

Activate: (Student Newspaper)

I have been an active participated in the student newspaper. I have attached 4 articles:

Another win for the Springboks

By Megan-Lee Moulang



On Sunday 10 September 2023, the Springboks dominated the field, winning 18 to 3 against the Scots in a gritty encounter in their first match of the 2023 Rugby World Cup. This match had the whole of South Africa cheering at their win. Jacques Nienaber was thrilled that the Springboks successfully cleared the

first hurdle to maintain their World Cup title. *By rugby365.com*

The Springboks continued their impressive form that helped them secure a record win over the All Blacks two weeks ago.

Stade Veldrome, 2 penalties from Mannie Libbok to 1 from Finn Russel made it just 6 – 3 at halftime. The Boks kept their Momentum after Pieter-Steph du Toit and Kurt-Lee Arendse crossed for a try apiece between the 47th and 50th minutes, the Boks effectively shutting



*Source by alamy.com*

down any hope from the Scots after ensuring dominance on the scoreboard.

A key feature of South Africa's 18-3 win was their defence. Jacques Nienaber's side kept Scotland tired during the 80 minutes. That is a big feat considering the speed and skill the

Scots

*Source: JacquarandaFM.com*



possess out wide.

It was far from flawless, but after a nervy first half, the Boks eventually showed their class and why they remain the team to beat.

The Boks did have a significant loss when Eben Etzebeth was replaced midway through the first half. Nienaber could not confirm the extent of the lock's shoulder injury. It appeared that the second row might have sustained a shoulder injury and was replaced by RG Snyman. It was reported that Eben is to be sidelined for 10 days. This is a big loss for the Boks, will this affect the future games for the Boks in their future Rugby World Cup matches?

A typical public opinion when rating the Boks players was that their performance was 'Subpar'. The Springboks were not at their best in their World Cup opener against Scotland on Sunday, but they still managed to outplay Gregor Townsend's side with their powerful forwards.

This leaves South Africa Second in Overall ranking in the 2023 World Rugby Cup with a PTS of 91.67 Just behind Ireland at 91.82. The Boks are not far behind but this does beg the question as to if the Boks will up their game for their next match on the 17 September when the Springboks will go head-to-head with Romania at the Stade de Bordeaux in Bordeaux.

Reference:

<https://rugby365.com/opinion/second-phase/player-ratings-south-africa-5/>

## C-Final for Boaties!

By Megan-Lee Moulang

Word Count: 530

On Friday and Saturday, 8 and 9 September, Rhodes came in 5<sup>th</sup> overall on Saturday at the 2023 Boat Race held at the Kowie River in Port Alfred. After months of training, the Men and Women's rowing crew competed in their heats on Friday and made it into their C-Final. The Rhodes Rowing Club was among eight South African Universities that took part in this year's annual RMB Universities' Boat Race that was held this past weekend.



*Taken by Ovayo Milisa Novukela*

The RMB Universities' Boat Race is an annual event held on the Kowie River, Port Alfred, which sees South Africa's university rowing clubs' race either 4km or 6km down the choppy tidal river.

Modelled on the prestigious Oxford and Cambridge Boat Race, the RMB Universities' Boat Race involves all of the South African university rowing clubs and offers something different than the traditional 2000m Olympic-Style racing. The crews have to navigate their eights (Boats) around a variety of 90-degree corners and avoid numerous sandbanks to complete



*Taken by Ovayo Milisa Novukela*

their 6 km (men) and 4 km (women) races.

The regatta begins with all crews racing a heads race (started in the order of the previous year's placings) which places them for their finals which are raced over the following two days. Each final consists of two boats racing side by side and an umpire whose major role is keeping the crews apart as each fight for the best racing line.

The event was run from the East Bank for the first time and hosted by the Halyards Hotel and the Small Boat Harbour. "Rowing is not an easy sport, one has to be mentally fit as it takes a lot for you to push, especially for 6 kilometres," said one of the rowers on Saturday after completing their Final.



*Taken by Ovayo Milisa Novukela*

Coming 5<sup>th</sup> is far from where Rhodes University used to sit on the podium but for a rowing crew with 2 weeks experience. This triumph is exceptionally impressive. Heidi Bottcher, whom rowed in the A-Crew for Boat Race said, "I would consider this boat race a success, as the committee worked so hard to recruit members and make everything run smoothly."

Rowing is a competitive and graceful sport, as the Rhodes crew showed us on the weekend on the 8 and 9 September 2023. The Rhodes University rowing club continues to live up to its legacy as one of the most dedicated and hard-working rowing universities in South Africa.

South African rowing at Rhodes University has a storied history dating back to the early 20th century. The sport gained prominence in the 1930s when the university's rowing club was founded. Over the years, Rhodes University rowers have displayed exceptional skill and dedication, often competing at national and international levels.

One of the most notable moments in this history was Rhodes' participation in the annual South African Boat Race against the University of Pretoria, which commenced in the 1980s. These races showcased the university's talent and fierce determination on the water. Rhodes

University's rowing legacy continues to inspire and shape the future of this prestigious institution's rowing program, fostering a culture of excellence and sportsmanship that goes beyond the boat race on the Kowie River



## Backtracking Formula 1

By Megan-Lee Moulang | Word Count: 551

Max Verstappen is back on the on top of the podium this Sunday, 24 September 2023. While racing the Suzuka Circuit yesterday, the Japanese GP saw the Red bull team in first with an astounding 26 Points. Lando Norris and his McLaren in second, 19,38 Seconds behind the Red bull and Piastri in third. McLaren is levelling up this season with their cars 2 and 3 for



*Source by motorsport.com*

the Japanese Grand Prix.

Formula 1, often referred to as F1, is the pinnacle of motorsport, a thrilling and high-speed spectacle that captures millions around the world. With its cutting-edge technology, passionate fans, and a global calendar of races, Formula 1 is a sport like no other.

Formula 1 racing traces its origins back to the early 20th century when motor racing began to take shape. However, it wasn't until 1950 that the Fédération Internationale de automobile (FIA) officially inaugurated the Formula 1 World Championship. The first race took place at Silverstone in the United Kingdom, with Giuseppe Farina emerging as the victor. The Formula 1 World Championship quickly gained popularity, attracting some of the world's best drivers, including legends like Juan Manuel Fangio, Ayrton Senna, Michael Schumacher and more recently Lweis Hamilton. Over the decades, Formula 1 has evolved, introducing new



*Source by Motorsport.com*

rules, regulations, and safety measures, making it one of the safest but still most thrilling motorsports today.

Formula 1 is not just about fast cars; it's about cutting-edge technology pushing the limits of what's possible. Modern F1 cars are marvels of engineering, featuring advanced aerodynamics, hybrid power units, and sophisticated electronics. These technological advancements don't just make the cars faster; they also enhance safety and fuel efficiency.

One of the most significant technological developments in recent years is the introduction of hybrid power units, which combine a turbocharged V6 engine with an electric motor. This hybrid system increases power while reducing emissions, aligning F1 with the global push for



*Source by Motorsport.com*

sustainability.

Formula 1 is renowned for its thrilling on-track action and the drama that unfolds during each race. Drivers compete not only against each other but also against their own teams' strategies and the elements. Races take place on a variety of circuits, including traditional racetracks, street circuits, and even in the desert under the floodlights of Bahrain. Key elements of excitement in Formula 1 include high-speed overtaking manoeuvres, strategic pit stops, and the ever-present possibility of accidents. The sport's unpredictability keeps fans on the edge of their seats throughout the season, with multiple teams and drivers vying for supremacy.

Formula 1 is a global phenomenon, with races taking place on every continent except Antarctica. Iconic events like the Monaco Grand Prix, the Italian Grand Prix at Monza, and the Singapore Grand Prix on the city streets of Singapore draw fans from around the world. The championship's international appeal has made it a powerful platform for showcasing the latest automotive technologies and building global fan communities.

Formula 1 racing is more than just a sport; it's a combination of cutting-edge technology, human skill and daring, and global spectacle. Its rich history continues to push the boundaries

of engineering. Do not miss the next race at Qatar Grand Prix, the Losail Circuit. This Sunday at 19:00 08 October 2023. Will Max continue to be number 1? Or will McLaren come on top this time?



## **Does Spinning lead to Academic Success?**

By Megan-Lee Moulang

University life is a whirlwind of lectures, assignments, and social activities, leaving little time for looking after your physical fitness or even Sports. With all the academic pressures and social demands, Rhodes students often find it challenging to prioritize their health and fitness. However, one fitness trend has been gaining popularity on campuses worldwide, offering a



*Source: [www.justrunlah.com](http://www.justrunlah.com)*

solution to this issue: spinning. Thankfully, the Rhodes Gym can help you out with this!

University life can be incredibly stressful, with exams, deadlines, and a constantly changing world. Spinning provides an excellent outlet for stress relief. The high-intensity cardiovascular workout releases endorphins, which are natural stress fighters. Going to a spinning class allows you to sweat out your worries, providing mental clarity and a sense of accomplishment that can help you tackle your academic challenges with a clearer mind. Whether you are looking for a speed class, a power class or even a beginner class, the Rhodes University Health Suite training instructors can help you out and guide you to which class will be the most beneficial to you.

Regular exercise, like spinning, has been shown to enhance cognitive function (This is good for your academics!). The increased blood flow to the brain during exercise can boost focus, memory, and problem-solving skills. Coming to and adding spinning to your routine can lead



*Source: [www.justrunlah.com](http://www.justrunlah.com)*

to improved concentration during lectures and more productive study sessions, which is what any student wants and needs coming up to exam season. Or even making it a New Year's resolution goal.

One of the regular attendees of the Spinning classes, Varesha, said "I love going to these classes as it is a great form of exercise, and there are so many benefits of doing one class. I also like that it's so convenient, so no matter the weather or how I'm feeling, it is so easy to show up regardless and take it in my stride."

One of the most significant advantages of spinning is its time efficiency. University students often struggle to find time for fitness due to busy schedules. Spinning classes at the Rhodes University Health Suite last around 45 minutes, making it easy to squeeze into your day. With up to 19 classes per week, you can easily integrate spinning into your daily routine.

"I was introduced to it by a friend 10 years ago; I find that it's a great cardio alternative to running. There is less impact on the joints, especially if one is overweight. What made me go into instructing was that I wanted to pass on my enthusiasm and passion for spinning. The benefits for me personally have been improved fitness and all-around healthy body and mind," Said one of the early morning instructors.



Source: [www.justrunlah.com](http://www.justrunlah.com)

Spinning classes offer a social aspect that can help you connect with other people. Sharing the spinning experience with others can lead to lasting friendships and support networks, which are crucial for maintaining a balanced university life. The training instructors at the Rhodes Health Suite are extremely helpful and friendly. Making it easier to show up to the indoor cycling classes alone.

Regular exercise, such as spinning, increases energy levels by enhancing oxygen and nutrient delivery to muscles and tissues. This can help you fight the fatigue that often comes with long study sessions and late-night assignments. Spinning and physical activity can ensure you make the most of your university experience.

So, don't hesitate to hop on a stationary bike and start pedaling your way to a healthier and happier university life. By investing in your physical health, you're not only preparing for a brighter future but also making the most of your time as a university student. You can join the Indoor Cycling Facebook page to be updated on the schedule and see which instructors are taking which classes.