

TRANSFORMATION THROUGH SPORTS

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Cape at Six Sports is an initiative that was established in 2019 to showcase amateur sport activities and developments in Cape Town as an attempt to spark interest among more members of society to be actively involved in sport. From news, profiles, research and analysis, this is a one-stop shop for useful information which comes handy not only for participants but also for investors, sponsors, researchers and leaders, and seeks to drive transformation and community development through sport.

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TOP CAPE TOWN AMATEUR ATHLETES MAGAZINE

ISSUE #5 JAN 2021

CHRISPIN FOURIE:

CYCLING TO SOLVE SOCIAL
CHALLENGES

LESS PAIN, MORE GAIN
**HOW TO
RECOVER
FROM
MUSCLE
SORENESS**



LEANDRA
SMEDA
MAKES
PORTUGAL
HER NEW
HOME

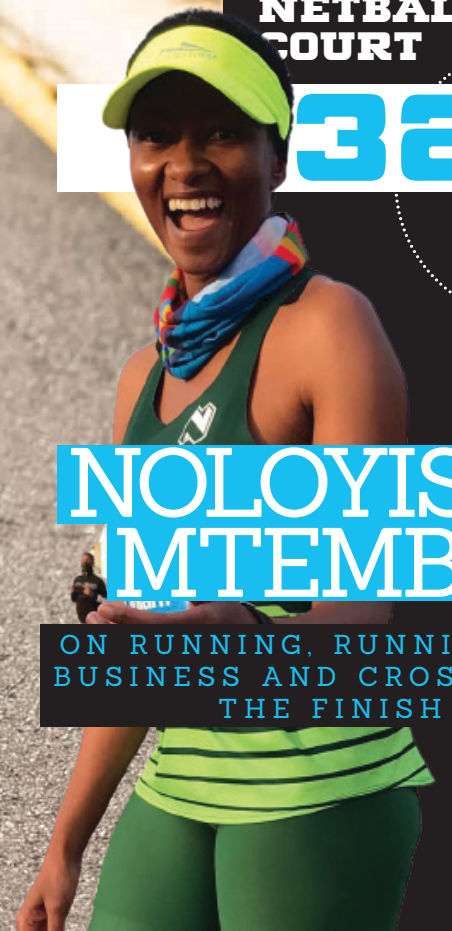
26

LIFE
LESSONS
FROM THE
NETBALL
COURT

32

NOLOYISO IMTEMBU:

ON RUNNING, RUNNING A
BUSINESS AND CROSSING
THE FINISH LINE



[CONTENTS]

THREE-PAGE
04

GETTING BACK TO BUSINESS
After COVID-19

FOUR-PAGE
10

CAREERS IN SPORTS
Choosing Fitness Coaching, Sport Science & Personal Training.

TWO-PAGE
14

HOW MANY AMATEUR ATHLETES
Are there in Cape Town?

08 **WHAT'S UP, DOC? E-SPORT**
Fit, Not Fat - And Fun, Too

09 **LESS PAIN, MORE GAIN: HOW TO RECOVER FROM MUSCLE SORENESS**

16 **CRICKET COMES ALIVE: WP ACADEMY 2020/2021 INTAKE ANNOUNCED**

18 **#LETHERRUN THE MOVEMENT BEHIND THE WORLD'S FASTEST WOMAN.**

25 **COUNTING CHRISTMAS CALORIES: QUANTITY, NOT QUALITY**

26 **LEANDRA SMEDA MAKES PORTUGAL HER NEW HOME**

28 **NOLOYISO MTEMBU:**
On Running, Running A Business
And Crossing The Finish Line

32 **SIZA GOLA SPORT IS THE BEST THERAPY**

32 **BONGI MBAYEKA LIFE LESSONS FROM THE NETBALL COURT**

37 **THE LAST SHALL BE FIRST: YOUNGER SIBLINGS MAKE BETTER SPORTS PEOPLE**

46 **RUGBY PLAYERS IN THE BOXING RING: FIGHTING FOR A FRIEND**

CONTRIBUTORS
Capeat6Sport is published by Vavavum Trading

Editor: Myolisi Gophe
Subeditor: Nicklaus Kruger
Designer: Jesi Townsend
(Jeezy Town)

Contributors:
Nicklaus Kruger, Myolisi Gophe, Khanyisile Brukwe, Warren Lucas



KELSO PESKIN

Cape Town Football Star Bounced Back After Heartache



CYCLING TO SOLVE SOCIAL CHALLENGES



SPORTS PSYCHOLOGY
Made Easy and Fun

WIN OR LOSE, LET'S DO IT TOGETHER

AUTHOR: MYOLISI GOPHE

editor.

IF THERE'S ONE LESSON SPORT TEACHES US, IT'S THAT NOBODY DOES IT ALONE.

Games are won and lost as teams, not as individuals. And you may be running your race alone, or score the winning goal yourself - but there are a lot of people who helped support you and get you there, from coaches to teammates to family, friends and fans. Individual brilliance matters, for triumph or tragedy - but in sport and in life, teamwork matters more. And in the time of COVID-19, it matters more than ever.

After the authorities gave green lights to sport activities at grassroots level to resume their activities towards the end of last year, many federations and clubs seized the opportunity to return to sports fields, courts, tracks and courses.

While many sports people followed the stipulated COVID-19 strict safety protocols, others may have dropped the ball (so to speak). Informal or unsanctioned tournaments, in particular, were reported to be among the worst offenders. Even law enforcement agencies were not strict enough during Level 1.

But the pandemic affects us all - and we can't beat it alone.

As 2021 started just like the way 2020 ended - with uncertainty and fear caused by the catastrophic coronavirus pandemic - it's

important to remember that... and to look at what works and what doesn't in amateur sport, and how the sector should perform going forward.

So in this issue we're doing just that.

We look at some professional sporting federations that hosted matches with success despite COVID-19, such as tennis, golf, netball and athletics (page 4). We highlight just how big amateur sports is in Cape Town and beyond (page 14). We examine how sports psychology can help us face challenges on the field and in life (page 42), and how you can study up for a successful career in sport science and fitness (page 10).

And that's just for starters. COVID-19 has taken the world into uncharted waters, and we have learned the hard way that the pandemic is here to stay. These are tough times for the amateur sports sector, and for all of us, as individuals facing losses - of jobs, of lives, of families and friends.

But life has to go on.

We just need to play our part and follow the game plan, by sticking to the proper precautions and protocol, and remembering: we're all in it together..

Welcome to the first issue of the new year. Happy reading - and happy New Year, one and all!



GETTING BACK TO BUSINESS

After COVID-19-enforced restrictions on amateur sports were lifted, some federations wasted no time to return to their fields, tracks, courts and courses, albeit under strict protocols.

AUTHOR: MYOLISI GOPHE

While the much-needed permission by authorities came too little too late for some codes, like rugby and football, others like athletics, netball, tennis and cycling were among those to resume their activities.

BUT WHAT HAS IT BEEN LIKE TO PARTICIPATE IN GRASSROOTS SPORTS DURING COVID-19?

The Cape Town Netball Federation (CTNF) hosted three "Return to Play" events in October: a tournament for selected teams at Stephan Reagan Netball Courts in Westridge, Mitchells Plain; CTNF Erica Board Games in the same venue, and a five-week CTNF Return to Play League at Kraaifontein Netball Courts which saw all CTNF teams and 18 clubs participating.

Marsha Wagenaar, chairperson of CTFN, said the purpose of the league was to give teams court time before the SA Spar Championship where CNF Under 21 and Senior ladies A teams are participating. "All participating teams were delighted to be back on court," she said. A Junior League for u13, u15 and u17 was also hosted for two weeks in Kraaifontein.



Wagenaar noted that the netball fraternity in the region also lost one member to COVID-19, and other members tested positive. Clubs and players were restricted to train in confined areas, and that has affected training programs for championships. Their inability to follow the planned programme of activities had a huge financial impact on the federation, she added.



PIC: SHUYB HENDRICKS

THE WESTERN PROVINCE ATHLETICS ASSOCIATION

also hosted three events at Parow Athletics Track. With Athletics South Africa (ASA) having relaxed its rules from 1 November 2020, it was decided that races may take place again. However, activities remained subject to very strict COVID-19 rules.

The number of participants is limited to 500. Only races with a distance of 10 km or less are allowed. With all these rules in place, local athletics clubs have found it very difficult to host official road races.

One of the clubs to embrace the opportunity was the Central Athletics club which hosted the first local trail run in the picturesque False Bay Nature Reserve.

The trail race in the False Bay Nature Reserve in Zeekoevlei was the first race that was not virtual to be organised by a local community club since March. Runners had to pre-enter to ensure that the limit of 500 was not exceeded.



PIC: SHUYB HENDRICKS

All participants had to undergo COVID-19 screening and their temperature was taken on arrival. Participants in the 8km and 4km distances were set off in small batches between 06:00 and 09:00 which ensured no congestion and congregation of big groups at the start.

Asieff Khan, manager of the False Bay Nature Reserve, said it was a great privilege for him and his team

to give people from the local community and elsewhere in the Cape, the opportunity to take a closer look at the breath-taking scenery that the nature reserve offers.

"The nature reserve is the ideal place to host a race in a safe place according to very strict COVID-19 rules. Apart from the fact that there is no traffic, it is great for the people, especially the children, to learn more about the bird life in the picturesque surroundings," Khan was quoted by the *People's Post*.



IMAGE: SHAUN PETERS

FOR CYCLISTS

the resumption of racing in the Western Cape has been full of challenges.

"For our first race back, we had restrictions placed on us that limited the number of people on the start line (including event staff and officials) to 50," Sue Kirk of Myriad Events, which organised certain races, recalled.



IMAGE: SHAUN PETERS

"We had to think outside the box to enable us to do this and we ended up with a great race. This also meant that we had to address the way registration was done as we couldn't allow too many people in the same area and had to be aware of social distancing at all times".

Kirk said as restrictions have been eased, they have returned to normal race categories, but still observing safety protocols.

"We had to bring more people to assist on race day, establish a COVID-19 screening point for all attendees, separation of registration stations, sanitisation of work stations both at registration and the timing desk," Kirk said. "It's also been disappointing for the cyclists that we haven't been able to have podium ceremonies or prize giving, but they understand that it's for everyone's benefit that these have been cancelled."



IMAGE: SHAUN PETERS



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[WHAT'S UP, DOC?]

AUTHOR: NICKLAUS KRUGER

True sports fans know that it isn't just about the brawn - it's about the brains as well. And we don't just mean the players and the coaches, either: all over the world, thousands of brains are working on sport- and exercise-related research, uncovering new wisdom, confirming old truths, and letting us know that things aren't quite as simple as we always thought. Here's a bit of what these sporty scientists have found out recently...

Esport

Fit, Not Fat - And Fun, Too

ESports are a big deal, and getting bigger every day (especially now that COVID-19 has changed...well, everything). It's a multibillion dollar industry that's turned passionate gamers into international celebrities and inspired millions of fans, and might even appear in future Olympics.

But are ESports-folks real athletes? Do they have to train hard and keep fit?

Well, yes - at least, if they want to be good at it.

A new Queensland University of Technology survey of 1400 participants from 65 countries has found esports players are up to 21 per cent healthier weight than the general population, hardly smoke and also drink less. And the top 10% of esports players were significantly more physically active than lower level-players, showing that physical activity could influence esports expertise.

"The findings challenge the stereotype of the morbidly obese gamer," QUT eSports researcher Michael Trotter has noted. "As part of their training regime, elite esports athletes spend more than an hour per day engaging in physical exercise as a strategy to enhance gameplay and manage stress."

Still, although esports players appear generally healthy, a small group was significantly obese - and most esports players didn't meet the WHO's physical activity guidelines of 150 active minutes a week, indicating potential future health risks

So if you want to be the very best, like no one ever was - maybe turn that screen off every once in a while and get off the couch, okay?



[LESS PAIN, MORE GAIN: How To Recover From Muscle Soreness]

Picture it. First of January, 2021: you've gotten yourself together, shrugged off your New Year's hangover, dusted off your resolutions, and gotten yourself to the gym/weights/track/whatever, and you're exhausted, but happy to be exercising again.

And now picture this - 2 January 2021: every muscle in your body is on fire, and it feels like you're going to die, and you start to question why you ever made this stupid resolution in the first place.

Well, that's up to you and your conscience. But a little delayed onset muscle soreness (DOMS) is unavoidable, and necessary to cause muscle tissue to strengthen and adapt. And there are ways to manage that, according to researchers at La Trobe University,

Some of the more common recovery strategies that do seem to work include ice baths, massage, foam rollers and compression garments. Other techniques like recovery boots or sleeves, float tanks and cryotherapy chambers, aren't as well-tested yet - but if they make you feel better, go for it.

But the best recovery methods? Adequate sleep and

optimal nutrition.

"When it comes to nutrition, the exact strategy will vary from person to person and you should always seek out nutrition advice from a qualified professional, but remember the three R's: refuel (replacing carbohydrates after exercise); rebuild (protein intake will aid in the muscle repair and rebuilding); and rehydrate (keep your fluid intake up, especially in these summer months!)."

So take it slow, eat right, drink (water, we mean), and get some rest. Yeah, right...

Cont. on page 25



CHOOSING FITNESS COACHING SPORT SCIENCE & PERSONAL TRAINING AS A CAREER PATH

For many of us, physical activity, sport, exercise and recreation play a big role in our lives. They form part of our socialization and our culture and bring people together in joy and passion, whether our teams win or lose. And we all know there are plenty of benefits to regularly participating in physical activity, helping us develop mentally, physically and socially. But there's so much more to know!

So we pursue further information online, through discussions with peers, chats with friends and family and reading exercise-related books and magazines. Maybe we even join our local sports club, local walking/running group, community centre or the local gym/fitness centre.

But we still want to know more. So what's the next step? Considering the study of fitness as our next educational pursuit, of course!

Though the decision to study fitness and personal training may be quite obvious because of its benefits and our passion for movement, there are still few important questions to consider. To help you find the best answer for your future in fitness consider the five Ws as a means for your decision-making process.



Warren Lucas, MA, is Exercise Scientist at the South African Medical Research Council and National Academic and Operations Manager at the International Fitness Academy. And he knows a thing or two about the challenges of studying as well - he's currently completing a PhD Med at the University of Cape Town

IFA INTERNATIONAL
FITNESS
ACADEMY

WHO DO YOU WANT TO BE?

This is a big question, and getting bigger all the time. These days, our interests are very diverse - and the industry of fitness spoils us for choice. As fitness and exercise professionals, we adapt, change and innovate; and together the industry grows. Today, there are Fitness Instructors, Wellness Coaches, Personal Trainers, Sport-specific Coaches, Strength and Conditioning Coaches, Biokineticists, Exercise Scientists, Club and Sport Managers, Sport Administration, Sport Development Practitioners, Kinesiologists, Group Exercise Instructors, Recreation Therapists and more! Though at the base of all these different designations, we are all taught some degree of anatomy, exercise physiology and how to lead exercise and physical activity programmes. Decide what you are aiming to be, and find a course that qualifies you in that particular position.

WHAT SHOULD YOU STUDY?

This is a big question you will have to ask yourself as our industry is quite diverse and widespread, often some positions overlapping others, making it quite difficult to decide what to particularly study at the chosen institution. From an immediate list, you will see that there are certificates, advanced certificates, diplomas and degrees on offer. In South Africa, the National Qualifications Framework (NQF) outlines levels of education. Generally speaking, the higher the level, the longer you need to study - and the higher the salary.

Matric or Grade 12 is NQF level 4. At present, a higher certificate is NQF 5, a diploma is an NQF level 6, and a degree is an NQF level 7. Based on your decision on where to study, you may find out that some institutions offer only certificates and diplomas, some offer certificates, diplomas and degrees, and some offer only degrees. To ascertain this, map out your current commitments and identify how much time you can spend on your career training in fitness, then decide on which certificate, diploma and/or degree you are wanting to pursue.



WHERE should you study?

At present, the COVID-19 pandemic has brought on many concerns regarding social gatherings, and institutions have taken their studies completely online and now only use their gym and fitness centres as practical sites for student practical assessments once theory subjects have been covered in much detail. This has been one of the few positive aspects in the realm of fitness education.

Of all the institutions, narrow your search down to the top 6 institutions (my recommendation would be to look at 3 national and 6 international institutions) that you feel you would like to be affiliated with, or carry the name of into your future career. This will assist you with choosing from who you think is the best of the best in the industry of fitness education merely by their reputation and marketing. Ask around.

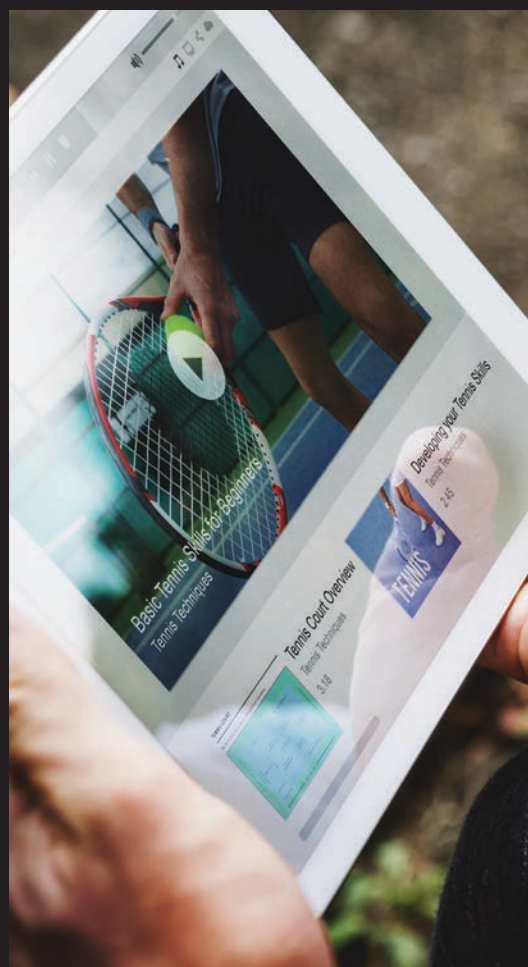
Find out from your coaches, fitness instructors and personal trainers where they studied and who they recommend you add to your list of potential institutions. Don't be afraid to ask, we are all here to uplift each other and able to provide guidance in this way..



WHEN SHOULD YOU STUDY?

Time - there's just never enough of it, is there? With all the different aspects of life pulling at our attention, it definitely may seem that there is no time for studies. One way to work around this would be to find a way to incorporate your studies into your daily routine. Alternatively, you could decide how much time you're willing to set aside from other activities in life according to NQF level (it takes three years to get your NQF 7 degree, remember?).

And finally, another option to consider is online learning. Online learning has taken the lead since the COVID-19 pandemic, and it's not going away: Accessibility to education in this way is completely necessary as we are becoming more and more remote in the way we live, work, learn, and play. The benefit of online learning is that it's much more accessible than on-campus classes: it's a little easier to set aside 15-30 minutes per day to attend an online lecture or complete a task than to block off an hour to travel to and from campus to attend an hour-long class.



WHY SHOULD WE STUDY?

The biggest question of them all! Your WHY is what will determine your success in any chosen profession within the sport, exercise and recreation fraternity. We study, learn new skills and advance our thinking in certain disciplines because we have something to offer and a gap to fill - a purpose often underscored by meeting the needs of someone or a group of people. A previous student of mine started studying fitness and group exercise instruction with me as he noticed that there were no fitness and recreation engagements taking place in his community.

He wanted to bring his neighbours closer together and create more of a community presence among the members within the community - and he saw fitness as his vehicle. After just a few lectures in learning the basics of leading exercise programmes, he started his very own community bootcamp class, charging a minimal fee in an effort to get people moving and more physically active. Now neighbours have become friends, and the community has become more integrated with one another, it's become a safer environment and people are getting to know each other better.

To find out YOUR purpose, jot down a few of the reasons you are choosing a particular course of study, and ask yourself if you could see yourself doing that everyday. As Confucius once said, "choose a job you love, and you will never have to work a day in your life."

The future is bright - and if you're passionate and motivated, you have a place within fitness, sport, recreation and exercise. We're waiting for you - good luck!



HOW MANY AMATEUR ATHLETES? ARE IN CAPE TOWN

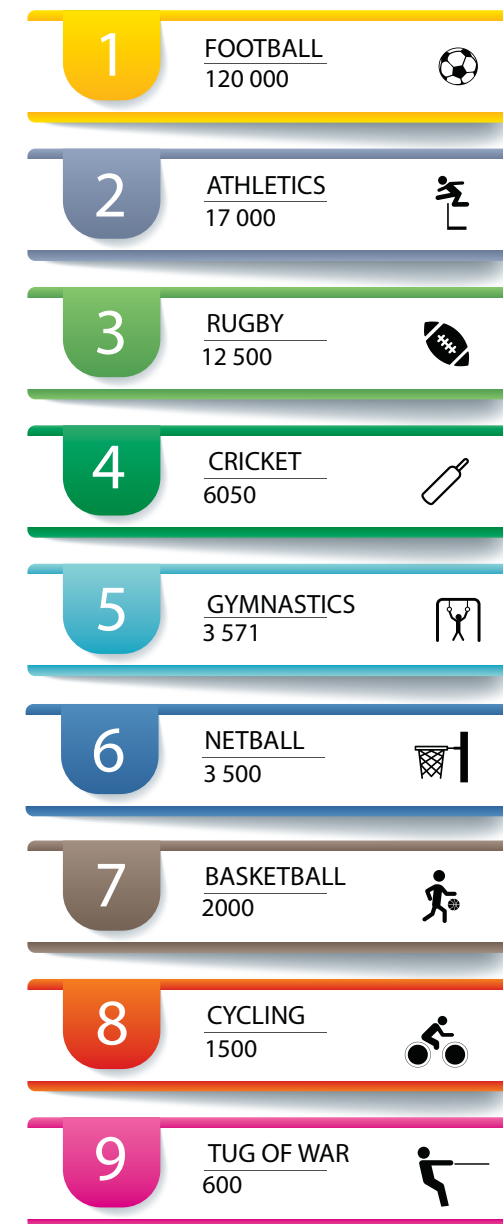


Figures speak for themselves, Cape Town has a low but a decent number of people who are formally participating in amateur sports. The Mother City had approximately just under 200 000 registered sports people in 2019 – the last year when amateur sports were fully active before it was disrupted by the COVID-19 global pandemic.



**WITH THE
POPULATION
IN THE CITY
ESTIMATED AT
AROUND
4 MILLION**

in the same year, this put the number of athletes, coaches, managers and administrators at grassroots level at around 5%. This excludes members of society who are involved in informal sports or professional levels, and only reflects figures from federations that responded. These were **football, athletics, rugby, cricket, basketball, netball, cycling, gymnastic and tug of war.**



According to figures obtained by Cape At 6 Sport from federations' annual reports and responses, football has an overwhelming number of participants with 120 000 footballers registered by SAFA Cape Town in the 2019/2020 seasons. The registration was over a two year period, with transfers permitted in between. This could mean that one member could have been registered twice over the period.

Western Province Athletics Association was the second biggest federation with about 17 000 members in the same year, followed by Western Province Club Rugby at 12 500 and Western Province Cricket Association at 6 050. With 3 571 and 3 500 member, respectively, Cape Town Gymnastics Association and Cape Town Netball Federation were almost neck on neck. Cape Town Basketball Association had around 2 000 participants, 500 more than the Western Province Cycling Association which saw about 1 500 at each events, and Cape Metropole Tug of War which had about 600 members.

It must be emphasised that these figures are only of those leagues that responded, and the number could be higher.

CRICKET COMES ALIVE:

WP ACADEMY 2020/2021 INTAKE ANNOUNCED

AUTHOR: MYOLISI GOPHE

After COVID-19 pandemic severely disrupted sports activities around the globe, the cricket season in Cape Town is set to resume in the New Year - under strict protocols, of course.

The Western Province Cricket Association issued draft fixtures for the sport at grassroots level to return to the field on 16 January 2020. But with the second wave of the virus confirmed to be on our shores in early December, anything is possible in the next few weeks, though. Time will tell.

MEANWHILE, THE PROVINCE CONFIRMED

the Western Province Provincial Academy intake for the 2020 / 2021 season. The squad includes former SA U19 duo Imran Philander and Siya Plaatjie as well as former SA Schools and SA Colts and Academy Colts players who will be playing under the tutelage of U19 and WP Provincial Academy Coach Gurshwin Rabie.



"In terms of assembling the Academy squad, I believe we went through a thorough process in identifying some of the best young talent within the structures of WPCA," Rabie said in a statement issued by the Western Province Cricket Association.

"We also relied heavily on the input from the senior provincial coaching staff with regards to where they foresee themselves having gaps or a shortage in terms of players with certain skills sets."

CRICKET



It's been a challenging year for cricket in South Africa - with massive governance issues at Cricket South Africa just adding to the coronavirus difficulties. Cricket fans could use a bit of good news - and Rabie is sure the WPCA can provide that.

"THE SQUAD THAT WE HAVE PUT TOGETHER CERTAINLY BRINGS ABOUT A BIT OF EXCITEMENT AND IT ALSO CREATES A HUGE AMOUNT OF EXPECTATION FOR THEM TO DO WELL DURING THIS UPCOMING SEASON," RABIE SAID. "WE LOOK FORWARD TO THE CHALLENGE AND CANNOT WAIT FOR THE SEASON TO GET STARTED."

Cricket Services Manager Clinton du Preez is challenging the squad to work hard and understand what it takes to become a professional cricketer.

"Many of the Cape Cobras and Western Province players from past and present have come through our WP Academy and we challenge this next generation to follow in their footsteps and represent our proud Province and franchise. We wish Coach Gurshwin, Graham October and the squad all the best for the coming season."



Western Province men's senior provincial coach Paul Adams. Photo: Chris Ricco/BackpagePix



Cricket Services Manager Clinton du Preez

Western Province Provincial Academy 2020/2021:

Daniel Smith, Kai Curran, Phindile Tsolekile, Mathew de Villiers, Thembanani Ngicizela, Lwando Tywaku, Jordan Woolfe, Guy Sheena, Imran Philander, Siya Plaatjie, Diego du Plessis, Justin Gililand, Sisonke Mazele, Kyle Pluke, Josh Breed

THE MOVEMENT BEHIND THE WORLD'S FASTEST WOMAN

What, exactly, does it mean to be a woman? And who gets to decide that? World Athletics thinks it has the answer – and it wants athletes to conform...or else. Mokgadi Caster Semenya is fighting back – and inspiring a movement to #LetHerRun.

AUTHOR:
NICKLAUS KRUGER

Semenya is, by any measure, a truly amazing woman.

She's woman enough to go from running barefoot in the village of Ga-Masehlong in Limpopo to competing on the world stage. Woman enough to win two gold medals for her country in separate Olympics, and three world titles. Woman enough to try her hand at an entirely different sport, working in the technical team of a female soccer team, and to raise a family.

But not, it seems, woman enough for World Athletics.

The champion middle-distance runner (the 800m is her specialty) has previously been forced to withdraw from international competition, and has had medals disputed, and has had to undergo shady testing and even shadier public questioning - all as a result of high testosterone levels due to an intersex condition and an International Association of Athletics Federations (now World Athletics) that has some strange ideas about the science (and indeed the ethics) behind sport and gender (and, frankly, probably race as well).

In 2019, new IAAF rules came into force preventing women such as Semenya from participating in 400m, 800m, and 1500m events unless they take medication to lower their testosterone levels. Athletes with differences of sexual developments (DSD), the regulations require, must lower their testosterone concentration to five nanomoles per litre of blood if they want to compete in these events on an international level.

Semenya refused to comply with these regulations, appealed to the Court of Arbitration for Sport - and lost.

But you don't become a world champion by just giving up when the going gets tough - and Semenya isn't one to just roll over.

"I refuse to let World Athletics drug me or stop me from being who I am," Semenya told reporters, including the BBC. "Excluding female athletes or endangering our health solely because of our natural abilities puts World Athletics on the wrong side of history. I will continue to fight for the human rights of female athletes, both on the track and off the track, until we can all run free the way we were born. I know what is right and will do all I can to protect basic human rights, for young girls everywhere."



AND SHE'S NOT ALONE.

The South African Department of Sport and Recreation, SA human rights groups and political parties, and many others are uniting behind her – and she's part of the Athletics South Africa group preparing for the postponed Tokyo 2020 Olympics (even if she has to run the 20m).

And now Semenya and other women athletes with elevated testosterone levels are receiving new backing in their fight to compete: the #LetHerRun campaign, which was launched recently out of San Paulo, Brazil, and aims to combat the strange ideas about the science (and indeed the ethics) that are behind World Athletics' take on sport and gender.



LET HER RUN: STANDING TOGETHER AGAINST DISCRIMINATION IN SPORT

#LETHERRUN

is a movement that embraces all women that want to run and are being kept from it - a coalition of former athletes, scientists, and doctors who say, "No woman needs to prove she's really a woman."

As the LetHerRun movement put it in an open call for change: "Today they are stopping [Caster Semenya]. But we say, let her run. Let her run through the tracks around the globe.

Let her run and inspire the children of the world. Let her run and show that it doesn't matter where you came from, with hard work you can achieve your dreams and goals. Let her run and be the best she can be."

Semenya's unique physiology might - and that's a very big might, because, as with so much of science, it's complicated - help her run a little faster than she might otherwise.



But even if it does - it's natural.

Should some basketballers not be allowed in the WNBA 9 (or the NBA, for that matter) because they're taller than their fellows? Or should Michael Phelps not have been allowed to dominate the pool because of his unique and optimally-shaped swimming body? Or Nordic skier Eero Mäntyranta have had his Olympic medals revoked for a unique mutation that allowed him to produce more red blood cells?

Should we not, as David Epstein points out in his popular TED talk, celebrate the natural gifts of certain athletes - and recognize that those gifts, properly utilized, help push the bounds of what we'd previously considered possible?

And given the sporting world's shameful history of sex testing (highlighted in the recent film, #LetHerRun, which portrays the "nude parades" and embarrassment women athletes had to endure in order to compete, should World Athletics be allowed to determine just who gets to be considered woman enough?

"NO WOMAN SHOULD HAVE TO
PROVE SHE'S A WOMAN."

As Julian Savulescu, Uehiro Chair in Practical Ethics, University of Oxford, put it: "Justice is about giving priority to the worst off in our society - but this ruling adds disadvantage to the worst off. Those with intersex conditions are already stigmatised, discriminated against, in many cases cannot bear children even if they want to. They are the socially disadvantaged. This ruling adds further discrimination and disadvantage."

LetHerRun ambassador - and former Olympic champion Jackie Silva - believes that sex testing should be abolished and questions why only women get tested and not men.

"The world is changing, people are born with no gender, it's all coming now, we should be discussing all these things, not this whole 'are you women enough'," she said: "No woman should have to prove she's a woman."

And Caster Semenya is not going to let herself be defined by anyone.

"I love myself, I respect myself, and I respect myself for who I am," Semenya said. "I don't need any human to define me. Only my doings can define me to the world."

Caster Semenya wants to run.

LET HER RUN



CAPE TOWN FOOTBALL STAR BOUNCED BACK AFTER HEARTACHE

Author: Khanyisile Brukwe



The COVID-19 epidemic has adversely affected many industries, institutions and individuals around the globe - and sportspeople haven't been spared, either. One of them is Cape Town's own woman football sensation and Banyana Banyana star Kelso Peskin, who only played a couple of games for Toulouse FC Femines in France early this year before the pandemic forced their league to be abruptly cancelled and her club relegated in the process. That left her alone in a foreign country where she didn't really speak the language much - not an ideal situation..

But, as Cape At 6 Sport writer Khanyisile Brukwe found out, the Bellville South-born mid-cum striker has bounced back and found a new home with French Ligue 2 side Stade Brestois 29 Feminine (Brest) - something she's very much excited about.



SO WHO IS KELSO PESKIN?

Well, I'm 25, I'm a fervent fan of Manchester United in the English Premier League and Kaizer Chiefs locally, and I'm the daughter of renowned football coach Nathan Peskin. I've played for a number of clubs, including the University of the Western Cape (UWC Ladies) and Vasco Da Gama in the Sasol League Western Cape, as well as Lamar University and Tyler Junior College in the United States.

KELSO
PESKIN



HOW DID THINGS GO WITH YOUR PREVIOUS CLUB?

It was challenging in many ways but I learned a lot. I played about three games before COVID-19 hit and then we couldn't continue. We got relegated, which was a hard pill to swallow because it wasn't up to us. We couldn't play and fight to stay in the D2 division due to the pandemic. Other than that it was good.

"KEEP WORKING HARD, AND DON'T GIVE UP JUST BECAUSE THINGS ARE NOT GOING YOUR WAY."



HOW DID YOU LAND THE DEAL WITH BREST?

I came home in June with nothing, no new contract. I just thought, okay, I'll come home and wait till next year after COVID-19 and just keep fit till then. I didn't think leagues would actually be playing in Europe this year again, because at the time Europe was the hotspot for the pandemic. Luckily I had played against my current team previously while I was with Toulouse, so they saw me play. So my agent called me during the first week of quarantine and said Brest was interested in signing me. Next thing I was signed by Brest - all while in quarantine in Cape Town.



HOW HAS COVID-19 IMPACTED YOU - PERSONALLY AND CAREER-WISE?

Being alone for four months in a foreign country and not speaking much French wasn't the best, but my parents and friends helped me through it. I only signed a six-month contract with Toulouse, and after COVID-19 hit it was a bummer - because in order to get other clubs interested, you need stats, basically. At one point I felt like what am I going to do now, you know? I'll have to go find a job... but how could I during this time when everyone is losing their jobs - many of them with huge responsibilities at home? It was scary, to be honest. I'm happy that I got the opportunity to play again, and I'm grateful that Brest gave me this opportunity.





HOW ARE THINGS GOING THERE?

I love being here, and I love my new team: the girls and the coaching staff are so supportive, they're like my family. Things started off a bit rough after two losses. But we bounced back in the third and fourth games with wins, so that's good. I'm happy to be here and can't wait for the rest of the season.



WHAT'S LIFE IN FRANCE LIKE - AND WHAT DO YOU MISS THE MOST ABOUT MZANSI?

I like life in France, Brest is somewhat like Cape Town, so for me it's nice. I get to go to the beach and the boardwalk, so that's cool. I love French food - but I do miss my mom's food, and my friends and family, especially on off weekends.



WHAT ARE YOUR DREAMS AND AMBITIONS?

I would like to win the league over here at some point and continue to play competitively for as long as possible. I would also like to experience D1 (French Ligue 1). If not, it won't be a bummer - but it is a dream.



ANY ADVICE FOR UP-AND-COMING YOUNGSTERS?

Keep working hard, and don't give up just because things are not going your way. We can all overcome the challenges that God put in front of us. 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.



ANYTHING ELSE THAT YOU WOULD LIKE TO UPDATE US ON?

Not much, besides my French knowledge is slightly better than when I first came, which is handy.



WHAT'S UP, DOC? (CONTINUED)



COUNTING CHRISTMAS CALORIES:

QUANTITY, NOT QUALITY Author: Nicklaus Kruger

It's holiday time again - that magical time when families and friends gather to toast the year that's been and feast...or when we maintain social distancing because it's been a heck of a year, and we eat our stress away.

Either way, you're probably going to be eating more than usual, and exercising less - so naturally, many of us are going to be trying to avoid putting on weight by consuming fewer calories. And naturally, we're probably going to fail. But it's not because we're lazy, or greedy - we're just bad at counting calories.

There are two main ways of evaluating the caloric content of foods: try to estimate numerical counts in food portions, or simply think in qualitative terms about high- and low-calorie foods (chocolate cake = high; cauliflower = low).

Researchers from Cornell University and the University of Pittsburgh conducted a series of studies on how participants estimated and compared calories across dishes and quantities - from almonds to chocolatey treats and cheeseburgers.



Turns out the qualitative thinkers were worse at guessing calories - because they were looking at the foods, and not the amount of it (33g of roasted almonds has more calories than 20g of chocolate-covered almonds, after all). But they could improve their guesswork by judging portion sizes rather than (or better yet, in addition to) food type.

So basically...Healthier doesn't always mean fewer calories. More is more. And when in doubt, do the maths.

Now go forth and celebrate - in moderation, of course...

Cape Town Athletes On the Move:

LEANDRA SMEDA

Makes Portugal
Her New Home

AUTHOR: MYOLISI GOPHE



CAPE TOWN VETERAN FOOTBALL STAR

Leandra Smeda penned her third professional football contract in November when she joined top-flight Portuguese side, Futebol Clube de Famalicão, commonly known as Famalicão.

The versatile midfielder, a Cape Peninsula University of Technology graduate in food nutrition who hails from Velddrif on the West Coast and played for Cape Town Roses and the University of the Western Cape in the Sasol League Western Cape, brought a wealth of experience along to Portugal.

She's been a regular for the senior women national team Banyana Banyana, with over 100 caps to her name (and counting). And she has performed at some of the grand stages in world football, including the 2016 Olympic Games in Brazil, the 2018 Africa Women Cup of Nations and the 2019 FIFA Women World Cup in France.



Smeda has excelled abroad, earning her first professional contract with Lithuanian giants, Gintra Universitetas before moving to Swedish outfit, Vittsjö GIK - and finally signing to Famalicão.

But what is making her new home away from home more homey – and hopefully putting her in good stead for another successful stint – is that she has found Portugal to have some similarities to Cape Town.

"Portugal has a Cape Town vibe to it," she says. "The people are friendly, the food is good. They love fish here, and I'm from a small fishing town so it works for me. So far I find it chilled and the people are more approachable compared to Lithuania and Sweden."

Still, as the saying goes,

NOTHING BEATS HOME

And, as much as she is excited and comfortable in Europe, Smeda still misses her family and friends - and the warm weather (most of Portugal, as the rest of Europe, is experiencing a rainy and chilly winter at the moment).

At least that gives her an opportunity to spend her time off indoors, catching up on some series. "It's cold here now, and it rains almost every day. So when it gets warmer, I will explore some parts of Portugal."



Practice And Patience In Portugal

When Smeda arrived in Portugal, the newly-promoted Famalicão had already played all of the first round league matches, so for now she and her teammates have to stick to some intense training sessions in preparation for the resumption of the league. She will have to wait until the New Year to make her big debut.

"I'm looking forward to it," she says. "I would like to help the club keep their top flight status and hopefully play in Portugal for a few seasons."

The only hurdle for now is the language.

"At the club, management doesn't speak English. Only the physio and assistant coach speak it a little bit, and then two players. The coach doesn't speak English either - so I always have to ask one of the players that speak English well to translate for me. But I'm learning words and phrases daily - so by the time I leave here I'll be fluent," she chuckles.

What has been Smeda's recipe for success?

"For me it's just been about working hard, staying disciplined and finding a good balance with having to juggle my studies, work and football over the years before I actually signed my first professional contract."

Her advice for up-and-coming youngsters is simple: "You need to work hard every day in training, try and improve your weaknesses at every session, stay coachable, learn from those you get to work with - and remain humble."

And learning shouldn't just be restricted to the sportsfield.

"Focus on your goals and school/studies as well," she says. "The two go hand-in-hand. Being a student athlete is a full time job so you need to find a balance. Remember that football is a short career and you will need something to fall back on. So once you make it pro, plan for life after football."



NOLOYISO MTEMBU:

ON RUNNING,
RUNNING A
BUSINESS AND
CROSSING THE
FINISH LINE

AUTHOR: KANYISILE BRUKWE



Noloyiso Mtembu's friends call her 'Babes we seconds' because she finished her first Comrades Marathon just a few seconds before the 12-hour cut off. She didn't give up, though - and that same spirit led her to found her own successful consulting business.

PHOTOS BY LEON LESTRADE

Noloyiso Mtembu may be an established writer, philanthropist and the Managing Director of NM Media Consulting - but to her friends, she'll always be 'Babes we seconds'...because her Comrades finishing time was 11:59:37, a few seconds before the 12-hour cut off.

"That was cutting it too close but I was not going to give up," she laughs.

That same determination leads her to strive to achieve in her consulting career. Always asking herself whether she has given all she could? "If the answer is yes, I'm happy. If not, I keep trying," she says.

Mtembu has been running long distances as a social runner for seven years now - a running friend inspired her to try, and before long, she was hooked. She participated in the Comrades Marathon in 2017 and was proud to have finished.

"Another highlight was running and finishing Phukethon in Phuket, Thailand in November 2019," she recalls. "Starting a race at 3 am because of hot and humid conditions was a first; but I thoroughly enjoyed the torture."

Born and bred in a small town called Flagstaff in the Eastern Cape, Mtembu studied journalism

at Technikon Natal in Durban, now called Durban University of Technology and started practicing through her internship in Pretoria in 2001. Her career has been a mix of journalism, communications, fundraising and more - but her lifelong dream had always been to start her own business, and in 2018 she finally took the plunge.

"I was fortunate in that I had worked in other environments before, besides journalism - and these varied experiences sort of prepared me to start a communications entity," she says.

NM Media Consulting is a digital communications solutions company offering services to non-profits and businesses, it not only helps businesses communicate effectively for better sales, but also helps non-profits to communicate their objectives to attract funding.

She has always believed in communication, giving back and speaking out against injustices, three values that would lead the path to her multiple careers.

"I believe communication is at the centre of our existence. As individuals, as professionals, in business, in relationships - we need to communicate effectively. I'm excited by the small contribution I make when I help a business or organization communicate better."



Sport, Success And The Power Of Patience

The growth of her business and the impact it has had on others, is something Mtembu is very proud of.



"Everyone else is a go-getter. I choose to be a go-giver. I learnt this from the book *The Go-Giver* by Bob Burg and John David Mann. To give more than I get paid. A job well done is when a client feels they have paid far less than the value they received from my services. This has nothing to do with not knowing my worth, but striving to give value over and above what is expected."

Mtembu had planned to do the Comrades Marathon again this year - but COVID-19 had other plans. But lockdown or not, she's still finding time to keep fit - body and mind alike.



"I practice yoga and pilates; I also run, hike and swim. To relax, I grow flowers and herbs in my backyard. On a random weekend I would be found outdoors - in the warmer months, at least. In the colder months, you can find me inside, with a good book and tea."

Her involvement in sport has had a positive impact in her personal and professional life and has taught her lessons of endurance and patience, and an understanding that, like all good things, fitness does not happen overnight, it takes time. Business success follows the same principle: it takes time.

"When you're feeling discomfort or discouragement, and it feels like the race will never end, just keep a cool head and carry on," she advises. "It will end in joy when you cross the finish line."

She says that she has not achieved her highest point yet, but she strives to be the best she can be, every day. Moreso, she is proud of the fact that she has allowed herself to dream and living it makes up for the ups and downs of owning a business.

PHOTOS BY LEON LESTRADE



SIZA GOLA

**SPORT IS
THE BEST
THERAPY**

Author: Myolisi Gophe

Coaching football at grassroots level means more than just teaching youngsters the techniques and tactics of the beautiful game - one needs to also play more roles in order to get the best out of the playing staff. Just take it from Khayelitsha's Siza Gola, assistant coach of Police FC, which has players from the South African Police Service and the general public.

"Before you're a coach, you're a parent," he explains. "You first deal with a human being, with his emotions and behaviour before teaching him soccer. There are a lot of things that we need to look at for them to perform to the best of their abilities. Their lifestyles off the field. Who does he stay with, how is he coping at school, etc. You have to help the player develop as a human being, physically and emotionally, so that you can instil your philosophy in him. Then that person will perform well for you - and for himself."



**"WE HAVE MADE HISTORY,
AND WE WANT TO CONTINUE
CARRYING THAT."**

This philosophy has helped shape Gola into one of the most promising young coaches in Cape Town. And it's helped Police FC, which does its training and administration in Pinelands, but plays home games in the scenic town of Kleinmond, make history by becoming the first club from the Overberg region to earn promotion to the ABC Motsepe League, South Africa's third tier of football.

They won't just be making up the numbers in the semi-professional league, Gola notes. "We have made history, and we want to continue carrying that. We are the pride of the Overberg region, and we will go there and compete."

A big fan of Mamelodi Sundowns co-coach Rulani Mokwena, Gola was encouraged to follow coaching by a number of people who noticed his technical awareness following his career-ending injury he sustained while playing for Ikapa FC.

Before joining Police FC midway through the 2018/19 season, Gola cut his teeth at a number of grassroots clubs, including Thandabantu FC of Khayelitsha, Arsenal of Delft and Silver City while coaching departmental and regional teams of the City of Cape Town (where he is employed).

Gola believes more investment is needed in infrastructure and equipment for grassroots football to grow. And parents and other community structures need to give young people more support. "We live in a society with broken family structures. Currently, there is very minimal support from parents for their children to pursue their dreams, especially in disadvantaged communities."

That support can make all the difference.

"I often have one-on-one meetings because you can push a player, wanting him to perform, not knowing that the boy has not eaten the whole day," Gola says. "But if you understand that this boy is challenged in some way it will be better for you as the coach to work with him. Football is the best therapy - and a cheap one, too."

Gola, who hails from Mqanduli in the Eastern Cape, encourages players and coaches alike to never stop pursuing their sporting dreams.

"If you can take care of yourself and keep working hard, even at 28 years of age you can turn professional. Give your all, and play each game as if it's your last - and you'll see what you can do."

**SIZA
GOLA**



LIFE LESSONS FROM THE NETBALL COURT: PLAYER, COACH AND UMPIRE BONGKI MBAYEKA

Author: Myolisi Gophe

Having played netball from primary school up to university and now doubling up as a player and a players' representative in the executive committee of Cape Town Netball Federation, Bongki Ngayeka is seen as the glue that keeps netball ticking in the region. Myolisi Gophe caught up with her to find out more.



SO WHO IS BONGKI NGAYEKA?

I was born in the Eastern Cape town of Idutywa but I grew up in East London and King William's Town. After matric I moved to Cape Town to further my studies at the Cape Peninsula University of Technology where I completed my National Diploma and BTech in Biomedical Technology. I'm a netball player but I'm also a netball umpire, a netball coach, a technical official, and I'm currently serving on the executive of Cape Town netball federation as the Chairperson of the players' commission committee.



HOW DID YOU GET INVOLVED IN NETBALL?

Growing up in primary and high school I was involved in a number of sports, including volleyball, athletics, cricket, tennis and - of course - netball. When I arrived at CPUT in 2009 as a first-year student I immediately joined the institution's netball team. Even after I graduated, I played for CPUT due to them playing club netball. Because of my continued efforts and also my involvement in the game of netball around Cape Town, I was elected to be Chairperson of the players' commission committee of Cape Town Netball Federation. So my love has always been there, since I started the sport when I was in Grade One, aged seven. And now, 23 years later I'm still very much active in the game.

BONGKI MBAYEKA



WHAT ARE SOME OF YOUR PROUDEST NETBALLING ACHIEVEMENTS?

One of the biggest achievements so far for me was representing the Cape Town Netball Federation in Johannesburg last year at the Nationals: the team that I was a part of came back with silver medals. And being a player's representative is something that I enjoy very much, especially because I'm able to represent the players, and I'm also able to work with the executive to ensure that the players get the best knowledge, the best guidance and best service from all of us.



HOW HAS NETBALL SHAPED YOUR LIFE?

Being involved in netball with the Cape Town Netball Federation has taught me discipline, it has taught me that when you love something you stick it out and give the best of your abilities. It has taught me that you need to be a team player and be able to work with other people in order to make a success of anything. And I've been assigned many netball-related responsibilities, so that's also shaped me as a person: to know that when people depend on you and you're given a certain task, it's your responsibility to make sure that you deliver and not let people down.



WHY DO YOU THINK NETBALL IS STILL OFTEN PERCEIVED AS A "WHITE SPORT", ESPECIALLY AT SENIOR NATIONAL LEVEL?

Unfortunately, South Africa has a history of racial discrimination and racial segregation that brings negative connotation to sports. You'll find that some people will say rugby is a white people's sport, and some people will say that soccer is a black people's sport. So there's always going to be contrasting views, and all I'm going to say is that certain people do have privileges that allow them to dominate certain sports. Some people can afford tour fees; some people can't. Some people can afford transport to attend netball practices, and some people can't. Some people will be able to afford a new playing kit and training takkies, and some people won't. So certain people will be in a better position to pursue their talents, and others may not make it as far as they would like. I would love it if people could put aside their personal feelings and politics and choose people based on merit, choose people that are deserving and choose people that are able to work together as a team to make it better.



THE LAST SHALL BE FIRST:

Younger Siblings Make Better Sportspeople

Author: Nicklaus Kruger



WHAT DO YOU THINK CAN BE DONE ABOUT THIS SITUATION?

We need to recognise barriers certain players face, and try to assist them as much as we can. And we would like to get to a point where netball is a professional paying sport so that our players can know that this is what they can do as a career. Currently our players have to juggle their studies or jobs, and request leave to participate in this game that they love so much. With the 2023 Netball World Cup coming to Cape Town, maybe we will get sponsors to fund a professional netball league so that our girls can just focus on their netball careers. With all these developments, we hope that all these positive changes will also reach disadvantaged and rural areas. So much talent is left undiscovered. If we can reach out to all communities, we could get a very strong netball team in this country.



WHAT DO YOU THINK THE IMPACT WILL BE OF THE 2023 NETBALL WORLD CUP?

Netball is still a developing sport in South Africa, so to have something as huge as the World Cup coming to our shores is something that's quite exciting. I believe that the event will give us the exposure and recognition that we've been longing for. And to welcome all these superstars we usually watch on TV and see them in person will be truly inspirational: it will show the girls that anything is possible in this world.



It's all part of the trend: younger siblings tend to be better at sports than their older siblings, as Tim Wigmore and Mark Williams explain in their new book, *The Best, How Elite Athletes Are Made*.

Partly it's practice. Younger siblings have older siblings they can play with...but older siblings had to wait for parents or playdates or formal practice sessions in the days before the youngsters could play along.

It also has to do with the quality of that practice. Younger siblings tend to be less experienced, skilled and developed than their



Venus Williams is an amazing tennis player. And Jamie Murray is pretty good, too. But Jamie's little brother Andy has won three Grand Slam singles titles. And Venus' little sister Serena may very well be the Greatest of All Time. Meanwhile, golfing legend Tiger Woods has three elder half-siblings, and basketball great Michael Jordan is the youngest of three brothers.

older counterparts, so they're playing up to a higher level while their big siblings are playing down to theirs.

And parents tend to be better able to provide for younger siblings when it comes to sports - since they've already learned, by trial and error, what works (and doesn't) with the older kids.

But of course, there are plenty of exceptions to the rule - so if you want to keep beating your baby sis or bro, just keep working hard...and maybe tie their shoelaces together before the game. Can't hurt, right?

CHRISPIN FOURIE:

Cycling To Solve Social Challenges

Author: Khanyisile Brukwe

PHOTO: Raymond Cox



Chrispin Fourie has been cycling for 33 years. He holds seven South African titles and three records, and he's competed in some of the most prestigious tournaments in the cycling world. But he's never had more fun than when surviving crashes on the tiny roads of Europe with hundreds of riders around him.

"I had a lot of almost moments but I would always stand up where I would have a hole in my pants from guys riding into it and they all would be lying on the ground - but I never fell, in my whole 18 years of racing in Europe," he laughs.

He reckons he's been able to survive these injuries for one main reason: he's done a lot of cycling, from cyclo cross, track and road cycling to mountain biking. These combinations have really helped in becoming the seasoned cyclist he is today.

But he took his knocks along the way.

Born in Worcester and bred in Paarl, Chrispin Fourie left South Africa in 1994 to race in Europe - and stayed (and raced there) for 20 years. January 2021 will mark seven years since his return to South Africa.

Chris was first exposed to cycling when he was six years old, but never fully invested in it until he was in grade 8 when a childhood friend took them cycling a 30km track for his very first time. "It felt like it was a 200km track, and I still have the bruises to show to this day" he recalls, "but it also felt amazing."

His cycling career took flight when he was picked to cycle for the Western Province team as a junior - one of the most exciting moments of his life. He started working extra hard in order to stay in the team and then in 1994 - just after he finished his matric year - he got the opportunity to go cycling in Belgium for a local team.

His parents were surprised, but not shocked, as he was already rather independent. And his dad was also a sportsman, a two-time ex-Springbok tug-of-war participant who travelled the world in his time; so he supported Chrispin fully.

He did his first race in Belgium he was only 18 years where he did 90 races between March and September. He then participated in 6 Days of Ghent, an exclusive six-day track cycling race held annually in Ghent, Belgium (logically enough). Chrispin got his invite in 1997, very early in his cycling career.



"That competition is every cyclist's dream," he says. "To have that for the first time in your life, to be part of a team and still be an individual was one of the most special moments in my life."

After the Ghent Six track cycling event he joined the military in Belgium - the Para Commando Regiment - where he got selected to race for the military team. The team did extremely well and went to compete for the worlds,

"It was really awesome to race for a country because I had never raced for South Africa, as I left when I was still young," he says.



Cycling To Solve Social Challenges:

GIVING BACK AND LOOKING FORWARD

Cycling has taught Chrispin the importance of discipline, planning and structure - in life as well as sport. But that doesn't mean having it all figured out. "In planning ahead, I also believe that one should also be adaptable because hurdles in life always come along."

He kept that discipline during lockdown, training throughout this strange year with hundreds of other people - virtually

- from all over the world. He also got to train with his wife, an electrical engineer who is also a triathlete, and teaches Mathematics to struggling high schoolers...and cyclists. "She's very inspiring to me because I like to teach people, she is also teaching me maths but it just needs a lot of patience from both of us," he laughs.

Since his return to South Africa, Chrispin has been thinking

"I want to give back to my sport, it's been 33 years and that is quite long so I want to share the knowledge that I gained from my 2000 races in Europe. I believe that, that is what every sportsman should do."

of ways in which he can help fight social challenges occurring around him. And in February 2020, he started a local cycling team - without funding - with a friend, Robin Harris, once they spotted unnoticed talent and resilience from the youth.

"I believe that one should give back locally, obtain whatever skills you can around the world but always bring those skills back home," he explains.

The team started off with six guys, racing with their bikes and the idea of all wearing black cycling jerseys as they had no money at the time. Now they are fully sponsored with kits and they are able to travel and race anywhere in the country, and they are looking at the growth of their team to continue over the next year.

Chrispin hopes that one day they can compete overseas. He and his race partner, Robin Harris, want to pass down their knowledge to their teammates, one of their mottos is that it is important to work within a team, to contribute to and celebrate in someone's success and to let them do the same for you.

"What you can do as a sportsman is just give back," he says. "I want to give back to my sport, it's been 33 years and that is quite long so I want to share the knowledge that I gained from my 2000 races in Europe. I believe that, that is what every sportsman should do."

With all those awards and experience, and non-cycling work to focus on - he's intent on growing his sponsors, Asap World and Asla, handling logistics and construction, respectively - some might be tempted to retire from the cycling game. Not Chrispin, though - there's still too much for him to do.

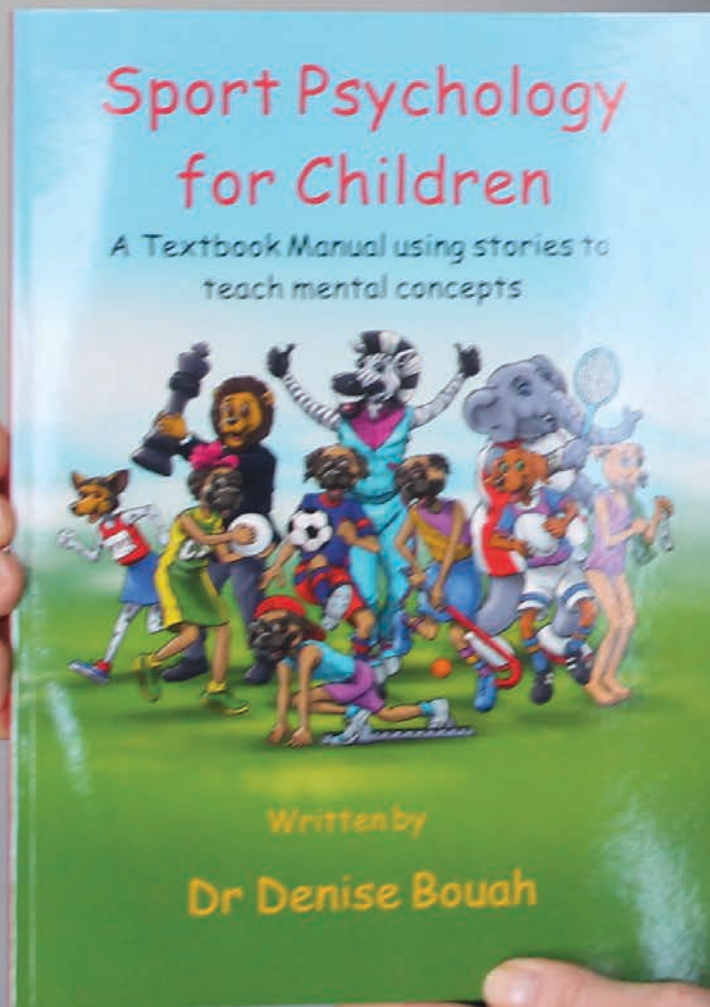
"I am still learning so much from cyclists, I may be a professional coach, but every day there is always something new to learn," he says. "And there is still a long way to go before I learn enough to retire."

SPORTS PSYCHOLOGY MADE EASY

- And Fun

Auhor: Nicklaus Kruger

Sports aren't just about having the biggest biceps, or the fastest legs, or even the best hand-eye coordination. There's more to being an athlete than just physical skills, and young sportsfolks who also develop and improve their mental skills can enhance their sport experience and possibly performance.



And that's exactly what they'll find in *Sport Psychology for Children* - a book that should be part of every young athlete's sport preparation.

"Physicality is just one part of playing sport," says the book's author, Dr Denise Bouah. "A lot of young athletes - and their parents - focus only on winning and are devastated when they don't win. Having a good repertoire of mental skills enables a young athlete to deal with losses and feeling pressured to win. They learn that there are other components to performance as well - and that it's important that they actually enjoy their sport."

Sport Psychology for Children was written for children who want to learn more about the mental side of sport performance. Children get to journey with Jad, Xena, Chika, Bob and other characters through their sport adventures and experiences as they come to learn that there is more to sport performance than just the physical component.

Dr Bouah knows what she's talking about. A specialist in sport psychology who runs a private practice in Bellville, Cape Town, she also has firsthand experience of the subject matter: she's a respected coach and a celebrated athlete: three-time South African Woman Chess Champion and a Woman International Master in Chess.

"It wasn't easy to keep my training and performance on a good level during my study

**"CHILDREN WILL LEARN
WHAT SPORT PSYCHOLOGY
IS, AND WHAT IS MEANT BY
MENTAL TOUGHNESS AND
MENTAL SKILLS,"**

years, and married life, and all the other ups and downs that came my way," she says. "But I'm glad that I remained focused and rather found a way to balance all aspects of my life. And I'd like to be able to help others achieve that balance as well."

So she combined her passion for children, sport psychology, animals and writing - and *Sport Psychology for Children* was the result.

The book is written in everyday language, and addresses 10 main mental sport concepts.

"Children will learn what sport psychology is, and what is meant by mental toughness and mental skills," Dr Bouah explains. "They will also explore the concepts of mindfulness; anxiety (especially pre-game anxiety); being disciplined; values in sport; habits and how they work; leadership; goal setting; and how to deal with a loss or mistake."

Q&A: A QUICK CATCH-UP WITH DR DENISE BOUAH

Dr Denise Bouah is an author, an athlete and a psychologist. A specialist in sport psychology who runs a private practice in Cape Town. She also has firsthand experience of the subject matter: she's a respected coach and a celebrated athlete: three-time South African Woman Chess Champion and a Woman International Master in Chess. But here are a few things you might not know about her...



SO...WHO IS THIS DENISE BOUAH?

I'm a Pretoria girl, born and bred, who's been living in Cape Town at the end of 2005. Chess has been a part of my life for a long time: Both my brothers played provincially and eventually (I was first more keen on outdoor activities like netball, hockey and judo) I decided to also play. I played my first tournament at the age of 11 - and I've loved it ever since.



SO...WHY CHESS?

The nature and intricacies of chess are such that it's never boring. Chess has a rich history, and there is always something more to learn as the sport evolves, and aspects of your own game that need improvement. The entertainment value of playing through an exciting game or appreciating a well-thought out combination or plan is wonderful.



WHAT'S BEEN THE MOST INTERESTING / REWARDING PART OF YOUR CHESS CAREER?

Most interesting: Visiting countries and places I normally wouldn't put on my vacation list! You always feel part of the chess family, no matter where you find yourself in the world. Most rewarding: Winning some important events, yes, but also all the friends I've made, the experiences I had. I even met my husband, Dr Lyndon Bouah, through chess!



WHAT MADE YOU DECIDE TO WRITE *SPORT PSYCHOLOGY FOR CHILDREN*?

I coach chess to primary school children once a week, teaching them by telling stories. I made up ridiculous, farfetched stories about the chess pieces and they loved it! So I combined my passion for children, sport psychology, animals and writing - and this was the result.



WHAT'S YOUR WRITING PROCESS LIKE?

I write best at night, when I'm all alone - when I can sit quietly and just focus on what is happening in my mind. While I was doing my PhD, my three boerboels would lay snoring while I was typing away on my laptop. And today, Jad, Xena and Chika are three of the main characters in my book!

Sport Psychology for Children

A Textbook Manual using stories to teach mental concepts



Written by

Dr Denise Bouah



WHAT DO YOU DO WHEN YOU'RE NOT BUSY BEING A WRITER / PSYCHOLOGIST / WIFE / ETC.?

Well, I'm also a bit of an artist in my free time. I haven't had formal art lessons, but I really like to draw, paint and create. So I'm usually busy with some home improvement project where I get to be creative.



ANY ADVICE FOR YOUNG ATHLETES OUT THERE?

Work hard, and CONTINUE to work hard. Don't give up just because you played a bad game or had a bad run (or even had a few of them). Be real when you analyse your performance after an event. And at the end of the day, enjoy what you are busy with, or take time out to reflect on your dreams and passions. Life is too short to spend it feeling miserable.

RUGBY PLAYERS IN THE BOXING RING: **FIGHTING FOR A FRIEND**

Author: Lyndon Julius

In March 2021, two club rugby stalwarts will be stepping into a boxing ring for the first time: Taariq van Der Ross, 41, and Manwill Williams, 42, will be battling it out in a white collar boxing match to help raise funds for rugby coach Mirwaan Davids' kidney failure treatment.

"Our friend Mirwaan Davids needs our help, and we needed to think of an event that would create excitement and hype, raise enough funds and

involve other local entertainers all under one roof," said van Der Ross.

Davids, the head coach at St. George's RFC, has been diagnosed with stage 5 kidney failure. He has been receiving treatment and dialysis for the past few months, and there have already been a host of fundraising events including a car wash, on Saturday 21 November, and a golf day, on Sunday

29 November, that have been arranged by Davids' close friends.

Van Der Ross and Williams have known each other for more than a decade, and played together at Sir Lowrians RFC for a number of seasons. They were arguably the two strongest leaders at the club at that time, and it was also during this time that Van Der Ross led the club to Western Province Super Leagues, as first team captain.

Williams noted: "Mirwaan is an iconic person in the Helderberg Community; not only is he one of my best friends, but I see him as a mentor and coach that has helped me in my later rugby career."

With heaps of support and donations pouring in, the former Lulu first team captain has been expressing his gratitude towards the entire Strand and the broader Helderberg community. Davids, who has three children with his partner, Michelle Josephs, of nearly 20 years, believes that a positive mindset has brought him this far on his journey.

"I am truly humbled by the manner in which the community has supported not only me and the medical bills but also my entire family," Davids told District Mail. "There are some people who have donated that I haven't met or know me, but their selfless nature to want to help me and my family has given me a lot of hope and definitely fuels me to remain positive at all times."

PLACE YOUR BETS: LULU BOY VS THE PIONEER

The bout will be four rounds of two minutes per round with a 60 second break in between each round. This main event will be preceded by three fights, and will be done with the support and partnership of CEY Crossfit in Gants Centre, Somerset West.

"CEY Crossfit have come on board almost

Photo: Mercia Liddle



immediately to support this amazing venture; that needs to be respected. They don't know Warnie, but when we told them about him and his medical condition they did not hesitate to come on board," Van Der Ross applauded the host venue.

"Not only will they provide the assistance on the technical side, but the referees, the fighters for the three preceding fights as well as the training facility for myself and Manny if we wish to use them."

As is custom in most boxing matches, the boxers will have nicknames when they step into the ring. Manwill "Lulu Boy" Williams and Taariq "The Pioneer" van Der Ross will attempt to raise as much funds for their friend and Helderberg club rugby icon as they can in creating the hype in the months leading up to the actual fight.

"Training has been tough and very different to any rugby training I've endured over the years," van Der Ross said.

The Lulu Boy, however, has a plan mapped out to outlast his opponent.

"I will be focusing on stamina, core, technique, and then a lot of running on the road. We will let the gloves do the talking, fighting is actually second nature to me," said a laughing Williams.

This article was first published in the District Post newspaper.



Photo: Yaseen Gaffar