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# Hands Washing Each Other





Myolisi Gophe - Editor

here is a Zulu proverb which says "izandla ziyagezana" – "hands wash each other". That is to say, we're all in it together – so let's help each other out.

But by and large, that doesn't seem to be the case when it comes to the thousands of amateur sportsmen and women who sacrifice their hard-earned cash to buy equipment and apparel from local businesses in order to keep sport alive in our communities – and don't always receive much in return.

In our last edition, we reported about a 2019 study which revealed that the sport sector supports 60 000 jobs in the Western Cape and has contributed in excess of R8.8 billion to the provincial Gross Domestic Product since 2012.

But how much of that contribution has gone back to sport? How much have those businesses, who make huge profits from sport, ploughed back to support their clientele and contribute to the growth and sustainability of their own target market? Are sports people getting value for their money?

Not as much as they deserve. Otherwise we wouldn't be still writing about clubs risking the lives of young people to cross the N2 highway to conduct their training sessions due to lack of sports facilities (see page 4). There wouldn't be so many youngsters still running barefoot and playing with broken boots; so many clubs lacking kits.

In the past year the National Lottery Commission approved grants for five clubs from one Local Football Association in Khayelitsha to the tune of over R500 000. It was the first time that clubs from the LFA benefitted from the lotto – but hopefully not the last. And of course there are many other businesses that have really done a good job – and we should applaud them for that.

But most of them are just happy to keep on receiving and are not bothered by sometimesstruggling sportspeople who deserve better.

Sportspeople like netball coach Danlee Matthews, who's coaching two top teams while holding down a full-time job as a working mother (see page 10). Or athletics star Lindikhaya "Leeds" Mthangayi, who's been running for over 25 years and is still breaking records (see page 18). Or footballer Izzy Bertos, whose career has really taken off since she moved to join Cloud College in the US (see page 20).

There's a lot to celebrate in South African sport – and we at Cape At 6 are more than happy to do it. But it's important to acknowledge the challenges that still need to be addressed.

And maybe it's high time for sports people to exercise more caution when making purchasing decisions. They should not be buying from businesses that do not support sport development.

Or perhaps sportspeople should seriously consider establishing their own co-operative structure that will see the manufacturing and distribution of sports-related stuff done by sportspeople for sportspeople. Then they will be able to directly benefit from profits made.

And the decision-makers in government, universities and non-government organisations should ensure that contracts and tenders for sport-related developments are only awarded to companies that have a proven record of supporting sport development. End of the story. It doesn't make sense to continue giving business to people who don't have the interests of the sport at heart. Soon or later it has to stop.

Remember – izandla ziyagezana. We're all in it together. So let's act like it.



#### THE DANGEROUS ROAD TO FOOTBALL SUCCESS:

# Dicing With Their Lives to Follow Their Dreams

Author: Myolisi Gophe

s Sibonile Tyityi leads a group of youngsters to negotiate crossing the busy N2 highway, speeding vehicles hoot and tyres screech on tar as visibly annoyed motorists slow down, swerve and even show them the middle finger.

In the area they are crossing at near BM informal settlement in Khayelitsha, there is a road sign with a clear message: No Pedestrians Allowed. But the lack of an open space in his community of gives Tyityi and members of the TTACC United Football Club, some as young as nine, no choice but to cross the highway on a daily bases to look for a training space – putting their lives at huge risk.

"It's very dangerous to cross this road," Tyityi says. "Even their parents don't like this. But they have to understand the situation, because I'm trying to help the community at the end of the day. We have no other options. There are no open spaces in our community."

As we speak in November, Tyityi youngsters are still shocked – just last week, they witnessed a 10-year-old boy being crushed to death by a vehicle while trying to cross.

"After that accident, many players were so traumatised that they took a break from training for a few days," Tyityi says. "But we have a tournament coming up this weekend, so we had to try to forget about the accident and move on."

It wasn't the first accident – and probably won't be the last one either.

"We have witnessed many bad things happening right in front of us. About a year ago, a BMW hit a small boy and dragged him for about 100 metres before it could stop. I was the first person to get to him and blood was oozing through his ears. He was declared dead on the scene."

Tyityi said: "We can't blame motorists because we are not supposed to cross this highway. Three of my players were issued with fines for illegal crossing by a traffic cop. It is very tough here".

Training sessions are supposed to start at 17h00 – exactly peak hour traffic time for the highway – but sometimes they start 40 minutes late because of the high volume of vehicles on the road. "We have to wait until the volume of vehicles eases. Then I have to take five players at a time to cross because if we all cross at the same time mistakes can happen. They can trip and fall."

TTACC United gets its name from The Twelve Apostolic Church in Christ, which Tyityi is a member of. It's just one of the many football clubs from disadvantaged communities that can be seen using any open space they can find inside the residential areas or along the N2 from Gugulethu down to Khayelitsha.

"The main challenge is lack of training facilities in our communities. When we came here there were bushes and shrubs and we had to bring spades to clear the space. At the end of the day, we have to train so that these boys can follow their dreams in sports."





#### **The Broader Perspective**

Tini Mohau, President of the Khayelitsha Football Union made up of all five Local Football Associations in the area, agrees with Tyityi – notes that the problem is not new.

Clubs in black communities, he says, have always operated under a lack of adequate facilities "because we love football. And we think things will get batter. We think that City of Cape Town will look at the challenges, dangers and difficulties we work under."

He knows the dangers firsthand.

"I used to train over the N2 highway as junior player. It once happened when one of my friends was knocked down there. Did we stop? No, we continued. Does the City see anything wrong about that? No. To the municipality this is normal, and we are mad to train there."

There's no choice, really.

"We don't have facilities. Go to other communities you see the vast lands with grass that are not utilised. In townships small spaces are packed. You can see the apartheid legacy is still continuing. You would think our own local councillors would assist us. They have sport budgets every year, but you don't know where it is going. The small spaces the councillors see put up parks. And they would tell you that their priority is housing, not sport."

But that priority ignores some complications.

"With no facilities, gangsterism and drugs will prevail. In return we can help fight burglary and assist in coaching schools teams. But many schools are not willing to assist. For instance my own club got permission to use the grounds of a local primary. Last year they renovated the grounds. When they were finished they said we need to pay R1 000 a month to train there. Where will we get it?"

Those are the challenges force players to train along the N2 highway, he says.

"We are in trouble when it comes to training facilities in black communities. But we will continue and use any square metre that we can find to train football. And our kids will continue pursuing their football dreams."







#### City Response: Rehabilitation and Recreation

ouncillor Zahid Badroodien, Mayoral Committee Member for Community Services and Health, says the National Road and Transport Department is responsible for the open spaces that are a part of the road reserve along the N2 highway. He notes that the City's Recreation and Parks Department manages a combination of parks, sports fields, recreational centres and public open spaces across the metropole, many of which are within close proximity to informal settlements. "There are also Recreation and Parks Mobile Units that go into informal settlements and run recreational programmes. These mobile units create safe spaces for activities to take place in communities where there is no formal sporting infrastructure.

The Department is also in the process of developing plans for sports infrastructure earmarked for Site B Stadium and Makhaza Sports Field, he adds.

About the poor state of the existing sports facilities, he notes that the Department is still in the roll-out phase of rehabilitation plans for grass at sports fields as a result of the drought. "Due to the severity of the drought, it will take time to completely restore sporting facilities to their pre-drought condition."

Councillor Badroodien says vandalism is also an ongoing challenge at sports facilities. "There've been a number of incidents where perimeter fencing, rugby poles, seating and nets are stolen. Unfortunately, the Department is unable to address security risks through an increase in the number of security guards employed, due to the cost of private security.

The Department regularly engages with Municipal Facility Management Committees (MFMCs) to discuss these challenges and how best to address them, Badroodien says.

"It is not advisable to keep repairing facilities that are continuously being vandalised," he notes. "However, there is evidence to show that public facilities used frequently and which have a sense of community ownership, have fewer incidents of vandalism and anti-social behaviour. This is where communities play such a vital role in assisting the City in reporting acts of vandalism and destruction, which are a serious offence.

#### **VETERAN NETBALLER GETS A TOP COACHING JOB**

Former international netballer Danlee Matthews from Kraaifontein in Cape Town has been appointed head coach of University of the Western Cape (UWC) netball team and the Cape Town-based Tornados netball team, which will represent the Western Cape in the netball's national league. Matthews was assistant coach of the Western Cape Stings team in the national league. Working full-time, coaching after work and being a mother is going to be challenging for her but she says she's ready to take it all on, survive and deliver quality netball coaching. Writer and Sports Activist Cheryl Roberts caught up with her.





Cheryl Roberts (CR): Danlee, You recently got two head coach appointments. Tell us more about these coaching positions.

Danlee Matthews (DM): Yes I was appointed head coach of Tornados, WP A senior ladies and UWC netball. The Tornados team will take part in the Telkom netball league, the CTNF Senior A team will take part in the SPAR National Championships in Stellenbosch in August 2020 and UWC will take part in USSA 's in July 2020 and Varsity Cup end of August 2020.

# CR: You already working out strategy and tactics for the national league and varsity netball tournaments?

**DM:** Yes, I have an idea what the netball landscape looks like in SA, but I will predominantly work on my teams' strategies and not focus too much on what the other teams are doing.

# CR: When did you play for SA and when did you retire?

**DM:** I played for the SA team between 2000-2006, before that I played for the SA U/21 team between 1998 and 2000. I went to the Senior World Cup in Jamaica in 2003 and the U/21 World Cup in Wales in 2000. I was forced to stop playing at the end of 2006 due to occurring knee injuries.

#### CR: When did you start coaching?

**DM:** I officially started coaching in 2007 but have been coaching at schools and clubs in my community while I was still actively playing. I obtained my coaching qualifications at Netball SA and am a qualified coach as well as a Provincial Coach Developer.

# CR: How will you do selections for the Tornado's team in the national team?

**DM:** Western Cape Netball Federation has decided that the Telkom Netball League teams for 2020 will be selected from the whole Western Cape and so we have selected best 30 players across WC. The Tornados consists of 15 players of which 12 travelling will travel and 3 non-travelling reserves.

# CR: What are you hoping to achieve as a debut head coach in the national league?

**DM:** That my team deliver consistent performances every match, that the players get recognition for their performances by getting call ups to national squads and that we win the league, win promotions and relegation match and play in the top league next year.

# CR: How would you like your netball teams and players to improve during 2020?

**DM:** They need to achieve their personal goals (realistic) that they set for themselves, stay true to who they are and where they come from and stick to the basics. All of this is achievable if our belief system is strong and motivated to achieve our goals.

# CR: You are a mother and work full-time. And you are a netball head coach. How will you be managing all three responsibilities?

**DM:** I am very lucky to have a very supportive husband and family who helps when I need somebody to look after the two men in my life. I try to balance my time accordingly between work, netball and my private life.

# CR: What improvements do you hope to see in netball in South Africa so the game can grow?

**DM:** Consistent elite competition over longer periods of time with the top players in the country so that our players get used to the intensity needed to compete at international level all the time. Also needed are development programs for players in our disadvantaged areas with qualified coaches with technical and scientific programs to ensure they can participate and compete at the highest level when needed.

#### CR: How will WECSA's assistance help the Tornado's preparation to play in the national league?

**DM:** WECSA's role in the WCNF HP programme is of utmost importance, as they support the scientific services and other services needed to ensure the players are physically and mentally ready to compete at the elite level. This also gives me, as the coach, the peace of mind to know that my players are conditioned and will be supported if an injury might occur.

#### Sports Scientists And Coaches Need To Work Hand In Hand

Author: Nicklaus Kruger



port science deals with the improvement of athletic performance through the use of scientific methods – it is the role of a sport scientist to discover the most impactful gaps in current knowledge and to implement unique training programmes. But how much of that knowledge makes it through to coaches – and through them, to the players who can benefit from them the most?

Not enough, a recent study suggests.

Penned by Alliance Kubayi, Yoga Coopoo and Abel Toriola, and published in the South African Journal for Research in Sport, Physical Education and Recreation, the research, titled Knowledge Transfer from Sport Science to Coaching: a South African coach's perspective, sampled 202 South African sport coaches (174 males and 28 females).

The study found (perhaps not too surprisingly) that injury prevention and recovery, fitness/conditioning, individual skill development, training programmes (strength, endurance, etc.), tactics/strategy, nutrition and mental training and preparation were most likely to be of interest to sport coaches.

But that doesn't mean they were getting their ideas from sport scientists.

"Coaches reported that they were more likely to interact with other coaches, watch sport coaching videos, attend conferences/ workshops, consult mentors and experiment with new ideas in order to obtain new information," the authors report.

There are many reasons for this. Limited access to academic journals, or to the funds necessary to get them, for example. Or lack of access to the recommended equipment or resources. Or even a limited ability to actually understand the content of academic journals or the recommendations of sport scientists.

The authors thus recommend that sport science courses should be incorporated into coaching education programmes in order to facilitate knowledge transfer, especially in the areas of conditioning and sport physiology.

They suggest that sport federations should establish formal and informal mentorship programmes so that coaches could have the opportunity to acquire sport information from more experienced colleagues. Sport scientists should also present their findings in an understandable form (using less technical language) to the coaches and/or athletes and assist them to address coaching problems and improve athletic performance. And partnerships should be established between sport federations and universities to facilitate access to sport science research information in their libraries for coaches, the study concludes.

They conclude that: "This study underscores the need for coaches and sport scientists to collaborate directly in order to communicate and disseminate knowledge effectively between sport science and coaching."



For Sikhulule "Skhu" Nkomphela, photography has always been more than a side hustle. While doing his Bachelor of Environmental and Water Science at UWC, he took every opportunity to develop his natural talent – as a student assistant at the University's Department of Student Development and Support; a freelance photographer for departments in need; and in UWC Football's Media Office (among others).

**Author: Nicklaus Kruger** 





is talent for photography and passion for design has earned him acclaim (and awards) on and off campus, where he's a regular fixture at sporting events, graduations andmore. That talenthas taken him from the small Eastern Cape town of Cofimvaba to Parliament to sports stadiums all across South Africa – and now it's taking him around the world.

Nkomphela has been nominated to serve on the International University Sports Federation's (FISU) Media and Communications Committee for the next three years — a part-time job at the second-highest sporting organisation (right after the Olympics) that will see him travelling to FISU's Swiss offices and to sporting events around the world.

Cape@6 managed to slow Skhu down for a minute to chat about work, study and becoming successful by doing what you love.

#### What will you be doing at FISU?

Well, the job description is to write, edit, and distribute content, including publications, press releases, website content, annual reports, speeches, and other marketing material that communicates the FISU mission. I also have to respond to media inquiries, arrange interviews, maintain effective relationships with journalists, and maintain a media database, and act as a spokesperson for FISU. In addition, I have to seek opportunities to enhance the reputation of the FISU brand, and coordinate publicity events as required, maintain records of media coverage and collate analytics and metrics.

#### What attracted you to the FISU offer?

The experience. Somehow and somewhere I know it's going to open doors for me. And putting aside all the benefits that come with this offer, most notably I'll get a chance to document the world through my lenses.

# What sparked your interest in media and photography?

I'm not really sure – the gift of photography is just something that's been embedded in me since I was young. Every time I held a camera, I tried to improve on my skills – and once I really started associating myself with the media space, things just kept getting better.

# What's it been like, studying and working at the same time? How do you manage?

Honestly, trying to work part-time while attending full-time can be quite a challenge. You're trying to juggle classes, homework, work, your social life – it's a battle to stay sane. There were times where I felt overwhelmed at times and I found myself wanting to quit my job, school or both. In those moments, I remembered the end game, remembered why I started – and that made the sacrifices worthwhile.

#### What does success mean to you?

To me success means that at all costs you need to always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it, because success consists of going from failure to failure without loss of enthusiasm and your failures are the ones that pushes you to do your best then success takes care of itself.

#### Where do you see yourself in ten years?

My goal is to have my own communication, media and marketing company that specializes in corporate and sport branding. And not only that, I want to go for the top – my dream is to work for the Olympics one day. And then I'll come back to plough back to Africa with the goal of paying special attention to women's sport.

# Any advice for others who'd like to follow in your photographic footsteps?

Dream big, keep chasing your dreams, and never let anyone tell you otherwise. Hard work pays off (even if it's not right now). Don't be a follower. Be open to learning. Lastly – and most importantly – be humble.



#### LIKE FATHER LIKE DAUGHTER:

# Football Is A Peskin Family Legacy

Author: Myolisi Gophe

ike many children, Kelso Peskin used to go to sports fields every weekend to support her father's football team (and have fun). Like many children, these visits made her fall in love with the beautiful game. But unlike many children, she turned out to be very, very good at it.

signed by Toulouse Football Club in France, joining a growing number of top South African footballers pursuing their professional careers in Europe.

"It is because of my dad that I'm involved in football. Every Saturday he would take me with him to soccer matches in Kuils River and basically I would be the water girl bring water for the guys. So basically he introduced me to football."

But her dad, Nathan Peskin, provided more than good genes and footballing inspiration: he also coached her, both while he was at the helm of the University of the Western Cape and at Vasco Da Gama, where the father-daughter team won several titles.

Coaching your daughter comes with its own challenges, he says.

"It's tough when you have your daughter in your team because you don't want to be biased in any way. And whenever someone has to be sacrificed, especially if it is just a tactical change when we are already winning the match, she will be the one to be sacrificed."

Luckily, Kelso's skills always shine through, and she's more than good enough to compete wherever she has gone.

"Kelso has always been good enough to make the starting eleven of any team I have coached. She makes it easy because when she is on the field no one would say she should not be playing. And often when I take her off or put her on the bench people will ask me why.

As you might expect, soccer dominates discussions at the Peskins' dinner table.

"It's soccer 24/7," Kelso says. "There's other stuff that we talk about, of course, but most of the time we talk about soccer – and even my sister has started joining those conversations, and she understands the game very well.

Kelso agrees that it is tough at times: "But I have learned a lot from him – he's a good coach and the results speak for themselves.

It works both ways, though.

"Kelso is a tough critic, and so am I," Mr Peskin says. "She is passionate about the game. We both know what it takes to be the best – and she always wants to be one step better. We push each other hard, and by talking to each other and reflecting, we grow from there. And that has made us stronger."



#### Cape Town Footballer Star Joins French Outfits

ape Town football sensation Kelso Peskin has signed her first professional contract when she joined Toulouse Football Club, aka Toulouse FC Féminines, in France in early 2020.

Peskin, who was instrumental in Vasco Da Gama's successful Sasol League Western Cape last year, linked up with her new teammates in January 2020, and she will stay with the Féminines until the end of the current season in June (with an option to be renewed).

"I'm excited to join Toulouse and hope to help them get back to winning ways," Peskin told Cape at 6 Sport. "I'm also very nervous – but on my visit the coaching staff and players made me feel so welcomed and part of the team, it was honestly really hard to say no."

Fortunately, she said yes: France is one of the leading countries in women's football, and the Toulouse offer will give her the chance to develop even further.

"My objective is to help the team get back to winning ways, and grow as a player while helping others to grow, too. I want to be better than I am," Peskin noted. "There's always room for improvement and I'm willing to learn and grow as an individual."

Peskin pursued that growth while playing for Banyana Banyana as well as the Under 17 and Under 20 national teams – but she believes her move to Europe will take her football to a higher level.

"It will teach me things that I may not have learned over the years that I have been playing.

I'm excited to learn and be a better player.

It's definitely a higher level of football in Europe, so I'm excited to grow and be on that level. I'm excited to go on this new journey."

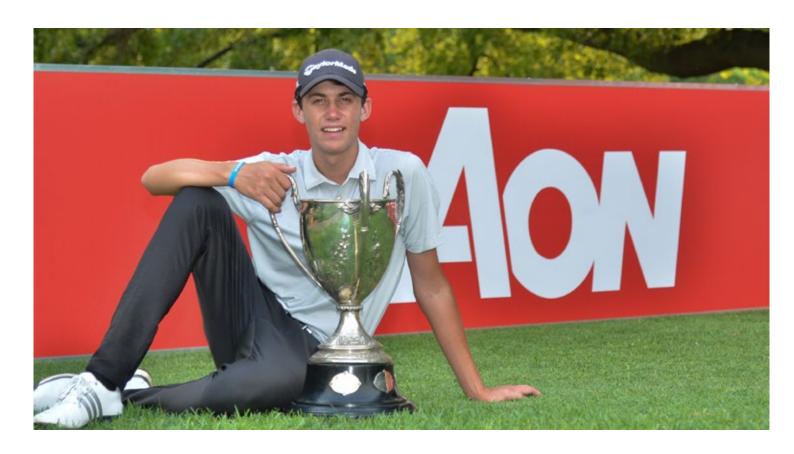
A passionate Kaizer Chiefs supporter, Peskin is also a big fan of Manchester United in the English Premier League. She credits her dad, Nathan Peskin (pictured above), for her rise in football – not only for support and inspiration, but also as her coach at Vasco this season, and when she played for the University of the Western Cape in the past.

"His work ethic and dedication are unbelievable. He has helped shaped me into the person and player I am today and I couldn't thank him enough for all what he has done. He has always motivated me and pushed me — and himself — to be the best we can be."

Her move follows that of the Maties FC duo of Cassidy Arendse and Izabelle "Izzy" Bertos who went to in the United States in August, and the four rising RV United stars – Ember Edwards, Nwabisa Goba, Thina Ganto and Kuhle Madlokazi – who went to the same country in September. Peskin herself returned to South Africa in December 2018 from the United States, where she spent a total of four years in separate stints with Tyler College and Lamar University, furthering both her academic and sporting careers.

She has encouraged would-be women footballers to "keep working hard and not give up just because things are hard or not going your way. There's always a light at the end of the tunnel. Be your own motivator, put in the hard work and you will succeed in all that you do."





e called it possibly the best two-iron of his life, and it set up what turned out to be a decisive eagle for Western Province golfer Samuel Simpson as he went on to win the Proudfoot Trophy for topping the 36-hole stroke play qualifier for the match play stage of the Aon South African Amateur Championship.

After making three birdies in the opening seven holes to pull himself into a share of the lead, which stood at 10-under after Casey Jarvis set the clubhouse target in the morning at Royal Johannesburg and Kensington Golf Club in the morning, Simpson eagled eight to go into a lead which he never relinquished as he made one more birdie on his way in after the turn.

"I took three-wood off the tee on the eighth hole just to put myself into position," said the 17-year-old Western Province golfer. "I had 245 to the flag and I hit a great two-iron to about three feet and rolled that one in for eagle. That was really cool."

There are some big names on the Proudfoot Trophy, including Major winner Trevor Immelman, European Tour winners Brandon Stone and Haydn Porteous and more recently, former Freddie Tait Cup winner Jovan Rebula.

"It's great," said Simpson. "I haven't really thought about the names that have been on it, but it will be really cool to see my name on it in the future."

The East Course at Royal Johannesburg is a stern test, and for Simpson to have gone bogey-free as he held on to his three-stroke

edge over Jarvis, countryman Christiaan Maas and England's Joseph Long was an impressive feat.

He felt his putter let him down somewhat the week before in the South African Stroke Play Championship, which Jarvis romped away with.

"It was not the best putting performance from me last week," said Simpson. "This week, it's only two weeks done, but the putter was definitely rolling and I'm looking forward to more like it in the match play."

Jarvis got it to 11-under as he looked to be on his way to a possible second title inside two weeks, but he incurred a penalty stroke for inadvertently marking and lifting his ball which was just on the edge of a green. That saw him finish at 10-under, and although that was three strokes back, he's in a good space going into the match play.

"I played some good golf out there," said Jarvis. "I'm really confident heading into the match play. I'm pleased for my friend Sam for winning the Proudfoot – he deserves it because he's been playing very well lately."

Long's seven-under-par 65 will be the new course record at Royal after the course underwent some extensive renovation and changes ahead of its reopening last year in January.

The Englishman started his round with a birdie on the 10th, which could have disheartened him, but didn't.

"I had a good bounce-back after the bogey

with two birdies in a row," said Long, "and then I had another bogey. I dropped the eagle on 18. It was two great shots in and I holed an 18-footer. Then I hit another two good shots and holed a six-footer on one. The putter was just on fire, really."

As the top 64 players go into the match play, the East Course is going to ask some questions of them as they scheme to bring down an opponent, rather than trying to overpower the course.

"There are some really demanding tee shots that you have to step up and commit to. There are tighter fairways. I prefer that and I'm mentally prepared for that," said Long.

For Simpson, the satisfaction of winning the Proudfoot Trophy helps his state of mind going into the shoot-out which is match play.

"I started yesterday with a nice seven-under which put me in a good position to go out there today and shoot a low number," he said. "I just have to put things into perspective and tell myself that it's only two rounds done. There are a lot of match play rounds left. I've just got to focus on going out there tomorrow and playing the best I can."

The final spots for the first round of the knock-out stages was decided in a 10-man play-off on two-over-par 146, with Frenchman ElliotAnger and South Africans Siyanda Mwandla and Christopher Gutuza coming up trumps.

PHOTOS – Western Province junior Sam Simpson won the 36-hole Stroke Play Qualifier to lift the Proudfoot Trophy in the Aon South African Amateur Championship at Royal Johannesburg and Kensington Golf Club; credit Ernest Blignault. Modified from the story written and released by Lali Stander on behalf of GolfRSA.



#### LIKE FATHER LIKE SON:

# Athletics is in the Genes for Cape Town Multi-Record Breaker Winner

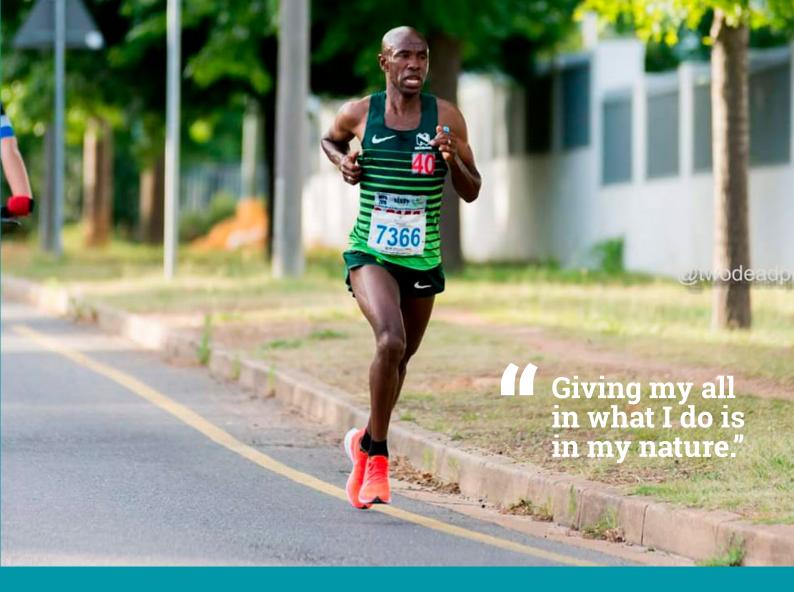
Author: Myolisi Gophe

s a boy growing up in the Eastern Cape town of Mqanduli, Lindikhaya "Leeds" Mthangayi was often told by adults that he would never match the high-level athletic talents of his late father. Mthangayi set out to prove them wrong, not only pursuing the sport that his dad loved, but excelling in it as well.

"People used to tell me that my father was specialising in the 1 500m and 800m races, and that he would have beaten me hands down. Well I'm his flesh and blood, and I got the running genes from him – and I wish he was still alive to see himself that he would never out-run me."

Mthangayi started athletics at school when he was fifteen years old. After matric he decided to focus on athletics as a career and turned professional in 2001 – and since then, the magnitude of his achievements speak for themselves, as he continues to break record after record in Western Province Athletics Association events, even as he enters his forties.

Just last year, Mthangayi, who is registered with the Cape Town-based Nedbank Athletics Club and is also a Khayelitsha pastor, completed the Fast and Flat 10km in a speedy 29 minutes and 52 seconds. In the process he managed to beat the veteran record (30:31) Gert Thys set up in Goodwood five years earlier. It was the first time that an athlete in the veteran



category (40+) managed to run a 10km in under 30 seconds at a WPA event. And Mthangayi's personal best time – a blistering 28:24, set up on 29 August 2009 in Stellenbosch – is still the fastest 10km time for senior athletes in WPA.

He also smashed Thys's half marathon record (1:06:55) earlier this year at the Gun Run event, running the 21.1km race in just 1:04:56. And then there's his marathon performances. On 15 September 2019, Mthangayi (2:18:06) eclipsed the record (2:21:37) Brian Mathers set a whole 39 years earlier – a lifetime ago. And in February 2020 he improved on his own new record, winning the Peninsula Marathon by 2:18:02.

"It was nice winning the race again because I was prepared as a defender. When you defend you have to put extra effort in training, because all eyes will be on you on race day. But I was not really looking at running a good time. I just wanted to defend the title – and suddenly I saw myself doing the Western Province Veteran record."

So what makes Mthangayi so good?

"Talent alone is not enough. In what we are doing you need to train, eat and rest, so that you can recover as much as you possible. Dedication, discipline and commitment makes all the difference. Giving my all in what I do is

in my nature."

But he has to prepare very well for his races.

"Cape Town is very cold and local athletes tend to struggle when competing with those who come from high altitude areas. You have to add 10% on the same training programme to stand a chance. So I often prepare in high altitude for my races."

Now Mthangayi's dream is to win the Two Oceans Marathon, which he came 18 and 13th in the last two years respectively. And, of course, the Comrades Marathon, which is a dream of every athlete.

His other dream is to see federations, government officials and other sportspeople doing more to support the youth, entice them into sports, and groom them to be future sports stars.

"If I hadn't committed myself to the sport, I would probably be dead by now. When I grew up, I used to get into many fights. But when I started to run for schools I noticed that people liked what I was doing, were happy for me and wished me success. So I told myself I needed to change my behaviour and be respective and humble. I learned a lot from sport – and I know others can do the same."

#### FROM STELLIES TO THE STATES:

# Izzy Bertos On Half A Year Of Cloud College Soccer

Author: Nicklaus Kruger

Born and raised in Durban, Izabelle "Izzy" Bertos is now a proud resident of Ballito, Salt Rock. The Cape Town footballer left Maties FC in the Sasol League Western Cape in August last year to join Cloud College in Kansas in the United States, where she is pursuing her academic and sporting careers. Cape At 6 Sport caught up with her to check how things are going.

Here's what she had to say about her move from studying in Stellenbosch to the States, and what these last six months of football – or soccer, as they call it over there – have taught her.





#### Cape@6Sport: How did you get into football?

I used to play soccer when I was younger, but it was never very competitive. It was mostly me and my brother fooling around in the garden or little school soccer games. At high school I started taking it more seriously – there was more competition as it was now a time where playing provincial soccer was an option. I also started to watch more soccer on TV with my dad and brother. During this time my dad was still playing for Juventus Football Club in Durban. His enthusiasm and love for soccer showed me the greatness of the sport. And now I have developed my own.

#### What position do you play?

Throughout my years of playing for the province and high school, I played wherever the coach needed me but as I started playing for Maties football club, I was happy to be playing at left back

## How has the move to the US been treating you?

The move was kind of sudden, as I was studying in Stellenbosch – but it was a great opportunity, and after some discussion with my parents we thought it was very much worthwhile. We had a very good season at Cloud College as we won our conference but unfortunately got knocked out in the play-off stages, just missing our way to nationals. I am also lucky to have been chosen for conference second team, as a freshman.

# How different is football in the US compared to the Cape?

I really did enjoy my time in Stellenbosch: I had a fun team, I made really good friends and it was also a place where I learned a lot. Some of us South Africans playing soccer at cloud college have realised that the soccer back home

is a bit different. It's a quick one-two touch type of game, where our goals are a lot more simple. When we started playing in the States, we noticed that everyone on the team needs to be able to defend and attack. Another aspect that is slightly different is that our midfielders play with the ball a lot more than any other position. With this, our midfielders do not really have set positions or players to mark, it is more of a free role that is continuously changing.

# How do you think your move to the US will contribute to your football career?

Since I have been in the States, I have learned so much – not only from my coach, but also my teammates. Playing with people from all over the world, learning the different ways in which they play, is only bettering the way in which I play. If I continue putting in the hard work and learning from others, then I hope I will be good enough to really pursue this as a career.

#### Who is your footballing role model?

In women's soccer there are so many ladies to be inspired by – but for me there is one in particular: Carson Pickett, a defender who 'currently playing for Brisbane Roar, but previously played for the well-known Orlando Pride team. Pickett was born without a left forearm. She carries what many would call a "disability" – and yet is still acknowledged as one of the best defenders in the National Women's Soccer League. It just shows that people can do anything, if they're determined and disciplined.

# Any advice for young women who aspire to follow in your footballing footsteps?

(Laughs) I don't think I have anyone following in my footsteps just yet...but basically, work hard, take any opportunities that arise – and make sure that you are having fun while doing so



#### TYGERBERG CRICKET LADIES DOMINATE WP

Author: Khanyisile Brukwe

he Tygerberg Cricket Club's women team has been crowned the champions of the Western Province Women's Super League - the 50 over competition – for the first time in their history.

The Tygerberg Ladies rose to the occasion admirably in the 2019/2020 season and emerged victories against the University of the Western Cape in the final early in the year.

"The team performed incredibly, and the new ladies who joined the team from Bellville Cricket Club were a big part of that. And team captain Leighshe Jacobs had a fantastic 50-over competition with the bat: she scored 375 runs in 6 innings (averaging 75 runs per innings)," shares club secretary Alnico Adams. ""The club is obviously ecstatic, because this is

he Tygerberg Cricket Club's our first competition we won for the ladies." women team has been crow- It's far from their only success, though.

Tygerberg Cricket Club is an amateur sports club established in 1957, and it has produced many great cricketers through the years - the likes of the Van Oordt Brothers, Neville Booysen, Kulu Maclons, Vernon Philander and Alfonso Thomas, among others.

And TCC Women players have been lighting up the cricketing scene recently, with many putting their stamp on the game in South Africa - like Alexis Le Breton, who is the WP Senior Ladies captain, and Stacey Lakay, who is part of the Proteas Ladies team.

Through these achievements, the club has welcomed new ladies from Bellville Cricket Club and is currently competing in AMA 20/20 competition.

#### CAPE TOWN DOMINATES SA U-17 SOUAD

Author: Khanyisile Brukwe

ape Town was well-represented when the South African Under 17 National team, aka Bantwana, visited Zambia in their opening 2020 FIFA U-17 World Cup Qualifier first leg clash on Friday, 28 February.

The Mother City region, one of 52 regions that make the South African Football Association, had no fewer than nine players – way more than any region – in the 20-member squad which lost 2-0 to the hosts at Nkoloman Stadium in the neighbouring country capital city of Lusaka.

Gugulethu-based Sasol League Western Province outfits Cape Town Roses had the most number of players from the region, with at least four of the nine currently in their books. They are goal keeper Zubenathi Livi, defender Mihle Lumko, as well midfielders Sonika Mzingeli and Lithemba Sam Sam.

The rest of the Cape Town players in the Ban-

twana squad were defender Hlela Philisani from Philippi-based Dangerous Heroes; fellow defender Thimna Mpehle of Khayelitsha's RV United; as well as Shakira O'Mally of Spurs Women Football Club who is also a defender. Midfielder Nabeelah Galant from the University of Cape Town and Tiyana Carollessen from Vasco Da Gama complete the group.

SAFA Cape Town acting president, Nomonde Dlakana, congratulated the Cape Town players for their selection, and said the region has always been a hub for the national women's teams. "We might not as Western Cape have win the National Women's League as represented by UWC, but we have marked our territory in women's football nationally.

"We always have our girls in all teams called up for selection. We pride ourselves with development and strides from our local teams. The future for our girls is bright especially the U17s as this ties up with SAFAs vision 2020 in youth football development. These girls are the next Banyana Banyana generation".









#### THE IMPORTANCE OF FACILITIES IN FOOTBALL:

## A Home To Nurture Role Models

Author: Bennett Bailey





Bennett Bailey is the President of SAFA Cape Town and the Deputy Director for Client and Scientific Support in the Western Cape Department of Sport and Culture. He writes in his own capacity.

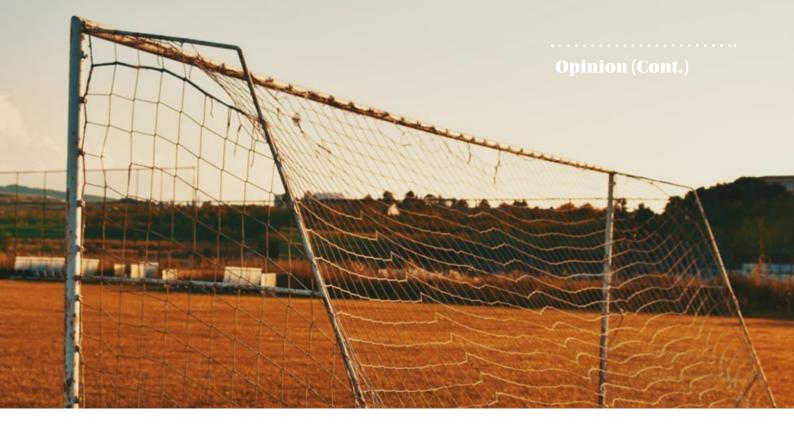
or centuries, football has been a vehicle of hope for many South Africans. As the country's most popular sport, it has been a mechanism for both athletic ability (competing to be the best at all levels) and social change (conquering injustices caused by oppression while in the process achieving equality and unity among people).

But the legacy of Apartheid has provided that economic divisions favour a minority of individuals to own large proportions of wealth, while the majority have remained at a disadvantage. For many years, Cape Town has been known as one of the most unequal cities in South Africa. And the gap between rich and

poor is particularly evident when it comes to sport – especially in football.

Football facilities were created to serve as a home to nurture footballers in becoming role models, both for their athletic performances, and for being part of a movement that brings about social change. The facilities in this sense become a home for football that represents accessibility and aims to attract members to join its movement. For accessibility to be sustained, state-owned facilities become the key for the foundation of football — and the provisioning of facilities forms part of the municipalities' constitutional mandate.

been known as one of the most unequal cities While municipal facilities are dependent on in South Africa. And the gap between rich and the state to fund upgrades, privately-owned



facilities are dependent on individual funding. As the majority are on the back foot when it comes to wealth, accessibility to state-owned facilities becomes critical.

Facilities in Cape Town consist of grass pitches, each pitch needing natural resources such as water to provide for a decent football game. The City of Cape Town has been on a vigorous campaign to raise awareness around the water crisis – owing to decreased rain levels and lowering dam levels over the years.

As a result of the water crisis, football fields have become dilapidated, and that has caused a negative effect on the game itself. The state of the pitches has caused postponements and cancellations of many football games in various leagues. This has had a negative impact on the membership of SAFA Cape Town with its membership decreasing from 120 000 to 108 000 in 2018.

A vigorous plan of action is urgently needed with special emphasis on the facilities for Football in and around Cape Town.

And as the water crisis continues, exploring alternatives becomes essential.

Astro turf is a leading alternative to grass pitches. However, the cost prevents many football organisations to upgrade its facilities. An astro turf for a football facility costs in the range of R8 million. In order to provide footballers with decent fields to train on and excel in their performance, municipalities need to invest in astro turf for state owned football facilities

The City has already consulted with SAFA Cape Town with regards to prioritising astro turfing. SAFA provided the City with an immediate list. Thus enabling football to have at least one turf per LFA (Local Football Association).

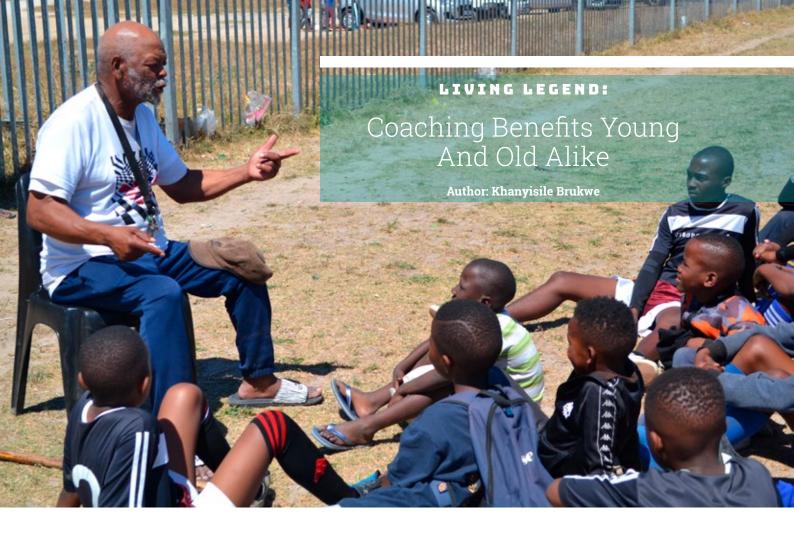
Consideration should also be given to combi courts – a small 5-a-side multi-purpose court which can be shared with basketball, netball and even, to a certain extent, hockey.

The City of Cape Town has indeed worked for Cape Town Football, as a result of effective partnerships – but there is still much work that needs to be done.

SAFA Cape Town aims to fully transform Football in order to attract more members by making it accessible to all. One of the cornerstones of SAFA's Vision 2022 is Gender Equality. While many women are excelling in Football, it remains male dominated. In order to attract more members, particularly women, the playing facilities need to be conducive for women footballers.

To provide equal opportunities to all people across the city, football facilities that are state owned need to be upgraded to rival privately--owned facilities.

The artificial pitch programme will change clubs' and communities' perspectives on infrastructure. Now they can build and maintain their own grounds in partnership with the local authorities and community. This will lead to a 50% increase in membership as a result of the artificial pitch being installed."







At 76 years old, coach Chris "Mboza" Zingelwa, founder and owner of the Khayelitsha-based Manchristers Football Club, has no intentions of hanging up his boots anytime soon – not just for the community's benefit, but for his own as well.

"Many people my age and those who are younger are suffering from old-age related sickness but I rarely get sick," he says. "When you are training the youngsters you also get some fitness in the process which is good for your health — and you feel like you want to do it more and more. I will stop coaching only when I'm dead."

Born in Langa, Zingelwa grew up in Gugulethu before moving to Khayelitsha. But everywhere he's been, he has always been in involved in football, first as a player then as a caoach and an administrator. He recalls that, unlike in Gugs and Langa, there were no sport activities when he first arrived in Khayelitsha. He was one of the first group who started sport structures and approached the municipality to ask for the construction of a sports fields which catered for various codes.

He's been a coach since 1995 – and his coaching skills and dedication to the youth is still desperately needed in the Makhaya area and surrounding communities.

In some ways, coaching was easier in those

days, Mboza shares – because the new youth are not keen on listening, and instead instruct the coaches on how they should do their jobs.

"Players were more respectful and we were able to talk to the players, advise them to give up on bad habits like smoking and drinking if they wanted to make it professional level."

It's a shame, because there are so many talented young players that could go on to great things. But despite these challenges Mboza sticks to his disciplined principles, and should players not want to follow his ways, he lets them go.

"I instil the hunger and energy that I have for coaching into my players, and this is what has resulted in the team growing over the years," he remarks. "I also welcome new players from the young to the old – and from time to time bid farewell to those who go on to try other ventures."

His wish is to see disadvantaged communities like Khayelitsha unite to form one club, get behind it to ensure that it plays at professional level, and encourage younger footballers to have something to look towards to

"We have a lot of talent in our communities," he says. "We want to see the youth inspired and sponsors to come on board so they can realise their dreams – and the dreams of their communities as well."

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