

Issue 1 May 2023

CHAMPIONS

MAGAZINE

A LIFETIME OF MEMORIES



FRANCE 2023 **THE ROAD TO THE RWC**

FA CUP * FRANCE 2023 * DURBAN JULY * CRICKET 2024
URC * DAVIS CUP * GOLF * IN MEMORIUM * SPORTS QUIZ

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VIP FREEWHEELER FRANCE 2023 TICKET APRIL UPDATE



Special Budget airfares for economy class return flight tickets to Paris from JHB are also available from only R14,995 excluding standard booking service fees, depending on your requested International carrier flight dates.

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Friday	08-Sep	Paris	France vs New Zealand	Cat 2	ZAR 22,995
Saturday	09-Sep	Marseille	England vs Argentina	Cat 4	ZAR 11,788
Sunday	10-Sep	Marseille	South Africa vs Scotland	Cat 2	ZAR 14,998
Sunday	10 Sep	Marseile	South Africa vs Scotland	Cat 4	ZAR 11,998
Sunday	17-Sep	Bordeaux	South Africa vs Romania	Cat 3	ZAR 6,448
Thursday	21-Sep	Marseille	France vs Namibia	Cat 3	ZAR 7,487
Saturday	23-Sep	Paris	South Africa vs Ireland	Cat 4	ZAR 16,998
Wednesday	27-Sep	Lyon	Uruguay vs Namibia	Cat 3	ZAR 3,875
Sunday	01-Oct	Marseille	South Africa vs Tonga	Cat 3	ZAR 5,998

- Kindly send your request to info@destinations2travel.co.za for any of the above Pool Match tickets you may wish to purchase. Other Pool Match tickets available on request.
- Any **Knockout Phase Freewheeler Cat 2/3 tickets** (both 2x QF's & 2 x SF's & The Final) may only be purchased together in Paris Land Arrangements travel packages, including a minimum 4 nights accommodation in a selected 3* or 4* hotel; in a double / twin room sharing; Daily breakfast; Tour memorabilia.
- From only ZAR 57,990 Per Person Sharing. Ex-Cape Town and Durban flights on request.
- Payable on a structured payment plan starting within 48 hours of your preferred travel package.



04.

Why 2023 will be a big year as we celebrate 200 years of rugby



As the excitement and anticipation builds ahead of Rugby World Cup 2023 in France, Sir Bill Beaumont reaffirms World Rugby's ongoing commitment to advancing player welfare and women in rugby in a year where the sport will celebrate its 200th birthday.

Friends in rugby.

This year, we celebrate 200 years of rugby. As legend has it, with a fine disregard for the rules of association football, William Webb Ellis caught the ball and ran with it. A sport was born.

It is with that same spirit of curiosity, enthusiasm and innovation that we begin what will be a massive year for rugby. There are so many reasons to be optimistic as we anticipate what will be a very special Rugby World Cup in France, the debut of WXV and make further decisive moves to advance the sport as a spectacle with player welfare firmly at its heart.

In a rapidly changing post-pandemic world, like all sports rugby must continue to evolve. Amidst accelerating demand for entertainment as well as growing concern around social and environmental issues, it is important rugby keeps moving forwards across everything from player welfare and fan engagement to financial and environmental sustainability if it is to become more attractive, more relevant and more accessible to more people and become a truly global sport.

It is with that global ambition that we begin 2023. New law directives came into effect on 1 January that are aimed at speeding the game up, enhancing safety and making the all-round experience better for players, fans and match officials. These directives include less reliance on the Television Match Official, less time-wasting ahead of scrums and lineouts and the implementation of 'shot clocks'. Looking long-term, we can anticipate further, more substantive law changes at elite, community and youth levels aimed at further enhancing the spectacle, while underscoring our evidence-based commitment to player welfare.

These changes will take time to settle but, as ever, we value your opinion. World Rugby is not simply an organisation or sports federation, it is a movement; and we want to advance the sport with your voice central to everything we do. To that end we will be launching the largest-ever consultation on the sport in the coming weeks, to build on the work of the recent Shape of the Game Conference to build a better, stronger and more attractive sport together. You will be invited to have your say.

05.

Rugby World Cup 2023 will showcase the very best of our sport on and off the field, and given just how tight the world rankings are, we can anticipate a thrilling and unpredictable race to lift the Webb Ellis Cup. Just as a transformational women's edition in New Zealand smashed down boundaries, propelled personalities to the fore and captured the imagination of new supporters the world over in 2022, France 2023 will be a fitting 200th birthday party.

Our growth ambition will be on display as we springboard into a decade of world-class events that culminates in USA hosting its first 15s Rugby World Cups. We are delighted to be welcoming Chile to their first Rugby World Cup and know that France will be the most vibrant and welcoming of hosts. If you have not yet got your tickets, look out for the re-sale platform launching later this month – you will not want to miss this one.

Staying with on-field matters, 2023 will be a year of firsts. Underscoring our commitment to women in rugby, the three-tier WXV competition kicks off in October, delivering certainty of annual competition for the first time and a high-performance environment that will underpin increased competitiveness at an expanded Rugby World Cup 2025 in England. Discussions are ongoing regarding an annual men's competition structure that could be implemented from 2024. This is a topic that is close to my heart and I believe that with players, national unions and international and club competitions working together, we will achieve this central ambition in 2023.

Other highlights to look out for include the start of qualification for the Paris 2024 Olympic Games rugby sevens, the reimagination of our HSBC World Rugby Sevens Series and the return of our U20 competitions and the opportunity for the next stars of the men's game to make their mark.





SKY VILLA

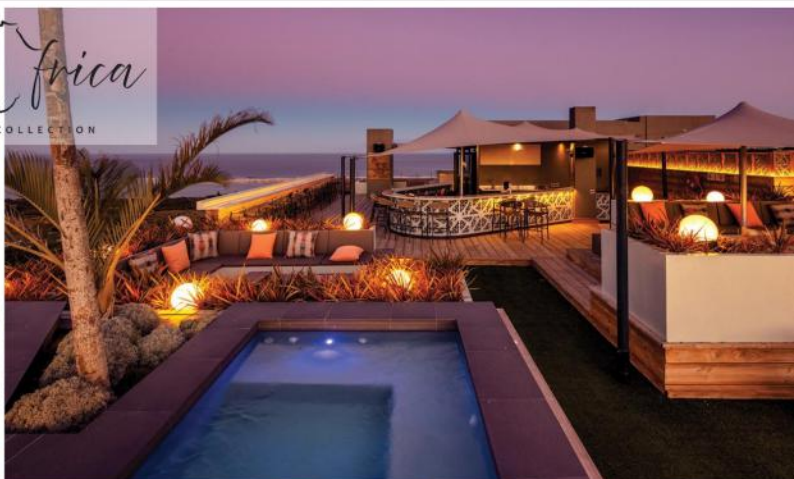
BOUTIQUE HOTEL



This luxurious boutique hotel offers the ultimate escape with its warm hospitality, cutting-edge design, light-filled interiors, contemporary colours, soft furnishings and lush indigenous gardens. Accommodation comprises 14 luxury rooms tastefully decorated, well-appointed with luxury amenities and all with their own private terrace. The restaurant, open to the public offers seasonal menus and caters for breakfast, lunch and dinner.



Raw Africa
BOUTIQUE COLLECTION



DON'T FORGET TO VISIT

Gallery
@ SKY

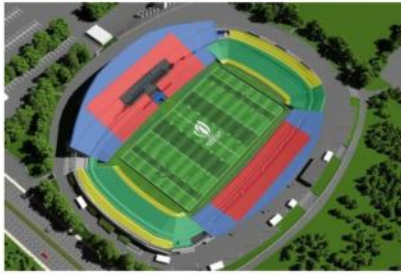
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07.



The year will also see World Rugby continue to evolve to support our growth mission. With certainty of men's and women's Rugby World Cups through to 2033, including USA hosting for the first time, we will work hard with everyone in the game to grow the sport globally at every level in line with our strategic mission.

Underpinning everything is an unwavering focus on player welfare. Actioning our six-point plan, we set out to make 2022 a year of focus on welfare in rugby and I am proud of what we have achieved together. But we must not and will not stand still. This year will bring independent and peer-reviewed research from our world-leading smart mouthguard studies. This data will provide insight into the game like never before and will form the basis for further advances in welfare-supporting law, protocols and guidelines.

There will be developments, too, related to the other key pillars of our welfare plan, including our commitment to education and support for former players. All of this will help to secure rugby's place as the most progressive sport on player welfare.

Sport is emotive. It creates unforgettable moments and great debating points. It is the spectre of drama, the prospect of the unexpected that keeps us gripped. But, within all this, we must not lose sight of the values that are the backbone of our sport, and particularly the culture of respect between players, coaches and match officials. We must collectively ensure that we continually promote, support and protect this mantra.

So, in this bicentenary year, there is much to be excited about on and off the field. I would like to finish my wishes by extending a massive thank you to the rugby family – the players, fans, administrators and volunteers – whose passion and dedication will be central to ensuring that the next 200 years are even more successful and exciting as our first 200!



You'll Never Walk Alone....



VS Tottenham Hotspurs

Sunday 30 April match
tickets Long uppers
Phone Exchange @ £425
each / Carlsberg Dugout
e-tickets @ £550 each

VS Fulham

Wednesday 03 May
match tickets
Long Uppers Phone
Exchange @ £450 each
/ Carlsberg Dugout e-
tickets @ £525 each.

VS Brentford

Saturday 06 May Match
tickets Long Uppers
Phone Exchange @ £425
each

VS Aston Villa

Saturday 20 May match
tickets - Longside Uppers
@ £495 each.

The standard travel package consists of :

- Return Economy class Flight : Jhb - London / Manchester or via Middle East : Dubai / Doha ;
- 3 nights at a standard 4* Central Liverpool hotel in a twin / double room, with daily breakfast ;
- transfers from Manchester on arrival to your selected Liverpool hotel ;
- A seated match ticket for your standard home game at Anfield ; Booking Service Fee ;
- **Tour cost R39995 pps.**

Options to include the following on request :

- 1) An Anfield stadium & Museum tour in the days 48 hours before the day of the match or a day after the completion of the match ;
- 2) A full days Liverpool City tour on a hop-on-hop-off by coach with live commentaries
- 3) Upgrade to Matchday Hospitality packages are also available to access venue inside the stadium, such as the Boot Room etc or Off- Site venues such as Crowne Plaza hotel venue, which also includes return transfers to the Anfield stadium. The Hospitality program always includes a complimentary match program ; complimentary superb food & drinks for a few hours before & 1 hour after the final whistle & will enjoy a former star LFC player hosting the function & willingly signing any memorabilia you may have purchased. It is to be advised that it is best to book at least 6 months prior to your selected Anfield match, as the next season's fixture normally come out in mid June. Every match is always subject to availability at the time of booking, and requires full payment by latest within 48 hours of our confirmation of your selected Anfield fixture.

**** Note: A UK visa is required by SA passport holders, with every passport holder all needing to still be valid for at least 6 months after you return from your destination.**



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on any ticket booked for any
of the above tickets now
offered to all LFC fans.



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08.



MANCHESTER UNITED BEAT BRIGHTON & HOVE ALBION ON PENALTIES TO REACH FA CUP FINAL

Wembley Stadium is Electric
⚡@OfficialBHAFC VS @ManUtd

Nothing could separate the two Premier League sides during 120 minutes of goalless helter-skelter action and after both teams slotted six perfect spot-kicks, Solly March's miss opened the door for Swedish defender Lindelof to fire home and send United back to London for a date with rivals Manchester City on June 3.

Kaoru Mitoma proved Brighton's biggest threat throughout a cagey opening period as Bruno Fernandes, Anthony Martial and Christian Eriksen all went close for Erik ten Hag's Red Devils.

Both sides had chances to clinch the clash during the second half before March, Marcus Rashford and Casemiro missed opportunities in extra-time.

That teed up a rain-soaked penalty shoot-out and despite both teams showing nerves of steel from the spot, March rifled over, allowing Lindelof to then dash Brighton's hopes of a first Emirates FA Cup Final for 40 years and propel United back to the capital in two months' time.

Rashford and Fernandes both started for United as Ten Hag made three changes to the side that were knocked out of the Europa League in a 3-0 defeat at Sevilla in midweek. And for Brighton, boss Roberto De Zerbi made two tweaks to his team as former United striker Danny Welbeck led the line in the absence of highly-rated Irish teenager Evan Ferguson.

The Seagulls started the game strongly and almost took the lead when Alexis Mac Allister's free-kick was well-saved by David de Gea in the United goal.

And at the other end, Brighton goalkeeper Robert Sanchez was called into action to thwart Fernandes' curling effort from the edge of the box.

10.

Japanese star Mitoma, who netted a dramatic late winner against Liverpool in the fourth round of the competition, proved a constant threat down the left and was unable to find a teammate after embarking on one of his trademark runs to the byline.

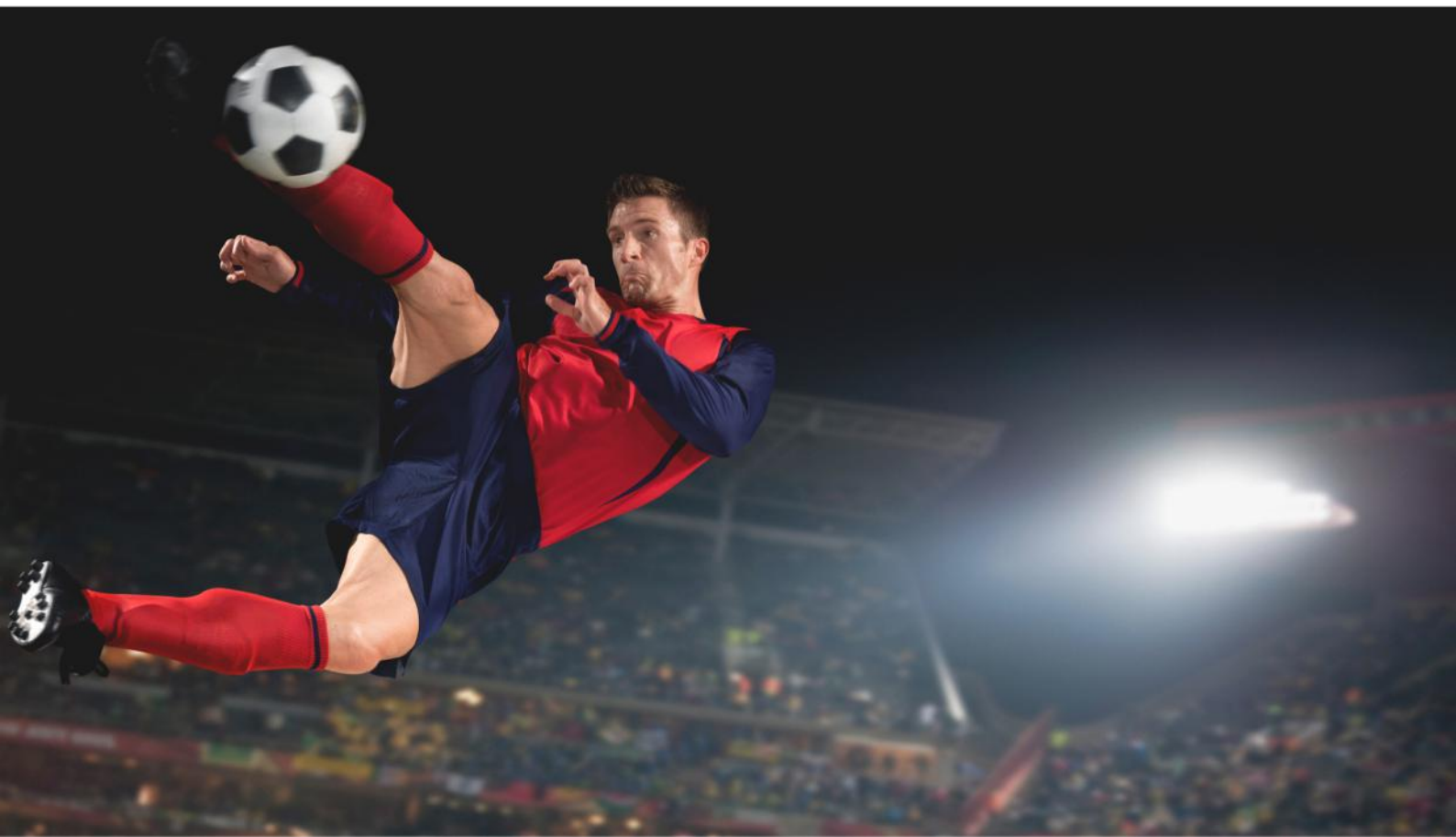
United ended the first half brightly and came close to seizing the lead through Fernandes, Martial and Eriksen – but the contest remained level at the break after a largely stop-start opening period.

In-form United winger Antony looked lively after the break and, mirroring Mitoma's exploits in the first half, failed to find a red shirt after an enterprising run down the right.

But Brighton were still the team bossing possession as De Zerbi's side continued to make life difficult for Ten Hag's Carabao Cup champions.

And they should have grabbed the lead just before the hour mark when De Gea made a brilliant save to deny Julio Enciso and Welbeck then headed over from the subsequent corner.

**Who will progress to the Final? Watch the game live on @BBCMOTD, or @ESPNPlus if you're based in the US from the following link <https://t.co/gPgjiSLYGJ>
[pic.twitter.com/dX7VnzJkEX](https://t.co/gPgjiSLYGJ)
— Emirates FA Cup (@EmiratesFACup) April 23, 2023**





FA CUP FINAL

3 JUNE 2023



MANCHESTER CITY

vs

MANCHESTER UNITED

Travel package :

- Return Economy Class Virgin / BA flights from Jhb to London : 01-04 June ;
- 2 x nights (2-4 June) selected London Hotel on a Double/ Twin room basis ;
- Reserved seated match tickets to attend the match ;
- Tickets in the Manchester United end of Wembley Stadium

Cost :

- R44,995 pps in a 3* hotel ;
- R49,995 pps in a 4* hotel ;
- Plus the cost of a booking Service fee @ R2500 per person.
- Full payment is required latest within 48 hours of confirmation of your selected booking.

Ticket Only Option :

- Manchester United end of Wembley : Behind the goals : Upper seating @ R29,995 per ticket ;
- Lower seating @ R33,995 per ticket ;
- Longside Uppers @ R37,995 per ticket ;
- Longside Lovers @ R41,995 per ticket ;
- Club Wembley (middle tier) R47,995 per ticket, incl Match programme

A ticket booking service fee @ R1750 per ticket is payable on any ticket purchased.

Email :
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Whatsapp:
+27 62 617 5940



KICK-OFF

3.00 PM

www.championarising.co.za



12.



Sticky Pork Ribs

Ingredients

Meat

- 1 5 kg pork, ribs
- 1 liter Stock chicken

Produce

- 1 Bay leaves
- 1 Chillies, fresh
- 1 Coriander, fresh
- 4 Garlic cloves
- 1 Lemon, wedges

• 4 Onion

Canned Goods

- 30 ml Tomato paste

Condiments

- 60 ml Worcestershire sauce

Baking & Spices

- 5 ml Paprika, smoked
- 1 Salt and freshly ground black pepper
- 250 ml Sugar, brown dark

Oils & Vinegars

- 30 ml Vinegar balsamic

Nuts & Seeds

- 5 ml Cumin seeds, toasted

Drinks

- 125 ml Orange juice

F24

THE PERFECT ENDING TO A PERFECT SCORE

South Africans love to Braai and here we celebrate those moments whether we win or lose. A great way to share the scores, the bad runs, the mistakes and of course, the man of the match!

Share your recipes with us on chamnpions@sacommutter.com

Ingredients

Meat

- 12 Bacon streaky

Produce

- 1 Chives, small fresh
- 12 Pickled jalapenos

- 2 Preserved green figs, whole

Baking & Spices

- 1 Salt and freshly ground black pepper

Dairy

- 250 g Blue cheese
- 1 Cream cheese

Other

- 24 Toothpicks



Blue Cheese Bacon rolls

*Let's
Braai!*

www.food24.com



SATURDAY 8 JULY 2023 KICK OFF 17H05
Loftus Versveld Stadium, Pretoria

SPRINGBOKS

VS

AUSTRALIA

Option A
Option B
Option C
Option D
Option E

Flights available on request with Safair/Lift Airlines

FULL MATCH DAY SUITE HOSPITALITY PACKAGE incl : Suite Ticket; Full Meal; Premium Bar; Parking 1:4 basis; Fully Staffed Suite. The Suite opens 2 hours prior to the 5:05pm kickoff & extends for 1 hour after the Final whistle is blown. From only **ZAR 6995** incl VAT per person. 1 or 2 nights 3 */ 4* JHB/PTA hotels on request.

Selected Loftus Versveld stand match ticket incl 2 nights (07-09 July) 4* Black Brick Club Sandton hotel. Accommodation on a double/twin room sharing with daily breakfast. Reserved seated match tickets on the halfway line block 6/7 on the Lower West Grandstand of the stadium; seated above row 11, with perfect view of the field. Return transfers or parking voucher on a 1:4 person basis. From only **ZAR 4995** incl VAT per person sharing

Selected Loftus Versveld stand match ticket incl 2 nights (07-09 July) 4* Black Brick Club Sandton hotel. Accommodation on a double/twin room sharing with daily breakfast. Reserved seated match ticket on the Lower East Stand in Block 24 / 25 /26, with a perfect view of the field. Return transfers or parking voucher on a 1:4 person basis. From only **ZAR 4495** incl VAT per person sharing

Selected Loftus Versveld stand match ticket incl 2 nights (07-09 July) Tukkies B&B accommodation within a short walk to Loftus on a double/twin room sharing with daily breakfast. Reserved seated match ticket in the halfway line area, Block 24 on the Lower East Stand seated in the rows above row 11, with perfect view of the field. Includes barbeque at the Tukkies B&B plus cold beer for two hours after the match; Parking voucher on a 1:4 person basis. From only **ZAR 3995** incl VAT per person sharing.

Ticket Only - Selected Loftus Versveld stand match ticket. Reserved seated match tickets on the Lower East Stand in Block 24 on the halfway line area with a perfect view of the field. **From only R1990** incl VAT per person (limited availability).

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14.

1.	Who were the joint top scorers in the 2021/22 Premier League season?
2.	Jurgen Klopp began his managerial career at which German club?
3.	Which female tennis player has won the highest number of Grand Slams?
4.	Tiger Woods won his first major in over a decade at which 2019 tournament?
5.	Which footballer has scored the most goals in World Cup history?
6.	In which year did Roger Federer win his first Wimbledon title?
7.	Who is the only player to have scored in the Premier League, Championship, League 1, League 2, Conference, FA Cup, League Cup, Football League Trophy, FA Trophy, Champions League, Europa League, Scottish Premier League, Scottish Cup, and Scottish League Cup?
8.	Max Verstappen won the Formula One World Driver's title in 2022, but who came second?
9.	Who is the highest run-scorer of all time in International cricket?
10.	What does WWE stand for?
11.	Who is the current manager of the England Women's national football team?
12.	What sport has been played by Eve Muirhead and David Murdoch?
13.	Frankie Dettori won seven races out of seven races at which UK horse racing course in 1995?
14.	In which sport do teams compete to win the Stanley Cup?
15.	What is Usain Bolt's blistering 100m world record time?
16.	Which famous football manager once said: "I wouldn't say I was the best manager in the business. But I was in the top one"?
17.	Did Team GB win more medals in total at London 2012 or Rio 2016?
18.	The first FIFA World Cup was held in which year? (Bonus point for the host nation)
19.	England won the 2003 Rugby World Cup thanks to an iconic drop goal from Jonny Wilkinson. How many points did England score in the match?
20.	How many MMA fights has UFC star Conor McGregor lost during his career?

Answers on Page 29





15.

17 | Lifestyle



WREXHAM, Wales - APRIL 22, 2023: Jordan Davies of Wrexham celebrates with fans as Wrexham win the Vanarama National League and are promoted to the English Football League after victory against Boreham Wood.

Jan Kruger/Getty Images

Hollywood backers Ryan Reynolds and Rob McElhenney help springboard a Welsh soccer club back into the big leagues

Elliot Smith

@ELLIOTSMITHCNBC

Reynolds and McElhenney purchased Wrexham, the third-oldest professional soccer club in the world, for £2 million (\$2.5 million) in November 2020

Wrexham, the Welsh soccer club owned by Hollywood A-listers Ryan Reynolds and Rob McElhenney, secured promotion back to the English Football League (EFL) system for the first time in 15 years.

A 3-1 victory on Saturday over London-based Boreham Wood saw the club win the Vanarama National League title, powered by two second-half goals from talismanic striker Paul Mullin.

The win meant Wrexham wrapped up the league title with one game to spare after a fierce challenge from Notts County. It will see the club ascend next season from the National League, the fifth tier of the English football pyramid, into the EFL League Two for the first time since its relegation in 2007/8.

16.

Reynolds and McElhenney purchased Wrexham, the third-oldest professional soccer club in the world, for £2 million (\$2.5 million) in November 2020, despite neither having much prior knowledge of the sport or of North Wales, where the club is based.

The Hollywood investment and commercial interest resulting from the popularity of the behind-the-scenes Disney+ documentary series “Welcome to Wrexham” helped build the club a cult following around the world, and provided a financial boost that has enabled Wrexham to attain promotion at the second time of asking.

Last season, Wrexham narrowly missed out on promotion after losing 5-4 in a thrilling play-off semi-final against Grimsby Town, which went on to gain promotion and now also plays in League Two. It also fell short in the FA Trophy cup competition, being beaten 1-0 at Wembley by Bromley FC.

Promotion to the EFL is highly lucrative for small clubs, and Wrexham will receive a payment from the EFL of £1.1 million.

Reynolds and McElhenney have promised to reinvest a substantial portion of the winnings in player bonuses and vowed further investment in the club's infrastructure, with a new stand at the stadium already under construction.

Reynolds and McElhenney attended the game at Wrexham's Racecourse Ground on Saturday along with fellow actor Paul Rudd, and were seen in tears as thousands of fans flooded the pitch at the full-time whistle.

In a Twitter post Sunday, “Deadpool” star Reynolds said: “Everything I own smells like champagne, beer and grass. I'm still somewhere between giggling and sobbing. This town and this sport is one of the most romantic things on earth. Thank you, Wrexham AFC.”

Alongside a video of the pair's reaction at the full-time whistle, McElhenney, star of hit comedy series “It's Always Sunny in Philadelphia,” tweeted: “You can see something leave both of our bodies at the same time. And then we're filled back up with an indescribable amount of joy and gratitude.”



WREXHAM, Wales - APRIL 22, 2023: Wrexham AFC owners Rob McElhenney and Ryan Reynolds celebrate with the Vanarama National League trophy.

Jan Kruger/Getty Image



17.



JERRY SPRINGER

(February 13, 1944 – April 27, 2023) Tasteless talk shows come and go, but one magazine declared this long-running daytime chatfest "the worst show in the history of television." Loaded with bleeped profanity and guests who aren't afraid to embarrass themselves on national TV, "Jerry Springer" features a host who is the anti-Oprah, aiming his show squarely at viewers who rubberneck at traffic accidents. He has died, after a bout of pancreatic cancer. He was 79.

IAN MCINTOSH

(24 September 1938 – 5 April 2023) was a Southern Rhodesian-born Zimbabwean rugby union coach. He served as head coach for the Springboks during 1993 and 1994. McIntosh grew up near Bulawayo in Matabeleland, Southern Rhodesia (now Zimbabwe). McIntosh never played for his country (Rhodesian rugby team) as a player, but became acquainted with coaching in the 1970s under the tutelage of the then Welsh Rugby Union coaching director Ray Williams.



MARK PILGRIM

(20 September 1969 – 5 March 2023). He was a South African media personality who hosted numerous radio and television shows, most notably as a DJ on 5FM, Eastrand-oos Rand stereo, 94.7 Highveld Stereo, 94.5 Kfm, Hot919 and Hot102.7fm.[1] On television, he hosted both seasons of Big Brother South Africa, the first season of Big Brother Africa, and the MNET game show Power of 10.



DAME EDNA

(17 February 1934 - 22 April 2023) She was character created and performed by Australian comedian Barry Humphries, known for her lilac-coloured ("wisteria hue") hair and cat eye glasses ("face furniture"); her favourite flower, the gladiolus ("gladdies"); and her boisterous greeting "Hello, Possums!" As Dame Edna, Humphries wrote several books, including an autobiography, My Gorgeous Life; appeared in several films; and hosted several television shows (on which Humphries also appeared as himself and other alter-egos).





18.

Meet South Africa's own young Tiger Woods

Steyn City makes history as it becomes home to South Africa's junior world golf champion, SimTiger, Africa's own young Tiger Woods



Catch the Carte Blanche Interview on podcast at <https://iono.fm/e/1301278>



19.



SA's young Tiger Woods, playing it like a pro



ROUGHLY five years since its launch, the Steyn City's Jack Nicklaus designed golf course – ranked in the top 100 courses in SA – has already made tremendous strides in the local golf circles. Not only has it won the hearts of well known players from two of South Africa's most loved national teams, Bafana Bafana and the Springboks.

The golfing world has been paying special attention to one Simthandile Tshabalala, aka Sim Tiger, all because at seven years old, he isn't sorely the youngest member of the Steyn City golf club. He's conjointly one among the foremost gifted, as affirmed by several major international trophies he has accumulated in the nine months he has taken up golf professionally.

Just over a week ago, Simthandile left South Africa to participate in the Australian Open Golf Championships, in which he came fourth, solidifying his world ranking of number 14 in the boys under-seven category. It's no wonder that overseas golf experts have been fast to draw close parallels between the grade two pupil and world golf icon, Tiger Woods, landing him the nickname 'Sim Tiger'.

Commenting on his overall performance in Sydney, the 'young Tiger Woods' had this to say: "It was very, very tough, but I feel proud for what I was able to achieve and finish fourth inspite of my circumstances. Our flights from South Africa to Sydney took more than 30 hours altogether. I was tired and because we arrived there later than expected, I didn't get a chance to do practice rounds, which other kids I was playing against luckily managed to do."

Likewise, his father, Bonginkosi Keith Tshabalala couldn't be more proud of his son's resulting performance, given his earlier struggles to get a Visa issued on time. "Each time he would sit down or get inside the car (upon arrival in Sydney), he's just sleep because of fatigue. But as soon as he got onto the field, he insisted on playing, and that's something I'm most proud of as a father – his tenacity."



20.

WHAT IS THE CAMINO DE SANTIAGO?

The Camino de Santiago, also known as the Way of St. James, is a renowned pilgrimage of medieval origin that sees pilgrims journey to the Cathedral of Santiago de Compostela in Galicia in the northwest of Spain.

Legend has it that the remains of the Apostle St. James the Great were buried in the Cathedral and discovered by a shepherd in the 9th century. The city of Santiago is named after St. James: Santiago de Compostela means St. James of the Field of Stars. If you're a history buff, make sure you discover the history of the Camino.

Due to the enduring popularity of the Camino de Santiago and the many Camino routes, they have been listed as a UNESCO World Heritage Site since 1993. The Camino's essential role has encouraged cultural exchanges between people from all over Europe and the world for many centuries.



21.

Today, more than a pilgrimage, the Camino de Santiago is a unique experience and trip of a lifetime, with its routes attracting thousands of people from all over the world.

Where does the Camino de Santiago start?

There is actually no singular starting point for the Camino de Santiago. There are many different routes to Santiago and in turn many starting points. The route you take depends entirely on your preference and interests and what you want to get out of the experience.

The reason for the huge variety in starting points is that the original pilgrims would have commenced their Camino journeys from their own homes. So that's why so many different Camino ways have emerged over the centuries.

Despite this, there has been a clear favourite among the routes. The Camino Frances, also known as the French Way, is the most famous and most popular of the Camino routes. Due to this, Sarria, located 100km from Santiago, is the top starting point for pilgrims.

The Camino Portugues Coastal is the second most popular route, especially the last 100km starting in Vigo. If you are curious about our other popular starting points, make sure to have a look at our last 100km Camino collection.

The Plett Camino: A unique pilgrimage experience

PLETTENBERG BAY, SOUTH AFRICA – Are you looking for a unique, soul-searching adventure? Then look no further than the Plett Camino, an all inclusive, fully catered, five-night, five-day, slackpacking pilgrimage through the forests and highlands of the greater Plettenberg Bay region.

<https://www.plett-tourism.co.za/the-plett-camino-a-unique-pilgrimage-experience/>





22.

The Corpse Reviver!

The Corpse Reviver was a family of cocktails traditionally consumed as a hair-of-the-dog, a hangover reliever to refresh and enliven after a night of heavy drinking. However, the category was a loose one, with no real shared characteristics save that they tended to be relatively high-proof and served up, rather than over ice.

The Corpse Reviver No. 1's first recorded recipe was in "The Savoy Cocktail Book," originally published in 1930. The recipe book was a collection of the Savoy Hotel London's most popular drinks. In it, bartender and author Harry Cradock writes of the Corpse Reviver No. 1, "To be taken before 11 a.m., or whenever steam and energy are needed." Of course, alcohol is not a stimulant like caffeine, and it is generally ill-advised to be drinking before noon, especially in pursuit of "energy."

Though popular during the late 19th and early 20th century, Corpse Revivers generally faded away after Prohibition. But like other many other pre-Prohibition drinks, they've seen a revival in recent years. Walk into a bar today and scan the drink menu, and you're more likely to find a Corpse Reviver No. 2, or a variation on the No. 2, than any of its fellows. Still, the No. 1 does appear from time to time.

Unlike its more popular sibling — a bright and botanical gin drink misted with absinthe — the Corpse Reviver No. 1 is a rich and vibrant mixture with a brandy base. It is, yes, an odd choice for what is historically served as a morning drink, but it is a lush and lovely evening tippie, leaning towards the Manhattan family with its dark spirits and vermouth.

For those who cannot find a bottle of Calvados, or who want to take a detour, it's acceptable to use another type of apple brandy, though the flavor profile will not be identical. Similarly, a Spanish brandy or other fine brandy can replace the cognac, but again, there will be differences. Try playing around with different kinds of brandies until you find one that is the most revivifying for your Corpse Reviver No

Ingredients

1 ounce Calvados
1 ounce cognac
1/2 ounce sweet vermouth

Steps

Add the Calvados, cognac and sweet vermouth into a mixing glass with ice and stir until well-chilled.

Strain into a cocktail glass.

www.liquor.com





23.



Credit: Katy Stickland

Kirsten Neuschafer,
the winner of the
2022 Golden Globe
Race and the first
women to win a
solo round the
world yacht race

Kirsten Neuschafer has become the first woman to win a solo, round the world yacht race after winning the 2022 Golden Globe Race

Second-time Golden Globe Race competitor, Abhilash Tomy will be the next boat across the finish line, lying some 100nm astern of Neuschafer. That these three will finish within the space of a couple of days after 235 days at sea speaks to the high level of competition between these front runners.

Tired but jubilant, the focussed 39-year-old, who throughout much of the race had no idea she was leading, celebrated a hard-fought victory. Her Cape George 36 cutter, Minnehaha was then towed up the channel to the pontoon as thousands of people cheered and applauded her incredible achievement.

Among them were 2022 Golden Globe Race skippers Ian Herbert-Jones, who had just arrived from Cape Town, having been rescued from his dismasted boat just weeks before, and French sailor Damien Guillou, whose race ended after windvane steering failure on approach to Cape Town.

'I feel very emotional and honoured,' said Neuschafer after finishing the race. 'I am never going to forget the welcome. I want to thank my fellow skippers as without them, there would have been no race. Simon was very difficult as he was always in front of me and I knew Abhilash was close, and this encouraged me to navigate as quickly as possible.'



**No wind, meant it took hours for Kirsten Neuschafer to sail the Minnehaha over the finish line.
Credit: Katy Stickland**

1997 Vendée Globe veteran Catherine Chabaud, the first female sailor to race solo non stop around the world without assistance, and the winner of the 2018 Golden Globe Race, Jean-Luc van den Heede, were there to greet Neuschafer as she stepped off her boat after nearly 8 months at sea.

Her official finishing time was 233 days, 20 hours, 43 minutes and 47 seconds. This takes into account the 35 hour time compensation and 30 litre fuel allowance given to her following her role in the rescue of fellow race skipper, Tapio Lehtinen,

Neuschafer said she was driven to keep going, even in calms and the doldrums on the way up the Atlantic, where she regularly went swimming to deal with the frustration.

'I never thought I would give up; there was no reason to think this as I had full confidence in the boat. I never doubted I would get to the finish line.'

Throughout the 2022 Golden Globe Race, Kirsten Neuschafer has fought to be at the front of the fleet, her ambition to win driving her more than many of the other entrants. She deliberately chose a boat that she believed could win the race and survive the Southern Ocean.

Speaking to Yachting Monthly from Prince Edward Island, where she was refitting the boat, she said: 'From the outset it wasn't a question of taking any boat that was available and in my price range; it was to choose a boat that I believe can win and can survive the Southern Ocean, and then get that boat at any cost, no matter how much work.'





Kirsten Neuschafer/ rounded Cape Horn on Day 164 of the race. Credit: Kirsten Neuschafer/GGR 2022

Her choice of the Cape George 36 paid off. Minnehaha has the longest LWL in the fleet, and with a generous cutter rigged 806sq ft sail plan, the boat achieved slightly higher speeds than her counterparts.

As a result, she holds the 2022 Golden Globe Race records for the best 4 hour speed average (9.80 knots), best 24 hour distance (218.9nm) and best 7 day distance (1,216.2nm).

The boat's performance was evident after her average start in the race, but she constantly pushed, choosing to hand steer the boat rather than just rely on her Hydrovane windvane steering to make up for lost ground. Her disappointment coming 6th through the first race gate at Lanzarote was evident, but her motivation was stronger.

Having exited the Bay of Biscay in 10th place, she was soon climbing the leader board. Coming down the Atlantic, she chose a more coastal route to keep the island of Trinidad to port; a strategy to make the most of the current and receive weather information via her weather fax so she could identify the location of the South Atlantic High.

She took the longer, southern route with a more comfortable point of sail to reach the race's second gate at Cape Town; a strategy that paid off when she was second through the gate behind the then race leader Simon Curwen.

At the time she said: 'I read up in Ocean Passages for the World what is the best route for this time of year and the route is to pass 80 miles south of the Falklands and make for a point to the east of 35°S and 30°W at this time of year, and this is what I've been doing. I don't know if it was a good idea to follow the suggestions or not.'

Doubting her easterly route, she took a more northerly route; it was a decision which would prove incredibly frustrating for Kirsten Neuschafer, who sailed through more light winds than any other 2022 Golden Globe Race sailor while sailing up the Atlantic, and meant she crossed a very wide doldrums.

This allowed both Tomy and Curwen to make gains on her position before Curwen in his Biscay 36, Clara, took the lead and become the first of the 2022 Golden Globe Race fleet to cross the finish line.

Katy Stickland April 27, 2023

<https://www.yachtingmonthly.com/boat-events/golden-globe-race/kirsten-neuschafer-wins-2022-golden-globe-race-and-makes-history-93838>



26.

GARY BAILEY

"I always thought that Gary Bailey, our saviour in the '83 FA Cup final, was one of the best United ever had."

Martin Edwards
Former Chairman Man Utd



THE EARLY DAYS

Gary Bailey was born in Ipswich in 1958 and emigrated to South Africa when his father Roy Bailey left England to play soccer in Johannesburg.

Gary went to King Edward School and then later Rondebosch Boys High in Cape Town, but it was at Wits University that his goalkeeping talents were noticed and he became their regular keeper at 17 years of age.

Thanks to his Dad's expert coaching, and the support of Wits coach and former Manchester United star Eddie Lewis, he earned a trial at Old Trafford and signed for the club.

It took a year, and injuries to the top keepers, before Gary got his chance to start for the 1st team, and coincidentally it was against his Dad's former club, Ipswich.

27.

Manchester United



Manchester United won 2-0, Gary played well, and from then on he kept the first team spot for the next 10 years, playing 375 games for the Red Devils, winning 2 FA cup medals in 1983 and 1985, and finishing in top 4 of the league on 3 occasions.

On the International scene, he won the European U21 championship with England in 1984, and also 2 England full caps, and was part of 1986 world cup squad in Mexico. Unfortunately for Gary, he had 2 of the greatest keepers in English history in front of him for the 10 years he played for England, Peter Shilton and Ray Clemence, and this severely restricted his International opportunities.



An interview with former Manchester United goalkeeper Gary Bailey, by Callum McFadden for WFi.



www.garybaileyspeaks.com

SOCCER PRESENTER AND COMMENTATOR

Gary currently commentates on both NWSL (Women's soccer in USA) and USL (Men's 2nd div USA) for Vista in Fort Lauderdale. He also does play by play commentary on Ligue 1 in France for Beln Sports in Miami.

FAMILY LIFE

Gary met his current wife Michelle Mclean (Miss Universe 1992) in 2010, married March 2013. Gary and Michelle moved their blended family – Lara, Jenna and Ross, and Michelle's son, Luke to Miami Beach in December 2013. They now live in Fort Lauderdale and Gary has 4 stunning grand kids.

SUPER SPORT – SOUTH AFRICA

He followed his football career by becoming a TV presenter and host, mostly with Supersport (South Africa) for 25 years – he hosted his own chat show, produced soccer programs and was the head of soccer for 5 years.

PROFESSIONAL SPEAKER

Gary was a global circuit speaker on the subject of "Success under Pressure" speaking too many of the top companies such as Microsoft, IBM, Nike, Coca Cola, AON, Mercedes Benz, SAB Miller and many many more. He was recognized for his speaking success by being inducted into the Speakers Hall of Fame in 2010.

KAIZER CHIEFS

After retiring in the UK, Gary returned to South Africa, and after resting his knee, decided to return to play for glamour club Kaizer Chiefs with whom he won the league in 1989 and amassed 5 trophies in 2 years.





29.

LAST WORD

from Robin Ball

Hi SA Sports fans, there has been a resurgence of Cricket SA through the exceptionally excellent work done by Graeme Smith & his team at the SA 20 in the build up in 2022. With him securing a 10 year TV deal with Viacom in India, the future is financially secure in going forward for SA cricket. I refer to it, being that **Graeme Smith** has virtually single handedly pulled SA cricket off the floor to create a brand NEW event up into 2nd top position in the T20 world of cricket, which has been very well accepted by the SA cricketing general public from old to the fresh young fans who virtually filled all the 6 x IPL styled Franchise teams , aimed at passing on the necessary various skills from both local & International star's intertwined with all the potential young local talent.

The Sunrisers EC (Eastern Cape) team, playing at home at St Georges Park, Gheberta , struggled in the first week of the Betway XX SA 20, as they lost 3 of their first 4 games, both home & away games vs Pretoria Capitals (who comfortably beat the Sunrisers on both occasions) who they beat in the rain delayed Sunday 12 Feb 2023 Final at Wanderers Stadium in front of a Sold Out crowd, with plenty of long ball , hard hitting batters from both teams in a exciting atmosphere. It was a pleasure to see Sunrisers EC captain Aiden Markram lift the inaugural seasons trophy of Betway XX SA 20 in 2023. May this momentum carry forward into the 2024 event.

Ian McIntosh ex Sharks coach passed away on 06 April 2023 age 83.

My long time friend Kevin Curran was shocked as he sat next to Ian at a dinner recently. He was in good health, staying super active, working out everyday a great loss to our community & rugby in particular. A superb human being in so many respects.

See you on the Sports Grandstands....

Best,
Robin



Answers to Sports Quiz

1.	Mohamed Salah and Son Heung-Min (with 23 goals)
2.	Mainz 05
3.	Margaret Court (24)
4.	The Masters
5.	Miroslav Klose
6.	2003
7.	Gary Hooper
8.	Charles Leclerc
9.	Sachin Tendulkar
10.	World Wrestling Entertainment
11.	Sarina Wiegman
12.	Curling
13.	Ascot
14.	Ice hockey (NHL)
15.	9.58 seconds
16.	Brian Clough
17.	Rio 2016 (67 – compared to 65 at London 2012)
18.	1930 (Uruguay)
19.	20
20.	Six



The Bungalow

The Bungalow is a 5-star Bed and Breakfast establishment situated in Plettenberg Bay. One of the best-rated locations in Plettenberg Bay, a stone's throw from the water's edge at Hobie Beach with expansive sea views, it provides the ultimate experience in beachside living. The Restaurant and Bar with its timeless design complementing the natural beauty of the beach and the warm Indian Ocean offers an exceptional experience.



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June Issue....



**RWC - Who is in ?
FA Cup Final - The winners !
A look at the life of ...
Joost van der Westhuizen**

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