. It also put to the sword the hopes of Jacques Viljoen, a UCT final-year fine arts student and South Africa's top-ranked foil fencer, for competing at next year's showpiece event. Firstly, funding for the SA men's team arrived late into the season, and the team couldn't compete in enough international tournaments to boost their world ranking into the requisite top four. Then they finished third in the African Fencing Championships in Cairo, losing to Tunisia in the semi-finals. Viljoen, who has won every national tournament for the past three years, an unprecedented feat, had few complaints about the tournament results. However, he felt more aggrieved about the funding and administrative troubles. "It was completely demoralising," he said. Roll on 2016.



Jacques Viljoen

Skater has a head for figures

Kim Falconer has a head for figures – in more ways than one. The second-year Business Science: Finance student is a figure skater of note, having represented South Africa at the Winter Universiade in Erzurum, Turkey, in February.

Only two athletes from South Africa qualified to participate at the Games, both figure skaters who participated in the Senior Ladies Figure Skating section.

Struggling with the extreme cold and the very high altitude in Erzurum, Falconer was disappointed with her results.

“In retrospect, my coaches and I will have to approach preparation and training for other such competitions in another way.”

Nevertheless, Falconer said she felt



Cutting edge: Figure skater Kim Falconer, aiming for Protea colours to be able to represent South Africa at competitions like the Four Continents and the World Championships.

honoured to be part of the prestigious event – and privileged to be one of two athletes to represent Africa at the Games, held every two years.

“The opening ceremony was unforgettable. I will always remember walking proudly behind the South African flag during the lap of honour around the packed stadium.”

Rebranding for Tai Chi Club

To give members of the UCT Tai Chi Club a full experience of the different Tai Chi forms, the club diversified its offerings this year.

Often referred to as moving meditation, Tai Chi teases the imagination and brings together every imaginable opposite: the yin and yang, the soft and hard, the slow and swift.

But at the core, says club coach Peter Williamson, Tai Chi is a gentle art.

Club chairperson Aditi Hunma adds: “It makes use of circular movements inspired by animals’ reflexes, to attack and deflect all at once. It’s not a competitive sport, for one of its guiding principles is ‘never to contend or confront’.”

With the change of venue for meetings came the need to boost members’ sense of belonging to the club. They rebranded the club with new uniforms, props and a revamped logo, and increased the number of events with frequent social gatherings and hikes.

In April, the club visited the serene retreat of Disakloof Youth Camp in Betty’s Bay and were joined by their UCT Aikido fellows for a weekend of serious martial arts ‘cross-pollination’.



New lease on life: Members of the UCT Tai Chi Club at work. This year the club diversified its offerings.

Tread lightly with supplements, PhD cautions



Hidden costs: PhD student Gary Gabriels’ paper says the jury is still out on nutritional supplements.

Nutritional supplements have become all the rage at gyms and sports clubs.

But their influx into the country has been so out of the blue that lawmakers and watchdogs have not yet caught up.

And for now, these supplements fall in the no-man’s land between the legislation that covers food, and that covering medicine, cautions Gary Gabriels, a doctoral student and principal technical officer in the Division of Clinical Pharmacology, in a new paper, *Will the new Consumer Protection*

Act prevent harm to nutritional supplement users?, published in the *South African Medical Journal*.

Not only do some of these supplements contain banned substances – so take heed, sports folk – but the promises on the labels haven’t always been peer-reviewed, according to Gabriels.

His bottom line: the Consumer Protection Act should promote greater levels of policy development, regulatory enforcement and consumer education on South Africa’s booming supplement industry.



The trails they are a'changing

Will Robinson enjoying his favourite trails in the Table Mountain Challenge.

Trail running is changing, Will Robinson has noted.

Over the past year, especially, Robinson hasn't picked up nearly as many first places as he'd grown accustomed to. Even though, as his times will tell, he's getting faster.

It's just that as the sport grows, so does the number of contenders. International runners, too, are starting to show up.

"The races are getting more competitive at the front," says Robinson, a doctoral student with UCT's Marine Resource Assessment and Management Group, for which he does penguin population modelling, in the Department of Mathematics and Applied Mathematics. "Up to a dozen runners are in contention for podium positions at the classic races."

It's not that Robinson's done badly, though, not by a long shot.

He finished fourth in the Red Hill 36.2km Classic road race in January, third in the 30.5km Hong Kong Island Mountain Marathon a month later, successfully defended his 82km Addo Elephant Trail Run title in March in record time, finished his fifth Two Oceans Ultra in April in 3:44, and won the 25km Volunteer Wildfire Services Trail Challenge in the Table Mountain Parks in June.

That same month, June, he helped the UCT cycle team to a victory at the University Sport South Africa championship in Johannesburg.

Then, in July, he travelled to Ireland with the first South African team to participate at a World Ultra Trail Championships. Although ill-prepared for the 70km race – he was recovering from a bad cold and would lose some skin in a few tumbles – Robinson still finished a very respectable 68th.

(Veteran Bruce Arnett fared the best of the South Africans, placing 36th; Su Don-Wauchope was the 14th woman home and 77th overall, while the other two South Africans had to bail out. And UCT geology lecturer Dr Ake Fagereng was also there, representing Norway.)

Robinson hailed the course, staged in Connemara – dubbed one of the last unspoiled areas in Ireland, and described by Oscar Wilde as "a savage beauty" – as the toughest he'd ever done. The team will have to prepare better if they're going to be among the medals, he suggests.

"Most of our popular races in South Africa are 35 to 40 kays, so we need to double our distances to build up our endurance to international standards."

Back in South Africa, Robinson finished a succession of those 'shorter' races. There was a 23km trail race in Kleinmond (finishing second); the 30km Jonkershoek Challenge (eighth), the 37km Table Mountain Challenge (fourth) and the 42km Otter Trail Run (fourth).

Which about wraps up his trail running for the year. Now he will turn to another love, cycling. (His one true love, it goes without saying, is his wife of 18 months, Mandy.) That's in anticipation of the Coronation Double Century Cycle Challenge in Swellendam in November.

Then in December, training for 2012's races will start. In March there's the three-day ProNutro AfricanX Trailrun, and as he holds two *Argus/Two Oceans* Floating Trophies (for the best combined time over the two events), he'll have that to shoot for as well.

Good thing Mandy enjoys running as well.



Full Blues: Marcus Crowther.

ROWERS SET SIGHTS ON

UCT rowers have excelled beyond expectations this year, consistently achieving excellent results and establishing a formidable platform for 2012.

Senior oarsman Joe Muller, who is doing his honours in quantity surveying at UCT and who also rows for the senior national squad, says the state of rowing at UCT is “really solid ... both the men’s and women’s sides of the club are very competitive and there is also a very good feeling of camaraderie among the members. We are very fortunate to have a top-of-the-line fleet of boats, really good coaches, and the best facilities in the country”.

The national squad is bent on qualifying for the Olympics and at the recent World Championships, in Bled, Slovenia, the team (his crew) needed to finish in the top 11 and ended up in 15th position. South Africa was able to qualify for the Men’s Lightweight Four and Women’s Heavyweight Pair for the London 2012 Olympic Games.

Muller competed in the South African Men’s Heavyweight Coxless Four, which club chairperson Brendan Gliddon, says is “a remarkable achievement, unprecedented by any rower from the Western Cape”.

“The time gaps separating the crews are very small, mostly within a boat’s length. I was rowing in the heavy-weight coxless fours, and we are now moving back into pairs for the next few months and will try to qualify for the fastest pair in May next year at Lucerne,” says Muller.

As far as UCT is concerned, the men’s first crew won the eights race at the SASSU Sprints and was the top university crew at all sprint regattas throughout the year. UCT saw four of its men – Leo Davis, Marcus Crowther, Chase Hyde and Joe Muller – awarded Full Blues this year, and racing in the blues eight at the SASSU Sprints.

The women, too, had a very good year, with Abby Davidson selected for the Grudge (Half Blues) ladies four, Anthea Dickson achieving half blues and selected for the double, and Kimmi Joscelyn achieving Full Blues and being selected for the Blues Double. At the regatta, the ladies placed 1st and 2nd in the lightweight double and 1st in the lightweight single. They also won the 1st Quads event at the SA Champs. Both crews are still young, and have a great future ahead of them, says Joe.

Also, for the first time in many years the club had an U23 national rower in Marcus Crowther.

Crowther, who is studying BBusSc, Actuarial Science (Quantitative Finance), at UCT, says he partnered with Stephen Mattushek, from Wits, in the U23 World Rowing Championships in Amsterdam in July and they came 2nd in the B final, which is 8th overall.

“A few of the UCTRC members will try to make the national squad at the end of this year, with hopes of competing at various international events next year, such as the Student Games in Spain, the U23s in Austria and three World Cups that are coming up,” he says. Gliddon says 2011 has been “another successful year at the University of Cape Town Rowing Club, with the club finding growth in membership, expanding the fleet with the purchase of four world class Filippi small boats and achieving excellent regatta results”.

In March the club took delivery of the four Filippi rowing boats from Italy. A heavyweight coxless four, a lightweight coxless four/quad, a heavyweight pair and a lightweight pair/double were purchased, with the intention to renew the club’s ageing fleet, to develop small boat rowing at the club and to help members gain national representation in the small boat classes.

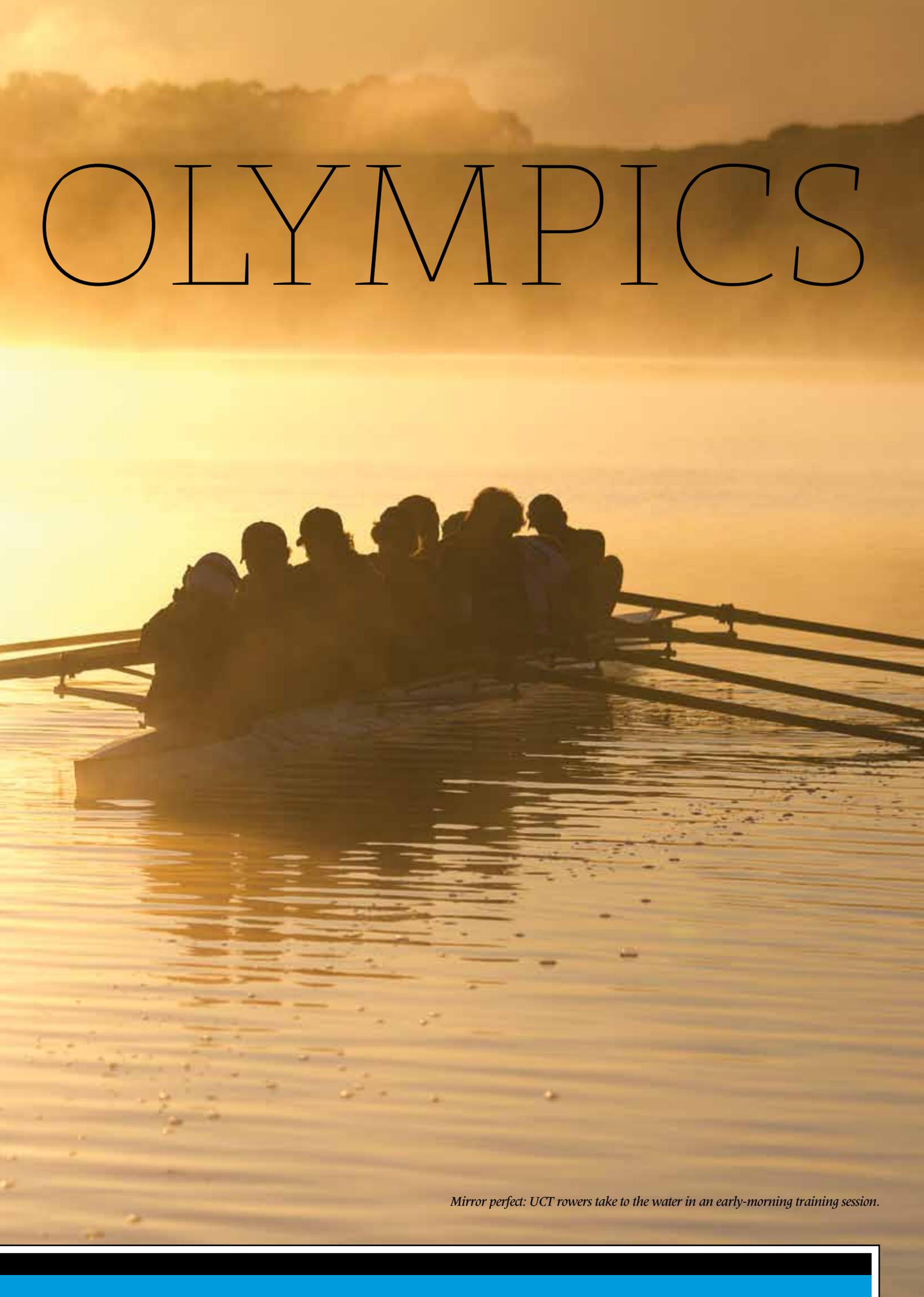
Gliddon says the Lottery-funded Indoor Rowing Development Project, which seeks to develop athletes from disadvantaged schools by providing transport and coaching, “has experienced some teething problems and long-term Lottery funding seems problematic, but the club should ensure that social outreach through a development project remains a priority”.

“I would like to thank this year’s committee for stepping forward and managing the club so well. Evan Jackson, Will Tipping-Woods, Sarah Bishop, Kyle Hanck, Ingrid Algar, Brett Petzer and Vincent De Muijnck have all put in a huge amount of work to ensure the club’s smooth running, despite demanding study and training schedules. During my six years on the UCT Rowing Committee, this year’s committee has definitely put the most hours into running the club’s various portfolios.”

He also thanked the club’s “guardian angel”, Lydia Hall of Sports Administration, who has supported the functioning of the club for many years.

“The club would definitely be nowhere near what it is today without her.”

OLYMPICS

A rowing team is silhouetted against a bright, golden sunrise over a calm body of water. The rowers are seated in a long boat, and their oars are visible extending into the water. The sun is low on the horizon, creating a strong reflection on the water's surface. The overall atmosphere is peaceful and serene.

Mirror perfect: UCT rowers take to the water in an early-morning training session.



Think of any long-haul, out-there adventure race, and chances are that UCT alumnus Ryan Sandes has run it or won it.

By Morgan Morris

FROM PARTY ANIMAL TO ADVENTURE RACING LEGEND

Like the Gobi March in China, which in 2008 became Sandes' name-making first triumph. Since then, Sandes (29) has fashioned a racing résumé second to none. That includes wins in all four of the 4 Deserts events – the only person to have performed this feat – capped in 2010 by a victory in The Last Desert in Antarctica; a record-setting victory in the Jungle Marathon (enough said) in Brazil in 2009; plus half a dozen or so local triumphs.

Little wonder then that Sandes fast became the poster boy for adventure racing South Africa, and elsewhere. He's been named in everything from *Runner's World* South Africa's running hero, three years on the trot, to a category winner in *Men's Health's* Best Man Competition in 2010. *Runner's World* in the US named him as one of its top five running heroes, alongside the likes of Usain Bolt and Haile Gebrselassie.

Not bad for someone who initially had very little interest in running. Anywhere but on the rugby field, that is. Though rugby was Sandes' first love at school, he soon realised on entering university that his slender frame was ill-fitted for the demands of rugby. By his own admission he spent most of his time at UCT (while studying construction management and quantity surveying), partying and hanging out at the beach.

Ironically, it was Sandes' partying that got him running. Desperate to join friends at the 2006 Oyster Festival in Knysna, he signed up to run the Knysna Marathon, with the barest of preparation.

"I ran it on very little training, had an absolute blast and realised I really enjoyed this."

Enjoyment plays a large part in Sandes' motivation, as purses for trail races are notoriously underwhelming. Sandes has to rely, instead, on the kindness of a clutch of sponsors – Red Bull, Oakley and Salomon among them – to get him to events.

This year he also chose to move away from the multi-day races and concentrate on the one-day 100km and 100-mile mountain races. On his to-do list for 2011 he had the inaugural Salomon Zugspitz Ultra Trail 101km in Germany in June, with a 5 600m change in altitude over the race (he finished in fourth place); the Leadville 100-miler, aka the 'Race Across the Sky', in the Rocky Mountains in the US in August (he won, in the third-fastest time recorded in the race); and the RacingThePlanet: Nepal in November, with a few local races dotted in between.

"There are so many races out there. I like to keep running new ones," he says of his wanderlust. "I am competitive by nature so I enjoy winning and doing well, but the main thing is to have fun and keep exploring new places."



Ice baby: Ryan Sandes won all four 4 Deserts events – the only person to have done so – capped in 2010 by a victory in The Last Desert in Antarctica. (PICTURE COURTESY OF RACINGTHEPLANET.)

NO CAKEWALK FOR COACH KIRSTEN

In 2011 South African fans suffered yet another unremarkable campaign at the Cricket World Cup. But even though the Proteas bowed out early, there was one South African who kept locals switching on to the tournament – Gary Kirsten, appointed new Proteas coach in June. *Campus Sport* caught up with him to talk about his brief UCT studies, coaching, expectations and what lies ahead for him and the Proteas side.

Campus Sport: You left UCT after about a year or so...

Gary Kirsten: *Two years...*

CS: Was that a cricket-related thing?

GK: *Hmm, ja . . . Listen, I wasn't firing at my academics, that's for sure. I was very fortunate to be offered a cricket bursary, and I really went for the sport. What I actually ended up doing was going to UNISA. And I do believe you educate yourself as you go along.*

CS: After you retired, did you think immediately of taking up coaching?

GK: *I retired when I was 37, and what happens for a cricketer or a retired sportsperson at that stage is that you either decide on a new career, or you go into coaching or something sports-related. I was very fortunate in that a good friend of mine in the properties game offered me some very good opportunities. I could've gone down that road. But I kind of felt that coaching was going to be something that I was going to be passionate about. And I felt that after 17 years of professional cricket, I really could add some value on the coaching side.*

CS: You coached the UCT side for a while in 2007, didn't you?

GK: *For three months. But then I got this offer to coach the Indian team.*

CS: Do you think South African fans have higher expectations than other fans? You coached in India, after all.

GK: *Expectation in India is unbelievable. But that's the environment you work in, and expectations are no different, wherever you go.*



CS: But one of the things you said just after you were appointed as the South African coach is that fans will have to be patient. What do you think they expect of the Proteas and you?

GK: *I think they're thinking I have the silver bullet.*

CS: But with the win in India, you have kind of shown them you can do it...

GK: *One thing people have to be aware of is that you are the coach; you don't walk on to the field. Your role is a leadership position, and you influence people to get the best out of them.*

CS: On paper it seems that coaching the Indian side must have been an easy job, with all that talent to work with.

GK: *The one thing I always said about the job with the Indian team was that our goals were realistic. We had a very talented team, so we felt we could become the best team in the world. We knew we had enough skill. Then it was my responsibility as one of the leaders of that team to make sure that we got all these cricketers to fly in formation, and to see that they were playing for a bigger cause other than their own personal goals.*

CS: Was there a secret recipe to getting India to the title?

GK: *It was the culmination of a lot of hard work. The guys really embraced what we wanted to offer them from a team perspective. Our preparation became unbelievable, and we worked together over a significant period of time to reach this goal. We were organised. We were strategising. We were planning well.*

CS: Was coaching the SA team always the end goal for you?

GK: *I never thought I would do any team coaching, to be honest. I was running my cricket academy – which I'm going to be reigniting in the next few months – and it was a nice little business. [The Indian and South African] jobs just landed on my doorstep without me actually even applying for the jobs. As it turned out, it's been a whirlwind three years in many respects.*

CS: What are your goals for the South African team?

GK: *It's going to be a process. If we can get those processes in place, we can make things happen.*

CS: What kinds of goals have you got set for yourself?

GK: *I don't really have any long-time personal goals for myself. I live more in the short term, and try to make sure that I do a good job at whatever comes my way, that I'm adding value.*

Bittersweet: As Proteas coach, Gary Kirsten will have to deal with high expectations from fans.



By Yusuf Omar

ONLY THE BEST FOR UCT ATHLETES

UCT may be the 103rd-best university in the world, according to the Times Higher Education (THE) World University Rankings, but its sports teams haven't been quite as high-flying!

Luckily, the clubs are able to attract some of the best names in coaching to help set that right.

After being relegated last season, the once stellar UCT Cricket Club recently appointed Ryan Maron to steer the club to richer waters. Maron, who had stints as head coach of the Danish national team and assistant coach of the Dutch national team, as well as various playing and coaching roles in England and the Western Cape, is determined to take UCT back to the Western Province Superleague 1A, where he says it belongs.

The coach, who has been running a development academy for young cricketers since 1998, says he saw the UCT job as a huge challenge. Despite already losing one of his star players, former Cape Cobras player Sybrand Engelbrecht, Maron is pleased with the way his season has started.

"It's a beautiful place to coach," says the boss. "It's beautiful working with good, well-mannered students, guys with a lot of energy and a lot of passion for the game."

The university's rowing teams have fared slightly better than their gentlemanly counterparts, due in no small part to recruiting former Olympic rower Rika Diedericks to the coaching team. Diedericks, South Africa's representative in the single scull row at the 2008 Beijing Olympic Games, teams up with SA under-23 coach and UCT student Brendan Gliddon to train members of one of the highest-rated sports clubs at the university.

In turn, the UCT Tennis Club recruited Jackie Booth to head its coaching staff in 2003, and the highly-rated trainer and player has been raising the club's profile ever since.

Booth left South Africa in 1987, as the number one-ranked under-18 woman tennis player, on a scholarship to Oklahoma University. During her 15 years in the US she stacked up trophies and honours, including the United States Tennis Association Pacific Northwest Women's Player of the Year in 1995 and the regional Intercollegiate Tennis Association (ITA) assistant coach of the year in 1999.

Within two seasons in charge of UCT Tennis she had led the club back to the premier league, a stage it had last competed on three years prior to her arrival.

The club has since gone from strength to strength.

Moving from the tennis courts to the swimming pool on Lower Campus, the UCT Waterpolo Club managed a coup of



Zsolt Desi.



Rika Diedericks.



Ryan Maron.

sorts when they persuaded internationally recognised coach Zsolt Desi to take the head coaching post two years ago.

Desi played professional waterpolo until he was 39, after which he coached a string of national teams including the Springbok ladies team, who he took to the World Championships and the Commonwealth Games.

He has only praise for the UCT club, which he joined at the behest of some of his friends at the club.

The students have made it a memorable experience, he says.

"Everybody's coming to the practice, everybody's very committed, so no complaints," smiled the coach. "I feel that I'm a member of the family, so it's awesome for me."

SPORTSPEOPLE WITH A COMMUNITY MISSION

By Yusuf Omar

'No normal sport in an abnormal society', went the rallying cry among South Africa's marginalised sportspeople during apartheid. Seventeen years later and the country is still battling on many internal fronts. Members of UCT's sporting community are acutely aware that the world is bigger than upper campus and have (collectively) put their shoulder to the wheel to uplift communities around the Western Cape.

Student Health and Welfare Centres Organisation (SHAWCO) leads the way with two programmes for budding Steven Pienaars and Marsha Marescias. With its Sports Stars and Sports Pros programmes, SHAWCO trains up to 200 schoolchildren per week.

Sports Stars, for learners in the junior phase of their schooling, gets learners active and involved in sports-based team-building exercises, while sometimes also involving them in actual matches. Meanwhile, Sports Pros offers Grades 8 and 9 learners skilled coaching in netball, soccer, rugby, cricket and hockey.

The programmes operate in Manenberg, Nyanga and Khayelitsha. SHAWCO also welcomes community input into the programmes.

In its efforts to preserve the oceans it holds so dear, UCT's Underwater Club launched its DIVER campaign. The scuba divers partnered with the Save Our Seas Shark Centre in Kalk Bay to give the club's outreach programme real teeth.

Saturday 17 September 2011 saw no less than 40 students submerge in the icy water at the False Bay Yacht Club to clean up the harbour floor. The cleanDIVER event, organ-

ised to run as part of the International Coastal Cleanup campaign, saw divers scooping up countless glass bottles, tyres, an entire fire hose, an ID book, a starter motor, cell phones and piles of other rubbish associated with boating.

Organiser Raymond Siebrits said the Underwater Club at UCT is committed to marine conservation.

After partnering with Growing Tennis, who coach learners at tennis, UCT Tennis Development Programme received R26 800 from the National Lottery Distribution Trust Fund (NLDTF). The club spent R15 150 of this kitty on equipment for the learners to use.

UCT Tennis has requested R22 464 for next year to continue its involvement in the programme.

UCT's Yacht Club also received a sum from the NLDTF for its Windsurfing Development Programme, set up in 2008. Thus far it has spent only R1000 of its allocated R127 000, with the rest earmarked for coaching, transport, boards, sail rigs, a trailer and wet suits.

The club trains a group of eight children from Khayelitsha to safely enjoy the art of windsurfing, and aims to attract more volunteers to come on board the programme.

