

■ Body builders from the Simunye Club are, from left, Lloyd Chiwoko, Fezile Mbeti and Xolisa Dyobo



Building bodies – and youth

DON LILFORD

Members of the Simunye Body Building Club, founded in Imizamo Yethu four years ago, will compete in their 2008 championships in the amphitheatre at Mainstream Centre tomorrow, Saturday March 29, from 1pm to 4pm.

“Ten of our members are competing and we are hoping to raise money for much-needed equipment and to enable us to send representatives to the Western Province body building championships this year,” said Xolisa Dyobo, a founder member of the club.

“We started with four members in 2004 and we now have 31. We practise five days a week after work at the gym at the Sijonga Phambili centre that we share with the boxers, among others. To begin with we had no equipment but last year we appealed to the Hout Bay community for help and now we have three benches and a number of lifting weights.

“Our objective in starting the gym was to give our youngsters something to do after work. We wanted to keep them off the streets and away from crime. We have achieved a lot in the four years and some of our young members have developed really fine bodies.”

“Of course, it does help that most of us do physical work during the day to earn our living.

For instance, Fezile Mbeti and I are members of the staff at The Spinney and our work in the garden helps to keep us in trim.”

The body building championships in the amphitheatre will also provide an opportunity to showcase the activities of the Sijonga Phambili gym and to recruit new members.

“If tomorrow was Christmas and you were given one wish, what would it be?” Xolisa was asked.

“More lifting weights,” he replied with a big grin. We do not have nearly enough for our members at present and if we succeed in our aim to recruit more members it will become an even bigger problem.”

Entry is R35 for adults and R15 for children. For details phone Xolisa Dyobo on 072 789 0363 or Fezile Mbeti on 071 144 3263.

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Hout Bay’s Christopher Elliott won the junior division title at the Sport Unlimited Cape Classic, held over the weekend at various beaches around the Peninsula.

“This is my first win at a SABA event, so I am chuffed with my win. I have worked hard at contests over the years but didn’t do well. I feel that I owe a lot of this to my mentor and sponsor, Derek Footit,” said an excited Elliott.

Also doing Cape Town proud was Camps Bay’s Sacha Specker who claimed victory in both the Pro and Drop Knee divisions, having recently returned from Hawaii and Australia where he

won a US Bodyboarding Association event in California.

In an action-packed pro division final, Specker opened his account early with an opening ride, followed by numerous high scoring waves. Challenges came from Durban’s Alistair Taylor, Mark Watts and Footit. Taylor finished in second place with Footit and Watts claiming third and fourth respectively.

The women’s division went to South African women’s champion, Pamela Bowren.

The men’s division was won by Ian Thurtell from, Fish Hoek. The boys division was won by Bas Koopmans from Philadelphia and the master title went to

2007 SABA Tour Champ, Mike van Huyssteen from Durban.

The event marked the start of the South African Bodyboarding Association (SABA), National Tour for 2008 and has been regarded as an overall success by both riders and organisers, the Western Province Bodyboarding Association (WPBA).

“The entire event has been a huge success, we couldn’t have asked for more. We had good waves throughout the contest and I am very pleased with the level of commitment from the riders and my WPBA team. I would like to thank all involved in making this happen,” said WPBA chairman, Deon Meyer.

PICTURE: SIMON HEALE

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