

Cup final – a tightly contested affair

BUNTU GOTYWA

The curtain came down on this year's Coke Cup at a packed Erica Park, in Belhar, at the weekend.

The tournament featured more than 500 teams across three divisions when it kicked off earlier this year, with champions being crowned in the men's, women's and under-18 divisions.

In an all-Mitchell's Plain affair, Bayview FC edged Juventus 1-0 to take the seniors' trophy and pocketed R35 000. Juventus should be considering themselves unlucky to not have lifted the trophy as they controlled much of the match and enjoyed possession. But Bayview goalkeeper Timothy Johannes stood tall between the sticks and was duly rewarded with a man of the match award.

A penalty and two red cards in the second half sealed the faith of Juventus as Bayview converted from the spot and went on to shut the back door.

Coach Nazeem Johannes even decided to sub himself in as they continued to pile on the pressure in pursuit of an equaliser but even his efforts were thwarted by Johannes.

Bayview skipper Craig Jochems says his side did what was needed of them.

"I must give credit to my defence because most of them are youngsters but they showed a lot of discipline and that's important in this game. But also once we got possession of the ball to the guys upfront they managed to hold the ball and steal as much time as we could because we had to defend a lead," said Jochems.

Bayview lifted the trophy for the first time and Jochems says this is the club's biggest achievement and should be leading to many more accolades.

In the women's final, UWC scored a late equaliser, minutes before fulltime to send the game to penalties after a 2-all



PICTURE: BUNTU GOTYWA

■ Spurs WFC's Jessica Williams collects the ball during her side's loss to UWC in the Coke Cup final at Belhar at the weekend.

draw against Spurs WFC.

UWC goalkeeper Jaime-Lee Peters came through for her side in the penalties, making two saves to give her side a 3-1 victory.

Spurs had looked to be cruising to their first Coke title as they led 2-1 deep into the second half, only for UWC's national team player, Chelsea Daniels to find an equaliser seconds before full time. Spurs WFC received a cheque of R10 000 as the losing finalist.

In the under-18 final, Silver Spurs met a rampant Grassy Park United side that was in a mean mood on the day and eventually lost 7-1.

Spurs had been the dark horse of the competition and one side that managed to grind

results in the most difficult situations.

The final scoreline might come as somewhat of a shock to the Spurs faithful, considering that they were the best defensive side in their division leading up to the finals.

They had only conceded two goals throughout the tournament and would have fancied their chances against favourites, Grassy Park United. As runners-up, Spurs received a cheque of R15 000.

It was the first time Spurs made it all the way to the final of the Coke Cup and coach Fernando Classen says he takes a lot of inspiration from their journey to the final despite the disappointment of not making it over the final hurdle.

"It's not always good to lose the final because we worked hard to make it here, but we are proud because this is history, it was our first final for under-18, said Classen.

Following a 1-1 tie at the end of an evenly-matched first half, the Brasse van die Park's midfielder Matthew Bam and winger, Tyrese Augustus came out blazing with three unanswered goals, two belonging to Augustus, in the opening five minutes of the second half.

Just when we thought we had seen it all, super-sub, Thurston McKay, delivered what would be remembered as one of the fastest hat-tricks from a substitute on the under-18 turf, scoring three goals straight from the bench to silence the opponents.

Teach children the value of the great outdoors

KATHLEEN MCQUAIDE

We are just weeks away from launching the Healthy Active Kids South Africa (HAKSA) 2018 Report Card where we review our South African children's health.

In the 2016 report card, it was found that less than half of children play sport and do Phys Ed at school and that often it's related to environments not being conducive to being active.

As we upgrade our lifestyles and train for the "Woolworths Move for your Health event in proud association with SAN-Parks" on Sunday November 4, it's good to focus on initiatives that are making a difference. One of these is the "Kids in Parks Programme" that SAN-Parks have been running for a number of years.

Approved by the Department of Education, this "outdoor classroom programme" brings 500 children from 10 schools onto a 3-day/2-night sleep-over environmental experience in Table Mountain National Park (TMNP) annually.

Ahead of this outing – SAN-Parks also does pre-training with the teachers so they are empowered to assist with the facilitation of the programme.

The children visit Cape Point, Boulders, Newlands Forest and Table Mountain. Says Saskia Marlowe, the TMNP Hospitality Services, Film and Events Manager: "The additional benefits of the programme are multi-fold.

"By engaging with schools in the communities sharing a boundary with us, we aim to enhance access to our national parks, develop a love for green spaces, strengthen environmental education in the curriculum, foster goodwill and build relationships and partnerships."

By letting school children experience the beautiful environment, SANParks expects their families to be encouraged to spend time in the park and hopefully get fitter in the process.

Research has found that the fitter the family becomes, the more they explore and appreciate the diversity of what the

park has to offer. "Kids in Parks" also hopes to instil in youth the desire to conserve these beautiful spaces in years to come.

Oranjekloof Primary School, close to Imizamo Yethu, Hout Bay, is one school that will be benefitting from Kids in Parks early next year. A further treat for 55 pupils from the school is an opportunity to take part in the 6km event in early November and they are in training – as we hope all the readers are – with the event less than three weeks away.

Held in partnership with the Atlantic Sun, Western Province

Cricket Club Running Section (WPCC), Woolworths, Future-Life, SANParks and Claremont Rotary Club, we remind schools that we are offering cash prizes for both large and small schools claiming the title of the highest percentage of pupils completing the "Woolworths Move for your Health event in proud association with SANParks" on November 4. Contact us on move4health@ssisa.com and we will make sure your school gets the information.

● Kathleen McQuaide is the SSISA strategic, media and sponsorship manager.

Week 5

Warm up

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

5-min walk every session

15-min jog / 2-min walk
Rest
25-min jog/ 2-min walk
Rest
20-min jog/ 2-min walk
Rest
Brisk 30-min walk

Staff Vacancies

630 Operation Employment*

H/KEEPER, I am avail Mon - Fri or as a char with exp + good refs. Contact Sindiswa 073 880 1511.

ISHMAEL is looking for a job as a painter, gardener, housekeeper, I have 5 yrs exp. Ph 0638366510

MALAWIAN h/keeper or gardener, I am avail Mon & Sat, 6yrs exp + refs call Rob on 083 4242949 Richard/Frank 061 382 9911.

MALAWIAN Agnes is looking for a job as housekeeper. I have 2 yrs exp. Ph 0718562171

MALAWIAN is looking for a job as housekeeper, domestic. I have 4 yrs exp, refs & working permit. Ph 0648480809

MALAWIAN lady seeks work as a h/keeper, nanny or home base carer, with exp + refs. Effrida 074 906 3233 or 071 055 0277.

MALAWIAN lady seeks work as a h/keeper or nanny, 3yrs exp + good refs. Estary 065 594 0682.

MALAWIAN lady seeks work as a h/keeper or nanny, I am avail Mon - Fri, sleep in or out exp + good refs. Call Agness 073 581 6747.

MALAWIAN man seeks work as a h/keeper or gardener, I am avail Mon - Fri, with exp + good refs. Damiano 084 214 1118.

MALAWIAN man seeks work as a h/keeper, gardener or painter, I am avail Mon, Tues, Fri + Sat, with exp. Effetie 073 3768977.

MALAWIAN man seeks work as a painter or gardener, I am avail Mon - Fri, with exp + good refs. Robert 065 872 9484.

NIXON seeks house-keeping, cooking or guesthouse work. 9 yrs exp + refs. Ph 073 101 1494

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Notice of Annual General Meeting

The Sea Point City Improvement District NPC (SPCID) will be hosting their AGM. All stakeholders are invited to a review of the year's activities, and planning for 2019/20.

Date: 13 November 2018

Time: 10:30

Venue: Protea Hotel, Arthurs Road, Sea Point

Resolutions presented at the AGM can only be voted on by bona fide members of the SPCID. This membership is available free of charge to all owners of property within the SPCID footprint, but they must be registered before 6 November 2018.

For further information on how to register, AGM documentation and go to www.seapointcid.co.za, e mail wayne@seapointcid.co.za or call 021 434 1234.



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