

the | MEDALLIST

sport, science, knowledge



Volume 1 / 2015



UNIVERSITEIT VAN PRETORIA
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2014 Varsity Sports Champions: Athletics, Football

2014 Red Bull Campus Cricket World Champions

2015 Varsity Sports Champions: Cricket



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Cover Image: Reg Caldecott



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from the CEO's

The year 2015 has started with a bang and the new scholars in the athletics academy have certainly raised the bar as far as performances are concerned as have our newly established Triathlon academy athletes. Our golfers continue to impress and at the South African Amateur championships seven of the top 16 golfers in the match play were from the respective TuksGolf Academy programmes.

On the international front race walker Lebo Shange broke the old South African 3000m record held by his coach Chris Brits and then only eight days later in Lugano in Switzerland he broke the South African record in the 20km race, which incidentally was also held by his coach. He then went on to Dudinsk the very next weekend and won the event against a top quality International field. Marc Mundell has also done extremely well and in the 50km race he managed to post an excellent time and thus qualify for the Olympics and the World Championships.

The new TuksSport High School building project is moving along on schedule and the date of occupation is still set for the third term this year. Everyone is looking forward to moving into the new School.

Getting back to the results of our young athletes in the athletics academy they have posted some very impressive times in the first few months of this year. Young Gift Leotlela and Clarence Munyai both broke the SA youth (u17) record in the 200m with Gift running 20.63 and Clarence 20.77 both below the old record. At the SA Schools Championships in Rustenburg our junior athletes ran four Personal Bests in winning four Gold Medals, four Silver Medals and two Bronze Medals and nearly all of the athletes qualified for their respective finals. If we add to this the form of our sponsored senior athletes then the future looks very good for South African Athletics. Akani Simbine ran two personal bests in one day and qualified for the World Championships, while Wenda Nel also ran a world championship qualifying time in the 400m hurdles.

On the cycling front hpc sponsored athlete Phillip Buys and his partner Matthys Beukes were the leading SA team in the recent Cape Epic and in fact won one of the stages during this grueling race.

The build up to Rio 2016 has started in earnest and our sponsored athletes have all been hard at training and setting the base from which they will launch their qualification. We will be supporting them all of the way. To assist us in what we are trying to do for our athletes I would like to thank

our main sponsors Future Life, Brand ID and Aspen Pharmacare for the contribution that they are making towards the preparation of these possible Olympians. Future Life have substantially upped their sponsorship for the athletes this year as well as committed to the nutritional well-being and education of sponsored athletes. They have also come on board as the official clothing sponsor for the staff at the hpc.

Linking up with a Company like Brand ID was an easy decision, based on the professional relationship we have built up with Speedo over the past few years. The range of products which include Skins, Skilz, Speedo, Mizuno, Canterbury and Brookfield are a perfect fit with what we are offering our athletes on a daily basis and already our Olympic Gold Medal Rowers, our top athletes, swimmers and triathletes have all reaped the rewards of being associated with some of these exciting, innovative and Lifestyle brands. With the Olympic Games in Rio only just over a year off we are truly excited for what we, with Brand ID and their portfolio of brands, will be able to deliver to our high performance athletes in the lead up to and during the games.

ASPEN Pharmacare have once again agreed to assist us in funding some of the costs of our development and elite athletes and their ongoing support has been very well received by a number of our athletes whose lives they have touched.

Best Med, Spec Savers and Care Cross have also increased their sponsorship of the athletes in our athletics academy and have graciously agreed to sponsor the medical aid of those in need in the academy.

Nike South Africa must also be thanked for the huge contribution that they have made to clothing the staff in the Sport Science and Medical Unit as well as being the official sponsor of the athletics academy. We have also engaged with Acushnet Golf (Titleist and Footjoy), who have officially come on board as the sponsor of our golf coaches and also supplied over 5000 top of the range Titleist Pro V golf balls for our Elite academy students to use during their training.

ONWARDS AND UPWARDS!

Toby Sutcliffe



Successes of 2014

Text: Wilhelm de Swardt

Toby Sutcliffe, CEO of High Performance Centre (hpc) firmly believes that athletes should be able to reach that 'edge' at exactly the right moment in order to achieve success.

"It is always important that we need to find a way to help our athletes to advance to the next competitive level."

Sutcliffe is definitely not just making idle talk.

The athletes of the hpc have been at the forefront of South Africa's sporting success at some of last year's major international sporting events.

Some of the best performances were at the Commonwealth Games in Glasgow; the World Rowing Championships in Amsterdam; World Sprint Canoeing Championships in Moscow; African Athletics Championships in Marrakech and the Inter Continental Athletics Cup in Marrakech where they won no less than ten gold medals, three silver medals and four bronze medals.

This is prove that sport nowadays is certainly just not any more about spending hours on end training in the hope of maybe doing well. In the professional era it is all about marginal gains. That is what everybody involved with at the hpc (athletes, coaches, sport scientists, dieticians, sports psychologists, doctors, physiotherapists and even the restaurant staff) strive towards and the hpc-team is certainly reaping just rewards.

In the midst of all this sporting success it is always unfair just to highlight the performances of one or two athletes and coaches but the likes of Cornel Fredericks (400-hurdles); Khotso Mokoena (triple jump as well as long jump); James Thompson, John Smith, Shaun Keeling and Vincent Breet (all rowing);

Roger Barrow (national rowing coach), Zack Piontek (judo), Bridgitte Hartley (canoeing) and Lindsey Parry (national triathlon coach) deserve a special mention.

There can be no arguing that Fredericks has established himself as one of the world's foremost 400-hurdles athletes winning a gold medal at the Commonwealth Games; African Athletics Championships and the Continental Cup-meeting.

Another highlight for Fredericks was finishing the IAAF Diamond League as the third best 400-hurdles athlete which is quite an achievement.

As far as running times are concerned he has proved himself to also be one of the best. Only Javier Culson (Puerto Rico – 48.03s) has run a faster time this season than his best time of 48.25s.

In 13 races this season Fredericks has only once failed to be a top three finisher. Just as a matter of interest he was victorious on seven occasions.

The season will also be remembered as the revival of Mokoena. After few years of underperforming he managed to find the form that made athletics fans worldwide sit up and take note of his performances once more again.

Mokoena won the triple jump at the Commonwealth Games and the African Championships. At the Continental Cup meeting he improved on his own South African record



by jumping 17.35m. This performance was good enough to earn him a silver medal.

What sets Mokoena apart this season from any other jumper is that he was able to be competitive not only as a triple jumper but also as a long jumper. There are very few international athletes nowadays that are able to do so.

With his golden performance at the Commonwealth Games, Khotso Mokoena accomplished something that no other South African athlete has ever managed to do. He can boast of having won a medal at every major international athletics championships (Olympic Games, World Championships, World Indoor Championships, World Junior Championships and Commonwealth Games).

One of the most amazing stories in South African sport remains the brilliance of the hpc rowers.

Olympic gold medallists James Thompson and John Smith were crowned champions at the World Rowing Championships in Amsterdam posting a world-best time in the process with Shaun Keeling and Vincent Breet winning the heavyweight pair bronze medal.



It is interesting to note that Thompson and Smith beat defending world champions Norway and pre-race favourites France to take the spoils.

The ever modest Barrow (hpc) who coaches South Africa's rowers deserve also credit for the way he manages to time and again to get his athletes to perform at their best.

Barrow is considered by many as a sort of "chess master" of international rowing who is able to make the right move at the right time pairing of the right combinations in a boat. That is the

reason why South Africa enjoyed an outstanding world championship campaign, qualifying four Olympic-class boats for the A-finals.

Bridgitte Hartley repeated her London Olympics bronze medal effort at the Sprint World Canoeing Championships in Moscow winning a bronze medal again.

Hartley had a disrupted season, but showed her class and tactical acumen by racing well into the women's 500m A-final, and then using



her trademark surge through the final 250 metres to clinch the bronze medal.

Zack Piontek winning a gold medal (Under-90kg) at the Commonwealth Games deserves a special mention especially since judo is considered by many to be one of the lesser sports in South Africa.

But as they say: "Life opens up opportunities to you and you either take them or you stay afraid of taking them."

Piontek and his judo teammates certainly made the most of their opportunities.

Of the six judokas sent to Glasgow four has medalled: Zack Piontek (gold – Under-90kg); Ruan Snyman (silver – Under-100kg); Jacques van Zyl (bronze – Under-73kg) and Siyabulela Mabulu (bronze – Under-66kg).

This proves that the hpc is definitely starting to make a difference in South African judo because Piontek and Van Zyl are both hpc sponsored athletes, while Snyman is also being coached by Nikola Filipov the hpc based coach.

The 2014 Commonwealth Games will go down as a highlight for South African and African Triathlon as it was the first time that any of the continent's athletes managed to win a medal a major Games.

Richard Murray won a bronze medal in the men's elite race and then teamed up with Kate Roberts (hpc), Henri Schoeman and Gill Sanders in the team-relay event to win a silver medal.

Lindsey Parry (national coach) certainly deserve to credit for his vision in this breakthrough.

Other hpc-athletes who excelled this season are:

Wenda Nel – gold medal in 400-hurdles at African Athletics Championships

Lebogang Shange – gold medal in 20km race walk at the African Athletics Championships



Orazio Cremona – gold medal in shot put at the African Athletics Championships.

Akani Simbine, Henrico Bruintjies, Ncincihli Titi who was part of the 4x100 relay team that bettered the SA record to 38.35s at the Commonwealth Games

Wian Sullwald – winning the ITU World Cup-event in Chengdu, China



Zander Lombard (golf) last year became probably only the third South African player to finish second in the Amateur British Open Championships.

Karin Prinsloo (swim) – who won gold at the Mare Nostrum Gala in Monte Carlo as well as the BHP Aquatic Series in Australia.



Cameron van der Burgh won silver in the 50-breaststroke at the World Short Course Championship after resigning a contract with the hpc.



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"To really 'put your body on the line' is a huge challenge."

With this as their philosophy, it is not surprising that rowing is one of only a few sporting codes in which South African women are able to take on the best in the world and get good results.

Last year, at the World Rowing Championships in Amsterdam, the women's lightweight doubles sculls crew, consisting of Kirsten McCann and Ursula Grobler, came very close to a podium finish. Unfortunately, they fell short of winning the bronze medal by a mere second and had to be contented with a fourth place. The South Africans were victorious in their heat as well as in their semi-final.

The South African women's pair of Lee-Ann Persse and Naydene Smith finished sixth in their final at the World Championships.

Another definite highlight was the fourth place in the women's pair race that was achieved by Smith and Pearce at the World Cup in Lucerne.

People who know the sport boldly predict that South African women rowers might be medal contenders at next year's Olympic Games in Rio.

However, the rowers themselves do not even think about heroics at the Olympics at the moment. For them it is a case of first things first. All that matters to them at the moment is to qualify for at least one, but preferably two, boats for Rio at the World Championships in France (30 August to 6 September). The Championships will be their only remaining chance to do so, but they are confident that they will succeed.

South African rowers can definitely be counted among the most dedicated. Although it is not unusual for them to train up to three times a day they never complain. In fact, they normally love it.

"I am motivated by the challenge of how good I am able to become. What is the best this body of mine can achieve. The extent to which you can continue to challenge your own body to keep on producing better and better results, is actually quite amazing," Smith said.

According to Kate Johnstone she loves the lifestyle that goes with being part of the Olympic training squad.

What doesn't kill you makes you stronger.

*Text: Wilhelm de Swardt
Images: Reg Caldecott*



"We are a very energetic squad and that is what keeps the momentum going. We always want to do more. We keep on pushing each other very hard and that is what keeps me going most days. When I wake up in the morning I want to start training. It has become a way of life for me."

Grobler has an interesting story to tell. She used to row for the USA. Definite highlights were in 2010 when she won a gold medal in the women's lightweight double at a World Cup event. The same year she also broke the women's world record for the fastest time on a rowing machine. The record is still standing.

In 2012 she just missed out representing the USA rowing team at the London Games. In 2013 Grobler, a former pupil of Willow Ridge High School in Pretoria, decided to come back to South Africa and join the South African squad.

Grobler admits that she has learned some valuable life lessons from the 2012 failure.

"The most important thing is to enjoy what you do. So now I go out every day and win an Olympic medal in my mind. I see it. I dream it. That is what gets me up in the morning.

"Above my bed I have a flag with the Olympic rings. It is the first thing I see every morning when I wake up.

"Even if I should never go to the Olympics, just having dreamed about it is special. To wake up every morning with such passion is a privilege many people will never have, but I have it."

McCann, a former under-23 world champion who also won gold medals at the World Student Championships and the World Student Games, describes rowing as the most beautiful sport.

"There are so many aspects to rowing. You need sound technique as well as physical strength to be able to make the boat go faster. Rowing is also a huge mental challenge, especially when competing at the highest level. To really 'put your body on the line' is a huge challenge."

Smith and Pearce have been partners since 2011 and if everything goes according to plan they will spend many more hours together. Apparently being successful as a rowing team is very similar to being in a relationship.

"Part of our training regime entails attending psychology sessions, during which we sometimes receive what seems to be the equivalent of marriage counselling. It makes sense. People want their marriage to succeed and we want our partnership in the boat to succeed," Smith said





"It is extremely important for Lee-Ann and me to lead our separate lives, but we share a common goal which is to make the boat go faster all the time. No matter what our personal differences may be, we cannot afford ever to lose sight of the goal towards which we are striving. The counselling is a welcome reminder of that goal.

"Our relationship in the boat is built entirely on mutual trust. I know that Lee-Ann will use her last ounce of power to get us to the line in the shortest possible time and she knows that I will do the same. Without this complete trust, a pairs rowing team can never succeed."

Smith readily admits that it is not 'plain sailing' every day, but what happens in the boat stays in the boat.

Rowers are truly a unique specimen. The probability, especially in South Africa, of them becoming true sporting heroes with a healthy bank balance is slim. With some luck, if they should manage to achieve their ultimate goal, they might be able to break even.

This sad state of affairs does not deter them from going out day after day, at the cost of many personal sacrifices, to put in long hours of training.

The question that begs to be answered is: "Why do they do it?"

"The most important lesson you learn as a rower

is that the word 'reward' does not mean money," Smith answers.

"Yes, unfortunately there are financial constraints in rowing, but rowers are extremely competitive people. We thrive under pressure. The ultimate challenge is to race against somebody else and prove that you are the better rower.

"Excuse the expression: 'when the flag drops the bullsh... stops'. At hpc this is our team's motto. Being a competitive rower is actually more than rewarding. When you achieve a good result or beat a top team nobody can ever take that away from you. I don't think many people in office jobs experience the same satisfaction.

"To summarize: rowing will never be about rewards. It is definitely about satisfaction... satisfying your competitive urges and satisfying the need to win. Rowers might be a bit crazy. As far as I'm concerned, I can honestly say that I prefer beating somebody in a race rather than receiving a fat cheque.

"But I will admit that the financial side makes it extremely difficult for us, because we sacrifice a lot. Most of us can only start a career after 30.

"But know this, I will walk away from rowing feeling satisfied whether I won a gold medal or finished stone last."



George Maluleka more Chief than Glamour Boy

Text: Hettie de Villiers | Images: Reg Caldecott and Susan du Toit

There might have been a time when George Maluleka was nervous to be called to his principal's office, but today is not such a day. In fact, the boot (no excusing the pun) is most definitely on the other foot, and I am the slightly nervous one. George is no longer the school boy who got into trouble for wearing (in true soccer style) diamond studs with his school uniform. He is *the* George Maluleka, professional and national football player and hero of many. The excited voices of some learners standing in the adjacent Admin office warns me that George has arrived.

I open the door to find George, *sans* earrings, and his lovely partner, Larelle Wagner, also an ex-learner of TuksSport High and swimmer in her own right, and their beautiful 6-month old daughter, Zoë-Lee, catching up on old-times with the ladies in the Admin Office. The circle of boys huddling and whispering outside the office door make me realise that George has come full circle. As a school boy he would have dreamed about meeting a professional football player, and here he was, making that dream come true for other aspiring young footballers.

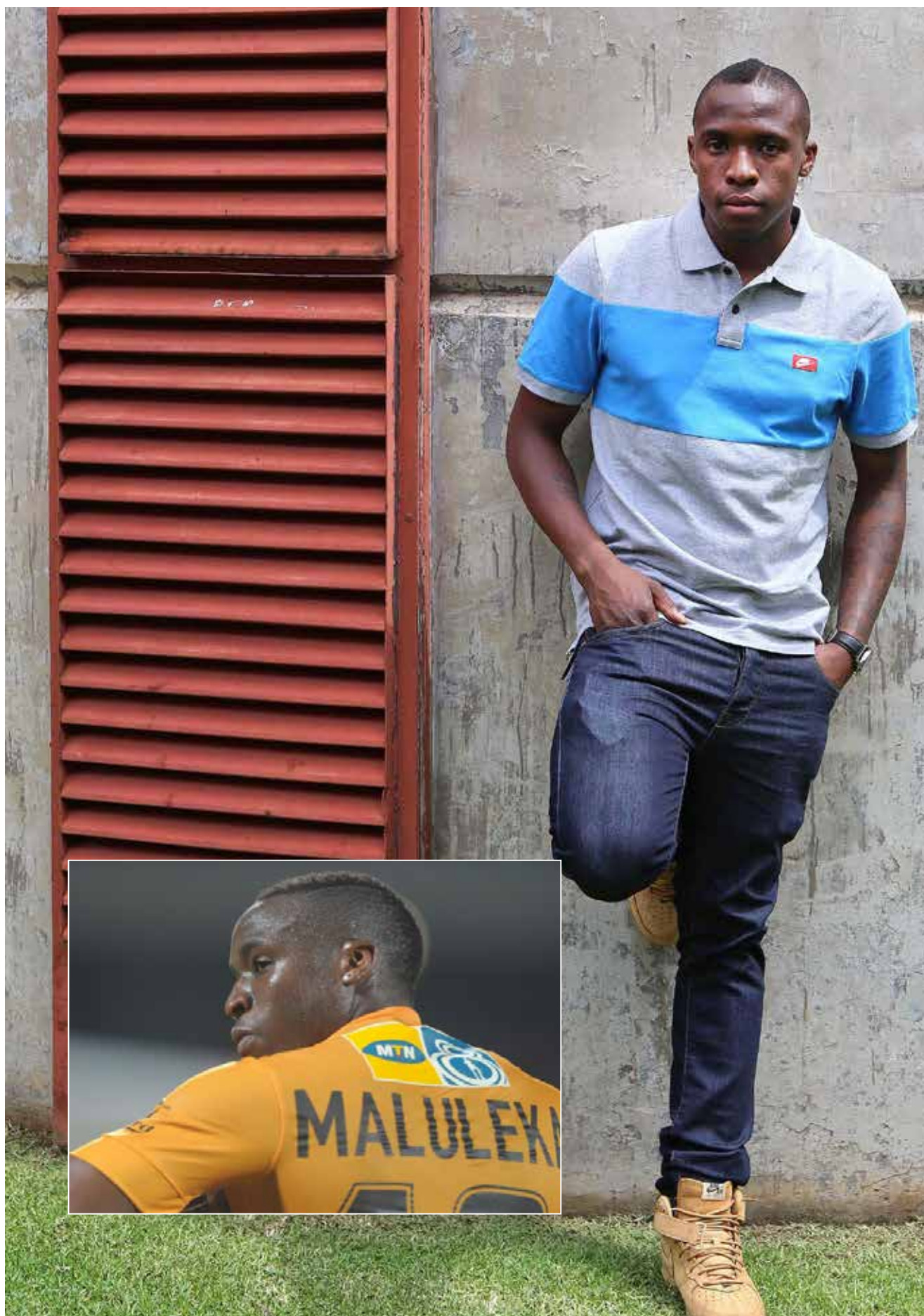
George's talent was recognised very early on, and in 2006, the Grade 11 learner was selected to



play striker for the senior team of the University of Pretoria (Mvela). He was soon spotted by SuperSport United, and while still completing his Grade 12 year, was offered a three-year contract with this team. He returned to Tuks on loan from SuperSport for six months during this time.

2009 was a golden year for George. Not only was he selected to play for the National u/20

team, he signed with Ajax Cape Town where he played, according to George, probably some of the best soccer of his career. He remained with Ajax until 2012 before returning to SuperSport for a year. In November 2011 George made his debut for the Senior National Team in a match against the Ivory Coast, and tucked 5 more caps under his belt soon after.





Homegrown family - proud principal Hettie de Villiers with Baby Zoë-Lee, George and Larelle

"Being part of the National Team is an unbelievable experience"

When asked about the highlights of his international career, George says being selected for Bafana Bafana was more like a series of highlights than one single stand-out moment. His voice is filled with passion and pride when he declares everything to have been special. "Being part of the National Team is an unbelievable experience. You must remember that I was very young when I was called up to play with guys who were my heroes, players that I'd only seen on TV and that I idolised. And there I was – one of them. Just being accepted into a circle of players of that calibre elevates one to a higher level."

Although he hasn't been selected for the team in past year, George hasn't given up on the dream of playing for the National team again. "Of course I'd love to play for Bafana Bafana again, but I need to earn my place." For now he proudly wears the Gold and Black colours of the Mighty Amakhosi, and at the time of the interview, was about to leave for Morocco to meet giants Raja Casablanca the CAF Champions League .

Asked about his position as mid-fielder, George explains that Foppe de Haan, his coach at Ajax Cape Town liked to move players around to find a position that was best suited to both the player and the team, and it was he who moved George from striker to right back and then to mid-fielder.

According to George, Coach de Haan was a phenomenal coach who truly understood young players. "And we were a very young team at the time." He adds that what made de Haan special was the fact that he had a very hands-on approach and that as a former European coach, he looked at the game differently to most South African coaches.

So is he happy playing mid-field? George admits that he is very comfortable playing in the middle of the park, but says he would jump at the opportunity to play upfront again. "I won't lie to you" he says, "I miss scoring goals".

It seems, however that the fans don't always appreciate his new position and would still like to

see him scoring goals. Larelle fiercely comes to George's defence. "They (the fans) give him such a hard time on social media. They think that because he's not scoring goals, he is playing badly. They still expect him to score as many goals as he did when he played striker."

George nods his head in agreement. Fans, he says, don't think twice about walking up to him, demanding to know why he isn't scoring as often as he used to. "Especially the Chiefs' fans" he says. "For them it's all about winning, and in their eyes I need to score so that we can win - regardless of the position I play."

Zoë-Lee holds out her hands to George, and without hesitation he lifts her off her mother's lap onto his own, giving me an opportunity to change direction and ask about his new role as father and family man. "Her arrival has changed my life dramatically - but in a very good way", he says and gives his baby girl a long and very loud smooch to prove his point. "He is a wonderful dad," Larelle gushes. "He video-calls every day - no matter where he is. He knows her schedule and calls in the morning and in the evening just after her bath time. And Miss Hettie," she proudly exclaims, "Zoë-Lee recognises his voice! Sometimes when she is difficult and won't stop crying, George calls and when she hears his voice she stops crying and goes to sleep."

I ask whether Larelle is an understanding wife, having been a top provincial swimmer herself. Surely it can't be easy when all the girls flock around George? The wry smile on George's face says it all. Larelle, however, is quite vociferous about the matter. "You have no idea!" she exclaims. She admits that while she understands the admiration and adoration they feel for George, there are times when it is difficult to keep her composure. She says the fans don't always respect personal space, and she believes it's up to George to set the boundaries firmly. George grudgingly agrees that this has led to some tricky situations in their relationship. "To a certain extent I belong to the fans and I can't just brush them off. I owe them time and attention, whether they are male or female - and that sometimes gets to Larelle."

Larelle quickly points out that what she *does* understand is the kind of life that George leads and the sacrifices he has to make as a sportsman - the intensive training, the exhaustion, the constant traveling and the stress. That was part of her world for a long time and she fully supports him. "I wish we could see him more often, though" she says. "They hardly ever get time off. We were lucky that

he was there when Zoë-Lee was born. And even then," she teases "he hardly paid me any attention because he and the doctor were talking about soccer all the time"

George was in Grade 11 when he signed his first professional football contract and probably earned as much as his teachers did. I ask whether it was difficult to earn a big salary and still have to listen to teachers tell him to do his homework? "Never!" he exclaims without hesitation. "I never had that kind of mentality and always respected the teachers and understood why they pushed me."

As far as the money is concerned, George says his dad is the one that taught him the importance of saving and investing from a very young age. So who holds the purse strings now, I ask. There is a slight pause before they simultaneously admit that Larelle does. "He earns it and I tell him how to spend it," she jokes.

Baby Zoë-Lee decides it's time for the interview to end and we walk outside to take have some photos taken. But not before George says something that will make any principal's heart melt. "When will it be break?" he asks. "We can't leave without greeting the teachers first".



Zoë-Lee...first TuksSport High baby!

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The Tuks Cricket Academy is a place where boys are turned into successful young men.

A decision to spend a year at the Academy could well turn out to be the best decision a talented young cricket player ever makes.

Pierre de Bruyn, technical director at the Academy, describes a year spent at the Academy as an ideal gap year between school and further studies.

For De Bruyn the Cricket Academy will never be only about winning. Despite this attitude, Tuks Cricket has been dominating club cricket locally as well as internationally by winning 25 trophies during the past five years.

"I firmly believe that every person should find a balance in life. That is why we at the Academy do not strive only to help youngsters to develop their cricket talent to the fullest, but we encourage them to think about life after cricket as well. As part of programme at the Academy each of the young players is evaluated and assisted by experts from the University of Pretoria to help them decide what they should study after their gap year.

If De Bruyn could have it his way, every young player who attends the Academy would go on to study the year afterwards.

But back to cricket – the Academy is certainly an all-in-one stop for aspiring young cricketers. Not only are they coached by top coaches throughout the year, but they also have access to the High Performance Centre's scientists, dieticians, sports psychologists, etc. As if this is not enough, they also have access to the expertise of Cricket South Africa's Centre of Excellence, just across the street from the Tuks Cricket Clubhouse.

When asked to name one of the Academy's success stories so far, De Bruyn immediately mentioned Aiden Markram.

"Aiden missed out playing for the Northerns Schools Team at the National Coke Week. If this happens to a player, his future as a cricketer is normally 'put on the back burner', but Aiden enrolled at the Academy and a year later he captained the South African under-19 team to victory at the World Cup Tournament. I am of the opinion that we at the Academy helped to bring about this big change in his cricket career and I am sure that Aiden will vouch for it too. Corbin Bosch is another member of the triumphant SA under-19 team who certainly benefitted from being at the Academy."

Graeme van Buuren, the all-rounder who is currently playing for the Titans, and Kyle Jarvis, who played for Zimbabwe, are also players who spent a

year at the Academy honing their skills.

According to De Bruyn cricket is such a fast-developing game nowadays that he personally believes that the crucial stage in any young player's career is from the age of 18 to 22.

"If he wants to be successful he has to master certain specific skills during this period of time and that is where we come in. This is why I would recommend to young players to enrol at the Academy for a year. We will help him to lay a solid foundation from which he can go on to play franchise cricket or even be selected to play for the Proteas.

"Part of our success has to do with the fact that our players get the opportunity to play a lot of games. The better ones will play for Tuks in the Premier League or even against international touring teams. It is important for players to get the opportunity to put into practice what they have learned in the nets. Our program is structured in such a way that a player will know within a year exactly where he stands, not only as a cricketer but also in life away from the cricket field."

Players who are interested to enrol at the Academy should go to the High Performance Centre's website and fill in the application form. We will follow it up by evaluating the player's skills and physical abilities, as well as evaluating him psychologically.

De Bruyn is not really in favour of a player spending two years at the Academy.

"If a player does not make the most of the opportunities we offer during the first year, there is a good chance that he will also not do so in a second year. Of course there is always the exception. Because I could see how much Matthew Pillans benefitted from his first year at the Academy, I recommended that he should stay on for a second year. He is now playing for the Dolphins and doing brilliantly."

According to Aldin Smith, head coach at the Academy, they help youngsters by using cricket as a tool.

"What I mean is that if a person becomes a better person physically and emotionally, it follows that his cricket skills will also improve. He will also begin to have a better understanding of how to go about making the most of all his skills and talents. Whether he becomes a successful cricketer or a CEO at a company, he will hopefully do it according to the values we have taught him at the Academy."



TuksCricket Academy

Text: Wilhelm de Swardt

Images: TuksCricket



"The future of South African race-walking looks promising."



Chris Britz, the famous South African race-walker, certainly deserves to be nicknamed 'Mr Record'.

At the beginning of the season Britz was the holder of four of the six senior South African records in race-walking. The only records that were not credited to him were the 50km (Marc Mundell) and the 20 000m (Stanley Valentine).

There is a saying in athletics that medals are forever but records are only borrowed by the athletes who hold them. Britz has learned the truth of this saying, because in the middle of March he suddenly found himself minus two of his records. However, he did not really mind the loss because it was his protégé, Lebogang Shange, who took them from him.

At a league meeting at Tuks, Shange (an hpc athlete) started by breaking the 3000m record (11:27.2) set by Britz in 1989. He completed the race in a time of 11:20.39. A week later in Lugano, Switzerland, Shange won the 20km race in 1 hour 21 minutes and 50 seconds, improving the record (1:22:21) set by Britz in 1996 in Eissenhuttenstadt.

As a coach Britz has high hopes that this was only the beginning of Shange's hasty walking performances. In fact, if Britz and Shange should have it their way, there could be a top-ten finish on the cards for South Africa in the 20km walk at the World Championships in Beijing.

Ever since Britz can remember he has been passionate about

athletics. He grew up in Westdene, a block away from the University of Johannesburg's athletics stadium. At the time this was one of only three synthetic tracks in South Africa, which meant that many of the major meetings were held there.

"I did not always have money to pay the entrance fee, but I knew where there was a hole in the fence through which I could slip. I was privileged to watch athletes such as Marcello Fiasconaro, Danie Malan and Alwyn Prinsloo competing. In my bedroom I had a poster showing the heroics of Seb Coe and Steve Ovett at the 1980 Olympics.

I had dreams of also becoming a top middle-distance runner but unfortunately I was not really fast enough. I did better in cross country racing at school."

In matric Britz made his debut as a race-walker at the annual inter-house meeting because of a dare. He surprised himself by finishing third, behind two established walkers who were at the time ranked first and second in the province. He competed in a few more races but was not convinced that race-walking was the sport for him.

While he was doing his national service he did a bit of walking, but it was only when he enrolled at the University of Johannesburg to study engineering that he seriously began to compete as a race-walker.

"Because athletes such as Stanley Valentine and Willie Vermeulen were also at the club at the time, there was quite a walking vibe."

One of the highlights for Britz during his first year was finishing third at the South African under-21 championship. Since 1985 he began to make an impact on the racing scene by beating the more experienced Springboks, Valentine and Vermeulen, in a few races. In 1986 Britz was selected as a Springbok and started to break records.

According to Britz he reached his peak in the early nineties when South Africans were readmitted to international sports.

"At the 1994 Commonwealth Games I managed to break the SA 30km record. In 1995 I broke the 10km record and in 1997 the 5000m record."

Britz's performances at national championships are quite impressive. He competed in 20 championships and won ten national titles.

When asked about personal highlights, Britz immediately mentioned

A full-page photograph of a male athlete, Chris Britz, running on a red track. He is wearing a white tank top with a rainbow stripe across the chest, black shorts, a white cap, and orange running shoes. His bib number is 5. The background shows stadium seating and a tall light tower under a blue sky with light clouds.

Chris Britz

LEGEND

Text: Wilhelm de Swardt | Images: Reg Caldecott

the time in 1996 when he broke the SA 20km walk in Eissenhutzenstadt.

"For me it was one of those races that every athlete dreams of. I got into the 'zone' and it felt as if I could just go on walking forever. When I finished my first thoughts were why I did not push myself to walk that little bit faster.

"Another special moment was the 1993 African Championships in Mauritius. It was one of the first major international meetings in which we as South Africans were allowed to compete. We were certainly not the favourites but Johan (Moerdyk) and Riecus (Blignaut) 'killed' every one with the hard pace they set through the sugar cane fields, while Fanie van Zijl loudly cheered us on. I made my move after 15km and went on to win. Johan took the silver medal and Riecus the bronze. That was really special."

"The 1995 All African Games in Harare is another race I will never forget. We raced on quite a tough course. If we were not walking downhill we were going uphill. My tactics on the day was to up the pace every time we were climbing. This meant that it became a race of attrition with athletes continually dropping off. When Tunisia's Hatem Ghoula cracked at 19km, I was left with only an athlete from Ethiopia to contest for the gold medal. The Ethiopian was disqualified on the last downhill section because he was running."

What does it take to be a competitive race-walker?

"You definitely need leg speed otherwise you will never make it. You have to be able to walk at a pace of four minutes per kilometre to be competitive over 20 kilometres."

According to Britz the future of South African race-walking looks promising.

"When I was at my peak, race-walking was perceived by many as some freakish pastime. When I was out training passers-by would shout all sorts of remarks at me. This does not happen any longer these days because race-walking has become a popular pastime over weekends. People's perceptions have certainly changed.

"At the moment we have quite a number of talented young female athletes in South Africa. They will, in the foreseeable future, start breaking records and even win medals at international events."



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Gary Player, the South African golfing legend, once said that a good golfer has the determination to win and the patience to wait for the breaks.

Although the 17-year-old Dylan Naidoo (TuksSport High School) is too young to have seen Player playing when he was at his best, he seems to be taking the maestro's advice to heart.

Naidoo, who is in matric this year, is in no haste to go to a golfing school in order to qualify as a professional player.

"I will turn 18 only next year which means that I will be too young to go to a golfing qualifying school at the end of the year. A player has to be 18 to be admitted to the golfing school. But even if was able to go, I would have preferred to remain an amateur for as long as I can.

"In South Africa many young players turn professional very early and then tend to struggle during their first few years on Tour. I think it is important to learn to win while you are still an amateur, rather than having to struggle because you turned professional too early.

Admittedly most of these young professionals eventually make their presence felt on Tour simply because they are talented, but they could easily have become despondent during those difficult early years. This is why I think competing in international events as an amateur is a better option because it gives a player the opportunity to gain confidence in his game and abilities. I would like my transition from being an amateur to becoming a professional to be a smooth process without any drastic changes. I just want to continue playing my game," Naidoo explains.

Listening to Naidoo and taking a look at his record as an amateur, it is evident that he has the patience to wait for the breaks as well as the determination to succeed as golfer.

In March Naidoo and Marco Steyn won the National College Golf Championship which took place at the Dainfern Country Club. A total of 52 teams from 25 schools from across South Africa and Zimbabwe competed in the three-day competition.

The two of them were also part of the TuksSport High School team that won the SA Schools Tournament last year. It is not surprising therefore that Naidoo and Steyn have been selected to represent South Africa at the All-Africa Junior Championships in Zambia in May. Should they win, they would go on to compete at the World Junior Championships in Japan.

Last year Naidoo won the National Under-17 Tournament and finished 8th at the South African Stroke-play Championships. The list of his golfing achievements goes on and on.

Another definite highlight for Naidoo was when he was invited to play in the Johannesburg Open Tournament.

"It was an interesting experience considering that I had never played with any of the professionals before and had never been part of such a huge scale event either. I had the opportunity to play a few practice rounds with Kevin and Brandon Stone. During the tournament I played with Carlos del Moral from Spain and Le Roux Ferreira. I must admit that I allowed my nerves to get the best of me because I was so hyped up. After all it was a European Tour Event. I started off quite poorly because of my nerves but eventually realized that I was playing exactly the same game as the professionals, nothing was different.

"I missed the cut with one shot, which turned out to be 'bittersweet' because it allowed me to play at the South African Amateur Championships as well."

In primary school Naidoo was a versatile sportsman, playing tennis, hockey and soccer.

"When I was about 11 my dad, Neil, introduced me to golf and I was hooked immediately. Golf is a sport where the hard work you put in reflects in your results."

Naidoo does not agree with the saying that 'golf is a good walk spoiled'.

"I think golfers are very lucky people. We have opportunities to see some really amazing places around the world while playing the game we love.

"One of the favourite courses on which I have played is the Torrey Pines in California where the 2008 USA Open was hosted. I played the Callaway World Junior Championships there."

Tiger Woods used to be a role model for Naidoo but now it is Rory McIlroy.

"It is great to watch Rory and see the passion with which he plays."

Naidoo says he is contemplating to play College golf in the USA next year.

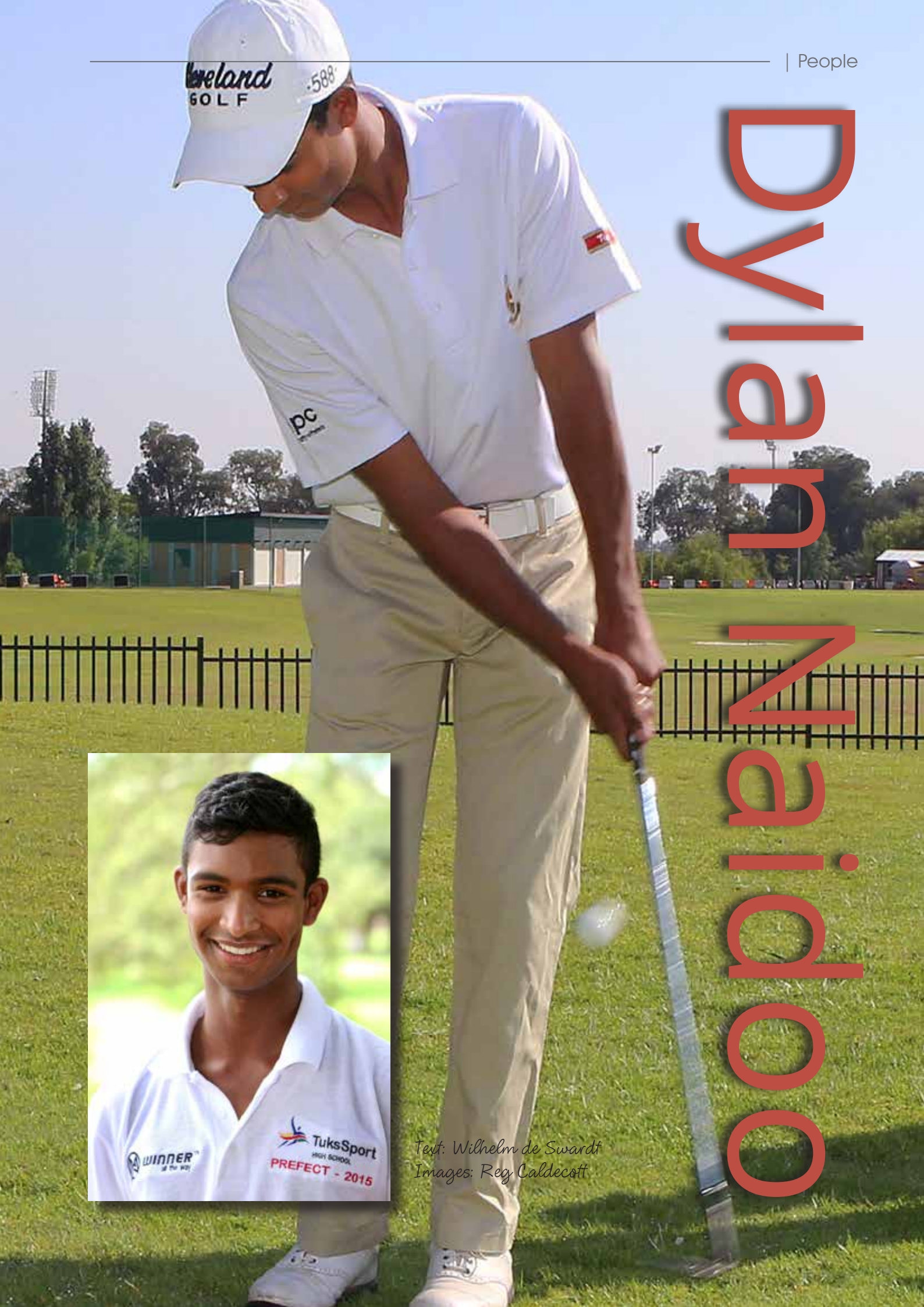
"But perhaps it will not even be necessary for me to go to the USA because Johan Rupert has made a R10 million donation to the SA Golf Association. I understand they are planning to use the money to put together a national squad. Hopefully I can be part of it, which will be fantastic for me because it will enable me to play international tournaments without having to give up my support structure at the High Performance Centre (hpc).

"Becoming part of the hpc has definitely been a life changing experience. They not only helped me to become a better golfer, but they made me a better person as well."

Dylan Naidoo



Text: Wilhelm de Swardt
Images: Reg Caldecott



Sport Psychological Fitness (SPF)

Text: Maurice Aronstam, Monja Human, Dr Melissa Jacobs and Dr Ina Rothmann

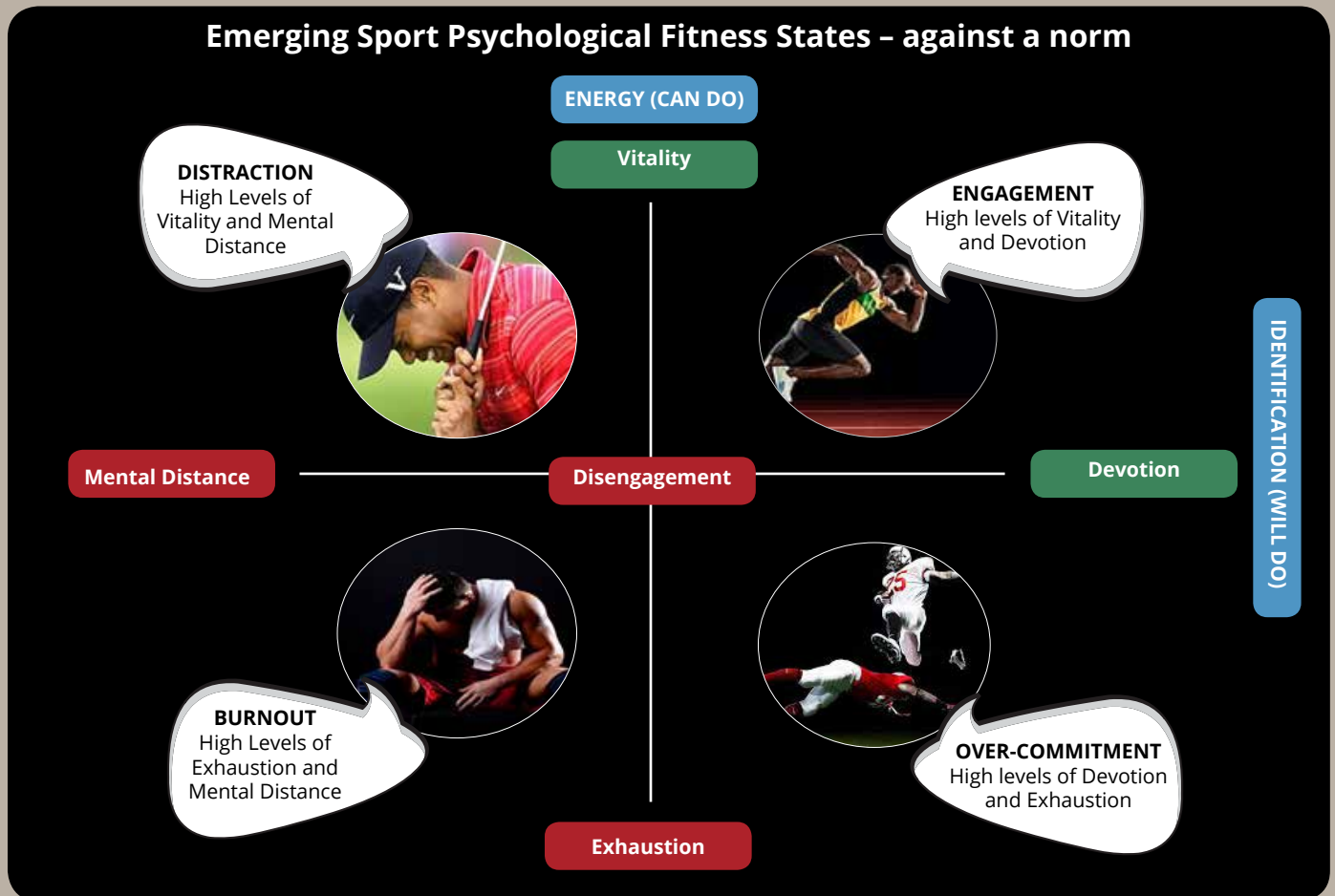
It is commonly accepted that the psychological aspects associated with sport strongly impacts on sport performance. Opportunities are constantly sought to gain the competitive edge over opponents. One of the tools available to athletes, coaches and consultants is to get a measurement of some of these psychological aspects. That is where psychological and psychometric assessments can play a role.

Athletes train to be the best they can be, but this does not happen within a vacuum. An important factor determining the success of an athlete(s) is the sport climate or environment in which they function daily. This sport climate comes with its unique set of physical, mental and emotional demands. How effectively we cope with the sport demands and utilise our sport resources determines if there is a balance between the energy we invest and energy we get back.

A recently developed tool measuring **Sport Psychological Fitness (SPF)**, gives you a measure of the athlete's perceived psychological fitness; a state characterised by high levels of psychological energy (emotional and mental) and psychological motivation (desire).

When there is a balance between the energy invested to cope with the high physical, emotional and mental demands of sport, the result in return is a high level of psychological energy (in the form of vitality for the sport) and high psychological motivation (in the form of desire/devotion for the sport). This results in high engagement with all aspects of the sport. When the sport climate requires more psychological energy than the athlete is gaining back, the result is the risk of over-commitment (low energy with high desire/devotion), distraction (high energy but low desire/devotion) or burnout (low energy and low desire/devotion).

The following four states make up the SPF profile; engagement, over-commitment, distraction, and burnout.



The sport engagement state leads to positive energy, enthusiasm and a positive identification with the sports' activities. The three negative states, namely over-commitment, distraction and burnout, has characteristic behaviours associated with each and can lead to sub-optimal sport performance. The SPF gives a measure of all four states, and offers an opportunity to proactively take steps to improve current states of an athlete. This will result in a more positive balance between the psychological energy invested by the athlete versus the energy gained through the athletes' sporting experience.

The proactive intervention is typically facilitated in conjunction with the athlete/teams' management staff (coach, psychologist, team doctor, trainer or manager). The areas addressed typically include strengthening the use of the resources available to the athlete in his/her sports climate. Some of these resources include:

- coach relationship/support
- teammate relationships
- communication
- coaching style
- role clarity
- performance management
- availability and quality of physical resources

So if you are looking for a sport-related wellness tool that aims for improved sport performance, look no further than the SPF.

Who should use the SPF?

1. Organisations, teams and coaches looking for:
 - a. Improved sport performance
 - b. Assertive psychological and behavioural responses
 - c. Reduced risk behaviour
 - d. Prevention of injuries
 - e. Reduced turnover of personnel
2. Athletes looking to:
 - a. Manage stress and stress-related ill health symptoms
 - b. Increase sport engagement levels
 - c. Reduce risk of over-commitment, distraction and burnout
 - d. Improve sport commitment behaviour levels



Throwing or bowling?

Biomechanical Analysis of Suspect Actions

Text: Helen Bayne (née Crewe), Head Biomechanist, hpc

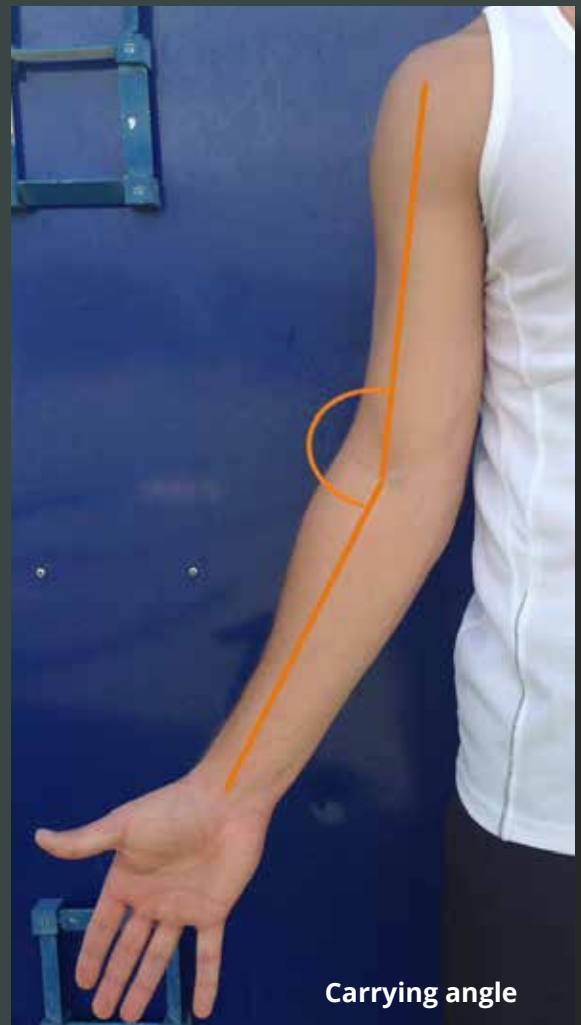
A distinctive feature of cricket is that the bowler is required to deliver the ball with an overarm action

but without throwing. The

Laws of Cricket state that “a ball is fairly delivered in respect of the arm if, once the bowler’s arm has reached the level of the shoulder in the delivery swing, the elbow joint is not straightened partially or completely from that point until the ball has left the hand”. The implementation of this law has been a controversial and emotive issue ever since the earliest documented reports of umpires calling “no-ball” for throwing in the 1890s and has undoubtedly affected many bowlers’ cricket careers. In recent times, modern technology has enabled a more objective procedure for evaluating bowling action legality.

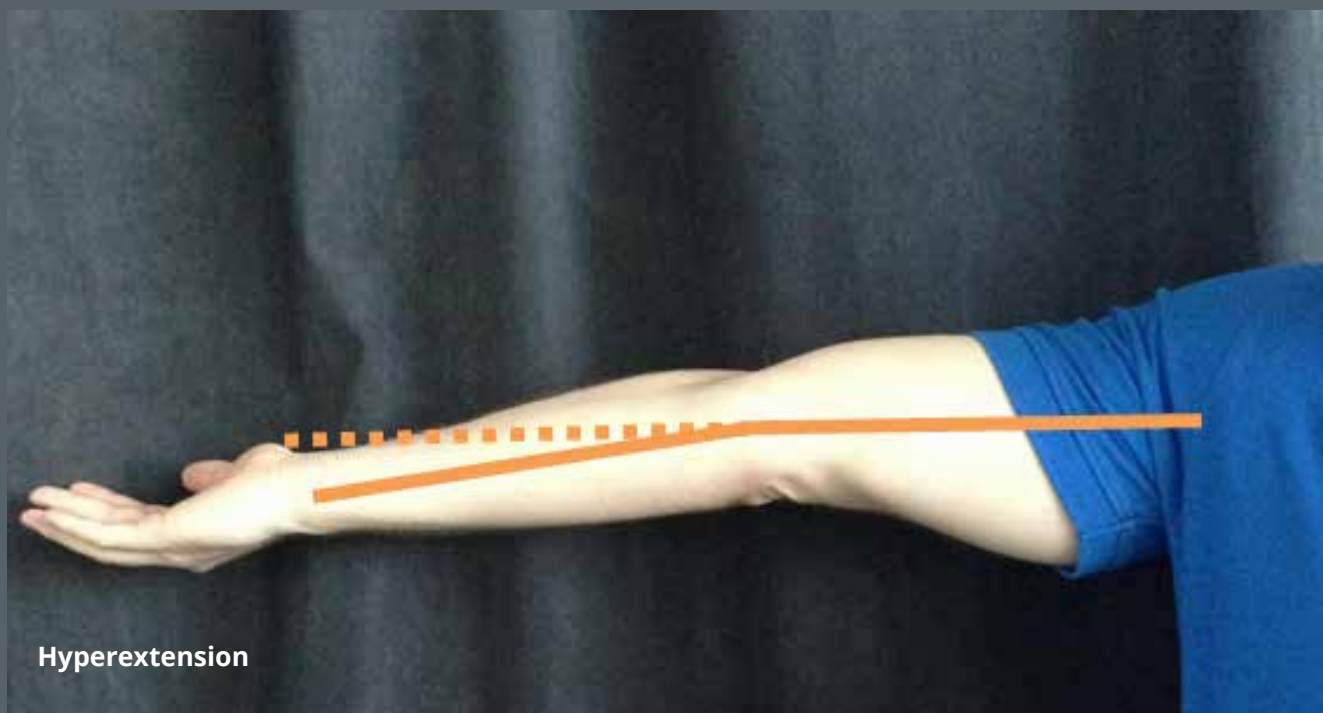
Even in players who bowl with the straightest of arms, the elbow joint is not completely rigid during bowling. So, in 2005, following a review of around 130 spin, medium and fast bowlers who had been examined using field-based and laboratory-based testing methods, the ICC introduced a tolerance threshold of 15 degrees. This refers specifically to straightening of the elbow (extension) between the points where the upper arm reaches horizontal during the delivery stride and when the ball is released.

It is impossible to determine whether a bowler exceeds this 15 degree threshold with the naked eye for a number of reasons. Firstly, the movement happens in less than 1/10th of a second. Secondly,



the bowler’s arm and body move through a complex three-dimensional range so that you could never be in a perfect position that would allow you to view the flexion-extension of the elbow. Lastly, anatomical variations can create an illusion that the arm is bending or straightening when in fact it isn’t. For example, the actions of bowlers with a large “carrying angle” or a hypermobile elbow often look suspicious even though they are legal.

Currently, the best available method for analysis of



the elbow angle during bowling is through three-dimensional (3D) motion capture. This requires the use of several high-tech infrared cameras, which detect the position of reflective markers placed on specific locations on the bowler's body.

The ICC's team of human movement specialists have developed a 3D motion analysis testing protocol, including a suite of testing equipment and software, that is being used at all accredited testing centres. In December 2014, the University of Pretoria became the fifth accredited testing centre, joining centres in Cardiff, Loughborough, Chennai and Brisbane as testing facilities for players reported in international cricket under the ICC Regulations for the Review of Bowlers reported with Suspected Illegal Bowling Actions. Each of the facilities was assessed against a range of criteria, including having an indoor area large enough to allow a player to bowl off his or her normal full run up, a motion analysis system with a minimum of 12 high speed cameras capable of producing 3D data, suitably qualified personnel who are experienced in using such systems and implementing the ICC testing protocol.

The 3D motion capture system at the University of Pretoria is the most sophisticated of its kind in South Africa. Not only is it being used by hpc biomechanists to assess suspected illegal bowling actions, but also in a number of biomechanical research projects on sports performance and injury.



Three-dimensional motion capture setup in the Cricket South Africa Centre of Excellence at the University of Pretoria



Gavin Groves, TuksGolf, TPI and Strength and Conditioning: **What it all means.**

Text: Gavin Groves, hpc

I have been in this industry of Golf Fitness for eight years and there are moments where I see the golf swing the way Neo sees the Matrix in the Sci-Fi movie, and then there are moments where you wonder where all the wealth of knowledge has disappeared to. I have worked with professional golfers seeking the extra “1%’s” to improve their game, amateur golfers aspiring to a career as a professional golfer, weekend golfers seeking to hit the golf ball further and even people that have been hit by an aeroplane who just want to play golf again.

As diverse as the client-base can be, there is one common denominator: the body. The ability of the body to create efficient movement is the secret to building the swing that will help you achieve your goals. Without movement efficiency, your body will resort to short-cut compensations that ultimately lead to inconsistent golf swings, increased risk of injury, and shortened golf careers.

The Titleist Performance Institute (TPI) have been the pioneers in research into the body-swing connection, and have rewritten how we, as fitness, medical and golf experts deal with golfers.

“TPI is the world’s leading educational organization dedicated to the study of how the human body functions in relation to the golf swing.

Since its inception in 2003, TPI has studied thousands of golfers ranging from the top professional tour players to weekend enthusiasts. An incredible amount of data on players of all shapes, sizes, ages, and fitness levels has been gathered during this time. Using this data, TPI discovered how a properly functioning body allows a player to swing a golf club in the most efficient way possible. Additionally, TPI has analyzed how physical limitations in a player’s body can adversely affect the golf swing and potentially lead to injury.



TPI's mission is to educate golfers and industry professionals on the body/swing connection through its one of a kind 'TPI Certified' educational program. This programme was developed by founders Dr. Greg Rose and Dave Phillips along with a 52 member advisory staff of industry leading experts. Five unique fields of study are offered for TPI Certification: Golf, Medical, Fitness, Power and Junior Development. Currently, there are over 15,000 TPI Certified professionals in 58 countries assisting players of all skill levels." - www.mytpi.com

TPI have developed a "TPI Certified" educational programme through founders Dr. Greg Rose and Dave Phillips, along with a 52 member advisory staff of experts. Their fields of certification include Golf, Medical, Fitness, Power and Junior development.

My role here at the hpc and TuksGolf is to use the knowledge that I have gathered over the years of theoretical, market and practical experience to use

and apply the principles of TPI within our golf structures, specifically from a strength and conditioning aspect.

We have a wide spectrum of golfers within our structures, ranging from little kids, juniors, high school, students, elite golfers and professionals. My vision is not only to have a full team of TPI-certified experts within TuksGolf, but also to become the leading facility in Africa for Golf Performance and Testing, as well as Education.

We use the TPI Screen to assess movements needed for the golf swing. These tests assess mobility, stability, balance and coordination. The great advantage to the screen is that we are able to accurately predict what "faults" or movement inefficiencies a golfer will make while swinging a club based on his results in the screen. These "faults" can then be addressed through corrective exercise protocols in the gym, and then the golf coach can repattern the golfers swing to create correct movements.

Other aspects of the golfer's physical assessment include body composition, grip strength, power testing as well as strength testing. All of this information is used to build an exercise programme that compliment the golfer's technical work, and ensure that the golfer is able to move as efficiently as possible.

One of my short-term goals is to implement biomechanical analysis at TuksGolf. Biomechanical analysis allows us to empirically measure the golf swing and evaluate how efficiently the golfer is swinging the golf club. This method of measurement takes all subjectivity out of analysing and coaching, and will allow us not only to improve our golfers, but will also open up avenues of research and development.

In summary, there is no longer a separation between golf coaching and golf Strength and Conditioning. They are not different elements, but one movement toward developing, nurturing and refining golfers that will have a global impact on the game of golf, and this is only the beginning...



Text: Tracey Steenkamp, ISR

According to the World health organization ischemic heart disease is the leading cause of death world-wide. There are several factors which increase the risk of developing cardiovascular disease. Modifiable risk factors include high blood pressure, smoking, dyslipidemia, impaired fasting glucose, obesity and living a sedentary lifestyle. Non modifiable risk factors include family history, age and gender. Ways of adopting a healthy lifestyle to ensure a healthy heart include smoking cessation, following a heart-healthy diet, maintaining a healthy weight, ensuring regular health screenings and exercising regularly.

Don't smoke or use tobacco

Cigarette smoking is a significant public health problem that influences health and disability. Tobacco smoking is said to cause serious health problems; including the development of atherosclerotic disease, myocardial infarction, stroke, lung cancer, Chronic Obstructive Pulmonary Disease (COPD) and sudden cardiac death. Nicotine in cigarette smoke narrows your blood vessels resulting in a higher resting heart rate and blood pressure. The risk of heart disease drops dramatically when one quits the use of tobacco.



Eat a heart-healthy diet

Eating a diet rich in fruits, vegetables, whole grains, low-fat dairy products and low-fat sources of protein, can help protect your heart and reduce the risk of heart disease. Saturated food products and trans-fat can raise blood cholesterol levels therefore increasing the risk of coronary artery disease. Polyunsaturated fats (e.g. Omega-3 fatty acids) is known to lower blood pressure and protect the heart against heart disease.

Alcohol should be used in moderation. The recommended daily allowance is less than two drinks for men and one a day for women.



Exercise

Exercise has physical, metabolic, psychological and emotional benefits. Physical activity reduces the incidence of stroke, high blood pressure, high cholesterol, diabetes, cancers, osteoporosis, depression and obesity. Significant health benefits can be obtained by boosting daily activity. The American College of Sports Medicine recommends 30 minutes of light to moderate activity on most days of the week. For more information on exercise recommendations, contact a biokineticist (see details below).

Maintain a healthy weight

An increase in body weight increases the risk of hypertension, high cholesterol, diabetes, and heart disease. Body Mass Index (BMI) is a measure of the lean mass and fat mass components. It is calculated as weight in kilograms (kg) divided by height in meters (m) squared. A normal BMI is considered 18.5-24.9. BMI can be improved through regular exercise and a controlled healthy eating plan. Waist circumference measures abdominal fat and is a helpful tool to measure stress on the heart. Men are considered overweight if their waist circumference is greater than 102 cm. Women's waist circumference should be less than 88 cm.



Get regular health screenings

High blood pressure and cholesterol don't always present themselves with symptoms therefore it is important to have regular screenings. Regular exercise and healthy eating habits facilitate with blood pressure, cholesterol and diabetes regularity.

Blood pressure

Blood pressure is measured to screen for hypertension and cardiovascular risk assessment. High blood pressure (hypertension) places great stress on the heart. The pressure exerted on the arterial walls during the contraction of the left ventricle is known as systolic blood pressure (SBP). A SBP of ≤ 120 mm Hg at rest is considered normal. Values ≥ 140 mm Hg is considered hypertensive. The pressure exerted on the arterial walls during the resting phase of ventricular beats is known as diastolic blood pressure (DBP). Values of ≤ 80 mm Hg at rest are considered normal, whereas values ≥ 90 mm Hg are considered hypertensive.

Cholesterol

Cholesterol is a fatty, waxy substance in the blood. Dyslipidemia is one of the major risk factors for coronary heart disease. A normal fasting total cholesterol is less than 5.2 mmol/l.

Diabetes

Glucose is a simple sugar found in certain foods. The measuring of blood glucose levels is an important test in diabetes. A normal fasting glucose is < 5.6 mmol/l.



It is vital to take control of your health to ensure a healthy heart. Being screened and assessed by a biokineticist is an important step in improving your quality of life. A biokineticist will address cardiac risk factors through individualized scientific assessments and exercise prescriptions.

For more information, please contact the Institute for Sports Research at 012 420 6033, or visit our website at <http://www.up.ac.za/isr>.

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Caffeine as an Ergogenic aid

Text: PVM Nutritional Sciences

Use of caffeine as an ergogenic aid is widespread and very common amongst both elite and recreational athletes. Caffeine occurs naturally in many foods including coffee, tea, cocoa, cola beverages, energy drinks and chocolate. The table below indicates the caffeine content of commonly consumed beverages:

Beverages	Caffeine content (mg) per 250ml serving
Coffee, brewed	80-145
Instant coffee	65-75
Tea	40-60
Cola beverages	35-45
Cocoa	< 10
Decaffeinated coffee	< 5
Energy drinks	42-88

Caffeine and sporting performance

Caffeine consumption is generally viewed as safe and effective if used within recommended intake ranges. The IOC (International Olympic Committee) indicated that the evidence for use of caffeine to improve endurance and reaction time is strongly supported.

Proposed effects include:

- Stimulation of the nervous system which reduces perception of effort and/or enhances recruitment of motor units.
- Improved reaction time, increased alertness, and heightened sense of wellbeing.
- Stimulation of Na-K pump activity in inactive tissues attenuates the rise in plasma potassium with exercise. Lower plasma potassium helps maintain the membrane potential in contracting muscle and contributes to the ergogenic effect during endurance exercise.
- May increase release of calcium from the sarcoplasmic reticulum in the muscle which can delay the onset of muscle fatigue.



Caffeine can enhance performance of events lasting longer than 1 hour and can be useful to enhance focus and mental alertness of shorter duration events. Intakes of 65-130mg, 1 hour prior to events, have been shown to have beneficial effects on motor and mental performance.

Side-effects

Individuals respond differently to caffeine intake. Some people are non-responders while others experience negative side effects. Negative reactions depend on an individual's specific sensitivity to caffeine, the amount that is consumed, body weight and anxiety level.

Side-effects of caffeine can include:

- Nervousness
- Anxiety
- Palpitations
- Headaches
- Gastro-Intestinal distress (especially in non-habitual consumers)
- Disturbed sleep

Caffeine may counteract the effects of creatine and should therefore not be consumed simultaneously. It also slightly inhibits the absorption of Vitamin B1 (Thiamine), which has an important function in energy metabolism, as well as the minerals calcium and iron. For this reason, frequent consumption of large dosages is not recommended. Caffeine should further not be used in combination with other stimulants, alcohol or unregulated herbal remedies. Contrary to popular belief, caffeine does not cause dehydration and electrolyte imbalances.



Recommendations

- Various studies confirm that a caffeine dosage of 3-6mg/kg body weight produces significant endurance performance improvements in both recreational and elite athletes. Higher dosages (6-9mg/kg) does not seem to provide any additive effects and can even lead to adverse effects such as poor performance and insomnia, and should thus be avoided. From the different trials done on caffeine and sport, it seems that consumption of 3-6 mg caffeine/kg body weight is the safest intake range.
- Smaller dosages of caffeine (1-3mg/kg) has also been shown to result in ergogenic effects.
- Caffeine is readily absorbed, peaks after 60min and the effects may be sustained for up to 6 hours. A single dose of caffeine 60 minutes before the start of an event is associated with positive results.
- The splitting of dosages throughout training/ competing has not been shown to result in more beneficial effects compared to a single dose. Thus, either single dosages or smaller more frequent dosages, can be ingested.
- The form in which caffeine is ingested also plays a role. The ingestion of caffeine as coffee appears to be less effective compared to consumption of pure caffeine, possibly due to the presence of other substances in coffee such as nicotinic acid, opiate receptor inhibitors and cholinomimetics, which may act to oppose the ergogenic benefits of caffeine. Furthermore, there is large variability in the caffeine content of different coffees. It is however recommended that further research be conducted in this regard.
- Caffeine intake strategies should be individualized and tested during training before usage in competition.

In conclusion, $\pm 3\text{mg/kg}$ **pure** caffeine may have ergogenic benefits for athletes who do not experience side-effects of high caffeine intakes. Caffeine intake in excess of 6-9mg/kg body weight should be avoided and it is recommended to first test usage during training.

PVM Octane Chocolate Gels contain **100mg pure caffeine** per gel. A 70kg athlete for example, would need to consume 210mg caffeine to experience an ergogenic effect, which is the equivalent of

2-3 chocolate gels. **A practical strategy** includes consumption of 1-2mg/kg caffeine (i.e. 1-2 chocolate gels) 30-60min prior to an event followed by 1mg/kg (i.e. 1 chocolate gel) every 2 hours. Frequent intake is however dependent on duration of the event and caffeine sensitivity. Total daily caffeine intake should not exceed 400-600mg.

Endurance performance improvements (even if only small) are worthwhile and can mean the difference between winning and losing. Caffeine may further be a useful training aid, facilitating better and more consistent training regimes.



PVM Octane Chocolate Gels are the only flavour to contain caffeine. Citrus, Cherry and Vanilla flavoured Gels are caffeine free.

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Weight Management in the Performance Athlete

*Text: Nicki de Villiers,
Registered Dietitian, hpc*

Athletes are regularly facing a predicament regarding anthropometry or body composition (this is how much fat, muscle and water we are carrying) and performance. Athletes sometimes strive to lower fat levels (or weight) because they have to, or they believe that a lower body weight will enhance performance. At the same time, whilst dreaming about a perfect fat percentage, they tend to forget that their journey of weight loss is timeous, and that, through taking on this journey, they can experience temporary decreased training output and discomfort due to especially the sensation of hunger and the symptoms of tiredness. To add further agony to this predicament, athletes regularly moves in an environment loaded with relatively inexpensive, good tasting convenient foods. To enter this environment would pose temptation to even the bravest of us all, and for an athlete, where tiredness and hunger flows in their veins, this environment can post the biggest challenge of the day. How then do we do it?

The first reality stop should be at the digits of any scale. Any athlete signing up for weight loss should not evaluate success by the digits of a bathroom scale, but rather in the millimetres of skinfolds, not forgetting the maintenance of lean tissue. Goal setting should therefore be specific towards:

- A decrease in fat mass, measured as sum of skinfolds or fat percentages
- The protection and maintenance of lean tissue mass
- Minimizing the risk of disordered eating behaviour
- And obviously enhance performance

A good weight management attempt in athletes should address two key components, namely:

- **Eating more for lower energy** intake; more fiber, more water and less excessive fat intake will increase the bulk of meals, but decrease the energy density of meals. With the eating more approach we can control satiety better whilst reducing the energy intake.
- **Eating behaviours** to enhance weight loss, for example eating at the right times to avoid excessive hunger, always eating breakfast, food distribution throughout the day, eating after exercise and the overall avoidance of excessive sugar intake and fad diets.

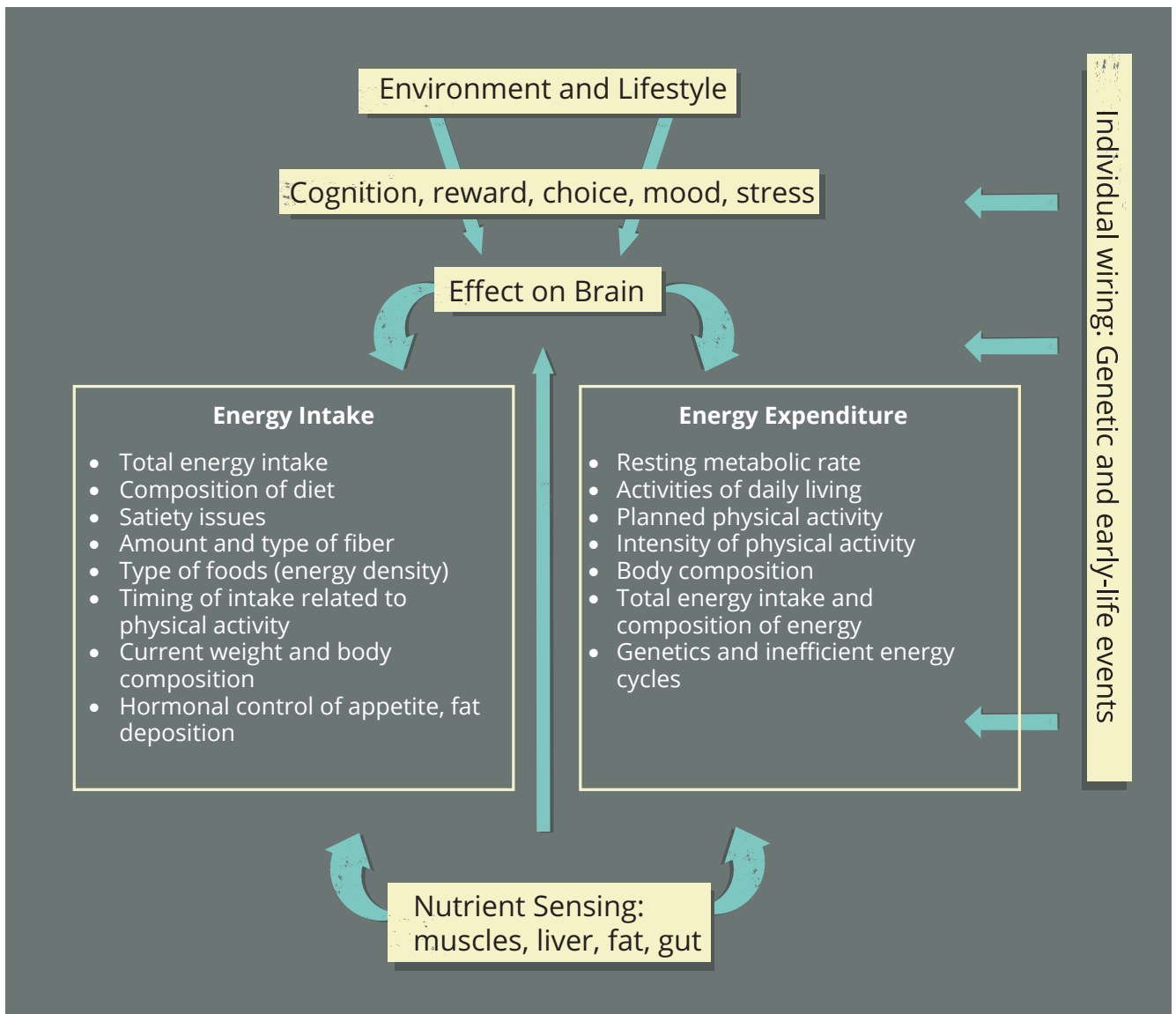
Energy Balance – Is it that simple?

The concept of energy balance seems simple. If we eat the same amount of energy (total amount of kilojoules consumed) than what we spend during the day, then weight is maintained. Seems simple, but this principle is dynamic and changing some factors on the one side of the equation often results in automatic changes on the other side, for example if I train harder to increase energy expenditure, I will be hungrier which will lead me to eat more. It is therefore not as simple as eating less and doing more, since we are human beings that react towards physiological triggers.

Moving away from the total energy content of food, the type of food eaten by the athlete can also change, which will cascade into changes in the thermic effect of food (energy needed to digest food, use and store nutrients) and the fuel sources used during training.

High intensity training can also suppress appetite which can lead to a decreased energy intake.

The amount of weight gain or weight loss would therefore depend in the energy intake, the composition of the energy intake (amount of fat, carbohydrate, protein or alcohol) and the overall energy expenditure.



What is a healthy body weight?

The question of what is healthy and ideal for an athlete regarding body weight is not known. We see people of all shapes and sizes compete successfully in various sporting events. It is therefore up to the athlete him- or herself to determine what weight works best for him / her seeing that there is no clear cut indication on what any athlete **MUST** weigh. The athlete should consider several factors, additional to a mirror, when setting a body weight goal:

- **First do no harm:** The goal weight should pose minimal health risks and promotes good health and eating habits whilst supporting optimal training efforts and performance
- **Look at your building blocks:** The goal weight should consider genetic makeup and family history of weight and body shape
- **Consider where you are:** The goal weight should be appropriate for the athlete's age and level of physical development, including normal reproductive function in women
- **Consider the "costs":** It should be possible to achieve and maintain the goal weight without constant dieting or restrained food intake.

Some sports ask an unrealistic weight for periods of competition which are often difficult to maintain after competition. It is important for such athletes to regain some weight in the off-season, but the athlete should control the weight gain to prevent the need for excessive weight loss for the next competitive season.

Dietary weight loss strategies for athletes:

Eat more food with a lower energy density

A meal plan concentrating on a lower energy density will bring whole fruits and vegetables, whole grains, low-fat dairy, legumes / beans and lean meats to your table, therefore:

- Eat whole fruits daily
- Substitute dried fruit and fruit juice with whole fruits in season
- Eat vegetables with at least every main meal and throughout the day where possible
- Ensure that vegetables fills up a considerable part of your plate
- Choose whole-grain starch options instead of the refined choices, e.g. whole-grain breakfast cereals, whole-wheat bread and crackers, brown rice and "braaipap"
- Use dairy products daily and opt for low-fat milk and dairy products
- Use legumes such as lentils, dried beans and chickpeas regularly
- Choose lower fat meat options or remove visible fat from meat and poultry
- Eliminate sweetened beverages outside of the training sessions
- Eliminate the intake of alcoholic beverages

These food choices will increase the intake of fiber and water which will allow for an athlete to consume a greater volume of food for an overall lower energy intake and still feel satiated. This implies that portion sizes would not have to be reduced significantly.

Eat breakfast and time meals around training sessions

The timing of food around training sessions and clever spreading of food throughout the day will ensure an adequate energy current throughout the day, but will also ensure nutrient availability needed in the repair and building of lean tissues to optimize training adaptation. The timing of food throughout the day can prevent patches where you are feeling starved or craving for something. Breakfast is proven to play an important role in every person's life, as a 24 hour investment made early morning to get optimal dividends at the end of a day. Breakfast eaters have been shown to have a lower overall daily energy intake and bodyweight, better diet quality and find weight management easier. Athletes use breakfast as an ideal fuelling opportunity to help replenish glycogen (fuel) stores after an overnight fast and provide fuel for exercise, especially before an early morning training session. Athletes should aim to pack a whole lot of nutrients (high nutrient dense) in a limited amount of energy (low-energy-dense) breakfast and can therefore can include a low-fat, high-quality protein, e.g. low-fat dairy or soy products, egg whites or lean meats, and fiber and nutrient-rich foods, e.g. whole-grains and fruits. A high-quality protein source should be included with regular intervals throughout the day, but especially after exercise and at breakfast. The protein intake will provide building blocks for the repair and maintenance of lean tissue throughout the day and will contribute to greater satiety throughout the day. Athletes restricting energy intake may need more protein to maintain lean



tissue and preserve strength. Smaller protein portions with regular intervals throughout the day seem to hold a greater advantage than increased intake of protein with a single meal.

Another very important component of the athlete's diet is recovering after training sessions, even though an athlete wants to lose weight. The post-exercise routine of fluid and carbohydrate intake is a vital component of the athlete's diet. Food choices such as whole fruits, vegetables and whole-grains are good choices to provide carbohydrate without the addition of excessive amounts of energy. Protein choices should be low in fat.

Drink less high-energy beverages

The intake of high-energy sweetened beverages and alcohol can add loads of extra energy to the diet without adding significant micro-nutrients or contributing to satiety. Some athletes used to drinking large volumes of these beverages, for example carbonated drinks, fruit juice, alcohol, energy drinks or flavoured water, coffee or teas, will often lose weight by just eliminating these beverages.

Avoid quick fixes or fad diets

Quick fixes or fad diets often underline extreme low energy intakes or diet practices to support rapid weight loss. Combining these severe energy restrictions with an intense endurance and strength training programme can actually result in metabolic adaptations that will be to the detriment of weight loss while being extremely stressful for the athlete. Severe energy restriction may have several negative consequences such as:

- Decreased ability to train at higher intensities due to poor energy intake and glycogen replacement resulting in decreased aerobic and anaerobic performance
- Increased risk of injury due to fatigue and loss of lean tissue
- Increased risk of disordered eating behaviours due to severe energy restriction
- Increased risk of dehydration, especially if the diet is ketogenic
- Increased risk of poor nutrient intakes, including essential nutrients, due to limited food intake

- Increased emotional distress due to hunger, fatigue and stress of following an energy-restricted diet

Manore MM. Weight management in the performance athlete. Tipton KD, van Loon LJC (eds): Nutritional coaching strategy to modulate training efficiency. Evidence-based nutrition – review of nutritional epidemiological studies. Nestle Nutr Inst Workshop Ser. 2013;75:123 – 133.



Rowing is a sport with many variables and complexities

Text: Garreth Bruni, hpc



Rowing is a sport of many variables and complexities. It is these variables and complexities which cause the many injuries associated with the sport. To understand some of the injuries it is essential to understand the sport.

The athlete sits facing away from the finish line with their feet fixed to a footboard in shoes similar to those of cycling cleats.

In a rowing boat the oar or blade is suspended on a rigger to create a lever and fulcrum thereby making a more efficient transfer of power to propel the boat, whereas in canoeing the oar is placed directly in the water. As mentioned earlier, their feet are fixed and they have a seat which can slide. Canoeists' feet are not fixed and their seat does not move. It is this sliding seat and rigger which creates the power to propel the rowing boat. It is more the power from the legs and back that drive the boat than the apparent pulling action of the arms.

Rowing is a sport that is more suited to Physicists than athletes and coaches, but it is the coaches and athletes that must adjust seat heights, footboard heights, rigger pitches and heights and oar spans to create an optimal arc for the athletes' blade to transfer power to the water.

Spirit levels, plumb lines and measuring tapes are common rowing coach tools. They help the coach create a mechanical advantage for the athlete. Coaches are secretive about how their boats are set up.

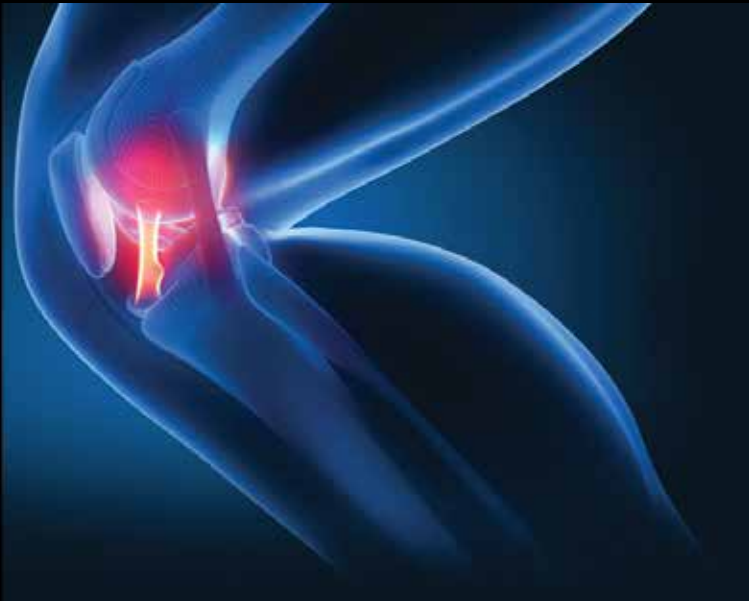
Subtle changes can create big differences in the athletes speed and power. It is not a one size fits all. Every athlete is different, with different heights, arm lengths, leg lengths and power capabilities. There is much trial and error to get the perfect boat set up.

A perfect boat set up with a poorly executed stroke will negate the levers effectiveness and result in more power being needed by the athlete. This is why they train the high mileage volumes that they do. They need to have a perfect boat set up and then create the perfect stroke with the perfect arc to create the most power from each stroke. Perfection is about efficiency.

If you remember Newtons' third Law - When one body exerts a force on a second body, the second body simultaneously exerts a force equal in magnitude and opposite in direction on the first body.

Thus whatever force the rower applies to the blade, the blade applies the same force on the rower. If you think they are rowing 36km a day, you can start to appreciate the amount of force being applied to the athletes' body.

The various phases of the rowing stroke all predispose the athlete to different injuries. The knee, lower back, wrist and rib being injured most commonly.



Knee injuries:

From the Catch phase to the Finish the athletes knees go from full flexion to extension and this is repeated over and over. Many rowers develop a Patella Femoral Syndrome (a grinding sensation underneath the knee cap) and Ilio-tibial-Band Friction syndrome (sharp pain on the outside of the knee when straightening the knee). Both these conditions may be exacerbated by the running volume that is so common in all rowing training programmes.

Lower back pain:

Lower back pain is common in rowing. Everything from muscle spasm to disc prolapse occurs. In the Catch phase the legs are fully flexed and the lower back is flexed. The back functions as a braced cantilever during the rowing stroke and is the major connection in the transfer of power from the legs to the oar. This loading causes injury, hence the importance to have a correct boat set up so as to optimise the loads. Also as the rower fatigues Lumbar flexion increases further increasing the shear load on the back. Biomechanical studies have shown that shear loads can be as much as seven times the body weight of the athlete. Sweep rowing adds a torsional component which can affect Z-joints in the back producing pain localised to one side of the back. As with most other sports, gym also plays a part in rowing. There is then increased loading while performing their gym routine which may further aggravate an already tired and painful lower back.



Rib injuries:

Rib stress fractures occur in high volume phases of training. They present with a vague, ill-defined thoracic discomfort before progressing to an obviously painful stress fracture. A stress reaction develops due to the load being applied to the Serratus Anterior muscle and External oblique muscle on the attachment of the ribs from the Catch phase through to the Finish. Once again a poor arc resulting in a poor catch or a mistimed catch will greatly increase the load on the ribs. This injury will also be aggravated by the gym activities loved by rowers, especially bench pull and snatches.

Wrist injuries:

The Catch phase, as the blade enters the water to the withdrawal of the blade in the Finish phase require the blade to be "squared and feathered" or rotated from the vertical to the horizontal. This requires the rower to rotate the blade using their wrist extensors. Extensor tendinopathies and Crossover extensor tenosynovitis are common especially in the high volume periods of training. This can also be complicated by the type of boat being rowed. Changing sides or changing from a scull to a sweep oar boat further increase the risk.

Although most of the article focuses on forces and angles and levers, rowing is about finesse not power. Raw power does not translate into boat speed. To row well you have to feel the boat, to feel the boat, you have to row many miles. It is with these miles that these overtraining type injuries occur.

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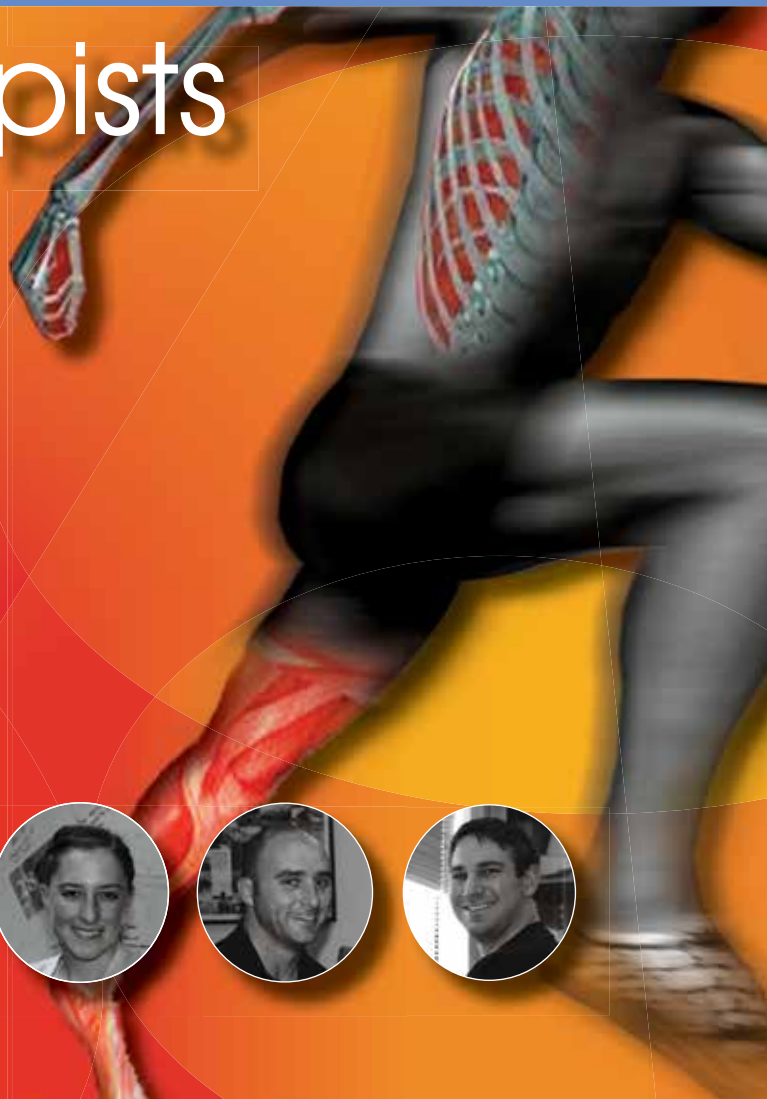
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International Olympic Committee (IOC) Sports Medicine Diploma Workshop

Text: Professor Martin Schwellnus



The International Olympic Committee (IOC) Medical Commission (Medical and Science Group) has been established to oversee the development and implementation of a number of activities to ensure that optimum medical care to athletes participating in the Olympic Games. One of the most recently introduced initiatives of this group was to develop a post-graduate Diploma programme in Sports Medicine.

This Diploma has not been designed as an alternative to existing post-graduate Diploma and other (Masters degree) qualifications in Sport and Exercise Medicine that are offered across the world in a number of academic institutions. Rather, this programme is aimed at providing team physicians from countries attending the Olympic Games with a basic but systematic clinical approach to common medical issues that are encountered at events such as the Olympic Games. Accessibility to this Diploma programme was considered to be a high priority; therefore the delivery of programme was designed as a web-based online course. However, as clinical skills and training are also considered very important, the programme is supplemented by a practical clinical workshop. This workshop is part of the compulsory requirements to successfully complete the Diploma programme.

An international expert group, which was appointed by the IOC, developed the 2-year online curriculum. Professor Martin Schwellnus, who is also the Director of the IOC Research Centre in Africa (one of four of these centres in the world

at that time) was selected to serve on this expert panel. The programme commenced in 2014 and the first students will complete the programme in 2015. As part of the final year (2nd year) requirements is the attendance of a 3-day practical clinical workshop.

Academic institutions have been approached, through members of the expert medical panel and the IOC Research Centres, to host the first of these clinical workshops. On the basis of these recommendations, the IOC selected the following venues for the workshops will be held in the 2nd quarter of 2015: Oslo (Norway), Calgary (Canada), Rome (Italy), and Pretoria (South Africa).

The University of Pretoria (Section Sports Medicine, Faculty of Health Sciences) has been identified as the host institution for the IOC Diploma workshop. The convenors of this 3-day workshop are Professors Martin Schwellnus and Christa Janse Van Rensburg from the University of Pretoria, Professor Ron Maughan representing the IOC, and Professor Wayne Derman from Cape Town. Five international students will attend the workshop consisting of hands-on clinical training, clinical case discussions and a written examination. The venue will be the Cricket Centre of Excellence, organised through the High Performance Centre at the University of Pretoria. Students will be accommodated in the High Performance Centre accommodation, and social activities will be organized for the students and the international and national guests during their stay in Pretoria.



The Presence of Parry

Text: Wilhelm de Swardt

Images: Reg Caldecott





“This season we have some unbelievably talented kids..”

The athletes of the Tuks Athletics Academy are already making their presence felt at local schools meetings.

At the Provincial Secondary Schools Athletics Championships in March they broke no less than six championships records and won 11 gold, six silver and three bronze medals.

“The Academy has opened less than eighteen months ago, therefore we are still in a learning process. One of the aspects about which we still have much to learn is recruitment,” said Lindsey Parry, director of the Academy.

“We need to become more involved with the athletics communities in deep rural and impoverished areas. I have no doubt that we will discover many talented athletes in those areas who can be recruited for the Academy.”

Parry emphasized that it is unrealistic to expect overnight success stories when you are working with young athletes.

“All of us who are involved with the Academy have to be careful not to work these youngsters too hard. If you do, chances are good that they will get injured. For many of these athletes it is the first time that they are part of a structured coaching system and it takes time for them to get used to it.

“We have started to develop a formula that seems to work well but it still needs to be tweaked to suit the specific needs of individual athletes.”

Parry becomes quite excited when he talks about

the improvement in the performance of the Academy's sprinters from last year until now.

“They did not really perform to their full potential when we started working with them last year and we realized that it would take some time before they would be able to do so. This season we have some unbelievably talented kids who have learned very quickly to perform at a very high level.”

Clarence Munyai and Gift Leatlelo are two of the athletes whom Parry referred to.

At a league meeting at Tuks in February, Leatlelo ran times of 10.46s in the 100m and 20.80s in the 200m.

His time in the 200m is merely 0.01s slower than the South African youth record of 20.79s that was run in 2002 by Leigh Julius. Unfortunately for Leatlelo, his time will not be officially recognized by the statisticians because of a strong wind from behind.

However, he still has the satisfaction of knowing that he ran the fastest wind-assisted time over 200m. The previous best time was 21.25s run by Hendrick Khumalo.

The wind was also too strong from behind during the 100m. It is interesting to note that Leatlelo equalled Sergeal Petersen's wind-assisted time of 10.46s.

Munyai's best time so far is 10.60s in the 100m.

Hennie Kriel, who is coaching the two youngsters, is quietly confident that they will continue to improve.

In fact, he predicts that the current crop of young sprinters in South Africa will, in a few years from now, begin to have an impact on international races as well.

"A few years ago I wondered why South African sprinters were not able to compete against the world's best. Some people said our athletes were simply not talented enough but I totally disagreed with them.

"I realized that we, as coaches, should take responsibility because the fault might lie with us.

"When I became involved with the coaching of young sprinters at the Academy the situation started changing. Because of the infrastructure at the hpc and the Academy I could, for the first time, follow a holistic approach to coaching and the athletes are starting to reap the rewards from it."

Thabo Matibedi, a former sprinter himself, has been appointed to assist Kriel to get the young sprinters to keep on running faster times.

According to Parry there is also a marked improvement in the performances of the Academy's middle-distance runners.

"The turning point came about during last year's cross-country season. By that time we had been working with them for six months.

"We have a 15-year-old, Lewis Ngwenya, who has already run a time of 1:55.91 in the 800 metres. It is exciting that we have quite a few athletes who will emerge in the foreseeable future."

The triple jumper Jubilant Motlhake is definitely one of the Academy's success stories, but he was hampered by injuries during the past two seasons and could not perform at his best. Last year Motlhake tore his hamstring three weeks before the national championships.

According to Motlhake the last time he was truly competitive was in 2012 when he won a gold medal at the Southern Regions Championships.

'Touch wood' as they say, but it would seem that Motlhake's injury woes might just be something of the past. Currently his best distance in the triple jump is 15.14m, which means that he will be a definite medal contender at the South African Junior and Youth Championships.

According to Parry the objective of the Academy is to identify young talented athletes between the ages of 13 and 14 and then guide them to represent South Africa at World Championships and the Olympic Games.

"We want to put athletes in the senior system."

"I realized that we, as coaches, should take responsibility because the fault might lie with us."



SPORT PSYCHOLOGY Department

ADVENTURE-BASED LEARNING AND DEVELOPMENT PROGRAMMES

How does it work?

It is based on the principle of learning through experience. It typically includes creating an experience, then reflecting on that experience, and finally knowledge is gained by transforming the experience into something that can be applied in future real-world situations.

Adventure-based activities:

- **Low ropes course:** incorporating various challenges that take place on or a short distance off the ground.
- **Amazing race:** incorporating a combination of problem solving and decision making challenges as part of a set course to be completed.

What is adventure-based learning?

It is the use of adventure-based activities for learning, focussing specifically on personal and team development.

What are the benefits?

- Shared knowledge and collaborative learning from all members in the group.
- Breaks away from the norm of passive learning through lectures and notes.
- An opportunity to apply knowledge rather than just recite knowledge.
- To modify behaviour to improve your effectiveness.



Description of Shadowmatch:

Shadowmatch is a tool that measures behavioural habits and compares these to a benchmark of the top performers in that specific environment. Behavioural patterns are crucial in developing competency in executing of a person's skills. Shadowmatch allows for the prediction of whether the situation will allow a person's habits to function optimally, allowing all energy to be used in executing of skills and developing competency.

For information contact: karla.brown@hpc.co.za



Spectator Behaviour at Youth Sporting Events

*Text: Mary Ann Dove -
Performance Coach and Co-founder of Positive Sport Parent*

There is an alarming increase in inappropriate parental behaviour at youth sporting events worldwide. Many of us have witnessed parents shouting, screaming and even swearing at their children, the referee/umpire and coaches during sports events. In some instances there has been physical abuse and in extreme cases weapons used. Is this what youth sport is all about or have we somewhere along the way, "lost the plot?"

Research published in the Journal of Applied Social Psychology in 2008 found that the control orientation of parents leads to ego defensiveness which in turn leads to anger and aggressive spectator behaviour. This anger resulted from uncaring, unfair and incompetent behaviour from coaches, referees, participants and fellow parent spectators.

Is it perhaps that we have become too obsessed with the results of games/events and more focussed on winning rather than the performance of the individual child and/or the team? Youth sport should be concerned with the holistic development of the child for long-term participation in physical activity and a healthy lifestyle. It is about learning and developing skills, gaining confidence, enhancing self-esteem, displaying sportsmanship, bonding with friends and teammates and having fun. All of these are eroded by inappropriate parental behaviour.

Parents role in youth sport is to positively encourage, motivate and support their child in his/her own chosen sporting endeavour. This support should be limited to financial, logistical and emotional support in the form of understanding, empathy and positive communication. Research has shown that children want their parents to display a moderate level of involvement in their sporting activities. By behaving inappropriately as described earlier, parents can cause their children to become embarrassed, stressed and distracted leading to increased pressure, decreased performance and often feelings of guilt if they don't achieve their parents' standards. Every loud screaming parent or adult spectator is viewed by young children (under 14 years old) as being aggressive. Studies show that children can't tell the difference in behaviour and simply group it as violent and feel emotionally and even physically threatened. These reactions and emotions do not support positive sporting development and may lead to children dropping out of sport all together. Two contrasting stories from young sports people demonstrate the role of parents in their sporting lives, Dear Dad.... The Game Isn't Fun Anymore and My Beautiful Parents Getting Me to Succeed.

Guidelines for appropriate parental side-line behaviour for positive youth sports experiences

- Your child is a person first and an athlete second – treat them as such
- Praise and support your child's effort and performance rather than focussing on winning or losing
- Never ridicule or berate your child for making a mistake, not performing or winning regardless of the fact that he/she tried their best or that the opponents were superior
- Don't criticise your child's performance – provide constructive and positive feedback
- Don't make a public spectacle of yourself
- Don't run up and down the side-lines shouting advice or run onto the field to debate a decision
- Refrain from coaching your child from the side-lines
- Support the coach in performing his/her role
- Remain in the designated spectator area until after the game – don't interfere with the participants
- Choose an appropriate time to provide feedback to coaches and officials
- Cheer for your own child and team
- Show respect for the opposition and officials
- Avoid using foul language or derogatory comments when speaking to your child, coach, officials and other spectators
- Control your emotions at all times - stay calm and composed when watching your child participate
- Behave in a dignified manner at all times
- Be a role model for other parents
- Provide unconditional love during both successes and failures



Kate Roberts

wants to help young triathletes

Text: Wilhelm de Swardt

Roberts, an Olympian athlete and medal winner at the Commonwealth Games, decided to plough back the experience she had gained by competing internationally to the benefit of young athletes at the High Performance Centre (hpc).

According to Roberts, she has noticed an imperfection in the coaching structures for South African junior athletes and would like to help rectifying it.

“My new job involves coaching, as well as the coordination of training at the junior triathlon academy of the Tuks Sport High School of the High Performance Centre (hpc) in Pretoria. My plan is to offer hands-on coaching to elite junior triathletes between the ages of 13 and 20.

“My initial goals are to recruit eager, motivated and willing juniors and expose these young athletes to the many opportunities that sport can offer them and then, later on, expose them to international competitions such as World Championships, Commonwealth Games, Youth Olympics and, ultimately, the Olympic Games.



"The trademark of South African sportsmen and women is our mental toughness and commitment, which certainly helps us to go a very long way. However, our downfall is that we live in a third world developing country and that we don't necessarily have the finances required to fund our sporting structures and programmes. This is where it would be helpful if corporate companies could get involved and assist us.

"And, like anything in life, I am conscious that as a coach I won't be an overnight success. I will first need to gain experience, become a leader of a team, and be patient and willing to put in the required time and effort.

"I am also aware that I cannot train my athletes in exactly the same way that I was trained. I will have to adapt to other coaching styles as well because there are many coaching methods that can lead to an athlete's success. However, the basis is a hard work ethic combined with dedication, persistence and a good attitude for coping with the demands of the sport.

"Please feel free to get in touch with me by contacting me through my website: www.kateroberts.com, or my e-mail address: kate.roberts@hpc.co.za.





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A dream comes true!

Text: Wilhelm de Swardt | Images: Reg Caldecott

Hettie de Villiers, principal, has no hesitation in using these words to describe her feelings on the fact that from this year for the first time since its inception 14 years ago the TuksSport School will be a proper school with its own buildings and ethos.

"I know to say it is a dream come true is a cliché but for all of us involved with the school it is really so. For the past ten years we have been 'scheming' and planning to build a proper school, but it was to no avail as we could not get the funding to go ahead. Now at long last we got a donor who shares our vision and passion to make a difference in talented children's lives not only just in sport but also on an academic level," De Villiers said.

If everything goes according to plan TuksSport High School will move from the Groenkloof Campus to the LC de Villiers sports grounds in August this year.

"The best thing about this is that this will enable us to create a true own identity for the school for the first time. In other words it will become a school with which the pupils and the teachers alike can associate with and that is really important. We want the children to feel proud of the school and its achievements."

The TuksSport School started off in the rugby clubhouse and then it was moved to an office in the hpc headquarters and later on to the offices now being used by the hpc physiotherapists before it was moved to Groenkloof.

It is interesting to note that in its 14 years the school has had a 100% matric pass rate for all but one year.

De Villiers is quite adamant that good academic results are equally important as excelling on the different sports fields.

"Actually for me personally good academic results are more important. I always place a lot of emphasis on the fact that any sports career, no matter how good you are, can only last a few years and that in sport there are never any guarantees.

On any given day any sport star's career could end with an injury and then what? That is why it is important to have a good academic qualification so you have something to fall back on."

The excellent results achieved by the 2014 matric class of the TuksSport High School proved that they are champions who have learned to act in accordance with the code for real champions.

All 31 matriculants passed, achieving a total of 50 distinctions. Even more important is the fact that 77.6% of them have qualified for matriculation exemption which enables them to continue their studies at a university.

With seven distinctions Ruan Ras is the school's top matriculant. Ras achieved distinctions in Afrikaans, English, Maths, Science, Life Orientation, Computer Application Technology and Business Studies and averaged 89.5%

The school's head boy and golfer, Franco van Zyl, got six distinctions (86.50% average), as did Kobe Vandelanotte a tennis player (89.17%). Tylah Lotter, a gymnast, got five distinctions (82.67% average).

Thembi Kgatlana, who plays for the national women's soccer team, is another matriculant who deserves to be specially mentioned. When she arrived at TuksSport High School she could not speak English at all, but she ended up among the school's top ten achievers with distinctions in Zulu and Tourism.

"Thembi's dedication on the soccer field and as a student is an excellent example of what we strive towards achieving at the TuksSport High School," De Villiers said.

2015 Sport success

It is still early days but already the athletes of the TuksSport High School had made their presence felt in the various sporting codes.

Athletics: Gift Leatlalo from the TuksSport High School broke the South African youth record

in the 200m at the Athletics Gauteng North Championships at Tuks . His winning time of 20.63s is 0.16s faster than Leigh Julius's record of 20.79s set in 2002.

His training partner, Clarence Munyai, who finished second in 20.77s also improved on the record.

Both athletes have qualified for the World Youth Championships in Colombia.

**Megan Capper was presented with the most promising Cross Country Athlete of the Year Award while her coach, Michael Seme received the President's Award for the Coach of the Year at the Athletics Gauteng-North Awards.

Triathlon: The 16 year old Gizelde Strauss caused quite an upset when she won the junior race at the African Sprint Cup-triathlon (750m swim, 20km cycle and 5km run) in East London.

Mieke Koen finished third.

**Strauss was also victorious World School Champs Trials in Bloemfontein winning the 15 to 16 age-group race.

Judo: Christiaan Boshoff matric pupil impressed at a National Ranking Tournament in Stellenbosch when he won the Under-60kg weight division fighting in the Under-20 age group.

Last year he was the South African champion in the Under-20 age group's Under-55kg weight division and he caused a slight surprise finishing third in the senior competition.

Golf: The 2015 National College Golf Championship took place at Dainfern Country Club and is the one of the premier events on the high school golfing calendar. A total of 52 teams from 25 schools from across South Africa and Zimbabwe competed in the three-day competition, together with two sponsored development sides.

In the tightly contested individual tournament, the winner was Marco Steyn of the TuksSport High School. Dylan Naidoo also from the TuksSport High School scored 210 to take third place.

Steyn and Naidoo also won the team event. The two of them will represent South Africa at the All African Championships in May in Zambia.

Soccer: The players of TuksSport High School was also instrumental in helping the national Under-17 football side to the final of the 2015 CAF African Youth Championship and qualifying for the U17 World Cup in Chile later this year.





Stripe UP 2015

A new and innovative event took place at TuksSport on the evening of Wednesday the 4th of February 2015 – Stripe UP.

Stripe UP is an event where all the current athletes as well as the first years get together to celebrate the successes of the previous year, welcome each other home to TuksSport and look forward to the new year and all it has to hold.

First year student-athletes are given a taste as to what it means, and what it feels like, to be a part of the TuksSport family. Athletes were able to test their ball skills in an inflatable squash court that was set up just outside the Sports Centre. Loads of selfies were taken in the photo booth and a full colour stripe was built out of quotes and goals that the athletes wrote down just before they entered the Rembrandt Hall.

Entertainment in the form of motivational TuksSport videos, music, engaging MC's as well as a dance off led by TuksDance created an exciting vibe for the evening.

Prof Antonie de Klerk and Mr van der Walt addressed the students and highlighted the history, values and importance of the Tuks Stripe. Mr van der Walt emphasised that being part of TuksSport and wearing the stripe is a very unique and special privilege. Prof de Klerk reminded athletes that they should always wear the stripe with the utmost respect, dignity and pride.

James Thompson, a member of TuksRowing as well as an Olympic Gold Medallist also addressed the students. He conveyed to them that by being a part of TuksSport and the University of Pretoria they will be ex-

posed to the best opportunities and the most conducive environment for success in both their sport and their studies. He encouraged the athletes to make the very best of their time at TuksSport, to get involved as much as possible and to always earn their stripes.

Each of the athletes was then presented with a symbolic Tuks bandana, and encouraged to join the stripe generation and earn their stripes in all areas of sport and academic life at the University of Pretoria.

Once the formalities were over the athletes, coaches and support staff enjoyed socialising and getting to know each other as well as sharing their dreams, goals and aspirations for 2015.



Varsity Cup 2015

UP-Tuks 1 lose out on Varsity Cup 2015 Final

The biggest irony of UP-Tuks' nail-biting defeat against NWU-Pukke on Monday in the 2015 Varsity Cup semi-finals is "that we were not beaten by a better team. We simply lost to ourselves, making it so much harder to fathom."

That is how UP-Tuks Head Coach Pote Human summed up the feeling in the camp after NWU-Pukke secured their spot in the final with the narrowest of wins (29-28).

UP-Tuks will think back on the match as one in which they were

found wanting in too many critical components of the game. Despite the fact that they were always in with a chance to make the finals for the fourth time in eight years, they were also their own worst enemy by making too many basic mistakes on which NWU-Pukke capitalized mercilessly.

UP-Tuks' handling let them down, their goal and tactical kicking were poor, they were not physical and aggressive enough at the break downs, they conceded far too many penalties like the two in the scrums when they were on NWU-Pukke's try-line and lastly the inexcusable lapse in defence that allowed NWU-Pukke's fly half Johnny Welthagen to secure the win through a long-distance try.

Assupol TuksCricket

Assupol TuksCricket has yet again had a season that will be written up in the record books.

Assupol Tuks 1 won all three Northern's Cricket Union (NCU) Competitions, USSA and the inaugural Varsity Cricket tournament in the 2014/2015 season.

According to Assupol TuksCricket Club Captain, Aiden Markram, it has been a very tough and long season. "We have been a part of many different tournaments. As challenging as it was, our achievements made it very rewarding."

He said the team's various tournaments were always changing and that's where they got it right. "Each player understood his role in the squad and gave 100 percent, regardless of which tournament we were participating in. I think that's what made the difference for us".

Pierre de Bruyn, Head of Assupol TuksCricket, said: "As the leading University and club cricket team we are privileged to be in such a great position, it has taken five years of extremely hard work to get here. In such a position the expectations will always be very high, but we thrive on that. The ultimate goal is to be successful on the field, and with that young players' dreams can come true. We will continue to create an environment of excellence for young cricketers and students." de Bruyn is very happy with his team's win at the Varsity Cricket tournament and is looking forward to TuksCricket going to India to represent South Africa and defend their title.

TuksFencing

Senior Commonwealth Fencing Championships, November 2014, Largs, Scotland

Women's Epee Team – Silver (Daniella Klonarides)

Men's Individual Epee – 8th (Sello Maduma)

TuksJudo

Senior Africa and Senior World Championships, 7 – 8 February 2015, Stellenbosch

14 Tuks Judokas qualified for the Africa Champs which will take place in Gabon in April, the Africa Junior and Cadet Championships that will take place in Tunisia in July, and the World Senior Championships that will take place in Brazil in September.

TuksArchery

IFFA Indoor Championships, 7 – 8 February 2015, Kempton Park

Shaun Anderson set a new South African record as well as an unofficial World Record with a score of 300 out of 300. This new record comes just months after the amputation of Shaun's left arm.

TuksCheerleading

Varsity Cheerleading Competition, 3 – 8 February 2015, Potchefstroom

The TuksCheerleading team competed at the first Varsity Cheerleading Competition held in Potchefstroom in February this year. The competition took place at the same time as the inaugural Varsity Cricket Tournament. The TuksCheerleading team did exceptionally well finishing in second place. The team performs on a regular basis at all major TuksSport home matches and big events.

TuksRowing

VLC Sprints: 01 February 2015, Victoria Lake

Men's A Single – Lloyd Bemelman (new course record)

Men's A Double – Lloyd Bemelman and Chris Mittendorf (new course record)

Men's A Four – Bronze
Men's A 8 – Silver
Women's A Four – Gold
Women's B Four – Gold
Women's A Pair – Silver
Women's A 8 – Silver

Buffalo Regatta: 14 February 2015, East London

The Buffalo Regatta is one of the oldest regattas in SA, having started in 1887. The TuksRowing Club exhibited true passion, pride and love for TuksSport and the University of Pretoria as they displayed dominance across all boat classes on the water.

Silver Sculls Trophy – John Smith
Men's Coxless Four – Gold
Men's Pair – Gold & Silver
Men's Double – Gold & Silver
Men's 8 – Gold
Women's Single Scull – Lee-Ann Persse

Women's Pair – Gold

Women's A Double – Gold

Women's Double Scull – Gold, Silver & Bronze

Overall Trophy – TuksRowing

Lawrence Brittain Beats Cancer

Lawrence Brittain, u/23 World Rowing Champion, was diagnosed with Stage 4 Hodgkin's Lymphoma on the 16th of October 2014. Lawrence began the first of his three six-week chemotherapy cycles on Monday 20 October 2014.

Lawrence returned to training on Monday the 23rd of February 2015 and has his sights firmly set on the World Championships that will take place in France in September this year and then the 2016 Olympic Games.



John Smith wins Silver Scull at The Grand Challenge



Lee-Ann Persse and Naydine Smith win Women A Double event.



Tuks Lightweight four on their way to winning The Grand Challenge



Lee-Ann Persse wins Women A Single Scull

AmaTuks



AmaTuks progressed to the last 16 of the Nedbank Cup for the first time in 5 years after they defeated Moroka Swallows 2-1 at the Tuks stadium in February this year.

INSIDE NEWS

Golf

TuksGolf Academy player (ex-TuksSport High learner), Teaghan Gauche won the ProShop Northern Amateur Match Play title at Randpark Golf Club.



James du Preez, TuksSport Golf Academy player won 2015 Sanlam Cape Province Open



Marco Steyn & Dylan Naidoo, TSHS players won the 2015 National College Golf Championships hosted by Dainfern College from 15 – 18 March



Athletics

Race Walk:

Lebogang Shange: Broke SA 3000m SA walk record in 11:20.39; 8 days later broke 2nd SA record in Lugano, Switzerland (1:21:50); then victorious in Dudinska, Slovakia (IAAF 20km R/W Challenge: 1:22:44). 1st South African to win a race in the IAAF R/W Challenge-series.

Marc Mundell qualified for the World Championships in Beijing finishing 10th in the 50km walk in 3:56. 47s



Track & Field:

Akani Simbine on his way to 20.27s lifetime best in 200m the AGN champs.



Duwayne Boer 1st with a 15.59m leap in men's triple jump event at



Varsity Athletics Meet, Potch. TuksSport High School athletes Gift Leotlela, set SA Youth record in 200m (20.63s) & Clarence Munyai came 2nd in 20.77s at AGN champs.

SA Schools Championships, Rustenburg: TSHS junior athletes claimed 4 PBs, 4 Gold, 4 Silver & 2 Bronze Medals.



LJ van Zyl won 400m H in Sasolburg in 49.26s

Wenda Nel won 400m hurdles (55.20) at the AGN champs

The hpc sponsored athletes Akani Simbine, Wenda Nel, Cornel Fredericks were presented with Awards at the AGN Awards Function on 12 March.



Triathlon

Wian Sullwald won 2015 Troutbeck ATU.



Wikus Weber – 2015 Buffalo City ATU Sprint Triathlon African Cup & SA Champs – won Elite SA men



Gizelde Strauss, Dylan Nortje, Mieke Koen qualified to represent TuksSport High School at the 2015 World School Championships to be held from 27 May - 2 June in Versailles, France.



Gizelde Strauss, grade 10 won gold in the Junior girls 16-19 while Mieke Koen, grade 12 got bronze in the Junior girls 18-19 age group at the 2015 Buffalo City ATU Sprint Triathlon African Cup on 1 March.



Canoeing

Bridgitte Hartley, crowned Victrix Ludorum at KwaZulu-Natal Canoe Sprint Championships, Nagle Dam. She took seven wins (K1 200, 500, 1000, 5000 & K2 200, 500 & 1000).



Swimming

Karin Prinsloo, mentors the 12-year-old Duné Coetzee, fastest 50m freestyle swimmer in her age group and competitive in 100m and 200m butterfly.



Judo

Michaela Whitebooi (Gold -48kg & Silver - Open), Desiree Blake (Gold -57kg), Sinotando Mva (Gold -52kg & Silver - Open) at the USSA Judo Competition: 26 - 28 March 2015 at UP



Zack Piontek, bronze - men's -90kg in the Africa Open held in Tunis, Tunisia



Mountain Biking

Philip Buys & Matthys Beukes won 4th stage of Cape Epic in 4:19.19s; with a 5th overall finish & received Absa African special jersey.



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Memories of a Fun Run

Text: Anthea van Zyl | Cartoon: Theodore Key

With good reason I have great respect and admiration for athletes. Runners in particular, impress me no end with their discipline. I cannot fathom how they can get up at sparrow fart every day to do pavement padding, which is so rough on the feet, knees and hips...and they do this for an unrelenting 5-15 km every morning (or evening)! And it does not end there. They participate in qualifying races, some for charity, some to win medals and others "just for the sheer fun of it" - as they prepare for the big one: Mr Comrades Marathon. But each to his own, I guess.

I recall a not too distant December holiday with my folks at the coast. We don't see each other that often, so we indulge big time. Lazy days effortlessly blend into each other as we break away from rigid time, sleeping and diet constraints.

One particular day we found ourselves on the beach at Jeffrey's Bay together with 8,000+ other loony Transvalers to soak up the sun. I confess I have many weaknesses, one of which is water. I love drinking it. I love showers and I am particularly fond of the sea. Consequently when I go in, I don't come out for ages. Usually only when I'm too tired to fight those ball breakers that J'Bay is notorious for - or when I get seriously roughed up by a churning wave and end up swallowing two litres of brine. I had just staggered back to our beach umbrella, grabbed a bottle of water to swill out the foul taste of seawater in my mouth and I was in the process of lowering my butt onto my towel, when I heard my mother say something about putting our names on a list. My sister immediately asked for more details.

Apparently while we were cavorting in the waves a verrryyyy nice looking young man came over and asked if anyone in her family would care to participate in a Fun Run. Can you believe that, at her age, my mother would still be susceptible to beach eye candy?! According to her reasoning Wynand (my sister's son), who was in high school and did cross country, needed the exercise. But in her opinion he could not go alone, so she added my sister's name ...and as an afterthought mine too. I rolled over backwards and roared at the notion! When I noticed I was the only one laughing. I sat up and squinting up into the noonday sun, said, "You're not serious, are you, Mom?" She was.

Fun and Run do not belong in the same sentence. They do not go together. They are opposites. They do not bond. At least not in my world. I don't run. Except when in danger. And even then...I would rather stop and fight.

'Mom are you sipping on the sly? Have you had too much sun? Did you get his number.' 'No.' 'What were you thinking?' Silence. 'When does this Fun Run take place?' 'Tomorrow.' 'Where?' 'Cape St Francis.' 'What time? 5 am.' 'FIVE AM!!!!' It was touch and go folks...I nearly kicked off the third world war - I promise you! Wynand and his mother, my slim and running-fit sister seemed to be in good spirits about the prospect, but I was very subdued for the rest of the afternoon. Dad kindly offered to take us, while the one who got us into this confounded mess, slept late. Grrr. I did, however, notice my father packing odd things like binoculars, a jerry can of water that would last a week in the bush, half a bag of oranges, towels, a fold-up chair, lip-ice, Vaseline and the First Aid Kit. My sense of doom deepened as the clock inched towards midnight and leopard-crawled to 4 am. I was too stressed to sleep and was contemplating gnawing off my wrists when the alarm sounded. I peered at the pale faces of my family members as we had tea at that ungodly hour. None of us was properly awake. Nothing good could come of this hare-brained scheme...

We arrived at the scene of the crime. Pardon me. The starting point of the *Fun Run*. I got out of the car dressed in tracksuit pants, a T-shirt and my Edgars takkies. I was gobsmacked to see at least 120 people milling around with bright lycra outfits, state of the art running shoes, and intricate contraptions that allowed them to sip water from a bottle strapped to their hips. Some had monitors wrapped around their arms and chests. The clothes, caps and sunglasses that many wore, I am convinced, cost more than my car. It did not take a detailed fax or a huge amount of brain power to realise that I was about to make my name Kimberley in a BIG way and that I was utterly out of my league. I was about to slink back into the car when a smiling Wynand arrived with our numbers and dutifully pinned them to our backs. I caught a few pitying looks for a couple of bronzed individuals who were at least 30 years my junior. I tried a grin, but could not quite pull it off. My dad

wished us well and said he would park the car at the top of one of the hills and he would look out for us with his binoculars. I could not spot an injury tent, though I suspected I would need one....

While I was attempting a decent stretch, the pistol cracked and needless to say, the Lycra Brigade took off like whippets. I felt a whoosh of bodies past me and within 30 seconds I saw heels disappearing over the first hill. In the very first hollow we ran into a cloud of minute insects, which effectively blinded me. I swallowed a dozen of the critters and that resulted in a coughing spasm that left me breathless.

Looking back I recall that I was running, but it felt as if I was not moving an inch. I seemed to be going nowhere slowly. I don't recall that happening at school where I ran the 100m, 200m and 1500m. And it is not that I am a couch potato either. I gym five times a week.

Anyway, Wynand deserted us after hill one, but my sister – bless her dear heart – adjusted her pace and stayed with me. Maybe our mother had paved her palm with a couple of notes to make sure she brought me home alive.

By hill three I was doing a really good rendition of a cross puff adder. I think the pavement was pounding me to pudding instead of the other way around! We walked down all the hills from then on, so that I could just catch my breath. Later I only jogged on the straights. I was compelled to gear down first; then brace myself before I could tackle the next uphill. I did not dare to try talking at the same time. I had to concentrate on keeping my Jell-O legs from straying to the closest grass verge and parking there. My sister muttered encouragement to me all the way. She saw I was taking strain.

I am not sure how much later it was...for all I knew the sun could have risen and set six times...I was oblivious...but we reached the finishing line. And I was finished! If that was

a 10 km run, I cannot imagine what it must feel like to run the Comrades. I nearly died. I was sure there was a mistake when at the table we heard we had come in 28th, 53rd and 54th of 128 runners. Dad gave us water and orange juice to get us rehydrated. By the time we got back home my feet, legs and hips had lockdown syndrome and nothing could coerce them to function normally. When I exited the car, one violent lurch left me nibbling grass as I prostrated myself on the lawn, also promptly killing a couple of Dad's plants. With the assistance of my Dad and Wynand I made it to the couch. My mother appeared holding Disprins and Deep Heat... She had prepared a splendid lunch for us, which made forgiving her very easy. During lunch I did however stress that 'as long as she shall live, she would never, ever, do such an irresponsible thing again.' A lot of nodding ensued. My incapacitation did, however, have one splendid advantage...I could stay in bed for three days recuperating with a stack of books and someone to bring me refreshments. Now **that** is what I call a good holiday!





Text: Wilhelm de Swardt | Images: Reg Caldecott



hospitality at the hpc

It seems to have become a tradition for swimmers from the Stockport Metro Club in England to train at the High Performance Centre (hpc) during South African summers.

It has been happening for a decade already and if Sean Kelly, the club's head coach, should have his way it will continue for at least another ten years.

Kelly is full of praise for the facilities at hpc, as well as for their hospitality.

"I enjoy bringing swimmers to the hpc because of the people and the environment. Above all, it is a secure sports complex which allows us to focus on our training without any disruption for three weeks. An added bonus is definitely the fact that it is a high altitude facility.

"We really appreciate the hospitality of the hpc staff, including the restaurant and the transport guys. I can honestly say that I have made some good friends at the hpc over the years. I am in regular contact with some of the people at hpc and they have become my friends."

When Kelly talks about his experiences at hpc it becomes clear that he has also become a fan of South African swimming. Graham Hill, Chad le Clos' coach, has become a close friend of his and he does not hesitate to say that one of the golden moments for him during the 2012 Olympic Games in London was when Le Clos beat the swimming legend from the USA, Michael Phelps, to win the 200-butterfly.

"I was quite emotional after Chad's victory because it was such an unbelievable performance."

Kelly chats regularly with South Africa's other Olympic medallist, Cameron van der Burgh, when they run into each other at the hpc. He also admires the 34-year-old Roland Schoeman for still being able to

make his presence felt at international events.

Kelly is proud of the fact that the Stockport Metro Club has produced 14 Olympians, four of them medallists, during his time as coach.

The South African-born Kerri-Anne Payne won a silver medal in the 10km open water swimming at the 2008 Olympic Games in Beijing. She is also a five-time winner of the Midmar Mile.

Stockport Metro Club's other three medallists are Cassie Patten, bronze in the 10km swim in 2008; Graeme Smith, bronze in the 1500-freestyle in 2004 and Stephen Parry, bronze in the 200-butterfly in 2004.

"I would love one of our swimmers to win a gold medal at the Olympics before I retire," Kelly said.

According to Kelly, Lauren Quigley is a swimmer to watch.

"Lauren continues a tradition of world class swimmers in her family. Her mother, Yvonne Stanley, has swum internationally and her aunt, Gaynor Stanley, has competed for Team GB at the 1984 Olympic Games in Los Angeles.

"At the age of 16 she underlined her potential by winning her first British senior medal, a bronze in the 50m Backstroke at the 2011 British Gas Swimming Championships. On her international debut at the European Junior Championships in Belgrade she went on to win a silver medal.

"She completed her set of British titles with the 50m and 200m backstroke crowns in 2014. This was followed by a silver medal in the 50-backstroke, as well as silver in the 4x100m medley relay at her first Commonwealth Games for England at Glasgow 2014."

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The hpc conference centre offers two state-of-the-art conference venues and a meeting room that can accommodate various seating styles and delegations. Whether you require an intimate atmosphere or an expansive conference setup, our packages are tailor-made to meet your specific needs and budgets.

The hpc also hosts events and can cater for all types of functions, year-end parties, private parties and casual 'braais'. The restaurant is also fully licensed and serve a variety of meals that are wholesome and nutritious.

The hpc hotel is located in Hatfield and is close to the Gautrain Station, Union Buildings and shopping malls. We can also arrange group tours to local tourist attractions in the Gauteng area.

**For more information please visit our website at
www.hpc.co.za or contact us on 012 362-9800.**



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