



On the Cover - Toy Run 2013. Photo by - Chris Hitchcock.

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CALENDAR





DECEMBER 2013

S	M	T	W	Т	F	S	
1	2	3	4	5	6	7	
8	9	10	• 11	12	13	:14	
• 15	• 16	17	18	19	• 20	• 21	
•22	23	24	*	26	27	28	
•29	• 30	* 31	HAPPY NEW YEAR!				

dinFO

Here are some great activities and events to look out for in December & January:

- Running // Deep South Rally Run, Beach Road, Noordhoek (WC): 11 December
- **▶ Water Sports** // Surfing, Jeffreys Bay (EC)
- ▶ Entertainment // Christmas Spectacular, Carnival City (Gauteng): 14 December
- **Bicycling** // Leeuwenboschfontein 3 Day Stage Race (WC): 14 16 December
- ▶ Water Sports // Winkle Toti Winkle Surfski Race, Winklespruit (KZN): 16 December
- ▶ Water Sports // 2013 Fenn Cape Point Challenge (WC): 21 December
- Scuba Diving // Aliwal Shoal Unkomaas (KZN)
- ▶ Water Sports // Mobe Ultimate X Strand (WC): 20 22 December
- **Bicycling** // PSG Garden Route Trail Run, Sedgefield (WC): 22 December
- ▶ Multi Sports // Sabrina Love Ocean Challenge, Central Beach (EC): 29 30 December
- **Bicycling** // Grootbrak Grabadoo, Great Brak River (EC) 31 December
- ▶ Nature // Hiking, Drakensberg (EC)
- ▶ Water Sports // SA Canoe Slalom Open (FS): 11 12 January
- Multi Sports // Spur Adventure Sprint Race # 4 (WC): 19 January
- ▶ Water Sports // Surfing, 2013 SA Junior Team Selection Trial: 26 27 January

FIND OUT MORE

For a more comprehensive list of events and activities taking place for the remainder of 2013 and in 2014, refer to the Calendar on www.doitnow.co.za/events

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KEY: DADVENTURE DSPORT DLIFESTYLE INVOLVED







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NEW LOOK

DO IT NOW Magazine is pleased to announce that it has launched a new and improved website.

The website has been designed to provide the ultimate visual and user-friendly experience, with action-packed content, stunning photographs, videos, and improved navigation and functionality throughout. Compatible with today's browsers and mobile devices, users can share content with others across Facebook, Twitter, and Google+.

Visit www.doitnow.co.za where South Africa's #1 adventure, sport and lifestyle magazine takes publishing to the next level:

- Latest news
- Fascinating and informative articles
- Up-to-date calendar, events, and feedback
- Stunning photo galleries
- Action-packed videos
- 20 different adventure, sport, and lifestyle categories

Adventure, sport & lifestyle news, articles and events never looked this good!

PICTURE THE SCENE: 350
RUNNERS, FROM THROUGHOUT SOUTH AFRICA BAR 11 INTERNATIONALS FROM FURTHER AFIELD, DESCEND ON LADY GREY ON SATURDAY, 17 NOVEMBER 2013. THE REASON? THE SALOMON SKYRUN 2013.

As with the day prior to any such race, there was great anticipation in the air, nervous excitement, and animated chatter from hordes of athletes eager to conquer this epic distance and in doing so, conquer themselves. Yet despite the weather already proving particularly hostile, I don't think anyone could have predicted how the following 24 hours would pan out. But first, some background info about the event itself. ▶

SALOMON SKYRUN 2013









I shan't recall every moment in great detail, but what followed was a long day ... and night for some ... of brutal conditions that tested us all, in mind, body, and spirit. It is one thing running on such exposed and technical terrain at altitude and another altogether when you throw in extremely adverse weather conditions. Think gale force winds, horizontal rain and sleet, and visibility often little more than a couple of metres. There was rarely a moment's respite for our beaten bodies as we tackled high ridges and peaks, scrambled on rocks, and forged our way through unmarked wilderness terrain. This isn't a trail run as there are no trails.

It didn't take long for the words and advice muttered during the race briefing to fall into place. "Only 50 of you will be racing this. The rest of you will be surviving it." "Consider this race a battle of the wills." "If the mind fails, the body follows." "You will most likely puke and / or see either God or a lion en route." These amongst many others.

Checkpoints came and went but there was no catching your breath or stopping for a well-deserved rest. Instead, a fleeting moment to shout out your race number through the biting wind and unrelenting mist. Visibility was truly poor so small groups stayed tight together. Of course, in any race involving personal challenge, the spirit of camaraderie is displayed to perfection. Despite running being a so-called solitary sport, the combining of dedication and pain, of defeat and accomplishment, of mud, sweat, and toil forges friendships that would take years to nurture elsewhere.

Eventually, 12 hours after the race commenced, the final curtain was drawn and the race brought to a halt. Consensus over radio contact between the support in the mountains and the team back at base simply deemed it unsafe to continue. We are at the mercy of the mountain gods after all and there are times when we need reminding that she is the boss, not the other way round.

By nightfall, whilst the support teams were ensuring runners were off the mountains safe and sound, the post-race dinner and campfire at Balloch Cave brought warmth, fuel, and the perfect chance to share and compare stories of the preceding hours.

On Sunday morning, as we pressed on the gas and commenced our departure for our return journey, I felt truly humbled. In just one day, I was more challenged than I think ever before and, now warm and dry, I reminded myself that it is the moments in life when we are truly stripped back, when faced with mind and body challenges of grandiose proportions that we learn the most about ourselves. Every single one of us out there, regardless of skill or speed, had to truly dig deep and that alone has made us all stronger today.

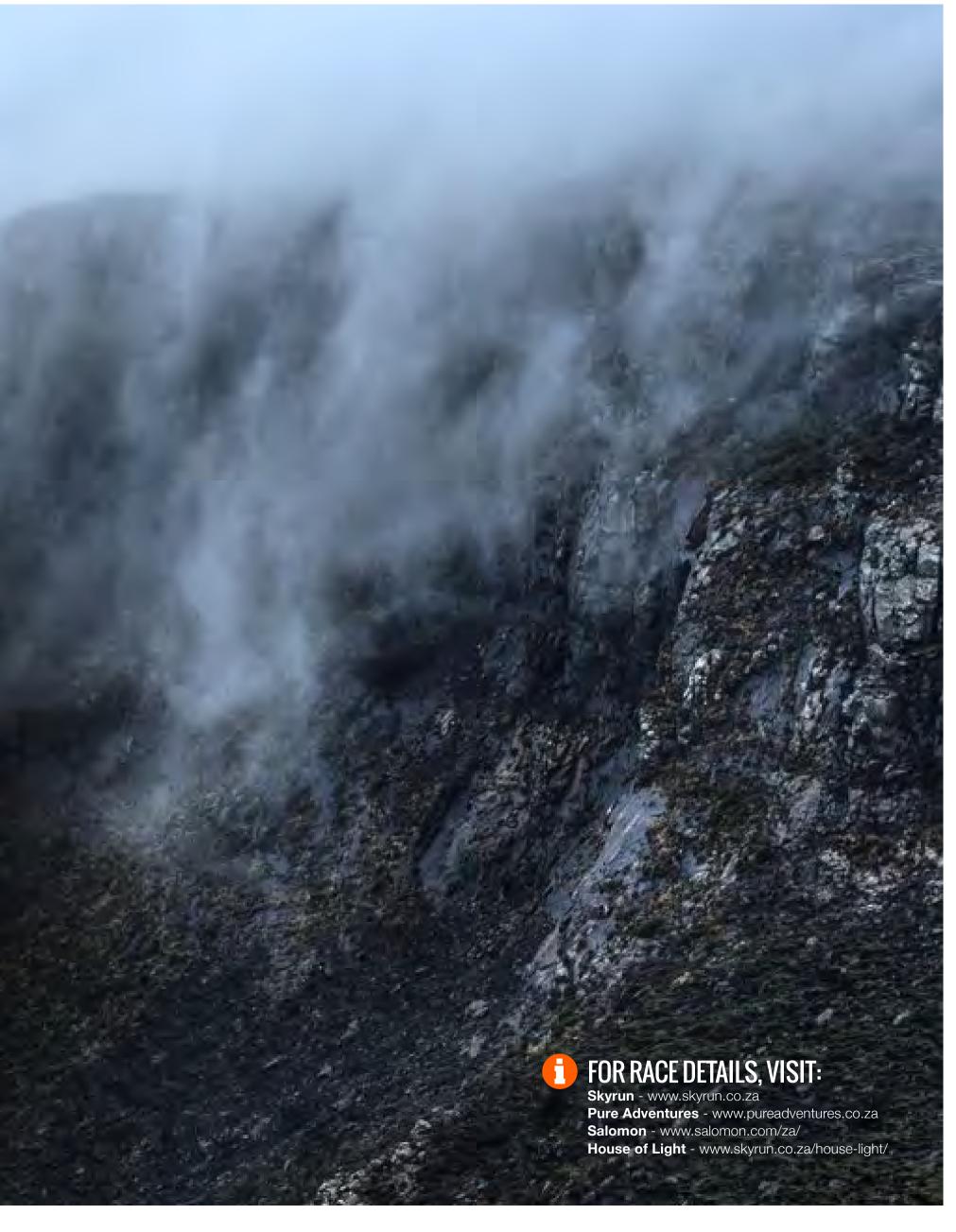
I suspect every single participating runner and volunteer will now spend the coming days regaling stories about their own experiences of Skyrun 2013. Sometimes however, it is difficult to find the words that really do justice,

so I'm borrowing those of Elizabeth Aston who said: "MOUNTAINS REMIND US OF OUR FRAILTY, OUR UNIMPORTANCE OF THE BRIEFNESS OF OUR SPAN UPON THIS EARTH. THEY TOUCH THE HEAVENS, AND SAIL SERENELY AT AN ALTITUDE BEYOND EVEN THE IMAGININGS OF A MERE

Skyrun is not for the faint-hearted, nor the rookie trail runner and certainly not for road runners. But if you love mountains, nature, and being tested in stunningly remote and raw wilderness, then this race is for you. And if you came this year for the views, best return another year!

Last but not least, an enormous shout out to every single volunteer out there. Without them, this event would not be possible and this year, in particular, their skills and support were tested to the max.

Over and out. •





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Rocking the Rosé

The Western Cape is renowned for both its world-class wine production, as well as for being the outdoor adventure playground of many of its inhabitants and visitors. What better way to combine these two things than catering to its fun loving residents by staging a combination trail run and wine tasting trip - the Way2Wine.











New events company,
Raw Events, got together
with six well known and
award-winning wine farms
in the Bottelary Hills area of
Stellenbosch, to stage such a
race on Saturday, 9 November.
In all honesty, calling it a race
is a misnomer, as most people
were in fancy dress, no one was
keeping track of the times, and
the only prize on offer was to
win your own weight in wine for
the best dressed team.

Entrants carried their credit cards with them on the route and any wine they liked could be purchased on the spot and was delivered to the finish venue in time for them to take it home with them.

The route, at just on 12 km long, wasn't a walk in the park though, with lots of altitude gain and the mercury hitting an early summer high of just under 30 degrees by midday. Starting and finishing at Hazendal, groups of 'athletes' left in start waves every 20 minutes, with the first two stops at Kaapzicht and Mooiplaas. Having performed an extensive tasting of these two establishments' wares, supplemented by complimentary cheese and strawberries, spirits were understandably high as competitors left for stop three.

As the temperature kept rising, enthusiasm among the racers started to wane, and the big climb up to the next stop at Fort Simon Wine Farm caught out many of the less-prepared runners. Luckily, Fort Simon is styled after a castle and has a large swimming pool in the form of a faux moat surrounding the entrance, and many teams took full advantage of this water feature. In fact, some were still sitting in the shade with their feet in the cool water many hours after the leading group had finished and gone home. But this bunch would not suffer the pro athlete's disappointment of failing to win, for them it was a case of, "Pass another glass of Sauvignon and the plate of Brie please, waiter." >





The final two farms along the route, Goede Hoop and Groenland, had the distinct advantage of being at the bottom of the hill, giving mental as well as physical solace to those who had failed to pace themselves in either of the two essential event disciplines of running or drinking. Not that people were roaring drunk, it's just that some of them had slipped from a mental state of 'competitive' to 'very sociable', and it was becoming more and more obvious that running was no longer their prime focus. But they did apply themselves to the task at hand and buckled down to register a well-deserved finish.

As an event, Way2Wine can be classified as a huge success and a feather in the caps of both the organisers and participating wine farms. From a promotional point of view, there is no doubt that the farms have benefited. The down side from a competitor's point of view is that next year, the event is highly likely to be many times oversubscribed. •



For more information on the event, visit www.raw-promo.co.za/rawevents/rehome.html



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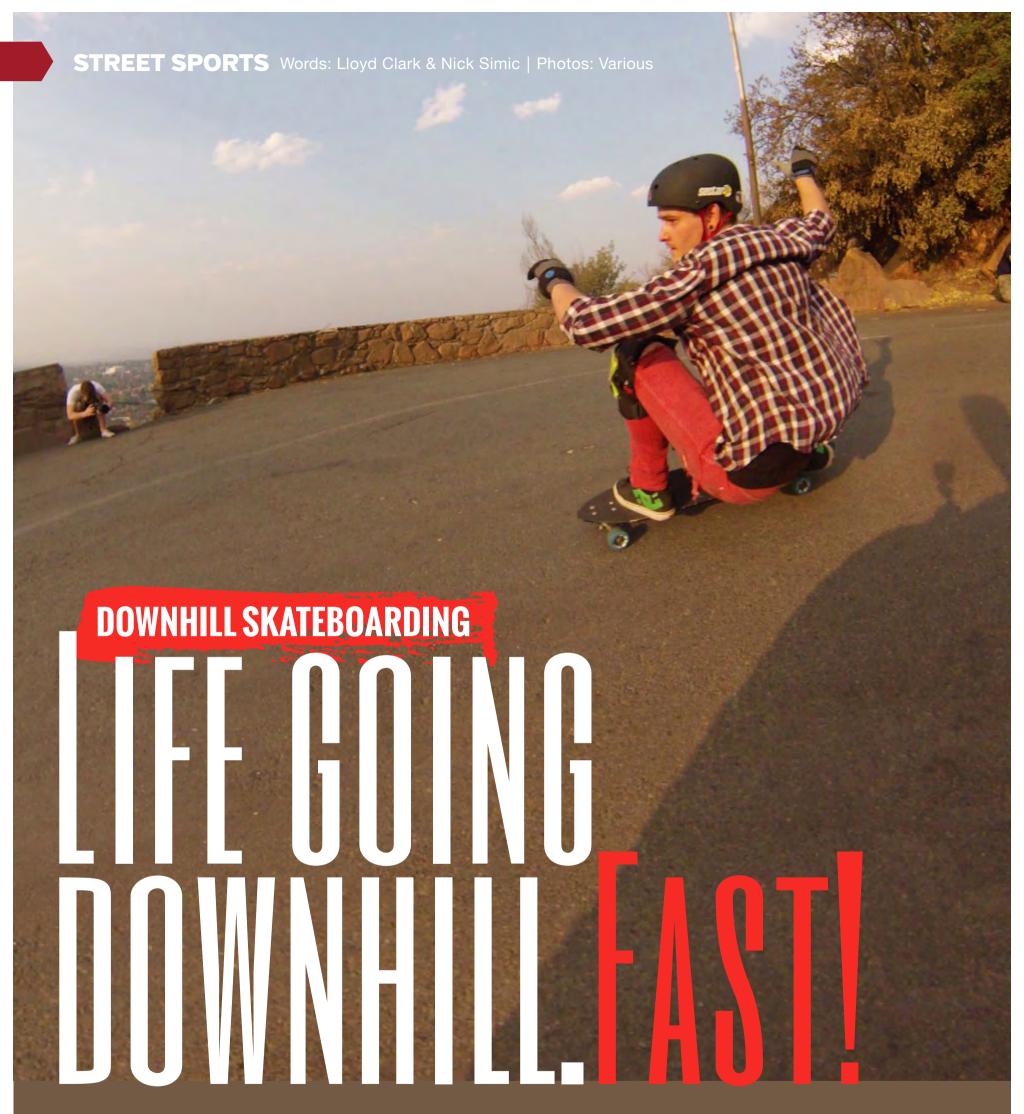
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Since the advent of downhill skating in the '50s, bragging rights and 'the need for speed' has seen downhill skaters conquering the fastest, most technical hills in the world. And with the ever-increasing speeds that these leather-clad skaters reach, there's no doubt that downhill skateboarding is one of the most spectacular sports to watch. With no brakes, other than feet or slides, riders crouch low, with their heads pushed forward and arms tucked back to reduce wind resistance, and can reach the most insane speeds of 100 km/h plus.

DOWNHILL SKATEBOARDING, ALSO KNOWN AS LONGBOARDING, IS AN ALTERNATIVE SPORT - SOME MAY SAY EXTREME - COMPRISED MAINLY OF THREE DIFFERENT ASPECTS: RACING, SLIDING. AND CRUISING.







WHO CAN PARTICIPATE?

This is something for all stand up gravity sport enthusiasts of any age, provided you're not pregnant, of course. People aged from 11 to 45 participate at races where there are separate categories for men and women, as well as various age categories.

WHAT YOU NEED

- Board including trucks, wheels, bearings, etc.
- Helmet a full face, recommended for downhill, or half shell.
- Sliding gloves.
- Knee and elbow pads.
- Leathers for racing.

WHERE TO GET IT

Core Gear (www.coregear.co.za) - Jeffreys Bay
Longboarding SA (www.longboardingsa.co.za) - all over South Africa
Cornerstone Surf & Skate (www.cornerstone-online.co.za) - Stellenbosch
Baboon Boards (www.baboonboards.com) - Cape Town
Boardhub (www.boardhub.co.za) - Cape Town
The Corner Surf Shop (www.thecornersurfshop.com) - Cape Town
X-ware/Jozi-X Johannesburg (www.x-ware.co.za) - Johannesburg
Longboarding Warehouse (www.longboardingwarehouse.com) - Durban

WHERE TO GO

Each province has formed groups that help riders stay connected and informed of skate sessions. It's always advisable to find these local groups so that you get a good understanding of where to skate and, especially for new skaters, you learn the best ways to skate from the more experienced guys before you pick up bad habits.



It's also advisable to contact the local guys before going to skate any good hills because they will advise you of the safety precautions to be taken on that hill, as well as any rules that might need to be followed. The rules are usually in place to maintain a good relationship between skaters and local residents, thus ensuring that the spot will be open to skaters for years to come.

FACEBOOK GROUPS

Here are some Facebook groups to join, depending on which city you are in:

Gauteng: Jo'burg Longboarders Club (JLC)
KwaZulu-Natal: Durban Downhill Sessions (DDS)
Eastern Cape: Downhill Eastern Cape (DEC HEADS)
Western Cape: Cape Town Fizzers, Longboard
Stellenbosch, Noordhoek Bombers.

SKATE ETIQUETTE

There is a certain etiquette that downhill skaters follow and it's different depending on where you're skating. Whether you're racing at 80 km/h or attempting your biggest standie, there is a level of respect practiced amongst skaters and between skaters and the communities they skate in.

SERIOUS INJURY IS A REAL RISK THAT DOWNHILL SKATERS ARE FACED WITH EVERY DAY, BUT THIS CAN EASILY BE AVOIDED IF YOU'RE SMART ABOUT IT. MAKE SURE YOU HOOK UP WITH YOUR LOCAL COMMUNITY OF LONGBOARDERS BEFORE YOU

YOUR LOCAL COMMUNITY OF LONGBOARDERS BEFORE YOU HEAD TO THE HILLS. YOU DON'T WANT TO BE THE ONE RESPONSIBLE FOR BLOWING OUT A SPOT.



GROWING SUPPORT

Most of the companies that import or retail longboarding gear in South Africa spend a lot of money and effort on sponsoring events and skaters. Recently, there has been more and more involvement from companies that are not skateboarding specific and this bodes well for the future of the sport.

EVENTS TO DIARISE

The South African scene is growing, and with this growth comes a lot more opportunity for events and competitions! Cape Town has hosted most of the races and Slide Jams, but events are fast spreading to the rest of the country.

The top events to look out for in 2014 (dates still to be confirmed) include the Fair Cape Downhill Challenge, Donkin Downhill Dash, King of the Fort, Street Kings, Natural Descent, and Hot Heels Africa.







NAMES TO LOOK OUT FOR

South Africa has produced some seriously talented skaters who are or have been sponsored by overseas brands and big companies. Some of our most well known South African skaters include:

STUART BRADBURN - Former downhill skater for Red Bull and World Champion.

MICHAEL ZEITSMAN - Placed fourth in the world three times. Stuart and Michael are the only South Africans to win Hot Heels Africa. Mike is now a rapper in the popular electro hip-hop band PHFat.

MATT ARDERNE - 2010 SA Champ and Rider for ABEC 11 Wheels.

PAUL DU PLESSIS - 2011 SA Champ and rider for Cult Wheels.

RAUL VAN DEN BERG - 2012 SA Champ and rider for Orangatang Wheels and Fibretec Skateboards

DECIO LORENCIO - 2013 SA Champ and YouTube hero (Spoofing the Cam and Silver Slipstreams)

SO IF IT IS EXCITEMENT THAT YOU ARE LOOKING FOR - EITHER TAKING PART OR WATCHING FROM THE SIDELINES - YOU'VE GOT IT ALL WITH DOWNHILL SKATING. •



For more information and news on downhill skating, visit www.sagra.co.za or firstnature.be

Did you know?

Canadian Mischo Erban set a new world record for the fastest skateboard speed from a standing position on 18 June 2012. He maxed out at 129.94 km/h (80.74 mph) in Les Eboulements, Quebec, on the road descending to the St. Lawrence River port of Saint-Joseph-de-le-Rive. The road is noted for being dangerously steep, in points descending at an 18-percent grade.



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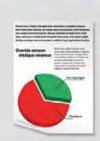
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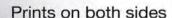








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BEYOND THE BAVIANISK LOOF

A TALE OF BICYCLES, BLACK RHINO, AND BUFFALOES

WE CAME UPON THE LONE BUFFALO BULL LATE IN THE AFTERNOON ON DAY FOUR OF OUR MOUNTAIN BIKE ADVENTURE FROM PORT ELIZABETH TO VICTORIA BAY THROUGH PATENSIE, THE BAVIAANSKLOOF, UNIONDALE, AVONTUUR, THE PRINCE ALFRED'S PASS, KNYSNA, PHANTOM PASS, KARATARA, AND GEORGE. We were in the Baviaanskloof Mega Reserve on what was supposed to be our toughest day of the trip. It did turn out to be a long, but exciting day and then it suddenly got more exciting. The buffalo moved to the side of the road. He did not like what he saw and neither did we.



WE ARE A GROUP OF CYCLISTS WHO ENJOY
TUESDAY EVENING AND WEEKEND RIDES IN AND
AROUND PRETORIA, AND NEEDED SOMETHING MORE ADVENTUROUS. OUR INTENTION WAS TO TRAVEL FIVE HUNDRED PLUS KILOMETRES IN EIGHT DAYS WITH ALL OUR CAMPING EQUIPMENT STRAPPED TO OUR BICYCLES AND WITHOUT BACK UP. Our captain for the cruise, Wynand Steyn, came up with the route as he had done most of it previously by either vehicle, motorbike, or bicycle. His excitement, sense of adventure, and passion for this part of South Africa was inspiring and there was no opting out of this adventure. I was keen to push my boundaries and explore an area unknown to me. We combined our tour with raising awareness for the blue crane, through the Endangered Wildlife Trust's Save our Cranes project. We realised that this beautiful bird deserves more attention and we hoped to see some along the way. We eventually did see three pairs of our national bird, and much more.

After a mountain of organising and a relatively sleepless night, we disembarked in Port Elizabeth and assembled our transportation. The road to Patensie was a long slog of around 100 km and we days for our bodies to get used to the hammering of sitting in the saddle for most of the day. We headed for the only lights in town, the hotel, and the smell of citrus blossoms filled the air. We spoilt ourselves with a lovely dinner, drinks in the bar with the locals, and soft white linen. From here on in, we would be on gravel roads and sleep in our tents. The adventure had begun.

The thermometer was heading for the mid forties as we left Patensie for Kudu Kaya, in the Baviaanskloof and outside the Baviaanskloof Nature Reserve's gate. We stopped for a swim at Bruintjieskraal. The day's riding was not too rough and we indulged in a bit of sightseeing. This continued the next day as we explored the Ysrivier and its eight pools, one deeper and colder than the other.

To cycle through the Baviaanskloof Nature Reserve one needs vehicle back-up in case of an emergency. We were fortunate to have Rob Wijnants and his friends from Patensie accompany us, and they even loaded our luggage on their bakkie. This was day four of the tour and it would be the day of long climbs, fast downhills, river crossings, rain, beer and braaivleis for lunch (compliments of the back-up crew), and the most diverse and beautiful scenery that a ride can offer in our country, as well as two of the big five. We were fortunate to have a good view of a black rhino cow and calf from the bicycles. This was the highlight of the tour, and then there was the buffalo. >













The next day was a very easy cycle past Avontuur and down the Prince Alfred's Pass to De Vlugt and Angie's G Spot. We spoilt ourselves with scones at Tannie Annatjie's shop and a swim in the river. The cycle down to De Vlugt was exhilarating and fast.

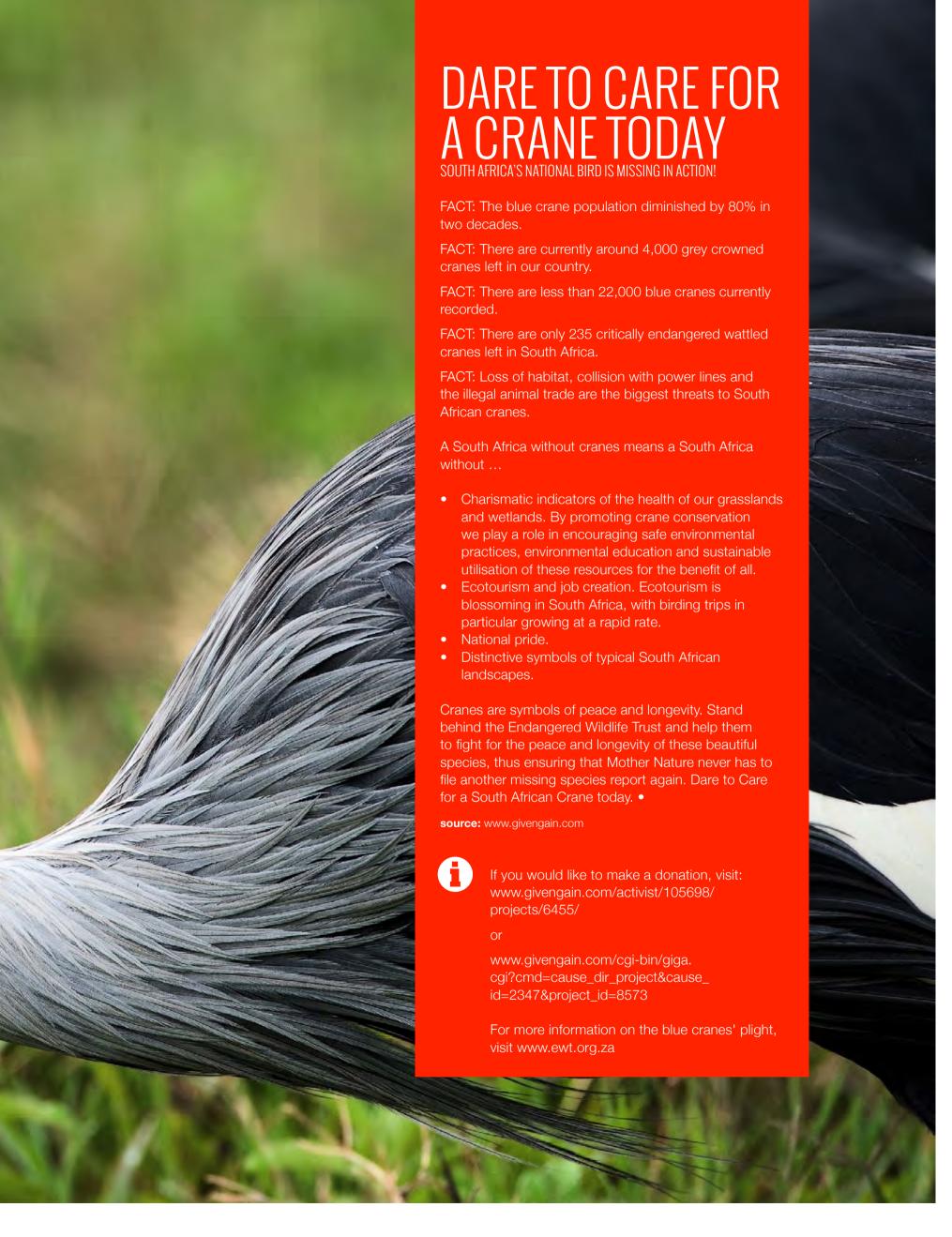
It was overcast as we headed to Knysna the next day. We had an early start as most of the way comprised of climbing. None more so than Dieprivier se Hoogtes. It was a wonderful day of different vegetation and scenery, and the Knysna Forest provided us with the hope of seeing one of its rare elephant to add to our list of Big 5 spotted. Unfortunately this was not the case, so we made our way to Knysna for some fish and chips, brownies, and locally brewed beer.

The last full day of cycling arrived with an empty feeling. My body and bicycle were finally starting to understand each other. My luggage fitted perfectly and I felt strong. But my mind reminded me that soon this great adventure would be a thing of the past. But first, we had more passes to negotiate. Phantom Pass and Homtini Pass took us past Karatara. The Seven Passes Road took us along the last stretch to George, and the landscape changed as frequently as our gears. Indigenous forest gave way to plantations and farmland. The overcast conditions were a perfect reflection of my inner atmosphere, as we peddled into George and on to Victoria Bay.

Victoria Bay was a serene and sunny end to our journey. One that I would happily repeat if not for our next adventure - to pick up where we left the trail and continue all the way to Cape Town through the interior. Unfortunately, this route might be missing our favourite part - lone buffalo bulls.

We did get to see six blue cranes along the way. It was very pleasing to know that they can still be found in this remote landscape, as most of the birds I have previously seen are located in the Overberg region. We were also encouraged by people sending in pictures of birds that they have spotted, especially a pair with chicks just outside of McGregor in the Western Cape. >









AT THE TOP OF THE PILE ARE A NUMBER OF EVENTS THAT ARE ALWAYS LOOKING FOR NEW WAYS TO IMPROVE THE RIDER'S EXPERIENCE. ONE OF THESE IS THE FNB WINES2WHALES (W2W). Now

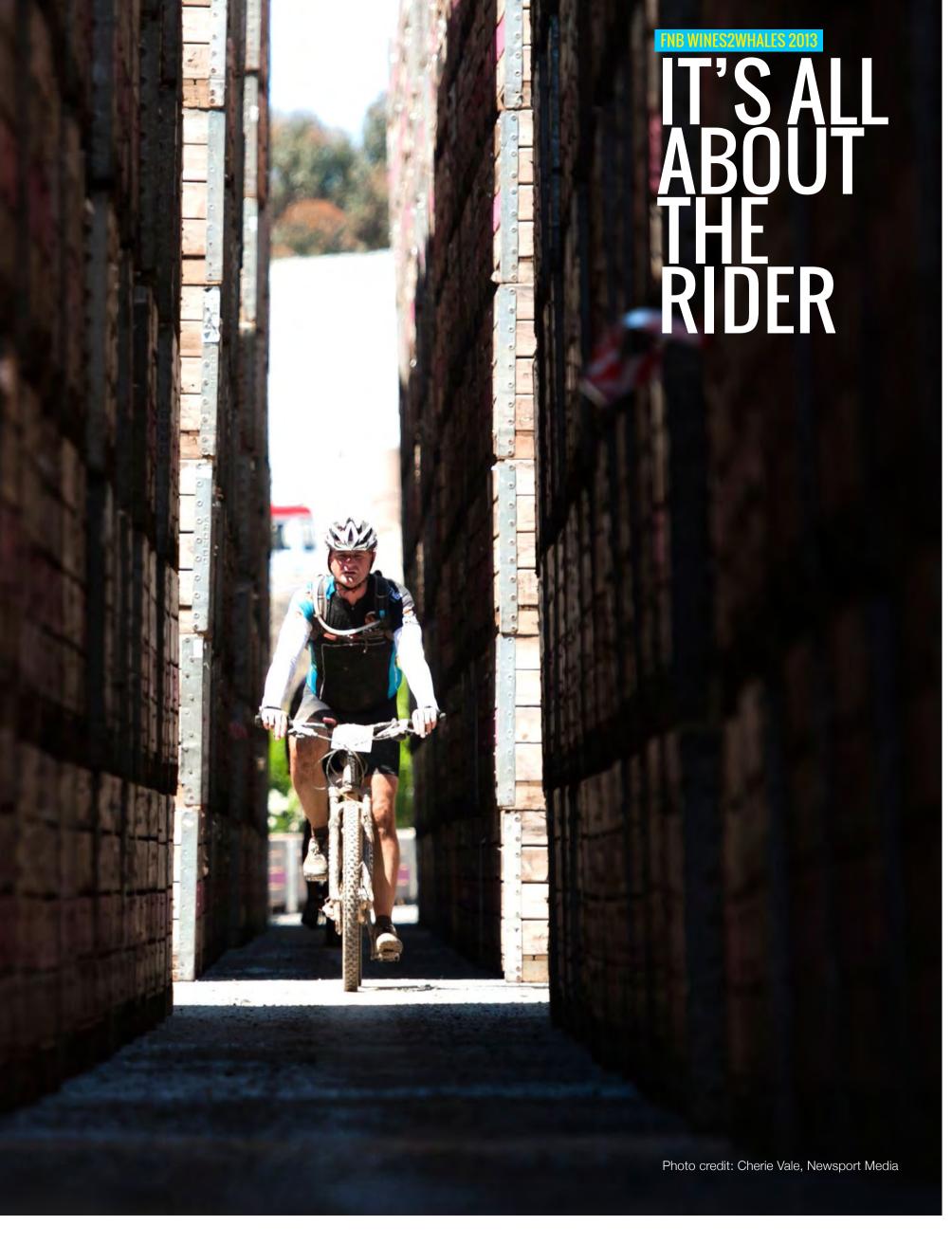
in its fifth year, the event is firmly embedded as one of the must-do events on the annual calendar. And with the addition of a midweek W2W Ride in-between the weekend W2W Adventure and W2W Race, even more riders are able to experience the trek from the Lourensford Vineyards via Grabouw, to the beach in Onrus and the blowing of the whales.

There are a few things that set this event apart from all the others. Among them is the quality of the food provided by Food Lovers Market - who would have thought that you could have a perfectly cooked, tender fillet steak at a buffet catering for 1,300 people. The other stand-out luxury in the race village was the FNB riders' lounge, with its designer interior, free WiFi, and air conditioning! Most of all, this event stands head and shoulders above its peers in what it gives back. Like many major events, the organisers have their selected charities in the local community, but unlike any other event, W2W is leaving a legacy of well built and beautifully sculpted single track for all mountain bikers to enjoy for years to come. Then there is the ride ...

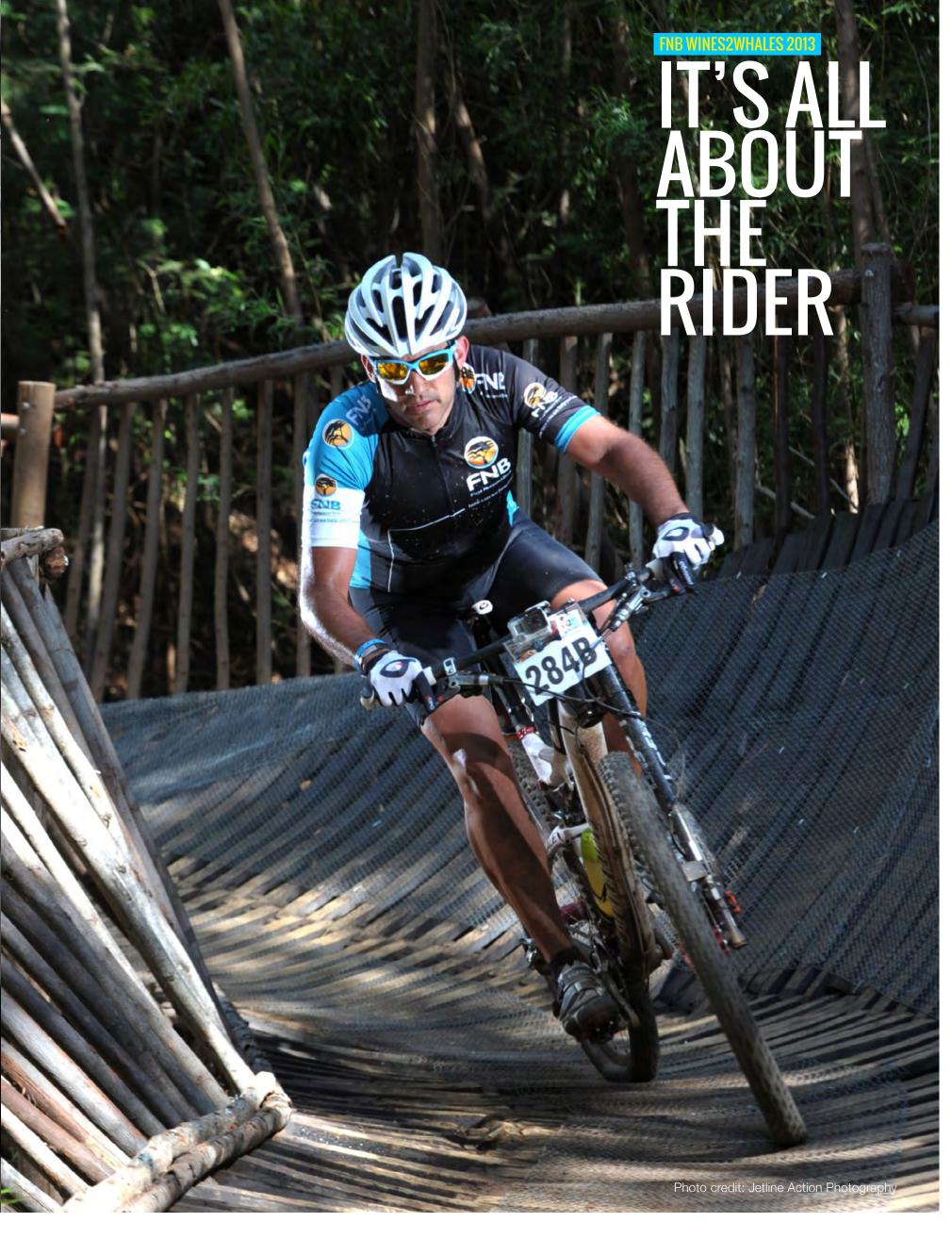
STAGE 1 LOURENSFORD TO OAK VALLEY (76 KM AND 1,700 M CLIMBING)

Starting off with a lung bursting 5 km climb 400 m, you got to know pretty quickly whether you had done enough training for the event. Once we had made it to the top, the effort was well rewarded with sweeping vistas of the Helderberg Mountain and False Bay, followed by long sections of sweeping single track, river crossings, and undulating jeep track through the Vergelegen Nature Reserve. This brought us to the foot of the historic Gantouw Pass, a compulsory portage section. While hauling our steeds up this 1.2 km section and admiring the ruts made by the Voortrekkers when they took their wagons over the mountain, I couldn't help wondering how bad the Brits must have been to force such an endeavor.

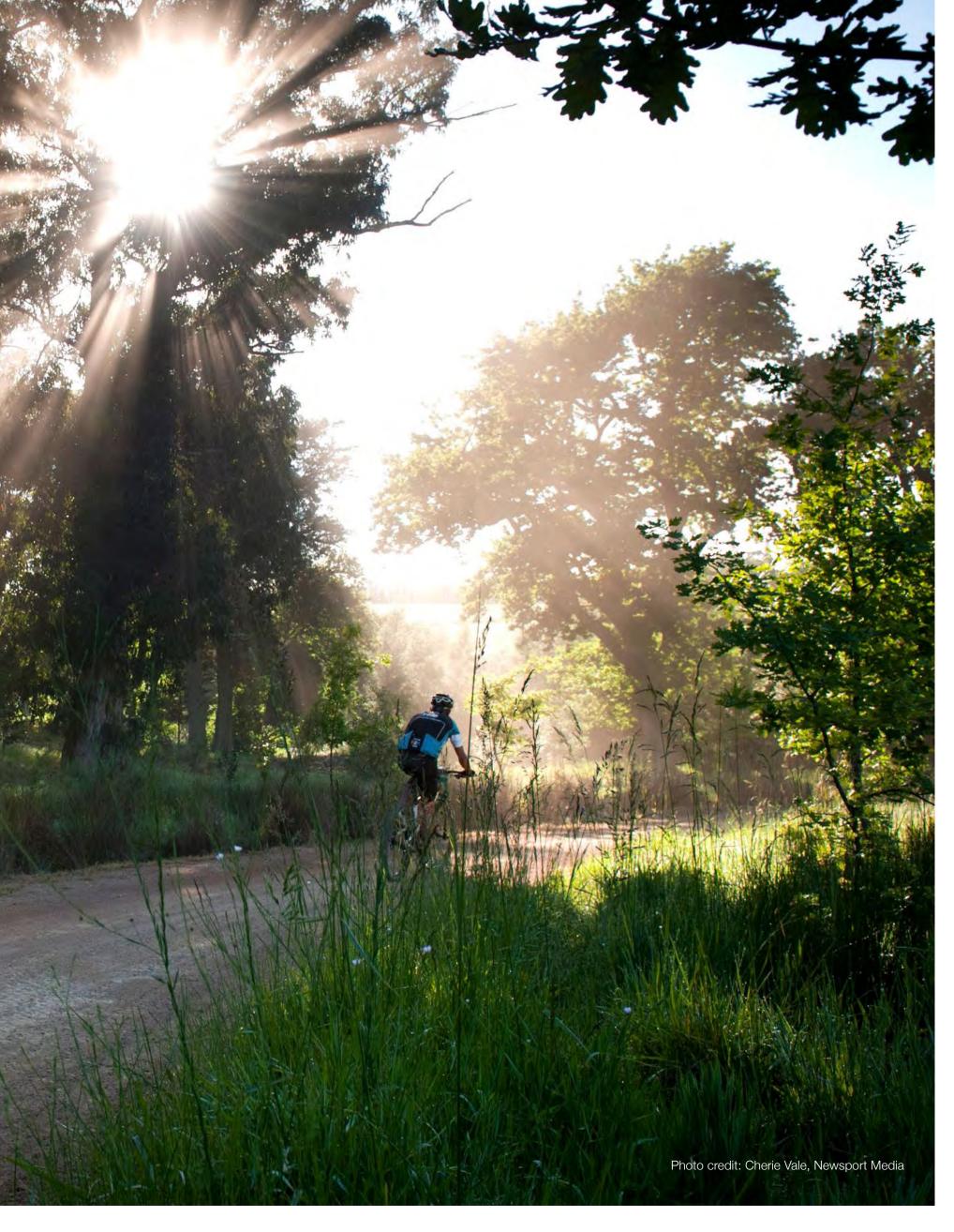
Once over the top and back on the bike, the lush green fields at Oak Valley were calling, but only after we had negotiated the pine forest trails that the Grabouw area is famous for. Thereafter, it was time to find a tent, put our feet up and rest for what Johan Kriegler, the man behind the W2W, calls 'Play Day' (playing on the single track sections and obstacles without too much grafting).

















the cold beer and smooth red wine, or the realisation that it was the last day of riding before returning to the humdrum of daily life, or the fact that we realised it was not all downhill to the beach, who knows.

FNB gazebos at the next water point, halfway up the mountain, and a long line of riders slowly climbing towards it. Behind that mountain there were another two clearly visible in the distance and beckoning.

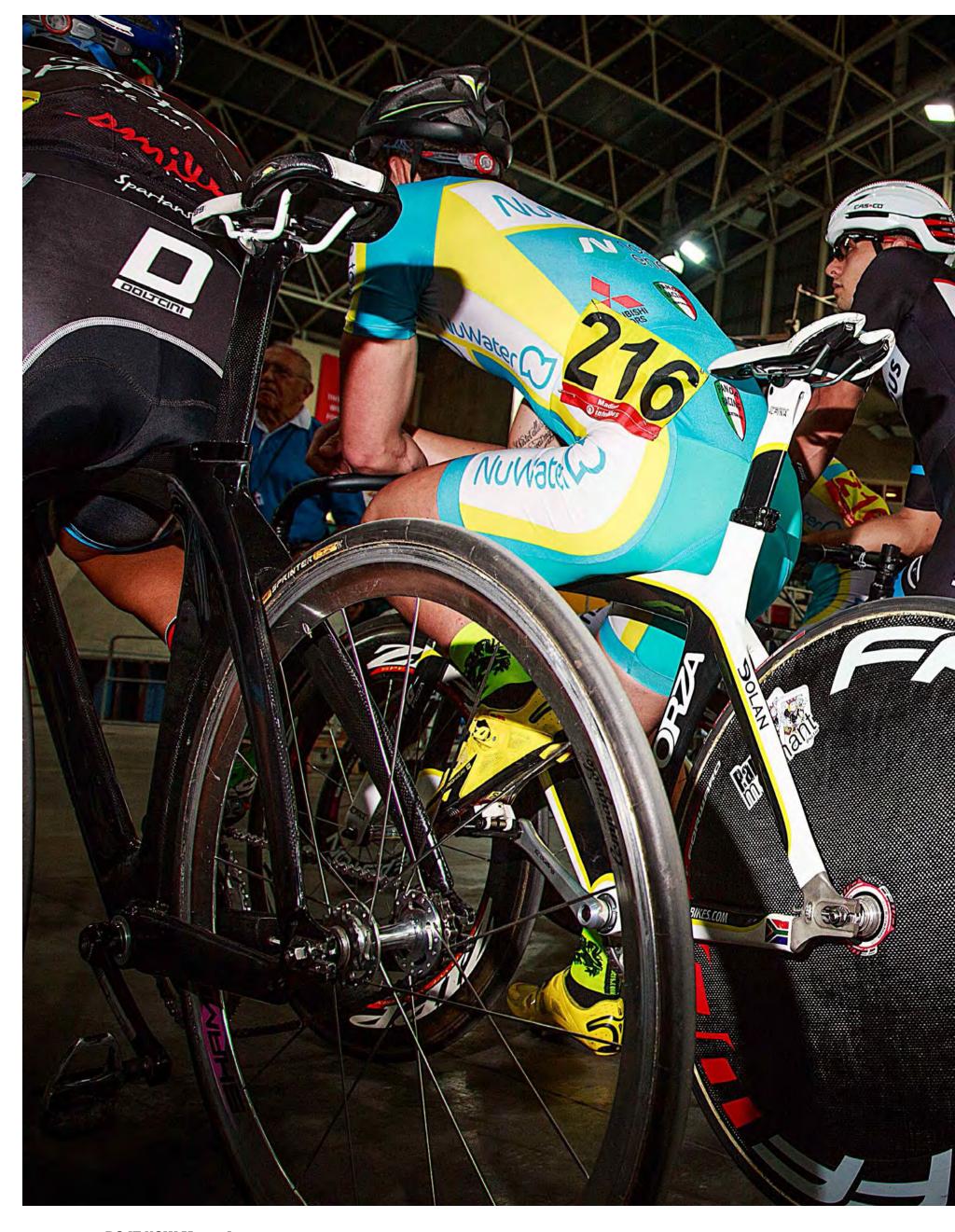












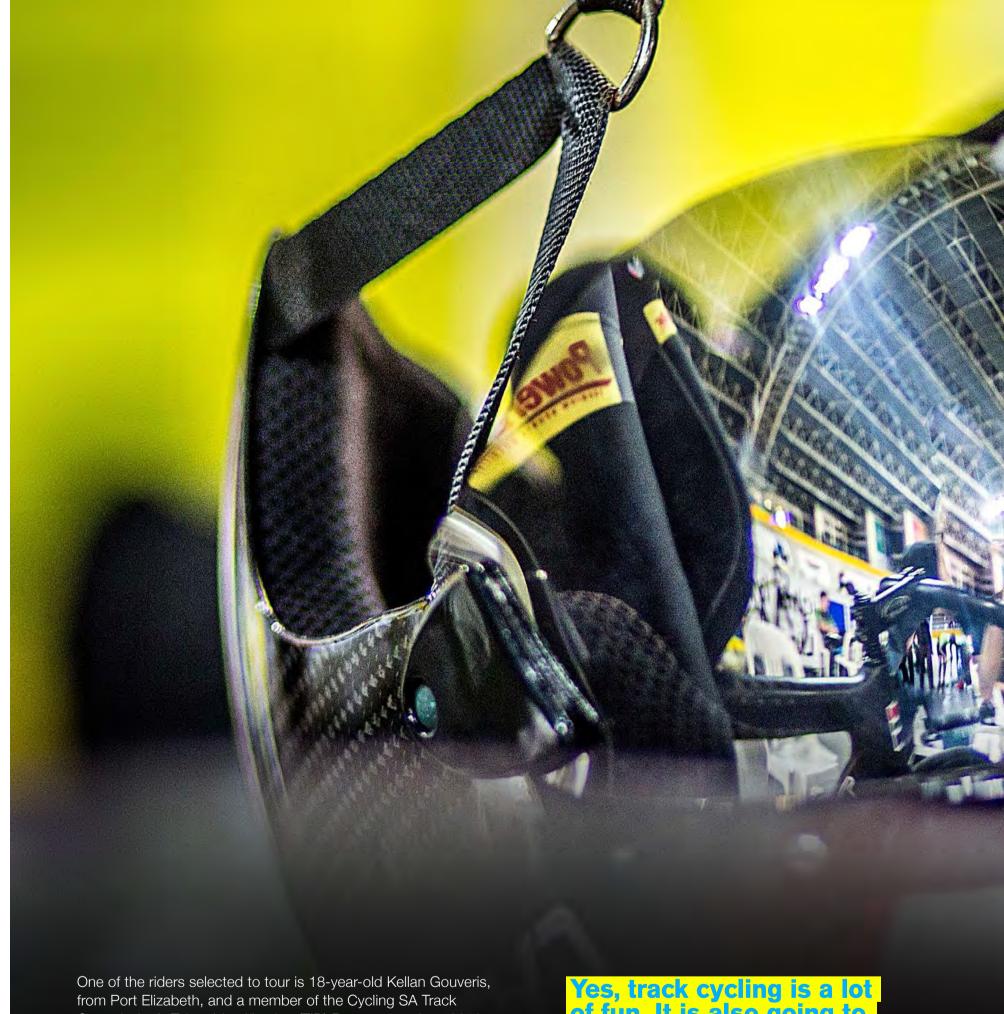






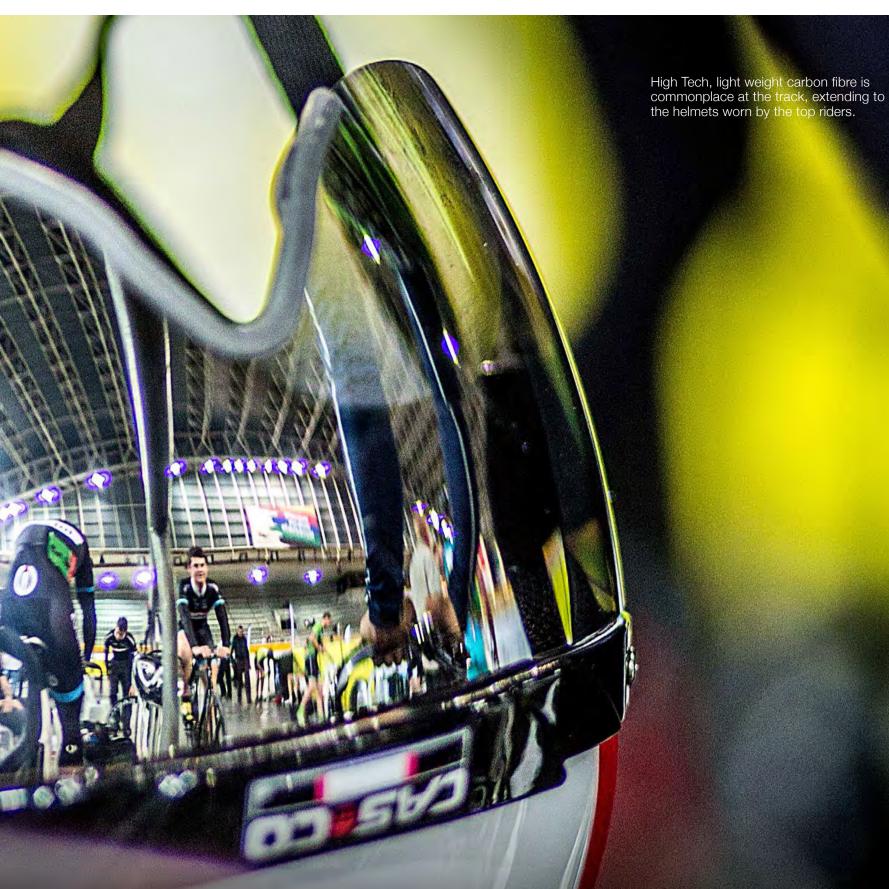






One of the riders selected to tour is 18-year-old Kellan Gouveris, from Port Elizabeth, and a member of the Cycling SA Track Commission's Talent Identification (TID) Programme since 2010. He is a rider who has grabbed every opportunity given him, winning the 40 km Points Race National Championship and he recently placed seventh in the 2012 Junior World Track Championships. But there is a queue of young talent, like Paarl's Bronwen Adams, who is following in the footsteps of World Championship silver medallist Nolan Hoffman, and multiple South African Women's Track Endurance Champion, Maroesjka Matthee, from Cape Town. Maroesjka recently returned from a three-month sortie to the United States, where she competed against some of the best in the world and returned with invaluable experience of the more aggressive transcontinental riding style.

Yes, track cycling is a lot of fun. It is also going to be big. Cycling SA's track cycling commission has a clear vision for the 2016 and 2020 Olympics. Their focus is on the Team Pursuit and Team Sprint events, as opposed to individual disciplines. This will allow for the selection of a complete team of cyclists who can then be further nominated to ride in individual events, in which they are strong.

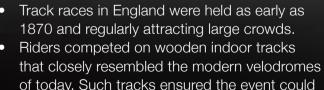


 Between 1924 and 1992, the range of events was generally as follows: sprint, time trial over one kilometre, tandem, and team pursuit. The individual pursuit was added to the programme of the 1964 Olympic Games in Tokyo, and the tandem was dropped after the 1972 Games in Munich.

Women have competed in the track events since the Seoul Games in 1988. That year also marked the appearance of women in the sprint event, followed by the individual pursuit in 1992.

 Several track events were introduced at the Sydney Games in 2000: the 500 m time trial for women, but also keirin, American, and sprint for men.

source: http://www.olympic.org

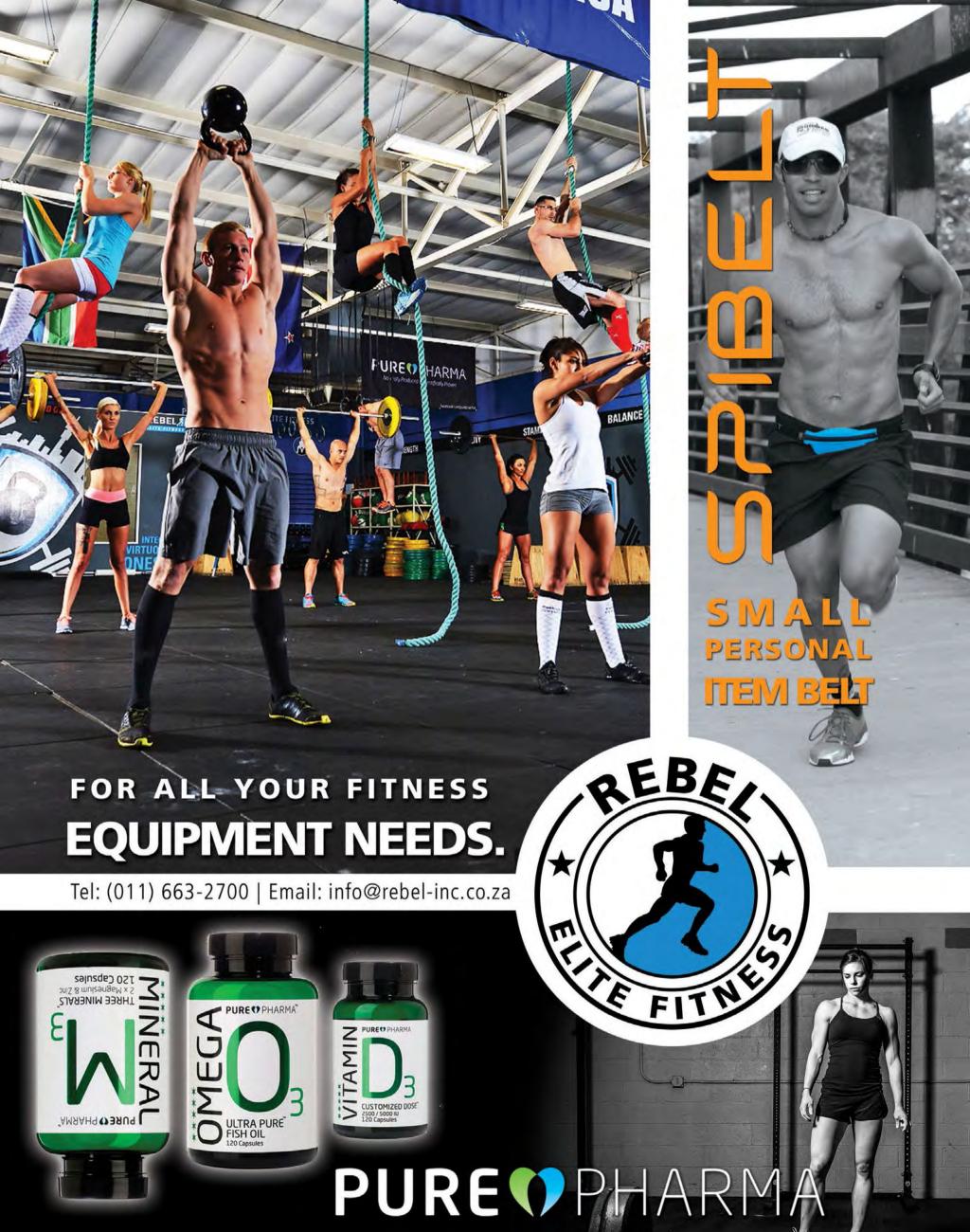


of today. Such tracks ensured the event could be competed all year round. But for promoters there was an even greater benefit - spectators could be charged an entrance fee!

Track cycling events have been included in all the editions of the Olympic Games since 1896, with the exception of the 1912 Games in Stockholm, when only the road race was staged.



For more information on track cycling or how to get into it, visit www.cyclingsa.com/track.aspx or www.trackcyclingsa.co.za













The race lasted for exactly one hour, plus one final lap when the hour mark was reached. During this time, riders did as many laps as possible, with lapped riders having to pull out and spectate. Although the race is all about tactics and team work, drafting and breakaways, it is also a pain fest. Living in what cyclists call the pain cave, the effort the athletes were putting in was plain to see on all of their faces, as they fought on, and on, lap by gruelling lap. Criterium racing is damn hard work! Race resu While all of that was going on, the **RACE 1 - 8 NOVEMBER** crowds were also entertained by some Dylan Girdlestone (Westvall BMC) of Cape Town's top DJs, who were Willie Smit (Team Bonitas) playing at music stations spaced around Shaun-Nick Bester (Westvaal-BMC) the track. The local pubs were doing a roaring trade selling copious amounts of RACE 2 - 12 NOVEMBER ice-cold liquid balm, to soothe throats Meron Russom (MTN Africa) dry and hoarse from cheering the riders. 2 Shaun-Nick Bester (Westvaal-BMC) 3 James Tennant (Nuwater) Held as separate events over two evenings, the winnings were evenly spread, with no obvious domination For more information, visit from any one rider. • www.facebook.com/Lights-by-Linea



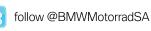
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THE FIRST WOMAN AROUND AROUND AFRICA





ON SUNDAY, 24 NOVEMBER 2013, JOLANDIE RUST AGAIN STOOD AT THE STONE MARKER IN CAPE AGULHAS INDICATING THE DIVIDING LINE BETWEEN THE INDIAN AND ATLANTIC OCEANS. FOR HER THIS MARKER SIGNIFIES A COMING TOGETHER. A MEETING. THAT SACRED MOMENT WHEN YEARS OF VISUALISATION AND REALITY INTERTWINE.

Her slight 5'5" frame belied the gigantic emotional upsurge few humans experience because they dared to go where others thought it wouldn't be possible.

Behind Jolandie stretched over 40,000 kilometres, the indelible memories of 25 African countries, and the culmination of six long years that turned the dream of becoming the first woman to circumnavigate the African continent into a reality.

Jolandie is quiet and reserved. Almost introverted. This 29 year old, who calls Melville, Johannesburg, home, has an easy smile and infectious laugh. Her green eyes hide tales of pain and heartache, but they light up at the mention of the open road, of an adventure.

Her first two-wheeler was a pink BMX she got as a Christmas present at the age of four. For the young Jolandie this would be the key to exploring and achieving the seemingly impossible. Throughout her teens she could be seen criss-crossing the streets of her home town,

In 2004, taking time off from working on a *kibbutz* in Israel, Jolandie and a friend cycled through the Occupied Territories from Nazareth to Arad. Experiencing the harshness of the semi-desert and the sweltering heat, negotiating their way through military posts and dealing with Arabs chasing them on donkeys, gave Jolandie a taste of real adventure.

Back in South Africa, she struggled to settle down. The hum-drum of a 9 to 5 routine did just not resonate with the spirit of adventure that had been awakened. The untimely death of someone dear to her in 2007 made her painfully aware of how fragile and precious life is, of how short a life could be. It emphasised the importance to take control of her life and shape and form her own happiness.

It was then that a dream began to take shape. A dream to become the first woman to circumnavigate Africa on her own.

Africa, the world's second largest continent, but also one of the poorest, has always fascinated Jolandie. She is passionate about Africa and her people. She felt that by embarking on a journey no other woman has undertaken on her own, she could inspire people across the continent. She could show them that all you needed was a dream, a desire to realise that dream, and to take responsibility to fulfil that dream.

"GET OUT OF THE POOL OF FEAR AND SWIM IN THE OCEAN OF POSSIBILITY." - JOLANDIE RUST.







Crossing into **Nigeria** was a particular concern. She wasn't short on warnings about how dangerous this country was. However, much to her surprise, the police at the checkpoints just waved her through and wished her well. She remembers Owerri as the most chaotic town she had the unfortunate privilege of having to negotiate her way through, and in the pouring rain. Single lanes bursting with vehicles of all descriptions led traffic in and out of town, and rubbish dumps in the centre dividing the two lanes saw hundreds of little stalls and thousands of shoppers happily trading on the curb sides. All this chaos was controlled by a female police officer, baton in hand. Chancers who ignored her instructions were wacked on their vehicles or any protruding body part!

In **Côte d'Ivoire** she was advised against going through Liberia and Sierra Leone as originally planned. This meant heading north to Bamako in **Mali**. Northern Mali was in turmoil following a military coup, but this didn't deter Jolandie from spending almost two weeks in the south. Visas, a perennial frustration, for Mauritania and Morocco needed to be sorted before she could take Dax to Dakar, the city she was named after, and the westernmost point on the main land.

Mauritania doesn't hold many happy memories for Jolandie. The Rosso border between Senegal and Mauritania lived up to its reputation as being one of the worst borders in Africa to cross. Relieved that she eventually made it across, together with hundreds of camels cruelly being beaten onto the ferry by their handlers, she settled into her hotel room. The guy who had helped her with her paperwork at the border offered to bring her something to eat. It was soon clear that he expected payment in return that didn't involve money. But Jolandie's extensive self-defence training came in handy.

Even though it was now Ramadan and food during the day not easy to come by, Jolandie safely made it to Rabat in **Morocco**. However, visa issues would again bring her journey to halt. With the border between Morocco and Algeria being closed for the past ten years, the only way to continue further east was to take a ferry to Europe and from there to Algeria or Tunisia. She was forced to return to South Africa to apply for a Schengen, Algerian, and Tunisian visa.



Back home, Jolandie went scouting for new touring routes with a friend in Mpumalanga. As her beloved Dax had to stay behind in Morocco, she was riding pillion when, at a farm gate, the BMW 1200GS came down on her ankle. Her right fibula snapped and the ligaments tore. This necessitated a six-month recovery.

In the next issue we follow Jolandie as she returns to the road in July 2013, to continue on her adventure from Morocco and all the way back to South Africa.

SO DON'T MISS PART TWO OF JOLANDIE'S EPIC JOURNEY TO BECOME THE FIRST WOMAN TO SOLO CIRCUMNAVIGATE AFRICA.



View part 2 here: www.doitnow.co.za/content/first-woman-around-africa-part-1.

For more about Jolandie, visit http://jorust.com/and www.facebook.com/jolandie.rust?fref=ts



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This year's team included 45 experienced scooter riders from 12 different countries, and amongst them were six brave ladies. In addition to the 15 Egyptians, there were participants from Brazil, the United States of America, the United Kingdom, Australia, Canada, Mexico, Brunei, Greece, Romania, and New Zealand, as well as two riders from South Africa.

The Cross Egypt Challenge 2013 kicked off from Egypt's second largest city, Alexandria. This city, on the coast of the Mediterranean Sea, has been associated since the days of yore with enlightenment, culture, and civilisation. The Bibliotheca Alexandrina, the symbol of modern and ancient Alexandria, was chosen as the starting point for the challenge.

Early Friday morning, family, friends, and fans gathered in front of the library to see this year's Cross Egypt Challenge team set off on their adventure. Leaving the Bibliotheca Alexandrina behind them, they headed towards the Citadel of Qaitbay, another landmark of the city and believed to have been built from the remains of the legendary Lighthouse of Alexandria. Alexandrians driving by or walking on the city's Corniche that morning were pleasantly surprised by the sight and sound of two hundred scooters and motorbikes making their way through the city. From Qaitbay, the riders drove to Alexandria's city centre, where the official launch ceremony took place. This was attended by the UN Goodwill Ambassador Mahmoud Qabeel, government officials, and other celebrities.

The riders' first stop was in the Sixth of October city, a modern extension of Egypt's capital Cairo, which includes industrial, educational, media, and residential facilities. They had a much-needed rest in anticipation of the longest leg of their journey on the following day, a 365 km ride to Bahariya Oasis. However, after this long, tough ride, participants were rewarded with their first 'desert lunch' and they got to experience true Egyptian hospitality.











THE ORGANISERS OF THE CROSS EGYPT **CHALLENGE TRY TO OFFER RIDERS SOMETHING NEW EVERY YEAR. THE** OFFICIAL SPOKESPERSON OF THE CHALLENGE, AHMAD ELZOGHBY, WHO IS AN AVID SCOOTER RIDER, EXPLAINS, **"OUR FOCUS IS TO OFFER SCOOTER LOVERS A CHANCE TO EXPERIENCE** EGYPT LIKE NEVER BEFORE. EACH YEAR **WE CAREFULLY DESIGN NEW ROUTES** THAT ARE BOTH ADVENTUROUS AND **CHALLENGING.** There are places we visit that many Egyptians don't even know about." It seems that the formula is working because the event has seen exponential growth in the number of applicants, participants, and even followers on social media. One of the riders of Cross Egypt Challenge 2013, Maxine Featherstonhaugh from Canada, writes, "There is so much more to this country than I ever could have imagined. So happy to have been able to share the experience with the amazing people we met and who

have become friends for life. Thank you everyone for the

joy, thank you Cross Egypt Challenge for the experience

and thank you Egypt! You are incredible!"

South Africans Ahmed Johnson and Pierre Plessis were equally impressed by the friendly people, great hospitality, Egypt's temperate climate, and the vastness of the deserts and coasts. Johnson's favorite spot was the White Desert, and in contrast to the Black Desert he found it to be breathtaking, like a "Moonscape with its mushroom-shaped rocks." According to Johnson, "Cross Egypt Challenge is a trip I would recommend to all adventure-crazy motorcyclists. Doing this trip on a 150 cc scooter adds to the fun." He added, "The challenge allows one to experience the country's beauty, its people, and the culture on two wheels." Johnson was so impressed by the professional organisation and service provided by organisers that he has already signed up for next year's event.

So if you are looking for an adventure and the freedom that comes with travelling on two wheels, then don't miss next year's event. •



To find out more about Cross Egypt Challenge and see exclusive photos of this year's challenge, visit their Facebook page: www.Facebook.com/CrossEgyptChallenge or their website: www.crossegyptchallenge.com





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The 2013 SupaDrift season finale took place from 8 to 10 November. The ultimate event of the 2013 Championship saw the entire Friday dedicated to practicing, while the Saturday was dedicated to the qualifying round, which saw 30-odd drivers go head-to-head for a place in the top 16. Sunday, the final day, played host to the elimination stages within the top 16 and top 8 categories.

It has been both a competitive and challenging season for many, if not all the drivers, who participated in the events around South Africa. The drivers faced numerous challenges from extreme wet conditions to engine failures. Throughout the series, every driver experienced their fair share of misfortune and bad luck, however, every single time they got the opportunity to line up their vehicles under the red, blue, and yellow of the Red Bull start, they all felt immense pride and joy in knowing they had persevered and overcome all the challenges. Now it was time to tear up the tarmac in epic solos and intense tandems and showcase some of the best synchronized driving the country has seen.

COMING IN TO THE FINALE, THE CHAMPIONSHIP TITLE HAD ALREADY BEEN DECIDED.

THIS WAS A RESULT OF FIVE CONSECUTIVE WINS AND IMPECCABLE PRECISION DRIVING BY 19-YEAR-OLD JASON WEBB, IN HIS MONSTER-POWERED NISSAN S13. Although

the winner may have been decided long before the finale, there was still second and third up for grabs, and with only a few points difference between East London drifters Michael Radloff and Wade van Zummeren, spectators were in for some rip-roaring action. Vying for fourth and fifth places were three extremely competitive drifters, Dezzi Raceway's Shane Gutzeit, Alcohol Killer's Jim McFarlane, and Prepsol's Paolo Gouviea. They knew it would take everything they had to fight off each other to ensure a good finish.



While the battle for positions in the top six heated up, South Africa's first lady in drifting and motorsport, Clare Vale, was optimistic and excited to give the boys a run for their money. Clare performed extremely well in the sixth installment of the series when she secured a top-16 finish in Port Shepstone, in June. Clare wanted to prove that sticking with the tough and challenging build of her Ram Mustang was worth all the effort she and her team had put into ensuring a rock-solid performance in the series. Also in the mix for a top-10 finish was Team Red's Sean February, who had made the long trip from Cape Town to represent the Mother City. The line-up was laden with drivers from all over South Africa, with local boys David Nell, Morné Venter, Shane Ferreira, Chris Landsberg, Tony Jardine, and Royce Munnery amped to perform in front of a home crowd and showcase their skills, while helping to develop motorsport in KwaZulu-Natal, which has become a hub for drifting and spinning action in recent years.

FRIDAY PRACTICE DAY

Friday saw many of the teams that had arrived in Durban earlier in the week use the open-practice to their advantage by dialling in some much-needed track time, and putting on a show for the spectators who filled the surrounding stands to catch the high-speed drifters in action.

SATURDAY QUALIFYING SESSION

During the qualifying session, which took place on Saturday, spectators were treated to some of the most impressive, dramatic, and action-packed high-speed drifting the series had witnessed thus far. The concrete barriers surrounding the drift arena claimed several victims throughout the finale. Mzansi Rides' Vic Pardal was first to experience the wrath of the almighty concrete slabs when he failed to complete an initial transition and slammed his Nissan Skyline into the wall. Qualifying also included an upset for Morné Venter, in his Nissan Skyline, who fell victim to engine problems that negatively affected his performance even after a few intense emergency engine repairs in the pits in-between the qualifying runs. Turtle Wax's Dorné Brits and Dezzi's Des Gutzeit also suffered major upsets and failed to qualify. Team Regent's Alex Simon and George Myburgh both lost their Nissans to the walls, dashing their hopes of a top-16 finish. By the end of the day, Wade van Zummeren was sitting in pole position, with Sean February flamboyantly finishing in second place. Championship leader Jason Webb secured sixth position after experiencing power steering failure. >









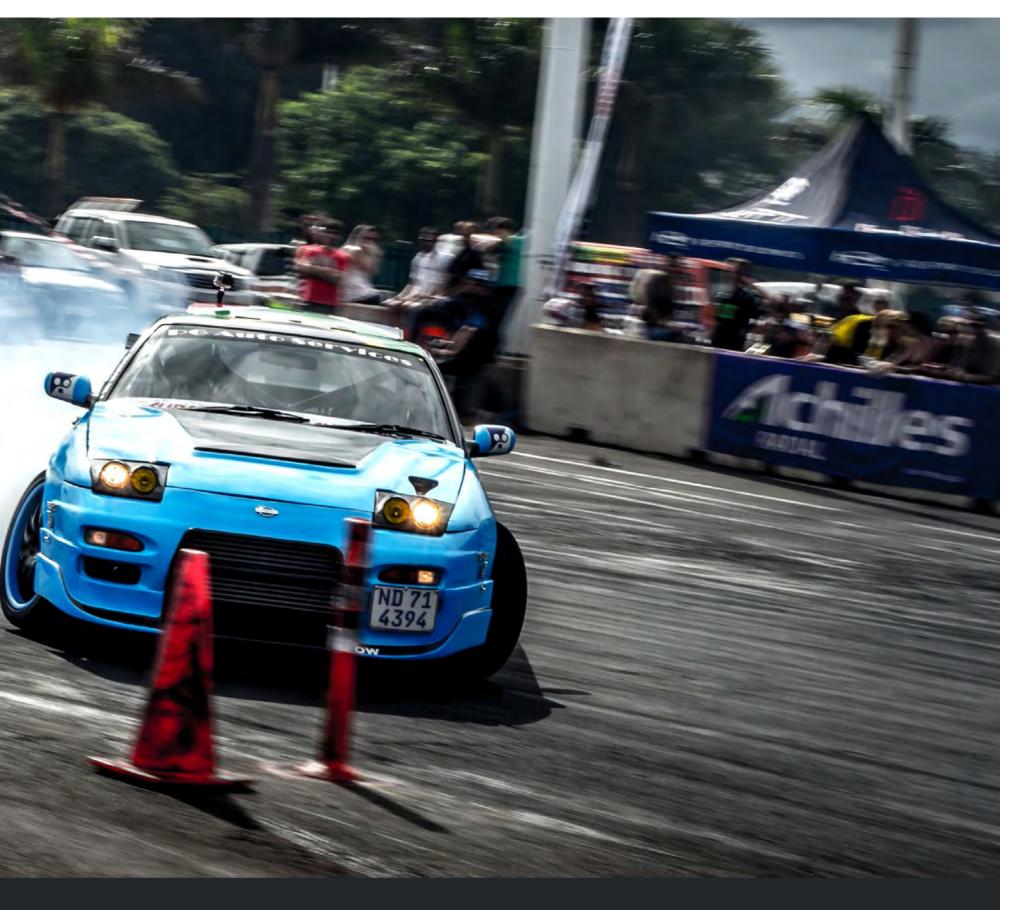
SUNDAY SUPADRIFT FINALE

The huge driver line-up saw the inclusion of a 16 Silver Cup, in addition to the top 16 Gold Cup, on the final day. The Silver Cup saw excitement build as several reruns were called. Chris Landsberg battled Des Gutzeit, while Nick Frey took on Morné Venter, who was forced to retire after severe engine problems. All in all, Mathys Naude finished in seventeenth position, clinching the Silver Cup from Nick Frey, who finished in eighteenth, with Tony Jardine in nineteenth position.

The top-16 eliminations soon got underway and the first to experience a rerun was duo Paolo Gouveia and Shane Gutzeit. The duo used the extra run to dial in some impressive angle during an intense synchronized driving performance. Max My Ride's Tim Stephans and Greensky's

David Nell experienced a similar fate when they were dealt out a one-more-time. Clare Vale gave an excellent performance against Royce Munnery, however Royce's beastly 330z proved too much for Clare in the chase and ultimately saw Royce drive away with his first-ever tandem win.

The Gold Cup played host to a clash between Mikey Skelton in his massive V8-powered Chevy Lumina and Sean February. During their first run, the drivers aggressively entered the first transition at high speeds and with minimal distance between them. This resulted in Mike veering of his path and slamming the back of his Lumina into the concrete barrier, transforming the monster V8 into something never-before-seen, a hatchback Lumina SS. Mikey was granted a small window to perform emergency repairs to the bodywork of the Chevy before they lined up one more time. Most of the crowd was on their feet in anticipation and were they in for a surprise. During the second run, the drivers entered the first transition adamant to



hit strong angles, however Sean got mixed up and found the back end of his BMW slamming into the wall. After an intense moment or so, Sean was granted victory based on points coming into the qualifiers.

In the top 8 round, Michael Radloff and Wade van Zummeren went up against each other. This was one of the more unique runs because whoever won this run would not only proceed to the semi-finals but also take the overall second position in the 2013 season. The reason for this, coming into the final, was the three-point difference between Michael and Wade. Therefore, when Wade knocked Michael out in the top 8 round and progressed to the semis, he scored enough points to maintain his position on

the 2013 points table and clinch second position. Unfortunately, Michael was knocked out and did not have a chance to earn extra points and challenge Wade for second place, hence Michael finishing the 2013 season in third place overall.

The top 8 round also saw David Nell and Royce Munnery fight it out, but Royce unfortunately spun out twice and David progressed through to the semi-finals. After an intense encounter between Mikey and Sean, Team Red worked hard in the pits to ready Sean's Beemer for the pairing against Alcohol Killer's Jim McFarlane, in his Lexus Powered 350z. After a variation in lines between the two drivers, Jim progressed to the semi-finals.

In another of the top 8 battles, Dezzi's Shane Gutzeit took on Monster Energy's Jason Webb. Jason got a little too close to the wall, causing his rear bumper to shimmy off. Shane also experienced a minor run in with the concrete barrier, but after a heated exchange between the two, Jason took the win even though he was forced to drive without power steering. •





FIRST SEMI-FINALS

The first leg of the semi-finals saw David up against Wade and after some impressive driving from both of them, a one-more-time was called. It was during this rerun that the concrete barrier claimed yet another victim when David, in an attempt to recover from a wall clipping, made contact with Wade and sent him into the barrier. This resulted in the steering of his car being damaged and his car had to be towed off the track. The win was awarded to Wade, who went on to the finals, leaving David to fight for third position.

SECOND SEMI-FINALS

In the second leg of the semi-finals, it was Jason versus Jim. There was little contact between the two cars as the drivers fought hard for a place in the finals. In the end, Jim was awarded a place in the finals, leaving Jason to face David for third place. David and Jason maxed their limits in this round, as none of them wanted the latter position. As a result, the judges were treated to an extreme fight between the two and eventually handed third place to Jason.

FINALS

After being towed off the track, Wade's team managed to get the car ready for a heated final between Wade and Jim. The crowd anticipated a fracas beyond measure after witnessing what it had taken these two drivers to reach the final. In a high-energy, intense spectacle of precision high-speed drifting, with plumes of smoke engulfing the arena, Wade clinched first place, with Jim in second.

Wade ended on a high as he performed a burnout to show his appreciation to the crowd for their support and celebrate his well-deserved victory. Thereafter, the 19-year-old boy wonder, Jason Webb, was dubbed the 2013 SupaDrift Champion, and Sean February took the title of Rookie of the Year.

This year's SupaDrift final proved to be quite a spectacle, and it went above and beyond helping to promote Kwazulu-Natal as one of the best motorsport destinations in South Africa.

2014 SEASON

The SupaDrift Series will kick off again in the new year, with plans to visit Kwazulu-Natal at least four times during the series. In the meantime, Club Sidewayz plans to fill the void by hosting a number of events that are scheduled to take place in Pietermaritzburg during the next few months. •



To keep up to date with all the action and full race results, visit www.supadrift.co.za. For more information, email: info@xspromotions.co.za or check out SupaDrift's Facebook page for information and coverage of KZN drifting and spinning at www.facebook.com/projectexcision

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I'VE ALWAYS BEEN A SUBARU FAN, MOSTLY BECAUSE THERE IS JUST SOMETHING DIFFERENT ABOUT THE BRAND. IT MUST BE MY SOMEWHAT TAPPET AFFINITY FOR LOUD BLUE CARS, WITH PINK LETTERS SPELLING STI, ROLLING ON GOLD WHEELS. THESE DAYS THOUGH, MOST SUBARUS ARE QUITE CIVILISED. The last one I tested was the Outback Diesel a year ago. Lots of go, but a family wagon

one I tested was the Outback Diesel a year ago. Lots of go, but a family wagon in every other aspect. I liked the original Foresters, but The Dog Whispered did nothing to punt its street cred. Luckily for me, I got to test the XT version of the newest release, which was hardly fair towards the RAV4 2.5 Auto VX.

WODEL RANGES

The newest RAV4, with the distinctive Toyota family face, comes in four variants. There's the 2.0 manual (R290,300) and CVT at just over three hundred grand and the 2.2D manual GX for R365,300. I was treated to the range-topping 2.5 Auto VX that will set you back R410,300. ▶



LOOKS

The R529,000 2.0XT looks menacing in black with standard 18-inch rims featuring large, dark gaps between the spiky five-into-ten spokes. The proportions of the new Forester do not quite work for me, but it does make for loads of cargo space and enough room for the rear passengers. I have to admit, the dark paint also gave it too much of a gangster look. Blue or silver would have worked much better. I know looks are very subjective and thus my only comment on the RAV4 will be that I liked it.

Inside the RAV4 was a huge surprise. It's very hard to describe, but it almost looks like an older model car that was imported to South Africa, but was never intended for our market. The reason I am saying this is because it looks like nothing else I've seen. There's lots of fake leather and plastic that looks like carbon fibre and aluminium on the dash, the centre console, and doors. The steering wheel is small and purposeful, and it almost feels like a sports car inside. Very strange compared to the outside and aim of a SUV like this, and it reminds me of the Toyota 86. I like very much.





The Subaru is rather bland on the inside. I like the familiar Scooby steering wheel, but the dash and controls are very impersonal and simplistic. They must have decided to spend the whole budget on the drivetrain, steering, and engine (and on the XT the wheels, of course). This is supported by the way it drives, but more on that later.

PERFORMANCE

The RAV4 2.5 produces a healthy 132 kW (at a racy 6,000 r/min) and 233 Nm of torque. This is more than enough for any application and the six-speed automatic gearbox is well matched to the engine, despite the very dated gearshift with which you operate it. There are buttons low on the centre hang-down for Eco and Sport mode. I mostly commuted in Eco mode, which is supposed to lower fuel consumption, but I actually achieved the best figures (according to the full-colour display) with the Eco and Sport modes off, is in normal driving. Toyota claimed a combined average of 8.5 I/100 km, but I easily returned 6.5. This is impressive for a fairly large car that offers good in-gear acceleration when required. ▶



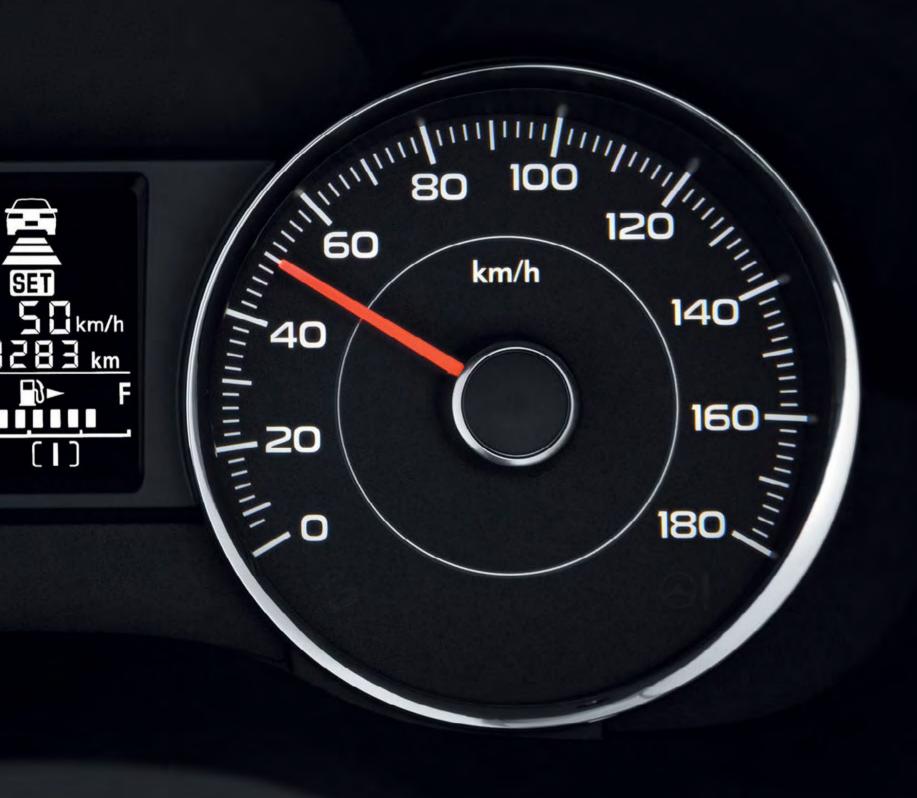
The turbo-charged Forester produces 177 kW and a massive 350 Nm of torque. This is sent to all four wheels (same as the RAV4) via a CVT auto 'box. It is not the continuously variable affair like the Honda Jazz for instance, but rather eight preprogrammed ratios to simulate an automatic transmission. You can also change the ratios yourself with the paddles behind the sporty steering wheel. The latter contains all manner of buttons, including audio and phone controls (I couldn't figure out the Bluetooth, if it had Bluetooth), cruise control, and

the three driving modes. For "smooth, efficient performance driving" according to the manual, you use the Intelligent (I) setting. Press the (S) button, for Sport, and you are rewarded with "... engine power desired by those who want to make the driving experience their own personal adventure." Those are the official words from the user manual, which goes to show where Subaru's priorities lie. Press Sport Sharp (S#) for "... sports-minded drivers" and the throttle response is quickened for maximum acceleration and performance.



The Subaru has a button low on the dash that says 'X-Drive'. This mode centralises control of the engine to make use of the centre- and rear differentials, brakes, and traction control to give controlled descents in steep, low-grip terrain. Above a certain speed, the X-Drive mode is automatically cancelled. The colour on-board display shows how the power is sent to each wheel and for how long the X-Drive interfered once it was activated. There is also a display for the turbo pressure and percentage of acceleration utilised at a given throttle opening. Very interesting for the first two minutes, after which you just enjoy thumping the go-fast pedal.

ONE INTERESTING
FEATURE WAS THE
TAILGATE THAT CAN BE
PROGRAMMED TO STOP
AT A CERTAIN OPENING.
THIS IS VERY USEFUL IF YOU
NEED TO OPEN THE TAILGATE
IN A GARAGE, FOR INSTANCE. >





IN THE RAV4, YOU CAN SWITCH OFF THE TRACTION CONTROL, BUT IT IS ALSO AUTOMATICALLY SWITCHED ON AGAIN ABOVE AROUND 40 KM/H. THIS IS USEFUL IF YOU DRIVE THROUGH MUD OR SAND AND DO NOT WANT THE COMPUTER TO BRAKE THE WHEELS WHEN THEY START SPINNING. The Subaru definitely has a more supple suspension set-up than the RAV4, but this was only realised after comparing the two. That is to say, there's nothing wrong with the RAV4, but the difference is noticeable.

The RAV4 comes standard with the Toyota Care Service Plan of five years or 90,000 km, whereas the Forester has a three years or 75,000 km maintenance plan. Both have service intervals of 15,000 km. If I had to choose between the RAV4 2.5 Auto VX and the Forester 2.0XT I tested, I'd have to go for the cheaper RAV4. It looks more interesting inside, can accommodate seven (instead of five) occupants, and has higher-profile tyres for better dirt driving. I also suspect that, thanks to the Scooby's lovely Boxer engine, cost of ownership might be cheaper on the RAV4 once the service/maintenance plans run out. Not because the Boxer is less reliable, but because it is so much harder to get at with a spanner. •

	TOYOTA RAV4 2.5 AUTO VX (TESTED)	SUBARU FORESTER 2.0XT LINEARTRONIC CVT (TESTED)	SUBARU FORESTER 2.5XS PREMIUM CVT (NOT TESTED)
Engine	2,494	1,998	2,498
Power	132 (6,000 r/min)	177 (5,600 r/min)	126 (5,800 r/min)
Torque	233 (4,100 r/min)	350 (2,400 - 3,600 r/min)	235 (4,100 r/min)
Claimed fuel consumption (I/100 km)	8.5	8.5	8.1
Claimed acceleration (0 - 100 km/h)	9.4 sec	7.5 sec	9.9 sec
Top speed (km/h)	180	210	196
Ground clearance	187 mm	220 mm	220 mm
Fuel tank capacity (litres) 60		60	60
Cargo area (L)	476	488 / 1,557	488 / 1,557
Service (S) / Maintenance (M) plan	5 year / 90,000 km (S)	3 year / 75,000 km (M)	3 year / 75,000 km (M)
Base price	R399,900	R529,000	R429,000













1/500sec @ f6.3; SONY A99-SLT Body + 70-400mm Lens @ a focal length of 180mm; ISO 400; WB Setting (Auto - Warm); AE SEtting (0EV); No Flash; In-Camera parameters applied.



never miss the moment full detail







Photograph by Jacques Marais

Global shooter and author; National newspaper columnist; Respected magazine journalist; author of 11 outdoor books and guides.

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*The world's first AF system in a 35mm full-frame interchangeable lens digital camera to feature two phase detection sensors as of September 12,

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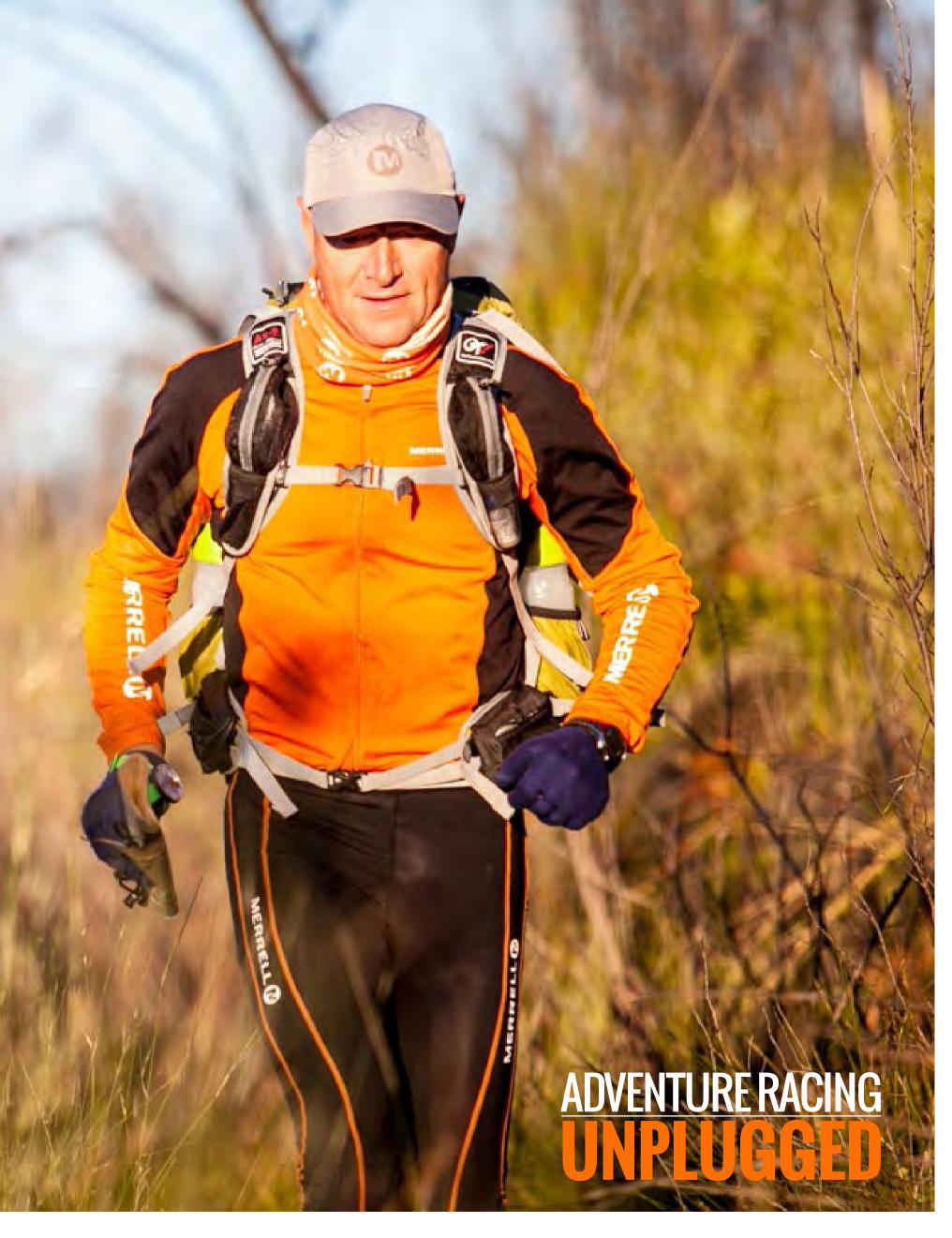


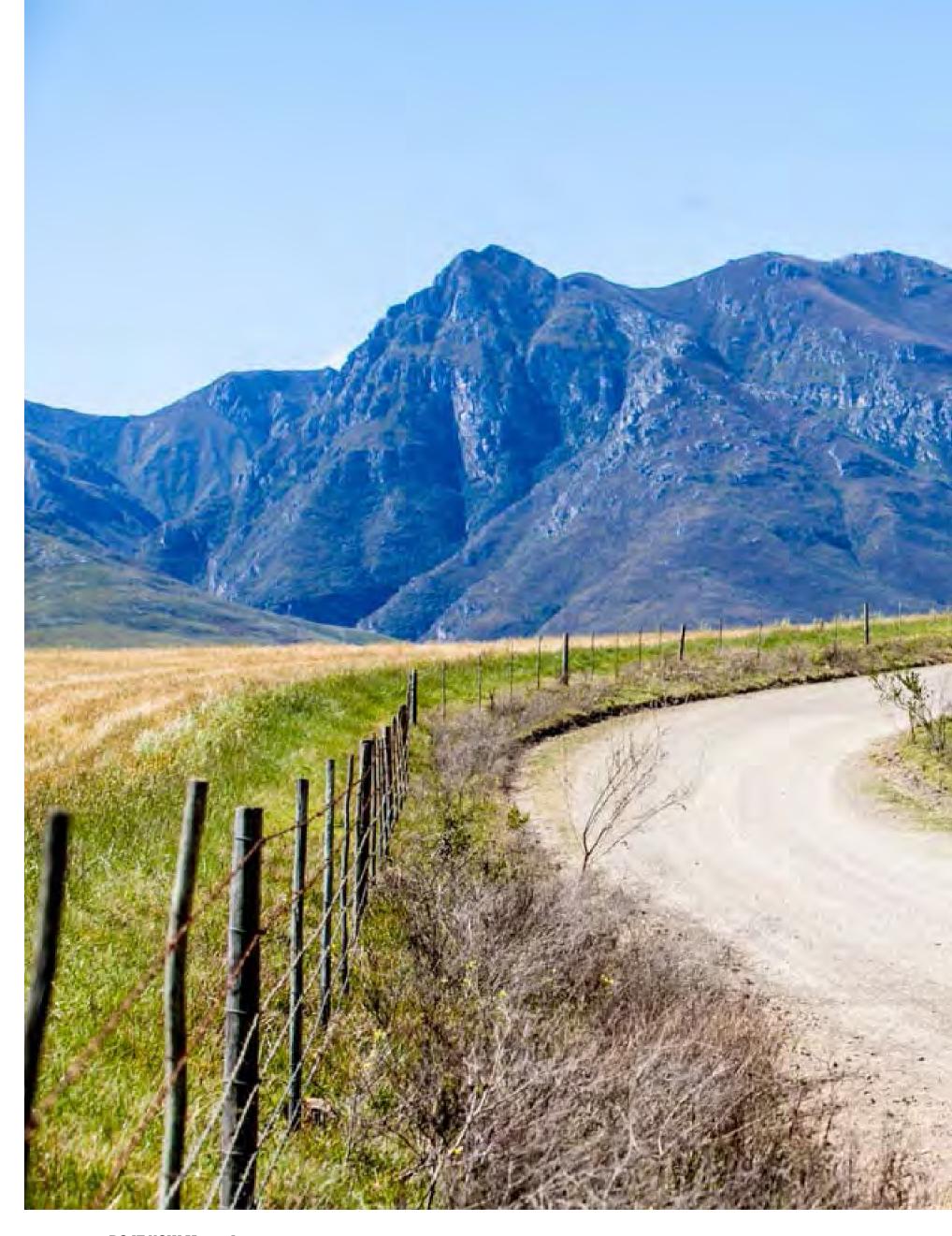


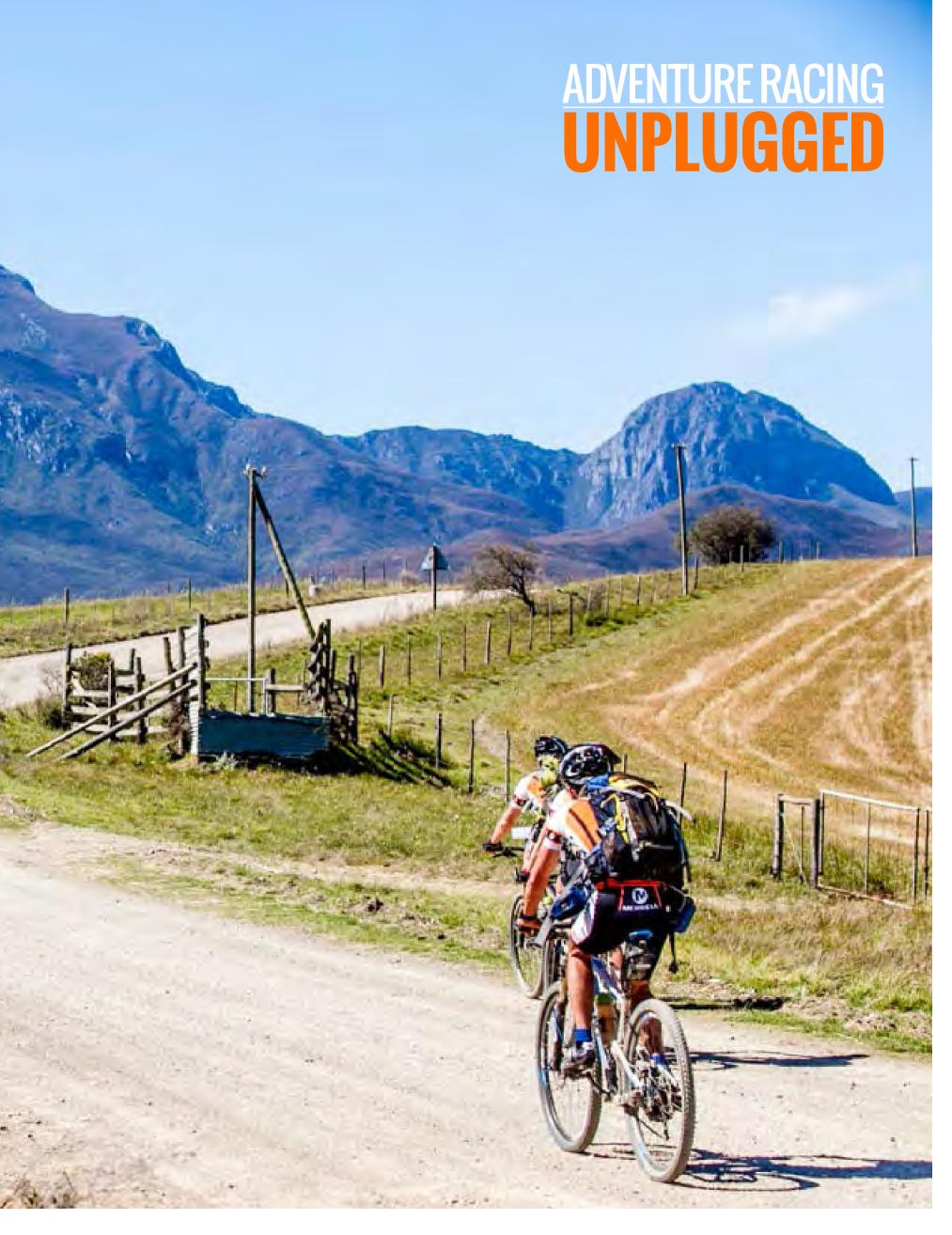
ADVENTURE RACING UNIVERSE ADVENTURE RACING UNIVERSITY OF THE PROPERTY OF THE P











KEY INGREDIENTS

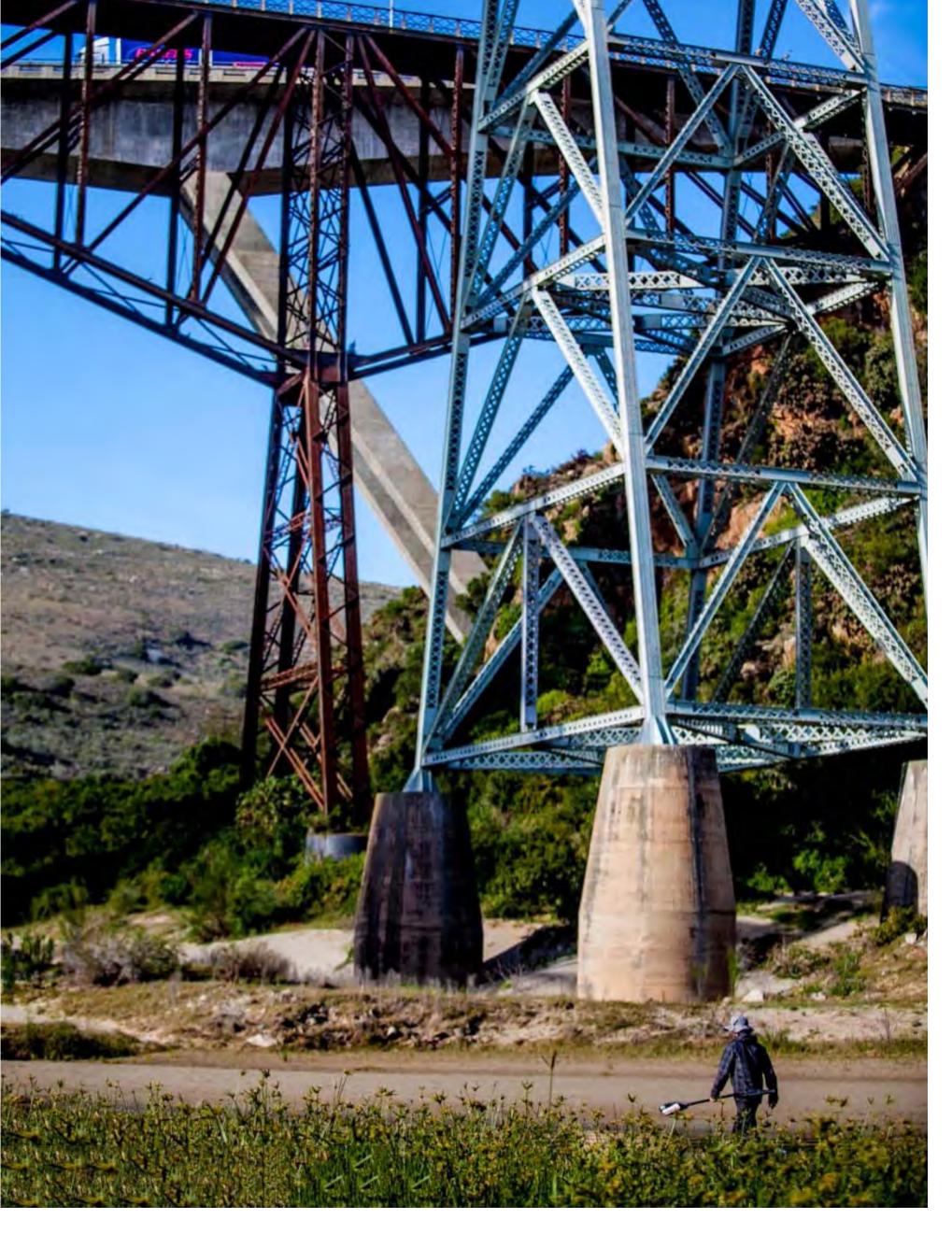
IT IS A SPORT WHERE THE MENTAL STRENGTH OF COMPETITORS COUNTS MORE THAN THE PHYSICAL STRENGTH, AND WHERE THE ENDURANCE OF COMPETITORS COUNTS MORE THAN THE SPEED.

A good level of fitness and competency is needed in all the various disciplines, but the key ingredient to any adventure racer is the mental strength to push through the limits and be able to continue to go through whatever nature throws at you for days on end; heat, cold, rain, sun, darkness, mist, wind, uphill, and downhill. It is all about remaining mentally strong when you are at your limit, so that you can keep navigating to collect the various check points via the most optimal route. It is the ability to keep calm in situations when you get lost, or realise that you are far off course, or have missed a check point and need to backtrack or reroute for hours.

TEAM **DYNAMICS**

THE MOST CHALLENGING TASK THAT FACES ANY TEAM DURING AN ADVENTURE RACE IS TEAM DYNAMICS; IT IS THE CORE INGREDIENT TO ANY SUCCESSFUL ADVENTURE RACING TEAM. YOU NEED TO PUT YOUR ABSOLUTE TRUST AND FAITH IN YOUR TEAMMATES, THUS WORKING TOGETHER TO MAKE THE TEAM FASTER. Then there's helping struggling teammates and being helped when you are struggling. Maintaining the focus and keeping the team together when times are tough and things are going wrong. Understanding the individual personalities and how they react and deal with situations and sleep deprivation. Ensuring that the team does not descend into conflict and blow itself apart.









INDIVIDUAL CHALLENGES

ALTHOUGH YOU WORK IN A TEAM, ADVENTURE RACING IS ALSO ALL ABOUT THE INDIVIDUAL AND HOW EACH PERSON DEALS WITH THE CHALLENGES. PUSHING THROUGH THE TOUGH TIMES, OF WHICH THERE

PUSHING THROUGH THE TOUGH TIMES, OF WHICH THERE WILL BE MANY DURING A RACE, WHEN YOUR BODY IS SCREAMING FROM THE PAIN OR YOU ARE SUFFERING FROM THE DREADED 'SLEEP MONSTER'. Taking your body and mind to the limit of its capabilities and still maintaining some comprehension of where you are and where you need to navigate. Keeping awake and lucid enough to ensure the safety of yourself and your teammates. Allowing the mind to take over, knowing that the body will recover and feel better in a matter of a few minutes, or a few hours.

THE **REWARDS**

Adventure racing is a sport that very few understand and even fewer compete in. Most people can't comprehend exactly what it is about or why people would want to put themselves through it. It is the toughest endurance sport on the planet, where people go to extreme places physically, mentally, emotionally, and spiritually, and push themselves beyond any preconceived limits they believe existed.

Why do we do it? Because the rewards are worth the blood, sweat, and tears. This sport lets you see and experience nature like no other sport can. You become one with nature, adapting to the environment and surrounds as you pass through vast areas on your journey through the course. You get to experience the magnificent beauty that few get to see.





AXE HAS GONE FULL OUT IN PROMOTING ITS NEW LINE OF PRODUCTS CALLED APOLLO, OFFERING BY FAR THE MOST EPIC PRIZE OF ALL TIME.

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THE WORLD ARE GETTING
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TO GO INTO SPACE

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THE COMPETITION PHASE 1: Launched in January 2013, more than 50-million South Africans stood a chance to earn 1 of 30 tickets to the SA local Space Camp, by sending in a profile of themselves that explained why they deserved to go to space. Of the 85,000 people that entered, participants the needed to get enough votes online to launch them into the top tier, which would see them undertaking a challenge to determine who the 30 hopefuls would AXE HAS PARTNERED WITH BUZZ ALDRIN, ONE OF THE FIRST MEN TO WALK ON THE MOON, TO CREATE THE AXE APOLLO SPACE ACADEMY be that got to go to the SA Space Camp. Other ways of entering this competition was to SMS the barcode of an AXE product to the number provided or send in a picture clearly showing how you defy gravity. PHASE 2: (A.A.S.A) AS A WAY TO DECIDE WHO Once the nerve-wracking phase one was out of the way, the top-30

THE LUCKY 22 WINNERS WILL BE. THIS 10,000-MILE HIGH CLUB IS AN ELITE GROUP AND AMONGST THE ELITE WILL BE A SOUTH AFRICAN. **GUARANTEED!**

The South African chosen will be one of three South African participants who make it through to the final selection stages, to be held at the USA AXE Apollo Space Academy on 2 December 2013. For Flight Simulation Engineer Dean Roddan (41), entrepreneur, businessman, and shark-diving enthusiast Haroon Osman (38), and student and DJ Mandla Maseko (25), this is an opportunity of a lifetime, but getting through to the finals has been no walk in the park. This is what they were up against.

contestants were then sent to the SA Space Camp in Parvs, to establish if they would cope in space. This was done by putting them through a series of incredibly difficult tests, such as aerobatic performances in a stunt plane, dropping sandbags on targets while tandem skydiving, and attaching flags to a pole while being pulled down by the forces of gravity. Only the top three finalists would have the honour of representing South Africa and Africa at the global space camp, at the Orlando Kennedy Space Centre, USA, but only one of them would win a highly prized seat on the Lynx Mark 2 spacecraft.

PHASE 3:

Now into the final phase, our three charismatic South African finalists will wing their way to the USA AXE Apollo Space Academy (A.A.S.A), on 1 December 2013, along with the other finalists from around the world. What they will need to do to qualify is top secret, but what they do know is that they are going to experience weightlessness, the G-centrifuge, flight simulation, and deep water exercises in the form of either scuba diving or freediving. Once the 22 winners from around the world are chosen, they are guaranteed a seat on the Lynx Mark 2 spacecraft, which is planned for takeoff late 2014, early 2015. ▶







DO IT NOW MAGAZINE CAUGHT UP WITH HAROON 'SKHOKHO' OSMAN TO FIND OUT WHAT ENTERING THE COMPETITION HAS MEANT TO HIM AND HIS TWO FELLOW FINALISTS.

Q: WHAT MADE YOU ENTER?

Friends forced me to enter the competition because they believed this competition was right up my alley.

Q: HOW DID EACH OF YOU ENTER?

Dean SMSed his barcode number from a recently purchased AXE deodorant through to the number provided, while Mandla sent in a picture of him jumping off a wall and defying gravity. I sent in a picture of myself holding onto the dorsal fin of a six-metre tiger shark and hitching a ride with no gloves, no cage, just me and a beautiful tiger shark.

Q: THE THREE OF YOU HAVE ACHIEVED SOMETHING MOST OF US CAN ONLY DREAM ABOUT. WHAT IS YOUR MESSAGE TO THE PEOPLE OF SOUTH AFRICA?

We urge everyone to get out of your comfort zones and DO IT NOW! The sky is no longer the limit as to what one can achieve if you give it your all. Life is too short; live everyday like it is your last. Living life is all about the events that take your breath away. We want to give all South Africans the hope that nothing is out of reach for us and that if you hold onto what you really want, it will come to you. Our history proves that and we will prove it again. Come on Team SA, come on South Africa, come on Africa! The sky is no longer the limit; there are NO more limits!

Q: THERE CAN ONLY BE ONE SOUTH AFRICAN WINNER. DO YOU THINK THIS WILL AFFECT THE STRONG FRIENDSHIP THE THREE OF YOU HAVE BUILT IN ANY WAY?

Although only one South African is guaranteed a seat on the Lynx Mark 2, the three of us are going over as a solid unit, a team. We are going to represent our country and each and every person who lives on the African continent. We are 'South Africans in Space - Team SA.

To be truly honest, we are all winners to get this far and have the opportunity of participating in a life-changing event like this. This will not affect my friendship with Dean and Mandla in any way. Our bond is strong and our team spirit even stronger. We have become brothers.





Q: HAVE THE THREE OF YOU PREPARED IN ANY WAY FOR THE FINALS?

Yes, we have already started preparing as a team for the finals. We've trained with Sim-Aero Flight Simulation, raced at Tarlton Raceway, gone go karting at Indy, went shark diving and adventure scuba diving, we are exercising, and we've done some team building, meditation, and breathing techniques. We have also involved our family members and are all having fun. There are also a number of other activities planned before we leave on 1 December.

Q: ARE YOU NERVOUS ABOUT THE FINALS?

Yes, I am. But that's a good thing, meaning I will be on top of my game. Being over confident leads to failure and mistakes, while raw nerves have got me thus far. So yes, I am nervous, very, very nervous. I say: A.A.S.A bring it, Team SA is ready!

Q: WILL YOU BE SHARING TEAM SA'S JOURNEY WITH FELLOW SOUTH AFRICANS?

Yes, we want to share our journey throughout this competition with fellow South Africans and Africans. To do this, we have created a Facebook page, but the main point behind this page is to unite South Africa and encourage everyone to live their lives to the fullest, without any regrets.

FROM THE DO IT NOW TEAM, GOOD LUCK GUYS, MAKE SOUTH AFRICA PROUD! •



Haroon, Dean and Mandla's vehicles are branded with 'South Africans in Space', courtesy of Mean Wrap, so if you see them, give them a hoot and show your support. Team SA will be jetting off to Orlando on 1 December 2013, on Delta Airlines flight 201, for the finals and invite you all to be a part of their send off at around 4 p.m. For further information, visit their Facebook page @south Africans in space - Team SA or follow them on twitter @Roddanhood @HaroonSkhokho @MandlaMaseko!

DID YOU KNOW?

AXE and Lynx are created by the same manufacturer - Unilever. AXE is known as Lynx in the United Kingdom, the Republic of Ireland, Australia, and New Zealand because of trade marking issues with the name AXE.



MISSION: For the Love of African Travel was launched to open the door to Africa's back garden. Each evening we pause to reflect on God's word, set amidst his glorious creation. Join us for a once in a lifetime adventure as we explore Zimbabwe between the 5th and 17th of July 2014.

Itinerary at a glance:

Date	Travel	Accommodation	Comments and Highlights	
5 July	JNB - TSH	Tshipise Hot Springs	Long Drive, Evening Lounging in the Springs	
6-8 July	TSH - GWR	Antelope Park	Optional Activities (Lion Walk, Horse Safari, Elephant Interaction, Canoeing, etc). Evening buffet Dinners at lodge	
9-10 July	GWR - HRE	Guest House	Experience the Capital City, Optional Activities, Township Community Work	
11-13 July	HRE - KAR	Houseboat	3 nights on a Kariba Houseboat cruising between islands, Sunset Game Viewing Cruises and tiger fishing	
14-16 July	KAR - VFA	Rest Camp	Crossing the famous Vic Falls Bridge* Optional Activities (Game Drives, Bunji Jumping, White Water Rafting, etc). Exotic Boma Dinner Included	
17 July	Depart VFA		Mid Morning Airport Dropoff	

Some help with the abbreviations: JNB: Johannesburg; TSH: Tshipise; HRE: Harare; KAR: Kariba; GWR: Gweru; VFA: Victoria Falls.







E-mail us on: floatadventures@gmail.com

Cost: \$1,110 per person

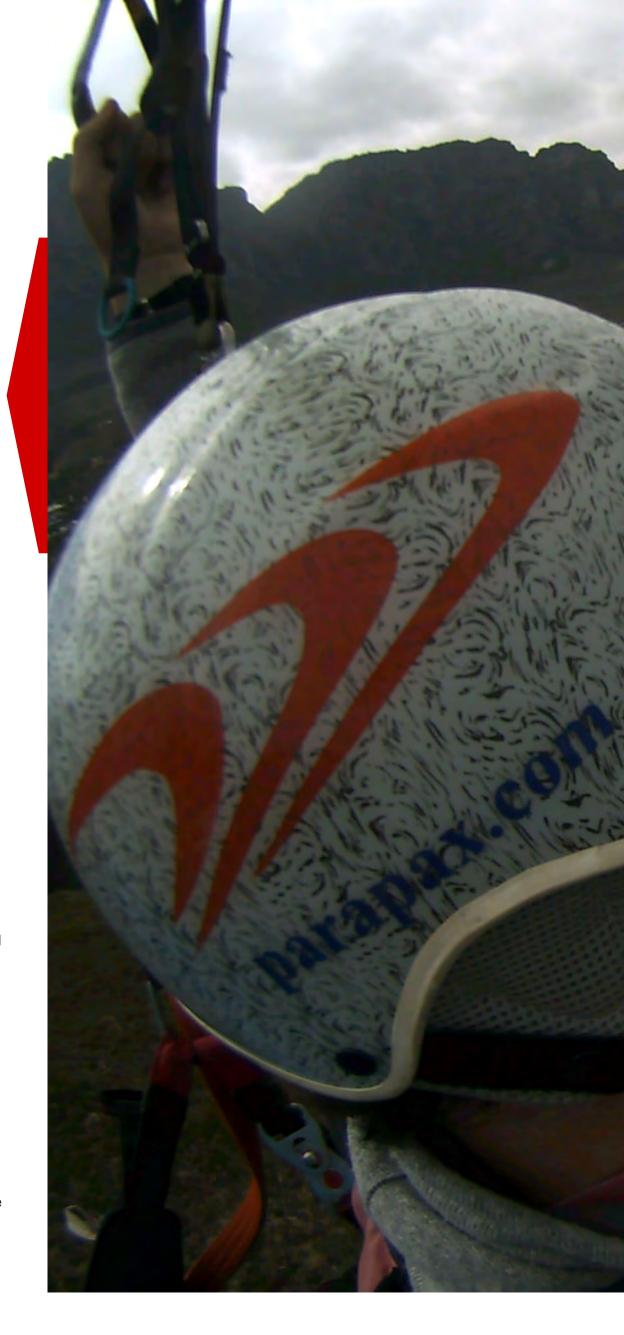
Adventure is better shared than experienced alone

PORTERVILLE PARAGLIDING

TO SEE IF FLYING REALLY WAS ALL THIS AND MORE, I WENT ADVENTURING TO CAPE TOWN. THE ITINERARY INVOLVED TAKING A SWOOP THROUGH THE AIR WITH STEF JUNCKER, OWNER AND MANAGER OF THE OLDEST AND LARGEST TANDEM PARAGLIDING COMPANY IN AFRICA, PARAPAX.COM TANDEM PARAGLIDING. A quick look at Stef's biography did little to ease my nerves. A hypnotist, an escape artist, and most worryingly a professional clown all seemed like a recipe for disaster when hundreds of metres above the ground. However, Stef is also one of the top commercial paragliding pilots in the world, so I was to be in safe hands.

A scenic flight over Table Mountain would have been a good option, but to ensure a complete immersion in the paragliding culture, I met Stef in the small town of Porterville. The reason for meeting here was because Stef was competing in the SA Winelands Open - a cross-country paragliding competition that attracts the top 80 pilots from all over the world. Due to strong thermal conditions. Porterville is the ideal place for high and long cross-country flights. Driving to Porterville (about 140 km from Cape Town) I could well believe it. It's dry, dusty, and baking hot. I even spotted one solitary horse grazing as I arrived (in this case the cliché about being a one-horse town illustrates Porterville better than any description I could think of). The idea was that Stef and I would take a quick tandem flight in the morning, before the competitors took over the skies in the afternoon.

True to his resume, Stef is a character and a half (some may remember him as a hypnotist at the Catalina Theatre), and I spent the car ride up Dasklip Pass learning of crazy adventures he's experienced all over the world. Despite our best intentions to get away for an early flight, the launch site of Pampoenfontein was already a hive of activity with paragliding pilots all preparing for the afternoon competition. •









THANKFULLY, STEF WASN'T THE SORT TO GET STAGE FRIGHT AND BEFORE LONG WE WERE ALL STRAPPED IN AND READY TO GO. STEF GOT OUR WING INTO THE AIR (A CIANT 22 METRE THE AIR (A GIANT 33-METRE FABRIC USED FOR TANDEM FLIGHTS) AND WE BOTH RAN STRAIGHT TOWARDS THE EDGE OF THE MOUNTAIN, WITH ONLY WHEAT FIELDS IN THE FAR DISTANCE BELOW. At the (seemingly) last moment, we launched upwards and soon we were circling high above the ground with only a few birds for company. Despite clutching desperately to my harness/chair (the expression 'flying by the seat of my pants' definitely applying), it was a breathtaking experience. With only the wind for sound and the most astounding view below us, it was easy to appreciate the beauty of flight. Maybe crazy old Leo was onto something after all.

All too soon, it was time to land and we touched down on solid earth once again. It's definitely not a sport for the faint-hearted, but if you're in the mood for adventure, I can't recommend a more adrenaline-filled way to spend a morning. Just remember Leonardo's warning - flying really is addictive! •



For more information on Porterville paragliding, visit www.flyporterville.info

What you need to know

Parapax does tandem paragliding flights daily. Flights depart from Signal Hill and Lion's Head and offer excellent views of Table Mountain and Cape Town. Flights are R950 and you can book on the website www.parapax.com. Anyone with medical conditions should speak to the pilot and confirm that their safety will not be at risk.

Paragliding is a pretty-expensive hobby, as a qualification course (consisting of 36 solo flights) normally costs about R7,500. Paragliding equipment is also not cheap, with a full set of new equipment (wing, harness, helmet, books, flight suit, and radio) ranging from R15,000 to R45,000.

DISABLED PEOPLE TAKE ON SCUBA DIVING

Bennie Erasmus (quadriplegic) on

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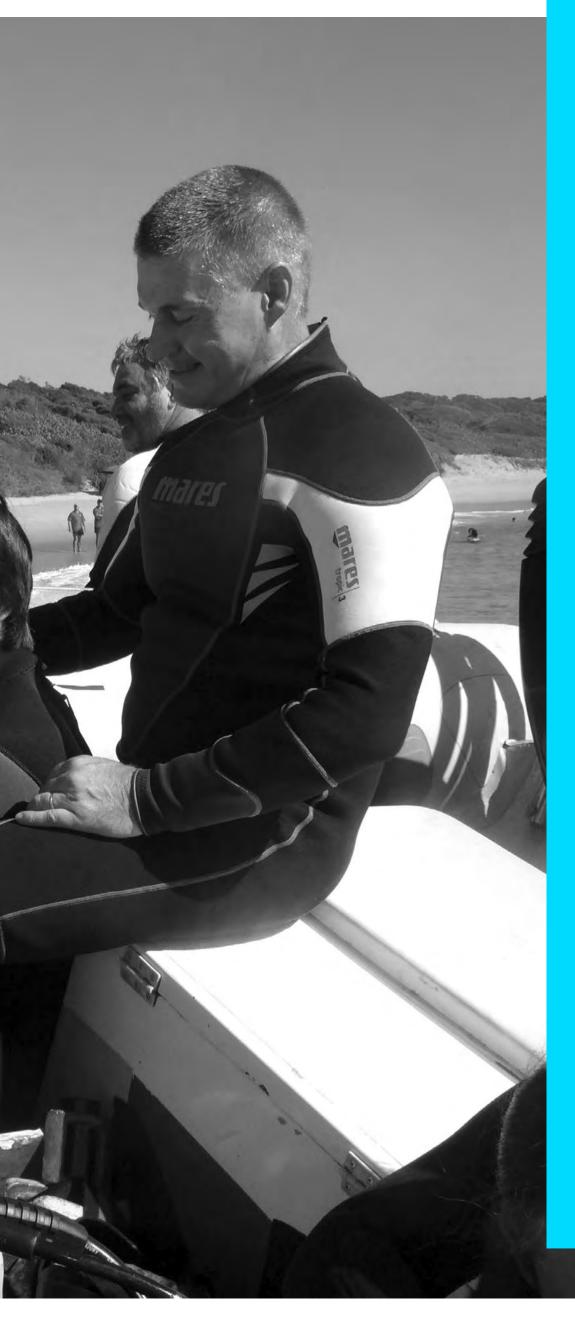


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Diving is possible for people with a variety of disabilities, such as spina bifida, hearing loss, amputees, paraplegics, quadriplegics, muscular dystrophy, sight impairment, hemiplegics, cerebral palsy, cognitive disability, and locked-in syndrome But participants should not have problems with their heart and circulatory, respiratory tract, nasal sinuses, and ears - the same basic health conditions that have to be met by divers without disabilities.

Disabled divers are called HSA Divers, and once trained, they go on diving trips to Mozambique and Sodwana Bay. For the duration of their dive, and with the assistance of their dive buddies, these physically challenged and wheelchair-bound people get the opportunity to move as freely as they like and experience the marvels of the underwater world. Scuba diving really is a life-changing experience for those people who thought their life had no meaning and had lost all hope of living any kind of normal life. For them, scuba diving has enabled them to look past their physical situation and realise that they can live their life to the full. Through the Handicap Scuba Association of South Africa, HSA divers not only learn the skills of participating in a recreational sport but also regain their self-confidence and make new, life-long friends.

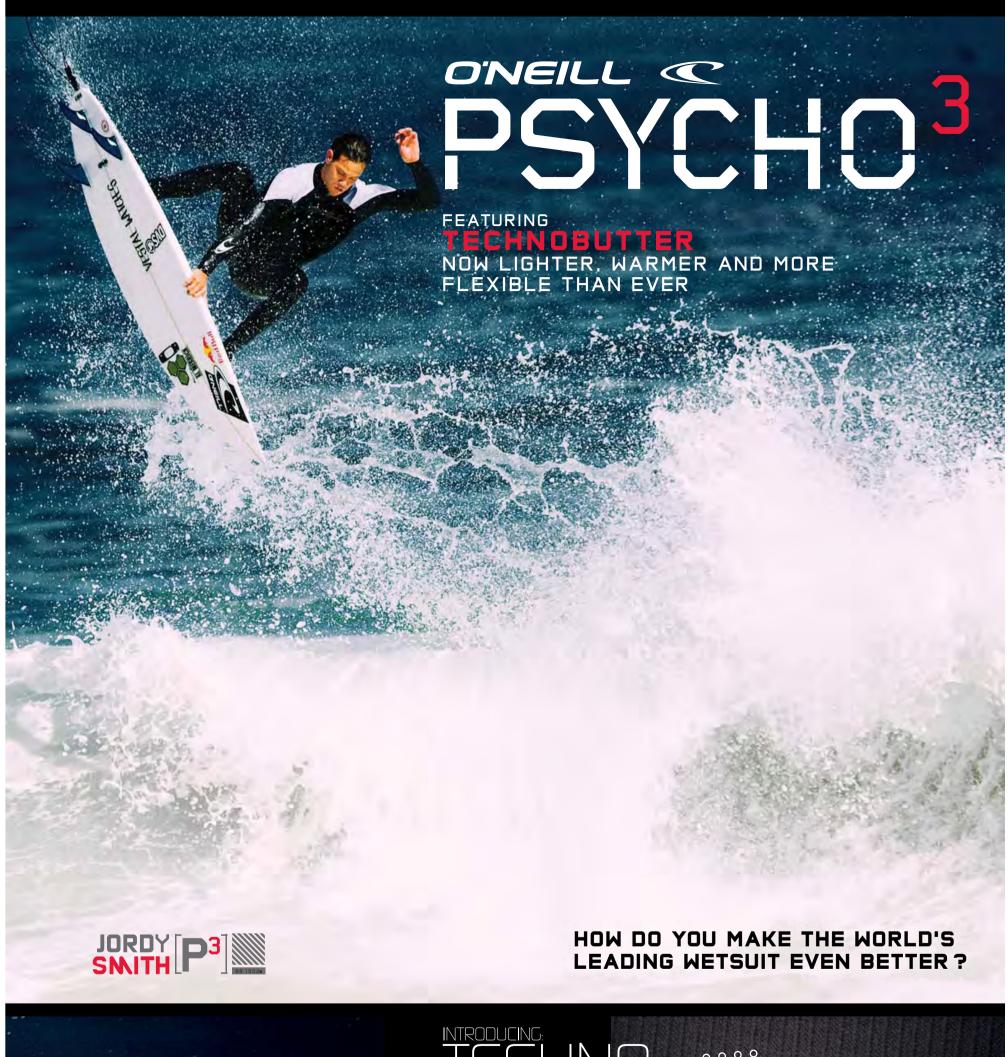
OTHER BENEFITS
THE DIVERS
CAN DERIVE
FROM SCUBA
DIVING INCLUDE:
INCREASED
ENDURANCE AND
IMPROVED OVERALL
HEALTH; EXCELLENT
REHABILITATIVE
THERAPY AND
INDIVIDUALS
DON'T NEED TO BE
GOOD SWIMMERS,
BECAUSE THEY HAVE
AN INSTRUCTOR
OR DIVE BUDDY
DIVING WITH THEM,
IT STRENGTHENS
THE BODY, AND
IMPROVES
SOCIALISATION.



















GROWING POPULARITY

What started out as an underground sport that took a back seat to surfing is steadily making its way into a recognised ocean sport. More and more companies, both nationally and internationally, are embracing the sport and sponsoring events by shelling out more prize money and product prizes than ever before and maybe more than was ever conceived.

There is also a surge in popularity among the younger generation of bodyboarders and many are taking it upon themselves to give the sport more recognition through the act of fierce competition. Bodyboarding has become an elite spectacle, showcasing talented riders, while providing spectators with the opportunity to witness a sport that gets its reputation from its gravity-defying aerials and trick combinations.

LOCAL TALENT

South Africa has always been rich in talent and professional riders such as Sacha Specker, Jared Houston, and Mark McCarthy, who have all contested on the International Bodyboard Association (IBA) World Tour, have paved the way for the youth of South African bodyboarding to emerge like never before. For most South Africans, being a professional bodyboarder and making it onto the World Tour, sponsored by a plethora of large companies, is a huge feat and in most eyes, an unachievable one. However, over the last few years, more young and talented riders have been making themselves known through their ever-increasing entries into South African bodyboarding competitions in the hopes of establishing a career in bodyboarding.

'Super Grom' Tristan Roberts, 16, an emerging South African star, has placed in over 15 competitions within the last three years, riding in both the younger divisions of Boys and Juniors, as well as the Pros in the same contests. He also secured a Red Bull South Africa sponsorship this year when he was crowned 2013 Tand Invitational Champion. Roberts, who draws praise from seasoned bodyboarders, is set on pushing the limits of the sport and well on his way to securing himself a place on the World Tour. ▶



However, Roberts is not alone. This year's 27th annual Bodyboarding Championships, which featured 160 of the country's top bodyboarders, was an impressive display of young talent as the Junior and Boys' divisions battled it out to become South African Champion in their respective division. "I feel that in the past few years, the SA talent has not only become better but we have seen more younger guys emerging! I think the time is right for these young guys to pursue their dreams and go all out," says Jarret Johnson, owner of Zion South Africa and co-organiser of the Tand Invitational.

DRIVEN BY THEIR GOAL OF SUCCEEDING IN THE BODYBOARDING INDUSTRY, LIKE THAT OF SPECKER, HOUSTON, AND MCCARTHY,

there's no doubt that this next generation of bodyboarders will represent South Africa on a much grander scale on the IBA World Tour one day.

CHANGING DYNAMICS

Years ago, dreams of running the sport of bodyboarding through the bodyboarders themselves was an idea that seemed far-fetched. Back in 2000, Tom Boyle, a former professional bodyboarder, was quoted as saying that, "They've been waiting a long time for bodyboarders to take their destiny into their own hands and run the sport." That dream is beginning to take shape now, as more and more bodyboarders are crying out for the events to be run by people who know the most about wave riding and can ensure that the sport's money is used correctly and effectively.

When Jarret Johnson, of Zion South Africa, came back from Hawaii after witnessing and taking part in the 2011 IBA Pipe Challenge, he was motivated to put together an innovative competition. While it recognised that the national bodyboarding industry needed to be taken in a new direction with less focus on run-of-the-mill competitions, it focused more on larger competitions at better waves. Johnson and Co-organiser Simon Heale wanted an event that showcased high-performance, extreme bodyboarding action at one of South Africa's heaviest reef breaks. They wanted something that was run for them, by them, and would in turn give back to the bodyboarding community and help it grow. They created the Tand Invitational, an action-packed spectator event with a format of 16 competitors, including four finalists from the previous year's event, four impressive local riders, and four wild card entrants selected by the event organisers. "The moves are always incredibly high risk, the waves are a lot more intense, and the results are spectacular," Heale says. That is what the general spectator wants to see. They want to see big air and dangerous manoeuvres. >







TAND INVITATIONAL The Tand Invitational is now an IBA speciality event and the contest has received worldwide recognition. "I think we have just opened the eyes of the average person to show them that bodyboarding isn't just about small waves and beach goers. We have also been able to train the eyes of the global bodyboarding world a bit more on South Africa, and its riders and waves," says Heale. Innovations like this will help the sport to grow and thrive. Heale added, "I think the Tand Invitational has put South Africa back in the mainstream bodyboarding media. South Africa has amazing waves, but unfortunately, competitions are about brand exposure that can negatively affect the quality of waves. With Tand, we turned this upside down! We have the best wave as our canvas and offer brands the opportunity to be associated with an extreme-action sports event. We get the high-quality imagery and video footage that bodyboarding today is known for, and we distribute it to as many places as possible from Hawaii, through Europe and Australia, to Japan; they all know about the Tand Invitational in South Africa."

Ultimately, Johnson and Heale would like Tand to be a stop on the World Tour and recognised as the premier competition in South Africa. "We have only just scraped the surface of what we want to achieve. And what we want to achieve changes every year. We are learning and bettering ourselves as we go and I believe the Tand Invitational 2014 is going to be one for the record books in South African surfing history!"

CONSTANTLY EVOLVING

The world of bodyboarding has changed drastically since Tom Morey first ran into the ocean with his newly created board. Johnson is extremely hopeful about the continuing growth of bodyboarding because of its humble beginnings. He says, "Bodyboarding used to be all about two moves in competition, spins and air-rolls. It was boring to watch and that is why the mentality towards competitive bodyboarding is skewed. What was praised in the early days is now almost frowned upon. Nowadays, competitive bodyboarding is about explosive aerial manoeuvres in heavy, fast waves. We are seeing moves that our predecessors couldn't even dream about being done in competition!"

THE DAY MAY NOT BE TOO FAR OFF WHEN THERE IS A LIVE-STREAMED SOUTH AFRICAN BODYBOARDING COMPETITION, WITH HUNDREDS OF COMPETITORS AND THOUSANDS OF SPECTATORS watching a newly crowned champion spray a bottle of champagne in the air proudly holding a six-figure cheque. •



For more information about the Tand Invitational, visit Facebook.com/TandInvitational

THE START OF SUMMER MEANS IT IS TIME TO DUST OF YOUR

BOAT, GET SOME STYLE BACK AND GO PLAY ON THE WATER.
IN PREVIOUS ISSUES, I HAVE COVERED VARIOUS TOPICS REGARDING
FREESTYLE KAYAKING, SO THIS TIME ROUND WE'LL TAKE A LOOK AT HOW
TO PREPARE YOUR RIDE FOR THE SEASON'S FREESTYLE SESSIONS AND
COMPETITIONS. >







FORMAT

Competitions are run in a format according to the International Canoe Federation's rules and regulations. Rides are 45 seconds and you get two rides in the heats. Both scores are counted together. In the quarter-final and semi-final rounds you also get two rides, but only your best score counts. If you make it through to the finals you get three rides, with only your best score counting once again. Remember to pace yourself, so that you don't tire out too early.

SCORING

When it comes to scoring, all rides are judged according to the same rules and requirements, and each move has a certain criteria on the angles and rotations required. The best place to familiarise yourself with this is on the official move description sheets available from the ICF Freestyle pages. It doesn't help if you do, for example, cartwheels, when the judges are scoring you on flat spins.



PRE-EVENT PREPARATION

In your practice sessions prior to competition day, it is important to be as constructive as possible. To do this, the first thing you should work on is familiarising yourself with the feature (wave or hole) you will be facing, so that you can exploit the best spots in it. Therefore, on your first practice runs, spend some time just surfing all over it to get the feel of

where it is trying to push you off, where the main spots are, where to get extra acceleration down the face and off the shoulders for your blunt-style moves, where the deepest and most retentive spot is to plug for loopy moves, and where the line is that will get you flushed off the wave. You should also take the time to find the strongest currents in the eddy to get back onto the feature if you do flush during your ride - and everybody flushes at some or other stage. Once you have the feature worked out, start to do all the moves you can and do them all three to five times in a row.



This is not just to get them dialled in, but also to keep a mental score card of which moves you can do consistently every time. This is going to help you plan your ride, to maximise your time on the feature and get the highest scoring ride you can out of your bag of tricks. Split your tricks up into things you can do 100% all the time, then things you get right 60-70% of the time, and then the tricks you get right 50% or less.

COMPETITION RIDE

Now after a couple of these practise rides, you need to start working on your competition ride. You are awarded bonus points for linking different moves to each other, and for this reason it is very important to get to know the feature you are using. Each feature has a specific direction of flow that can be helpful if you work with it, or it can be the most frustrating thing to fight. For example, the Gatsien wave on the Vaal River feeds you to the surfer's left. If you aren't aware of this, you might go in and do a left spin into a left cartwheel, but before you know it, you are off the wave and have to charge back up the eddy to get back on.



HOWEVER, IF YOU START WITH A LEFT SPIN AND THEN GO FOR A RIGHT BLUNT, YOU WILL

USE THE WHOLE FEATURE AND THE RIGHT BLUNT WILL HAVE MOVED YOU BACK TO THE CENTRE OF THE WAVE AND FROM WHERE YOU CAN SET-UP YOUR NEXT MOVE. SO, READ THE FEATURE AND USE THE FLOW TO YOUR ADVANTAGE.

BREAK IT UP

When you plan your competition ride, break up your 45-second ride into three segments. The first 15 seconds are for the tricks you can do 100%, to get some points on the board. The next 15 is for your less-consistent tricks (the 60-70% ones) that might score higher, but are a bit more risky to do. This will then allow you to use your last 15 seconds to go for the biggest/highest scoring tricks because even if you don't make them stick, you know that you already have some points on the board and anything else you do is a bonus.



VISUALISE THE ROUTINE

Once you have worked out and split up your ride, go through the routine in your mind and picture yourself doing what you have worked out. Repeat it over and over in your head. This will help you to stay as calm and collected as possible on competition day.

BE PREPARED

Most competitions in South Africa are one-day events and it does become a rather long day, so you must come well prepared. Have enough water to stay hydrated, some snacks to keep your energy levels going, and a couple of energy drinks are also not a bad idea. When it comes to choosing an energy drink, there are a multitude of choices. But the principle behind them is the same, you should drink it about half an hour or so before your ride, to get over the initial caffeine boost. Sitting in an eddy, as you wait for your ride, and twitching away from the caffeine will make you feel even more nervous than you already are.



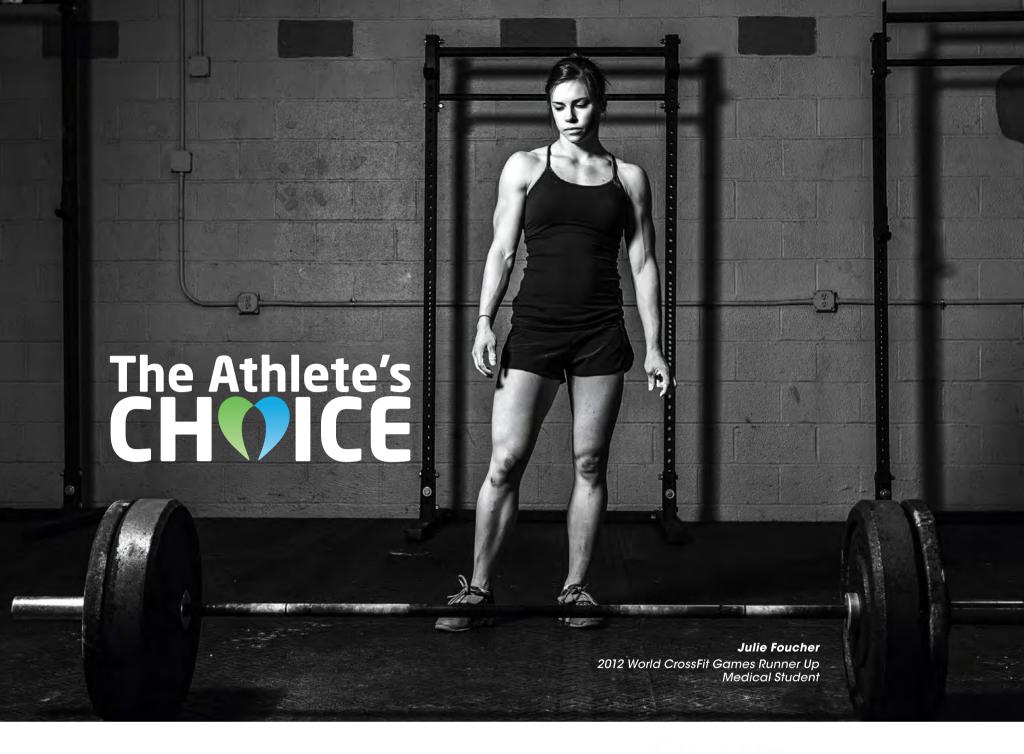
AFTER ALL THIS PRACTICE AND PREPARATION YOU ARE NOW READY IN THE

EDDY. WAIT FOR THE JUDGES' SIGNAL, SMILE AND AS YOU PADDLE OUT FOR YOUR RIDE REMIND YOURSELF THAT THIS IS ALL ABOUT FUN, SO GO AND HAVE SOME! •



To familiarise yourself with the official move description sheets described above, visit www.canoeicf.com/icf/Aboutoursport/Canoe-Freestyle/More-on-Canoe-Freestyle/Technical-Information.html

For more information, photos and links to other online resources, visit Deon's blog: www.doitnow.co.z/blogs/deon-breytenbach





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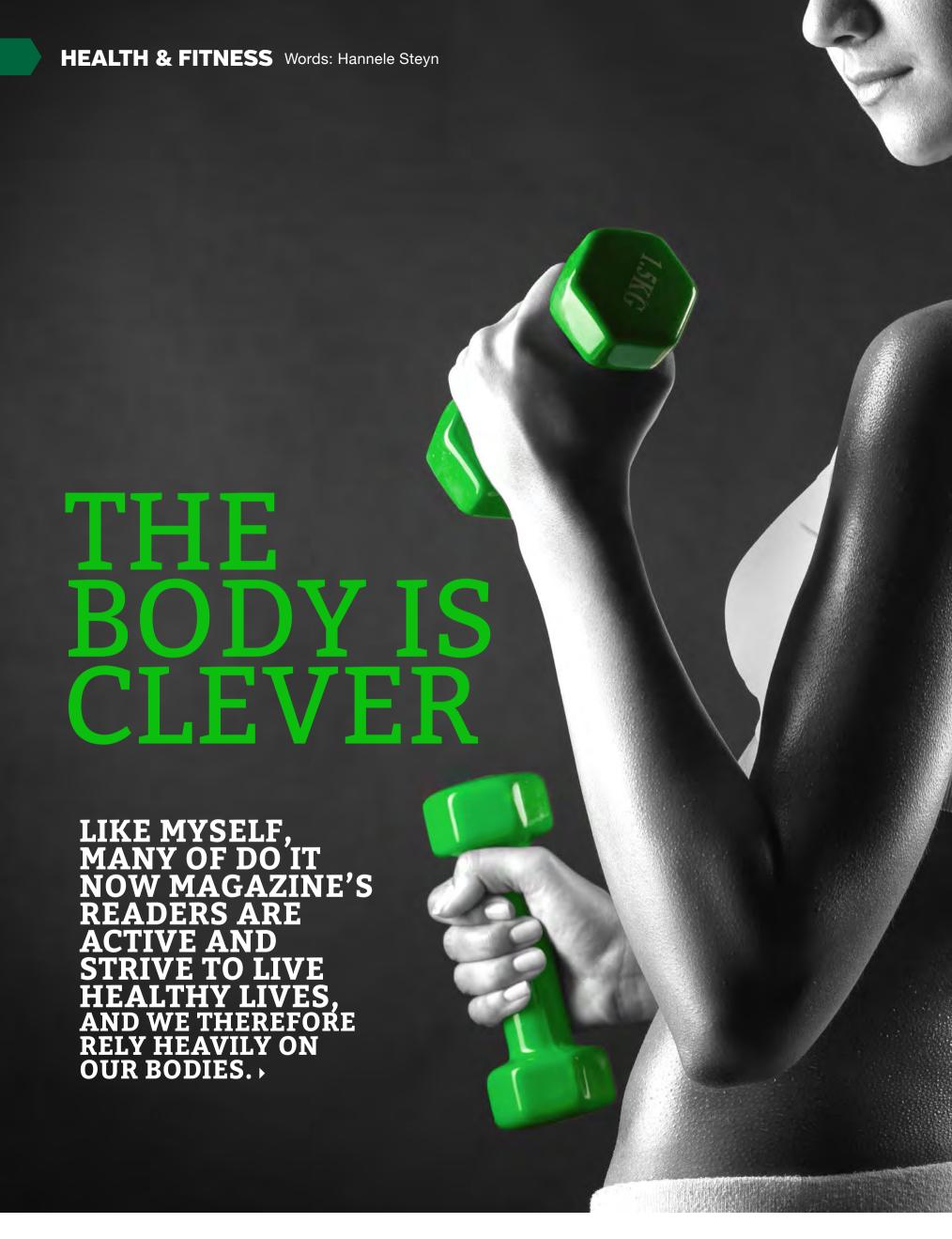


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WE NEED THEM TO BE STRONG, FIT, AND HEALTHY! Whether you are an endurance junkie, adventurer, sprinter, cyclist, runner, walker, surfer, etc, we have all experienced what happens when we run out of fuel as a result of poor or incorrect eating habits. Like it or not, food plays an important role in our lives.

The human body is made up of a bunch of organised cells and what we don't realise is how adaptable our bodies are. Yes, we are our own unique genetic blue print, but environment, social circumstances, and, of course, what we eat and do physically can either have a positive or negative impact on our body. So, here are a few things to keep in mind to help you lead a healthier (and ultimately happier) lifestyle.

General adaptation syndrome (courtesy of Patrick Holford)

When you first do a certain activity or taste something for the first time, you will obviously know whether you like it or not (and even if the first experience isn't always nice, we tend to pursue it till it becomes nice, or actually until our bodies 'adapt' to it) e.g. smoking, drinking or even the pain of mountain biking, triathlon or any other crazy activity.

1. ADAPTATION:

If something is not good for you, like a fizzy drink full of sugars and colourants, the body will adapt to it by having to secrete high doses of insulin. This leads to a drop in your blood sugar and if this happens often enough, it could lead to diabetes. As you can see, adaptation is not always a good thing if you continue doing a bad thing, but is what the body needs to do to cope.

The conclusion is that most of the illnesses and bad symptoms are a result of the body adapting to cope with it and to protect itself, which brings us to:

2. EXHAUSTION:

If these bad habits continue, the body will eventually be too weak to cope and will give in to illness, injury, or fatigue. Your energy will be gone and your digestive system is in shambles! What do we need to do to rectify this?

3. RECOVERY:

To do this, we need to change our lifestyle: In the case of physical activity, start to train wisely (Get a coach, a heart rate monitor, a programme, train with a plan. Do this consistently and not only once in a while and then go and overdo it in a race!). In the case of nutrition, seek professional help, see a dietician or nutritionist, become more knowledgeable about what you are buying and putting into your system, realise that most of our foods are not packed with nutrition anymore and that we do need supplements to complement our food. Make sure that you also know which of the thousands of supplements to buy. Eat more balanced (this means to eat foods or meals that contain all three food groups: protein, essential fat, and low glaecemic carbohydrates).

A good way to start is to:

Cleanse your body with a two-day liquid fast (hot water and lemon juice, and a green smoothie in the morning; veggie soup for lunch; and chicken and green vegetables for dinner (cook some green vegetables like spinach, cabbage, green beans, and broccoli, with a little chicken or vegetable stock - add some chillies and garlic - and pour through a sieve.)

Remember to also drink at least two litres of water per day. You can drink as much plain Rooibos tea throughout the day.

After a cleansing like this, you can start your new lifestyle plan with the correct foods, in the correct quantities, and supplemented with quality vitamins and minerals.

LIVING A HEALTHY LIFESTYLE DAY IN AND DAY OUT, CAN BE DIFFICULT,

but with a little bit of effort and commitment, you'll be pleasantly surprised by how fantastic you will feel - physically and emotionally and it's so worth the effort. •



For lifestyle plans and information on good supplements, visit passion4wholeness.co.za or contact Hannele via email on hanneles@telkomsa.net

Sources: Patrick Holford

GREEN SMOOTHIE RECIPE In a blender, add 2 spinach leaves, 50 ml aloe juice, a table spoon of chopped ginger, a pinch of chilli, a teaspoon of Spirulina powder, 100 ml green apple juice, and 250 ml water. Blend and then pour the liquid through a strainer and enjoy. Drink this smoothie in the morning, but remember to drink a glass of hot water with lemon juice

first. This gets the metabolism going and rinses the kidneys and liver. The smoothie is high

in nutrients and fibre, and guaranteed to assist in







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WHETHER YOU ARE A PROFESSIONAL ATHLETE OR A WEEKEND WARRIOR, LET'S FACE IT; PLAYING SPORT IS HARD WORK.

Whatever gives you a rush, be it adventure sports, water-based activities, or simply kicking a ball around on the beach whilst you work on your tan, there is always an element of risk involved when it comes to sustaining an injury.

Injuries always strike when we least want them to. They appear like unwelcome neighbours just as you are sitting down to dinner.

In my capacity as Biokineticist, athletes and sportsmen often ask me what the most common injuries are that they should be aware of and how they can go about preventing ever picking them up.

Now, to understand injuries fully, we need to know that they occur in two groups, namely acute and chronic. Acute injuries are those that occur instantly during activity. While chronic injuries are those that present themselves as a result of overusing a certain part of your body during activity, over a prolonged period of time.

The nature of your activity will obviously determine which of these groups your injury is more likely to fall into. It must be said though that most athletes will suffer from acute and chronic injuries during their lifetime. It is therefore important to identify which injuries are most prevalent when being active and understand how we can manage them if they occur.

THE TOP SIX MOST COMMON INJURIES ARE:

1 TENNIS ELBOW

This condition is generally caused by overuse of the forearm muscles. Inflammation presents on the epicondyle of the elbow and this is extremely painful.

Treatment and prevention: Rest is the best medicine for this. Taking time out from your activity and having some physiotherapy on the elbow will have the best results. Forearm strengthening is the best form of prevention. Wrist curls, squeezing a stress ball, and ice treatment after exercise can be beneficial. ▶





2 LOWER BACK PAIN

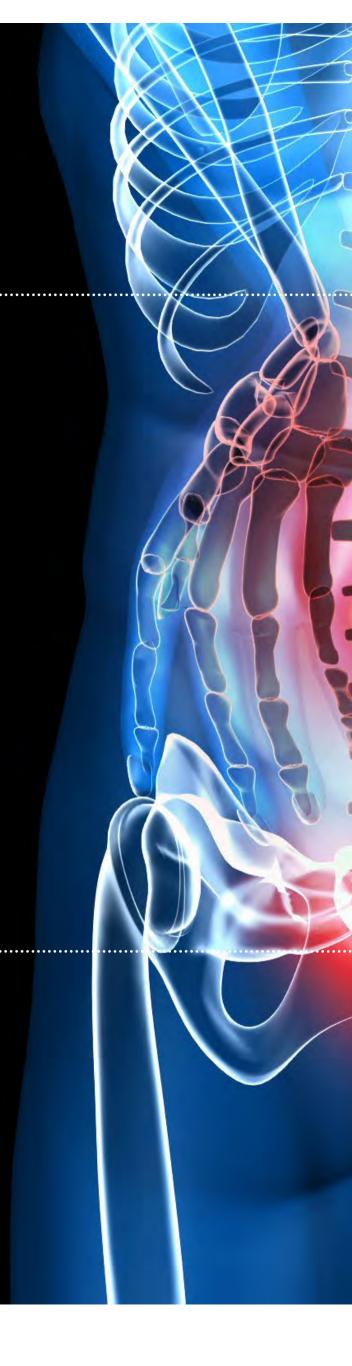
The most common niggle amongst athletes and non-athletes, lower back pain can strike like a thief in the night. It is also the most complicated injury in terms of treatment. You need to make sure that if your pain is chronic, you have a proper diagnosis made to rule out any serious damage to the vertebral column. Muscle spasms can generally be treated more conservatively. Symptoms generally include muscle aches and stiffness. If you experience neurological symptoms, consult your doctor immediately.

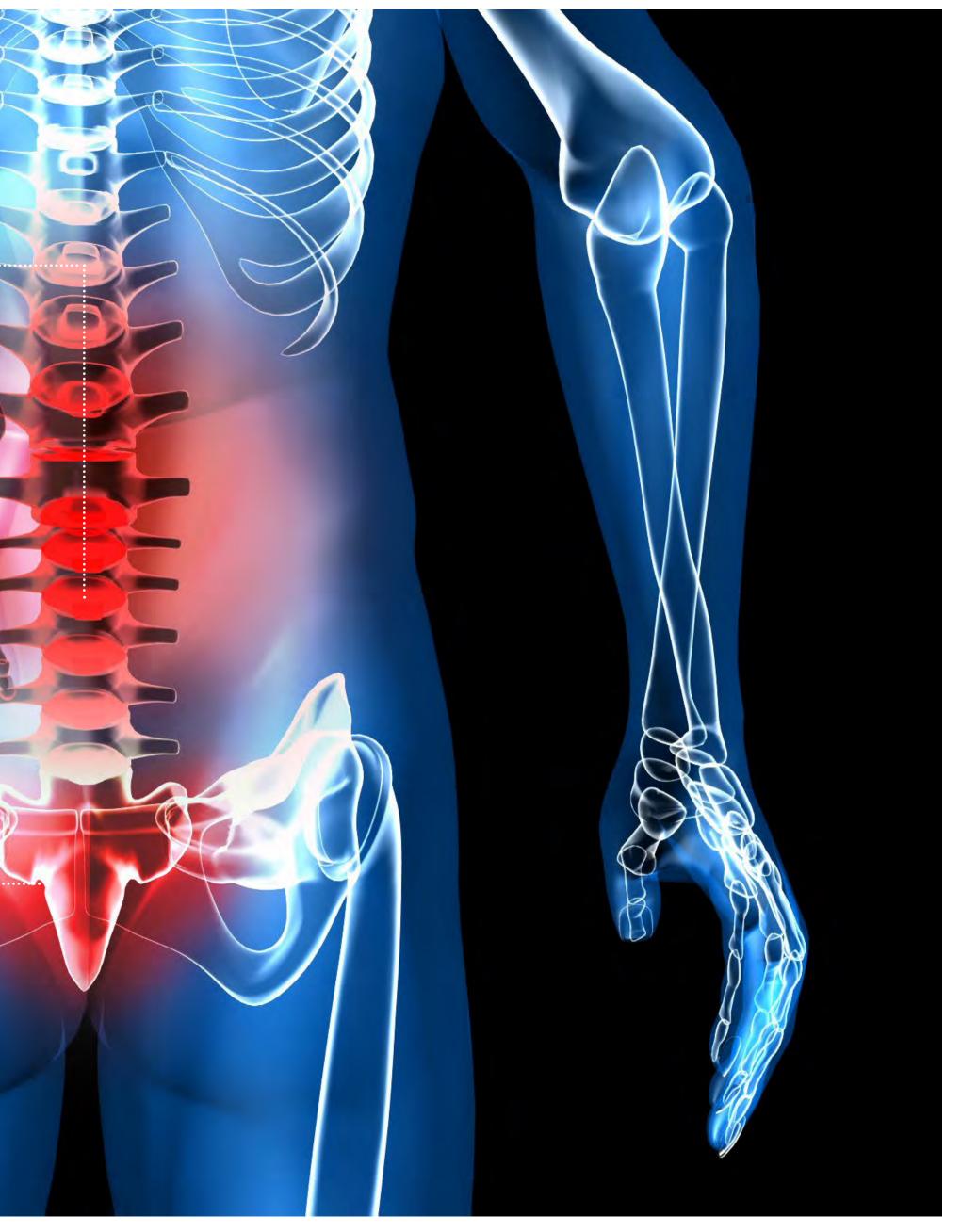
Treatment and prevention: Stretching, and correct strengthening and conditioning exercises will help prevent the onset of back pain. Correct kit and proper settings on equipment will help reduce the likelihood of developing back pain. Yoga and pilates are excellent forms of cross training if you suffer from back pain.

3 GROIN STRAIN

This is probably the most annoying injury to sustain. An injury to the adductors (muscles that help pull your legs inward), usually occurs when you change direction suddenly or inadvertently slip on muddy terrain, for example. Symptoms include sharp pain, swelling, and sometimes even bruising on the inner thigh.

Treatment and prevention: As with any injury, stretching beforehand can reduce the onset of injury significantly. An adequate warm-up will also play an important role in the prevention of injury. If you suspect you have injured your groin, apply the RICE principle - Rest, Ice, Compression, and Elevation - and take a course of anti-inflammatories. It is essential to have it diagnosed correctly. When returning to activity, make sure that you don't rush into it. Start off slowly, strengthening the core muscles and regaining full range of motion of the muscles involved. Apply ice after every workout and ensure that you are completely pain free before returning to the field of play. ▶





4 RUNNER'S KNEE

Knee injuries constitute approximately 55% of all conditions treated by orthopaedic surgeons. Runner's knee refers to aches and pains experienced by active people that relate to the kneecap. Runners are not the only people who fall victim to this injury, as it can affect cyclists, swimmers, and most active people. It is caused by overuse and irritation to the tendon that runs over the kneecap.

Treatment and prevention: If pain is persisting, apply ice to the knee for 20 minutes and take an anti-inflammatory if necessary. A long-term solution to the problem would include doing some rehabilitation and strengthening of the quadriceps muscles, to ensure that the knee has more stability. It is recommended to ease off on the intensity of your training and to do cross-training to prevent overuse.

5 SHIN SPLINTS

Shin splints refer to the pain that develops on the inside of the shinbone (tibia), caused by inflammation of the muscles that surround it. Shin splints is common amongst athletes. Generally, it is caused due to weak muscles and by increasing the intensity of exercise too rapidly. Incorrect training kit, shoes, and training on hard surfaces can lead to the onset of this injury.

Treatment and prevention: Ice is your best friend. Apply directly after training and if pain occurs. Stretching and cross-training are effective methods to prevent shin splints. Strapping could also be an effective way to reduce the pain during activity. As a Biokineticist, I always recommend that you stretch your calf muscles sufficiently and strengthen the ankle ligaments and surrounding structures. Don't increase training intensity too rapidly.

6 ACHILLES TENDONITIS

This is generally caused through overuse. The tendon behind the ankle becomes inflamed and pain can occur. This is known as Achilles tendonitis. It can become bad enough that running becomes impossible. It generally affects athletes that take part in running or jumping activities.

Treatment and prevention: Initially, when pain presents, it is important to apply the RICE principle. It is essential to strengthen calf and ankle muscles and ensure that you sufficiently stretch the Achilles tendon. Don't resume activity until the injury has fully healed to prevent it from becoming a chronic condition.

IT IS IMPORTANT TO HAVE ANY INJURY CORRECTLY DIAGNOSED, AND GETTING PROPER TREATMENT IS ALWAYS ADVISED. •



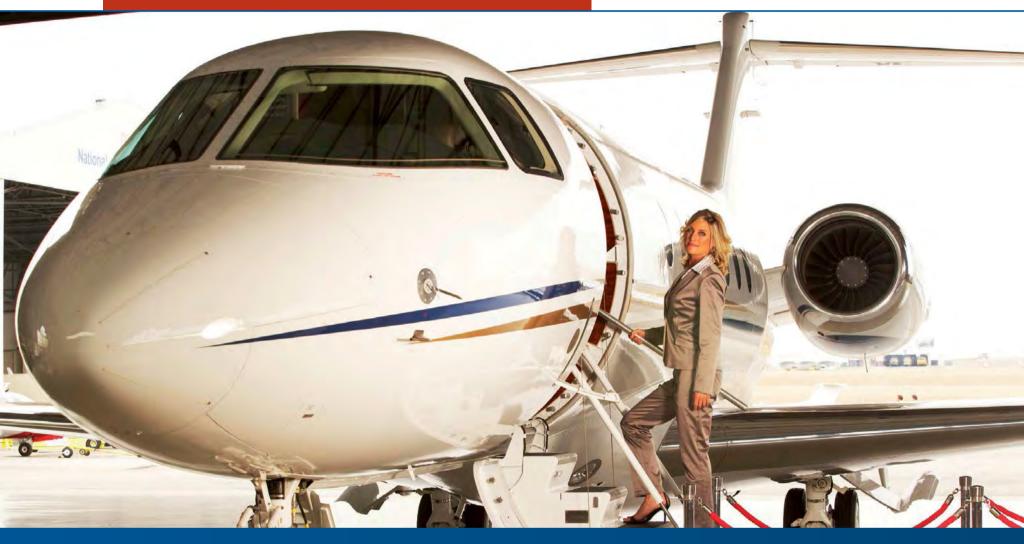
For more information or advice about common sports injuries, email Schalk on schalkvandermerwe340@gmail.com





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- Gabby van Staden, frequent charter client.



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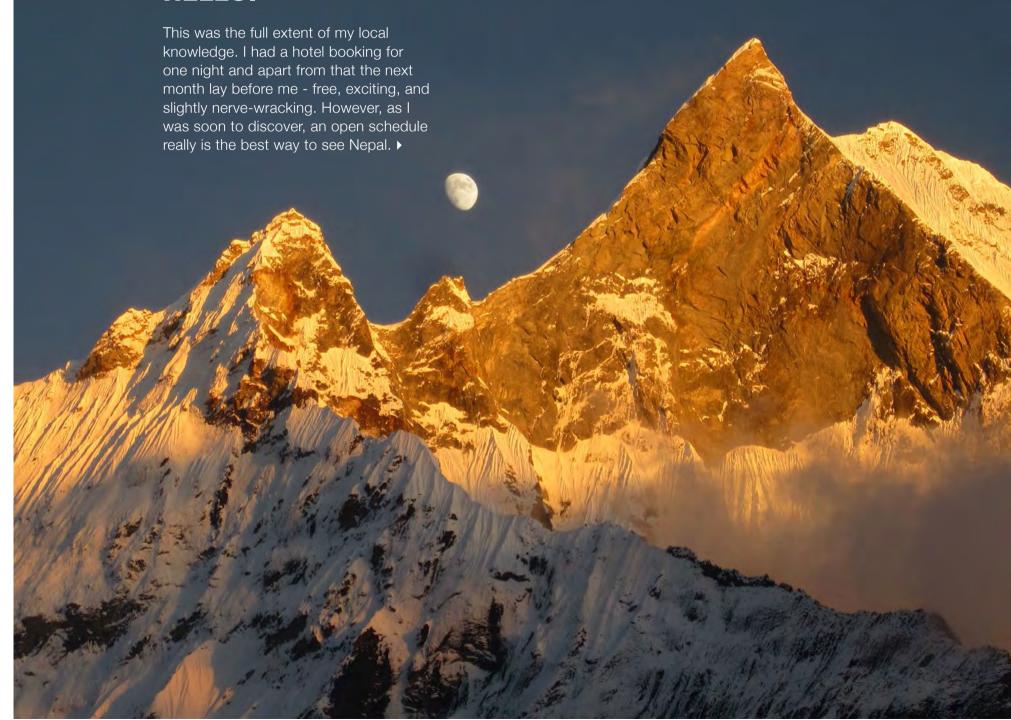
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EXPLORING THE LAND OF MOMOS

I ARRIVED IN NEPAL (ON MY OWN) KNOWING THAT NAMASTE MEANT HELLO.





IT TOOK TWO HOURS TO GET THROUGH CUSTOMS, BUT AT LEAST I GOT SOME INTERESTING TRAVEL TIPS FROM THE MORE-INFORMED BACKPACKERS IN THE QUEUE. ONCE THROUGH CUSTOMS, I SOMEHOW FOUND MY BAG IN A CORNER OF A ROOM WHERE ABOUT 500 OTHER BAGS HAD BEEN DUMPED.

I soon found myself in Thamel, the tourist section in the centre of Kathmandu, which was as good a place as any to have a drink and find my bearings. The bar was a Hebrew place (I later learnt) called *OR2K* and had an interesting vibe: loads of hippies and dreadlocks, and people sitting on the carpet eating *falafels* with Coldplay playing in the background.

I stayed in Thamel for the next three days, walking around and seeing the sights. The daily routine was to walk in the general direction of some ancient archaeological magnificence that all tourists 'had to see' (according to Lonely Planet anyway) and then stop off every 20 minutes at a coffee shop, rooftop garden restaurant, or café for breakfast, coffee, beer, and momos (tiny boiled pastry things that taste marvellous).



Connecting with the locals in these tourist areas is challenging because the only ones that speak English are generally trying to sell you something, so in the end I spent most of my time talking to other tourists. There were tons of Israelis, Canadians, and Dutch people. One Israeli told me they went to Nepal after their three years of National Service to learn how to feel again. It looked to me like they were there to drink on a budget, but to each his own.

After talking to enough tourists, I figured out that what people actually come to Nepal for is to trek. So I went shopping, a time-consuming affair as you either have to bargain for everything or pay very steep prices. I eventually managed to get the necessary -10°C sleeping bag and a cheap knock-off backpack. At 7 a.m. the next morning, I hopped on a bus to Pokhara and settled down for the 200 km, six-hour bus ride (R40 a ticket). I spent most of the ride trying to figure out how the driver could possibly think it was safe to overtake other busses around blind corners on a mountain pass.

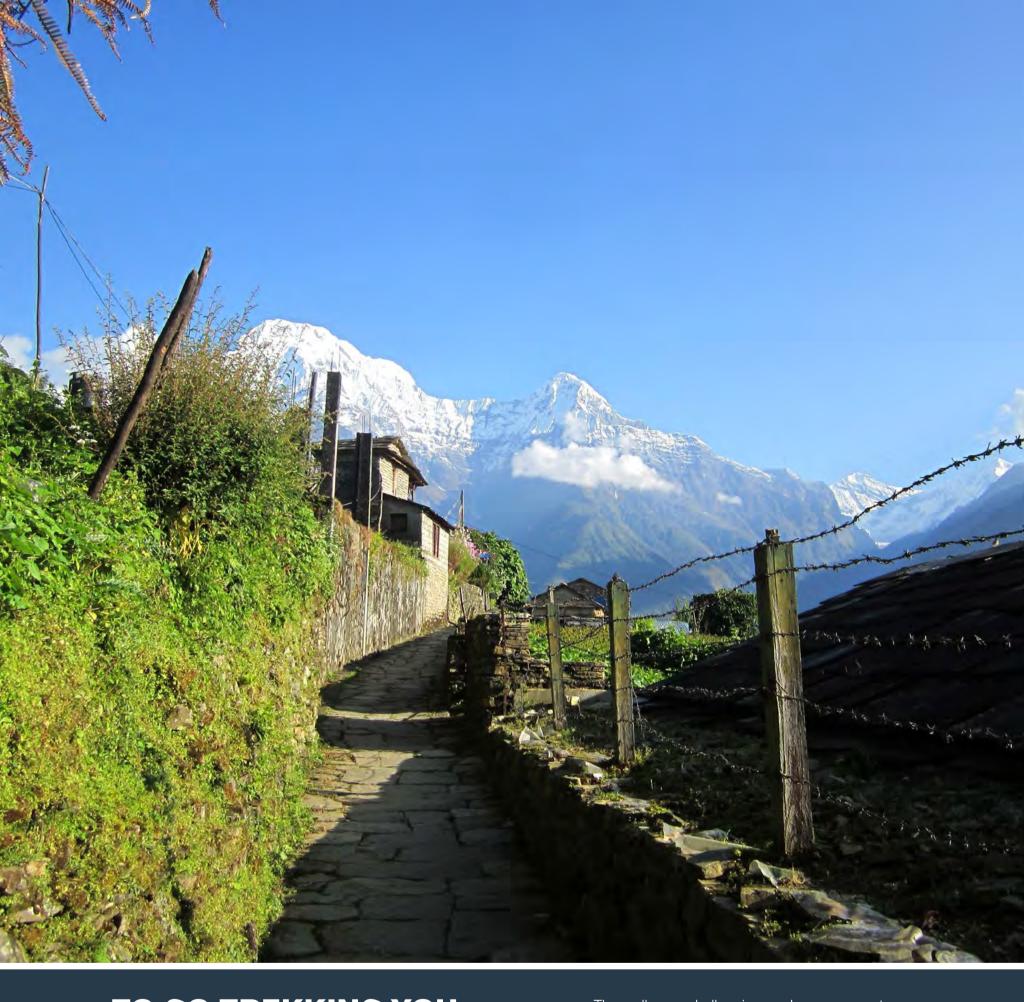
Pokhara is a little tourist town bordering the Phewa Lake and it's absolutely beautiful. You can see some of the highest peaks of the Himalayas from this town.

I ALMOST NEVER GOT ROUND TO THE TREK BECAUSE THE TOWN IS SO PICTURESQUE.

There are lots of little guesthouses to stay at along the lakeside, with more than enough tourist shops and cafés to keep one entertained. I hired a bike and spent a day driving around, trying to dodge bad drivers and stopping at various places for drinks and snacks. I drove most of the way around the lake, as well as up some high hills that gave way to awesome views of the majestic little town.







TO GO TREKKING YOU NEED A PERMIT OR TWO, BUT IT TAKES AN HOUR TO GET THEM AND THEN YOU ARE OFF. I CHOSE THE ANNAPURNA BASE CAMP HIKE BECAUSE IT ONLY TAKES SEVEN DAYS AND WALKING NEVER WAS MY SPECIALITY.

The walk was challenging, as I was arrogant enough to believe that I didn't need a porter or guide. There are a lot of stone staircases that can take hours to climb or descend. If you go without a porter, make sure you pack light (less than 10 kg). Despite my suffering, the trek has to be one of the most beautiful in the world, with stunning waterfalls, rivers, and snow-covered mountain peaks. The trail takes you over swing bridges, as well as through forests, little villages, and tea plantations. The views made it all well worth the effort. At night, I stayed in the tea houses that generally had one or two giant dining room tables around which everyone relaxed, played games, and ate dinner.



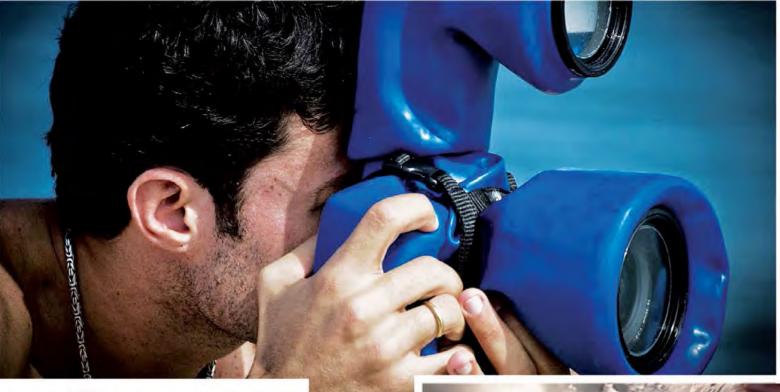
All too soon the trek came to an end and after sad goodbyes to the guides and friends I had made on the trip, I made my way back to Kathmandu. The onlything left to do was rush around town buying cheap clothes, board games, swords, knives, and tea before boarding my flight back home.

IT IS ANOTHER WORLD AND I'LL DEFINITELY GO BACK - IF FOR NOTHING ELSE, THE MOMOS WOULD BE REASON ENOUGH. •



TRAVEL TIPS

- A visa on arrival costs 40 USD for 30 days.
- Accommodation costs anything from 6 USD to 50 USD a night.
- All bars and clubs close at 11 p.m. or 12 p.m. on Fridays. Not the wildest party place.
- Taxis charge a maximum of
 5 USD to go anywhere in town.
- Etihad Airways flies from
 Johannesburg to Kathmandu
 (Nepal) for about R16,000 return,
 with a stopover in Abu Dhabi.







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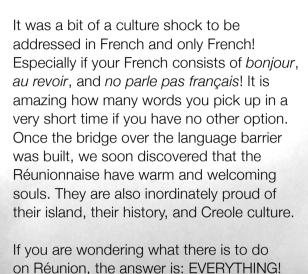


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Réunion's lasting impressions



If you are wondering what there is to do on Réunion, the answer is: EVERYTHING! This island is not meant for lounging on the beach, although I guess there is that, too. Activities include hiking or trail running in the *cirques* (circular valleys that form a clover pattern around their highest peak *Piton de Neiges*), diving at some of their world-class dive sites on the western coast, paragliding around St. Leu, doing heart-stopping mountain bike downhills (2,000 m descent over a distance of 40 km), checking out the active volcano, or exploring the thousands of hidden valleys with their numerous waterfalls.

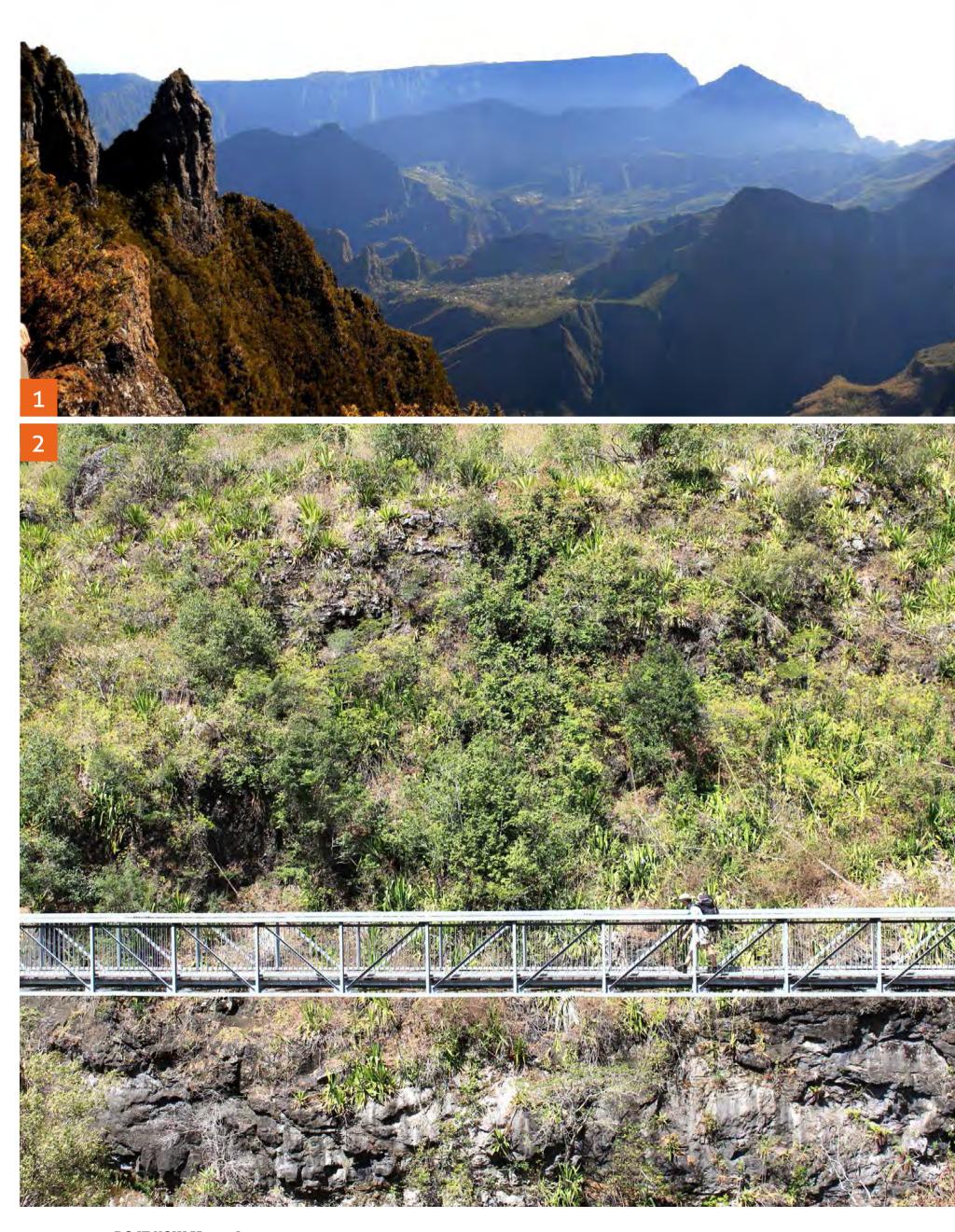
Our biggest problem, in the end, was how to fit everything we wanted to do into the short 10 days that we would be there. Eventually we settled on hiking, diving, mountain biking, and seeing the volcano.

The hike we settled on was a combination of two of the most popular routes in the *cirques*, the Tour de Cirques and the Tour de Mafate. The French are very proud of the fact that the Cirque de Mafate is the only area in France that you cannot get to by road. The only way to travel to and between the towns in this valley is on foot. Food, building materials, and other necessities are flown in with helicopters, and refuse is removed the same way.

View from the Tamarin Forsest.



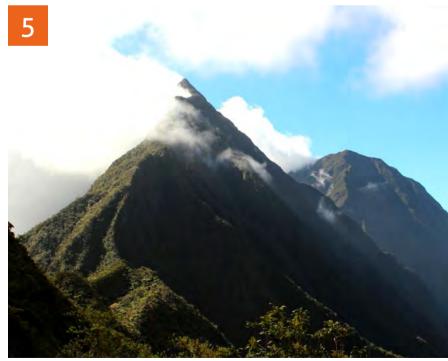












FROM LEFT TO RIGHT:

1. Panoramic view of the Cirque de Mafate. 2. Bridge over one of the deep river gorges in Mafate. 3. The Gite where we stayed in Aurere. 4. Beautiful Route Forestierre Augustave. 5. La Roche Ecrite in the Background.









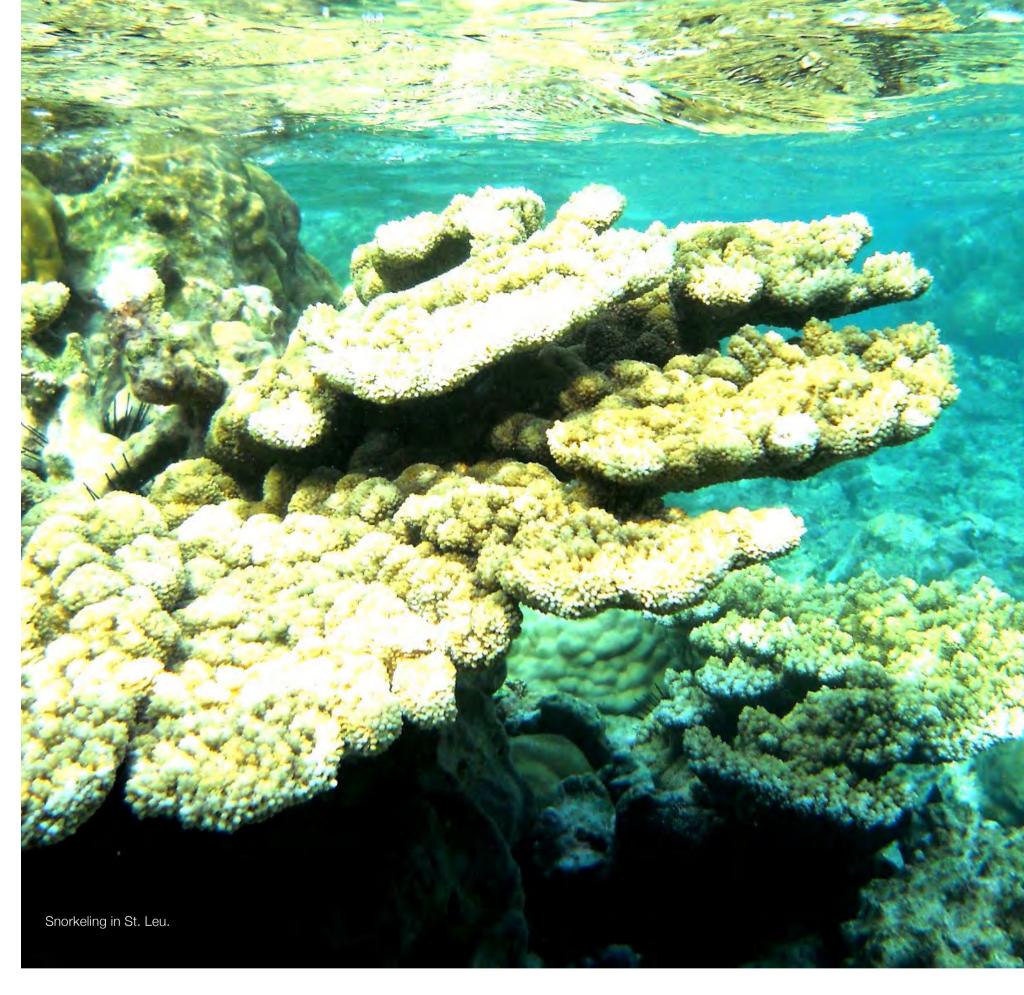


During our five days of hiking, we met numerous trail runners training for the big Grand Raid Réunion. This 163 km, 66 hours, single-stage trail run kicked off on 17 October. The runners' training strategy was to stay in one village that could be accessed by road, then take the very reliable public transport around the island to where you want to start, and then run back to the village where they were staying. Next time we will definitely bring our trail running gear and join them!

Our next stop was the volcano! I must say that the only reason this was worked into our programme was because I thought we would never get this close to a volcano again in our travels, never mind an active volcano. I really didn't expect much beforehand and saw it more as something to tick off a to-do list. Well to be honest, I couldn't have been more wrong. The Piton de la Fournaise is well worth the visit, and I recommend it to all first-time visitors to Réunion! Compared to the rest of the island, this area is barren, but strikingly so. You can walk from the viewpoint to the active crater. During the walk, you cross a huge plain of solidified lava, with interesting flow patterns. The lava from various eruptions differ in the consistency and mineral content. some are sparkling and have a shiny crust, others are clumpy, and then there's the classic liquid lava. Another bonus is that you can actually walk to the rim of the active crater and see some sulfur gas coming out of the bottom. This volcano is reckoned to erupt every three years, with the last eruption in December 2010. From the crater, you can look down the southern coast and cold river of lava. as it flows toward and into the ocean after erupting. Plan a whole day for this trip, including travelling and hiking the 14 km route to the crater and back, and don't forget water! >

FROM LEFT TO RIGHT:

- 1. On our way to Piton de Neiges.
- 2. Grocery Shopping in Cilaos.
- 3. View over the island from the volcano.

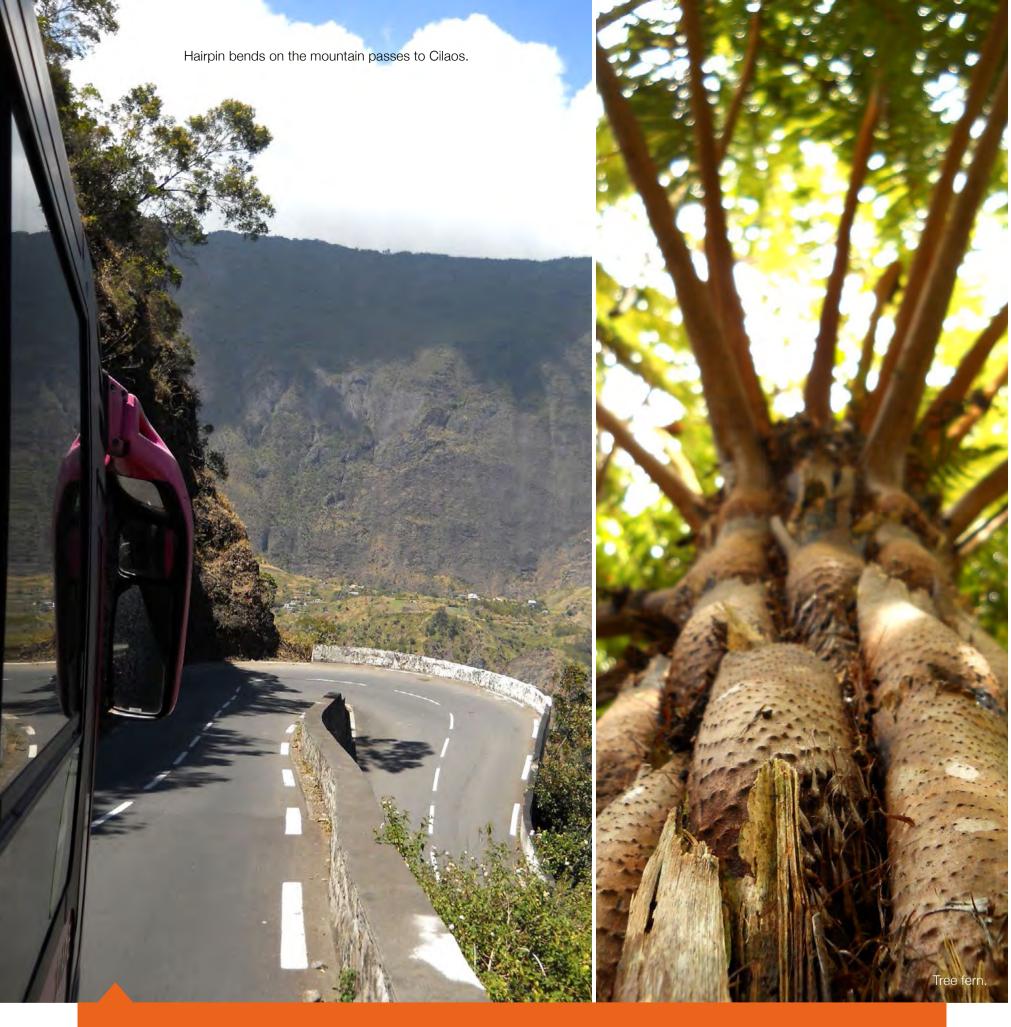


Following our sojourns in the mountains, we beat a trail back to the coast to dive at St. Leu. The diving is truly world class. In the shallow waters there are lots of juvenile reef fish and small coral formations, and we were even lucky enough to see a small eel and coral reef fish.

We also went scuba diving (the dive centres are all a bit skeptic if you tell them you free-dive) and the visibility was crystal clear, the marine life spectacular, and we got to see some crayfish, moray eels, and clown anemone shrimps.

Travelling north along the western coast, we made a stop in St. Gilles les Bains for our much-anticipated 40 km downhill mountain bike. Rando Réunion Passion, a company that rents out bikes and specialises in downhill tours of the island, took us to the starting point. The routes are adapted according to your level of expertise, so even if it is a big group, they still give the more-skilled riders a chance to test themselves. The route we took was from Le Maïdo and this is also where they have an annual downhill mountain bike race in Réunion. It was an impressive ride through the national park, flashing past trees and navigating sharp bends. After the national park, you pass mostly through farmlands with interesting hills and drops that test your skills.

Spending our last afternoon on the beach at Boucan Canot, enjoying *glacée* (ice cream and sorbet of every flavour imaginable) in the heat, we couldn't believe it was all over. So plans for our next trip where discussed then and there, as there were far too many unexplored valleys and paths still to be seen! •



TRAVEL TIPS

- If you want to exchange rands to euros, you must do it in South Africa because you can only draw euros at the ATMs. There is no Bureau de Change.
- French is the main language on the island, so either learn some basic French or take a phrase book with you.
- When hiking in the *cirques*, it might be best to book accommodation in advance, especially in the smaller towns. This can be done on their tourism website: www.reunion.fr/en/
- Hiking is best done in their drier season, which is from April to November.
- There is a very reliable bus network for both national roads, as well as smaller regional areas. For those that like getting around faster, renting a car is also an affordable option.
- Except for the fact that you are paying in euros, accommodation and food is not too expensive. It also helps that there is almost no place where you have to pay park fees or entrance fees to tourist sites. Diving works out about the same as in South Africa.

she can. play her music on the mountain



POWERMONKEY EXPLORER:

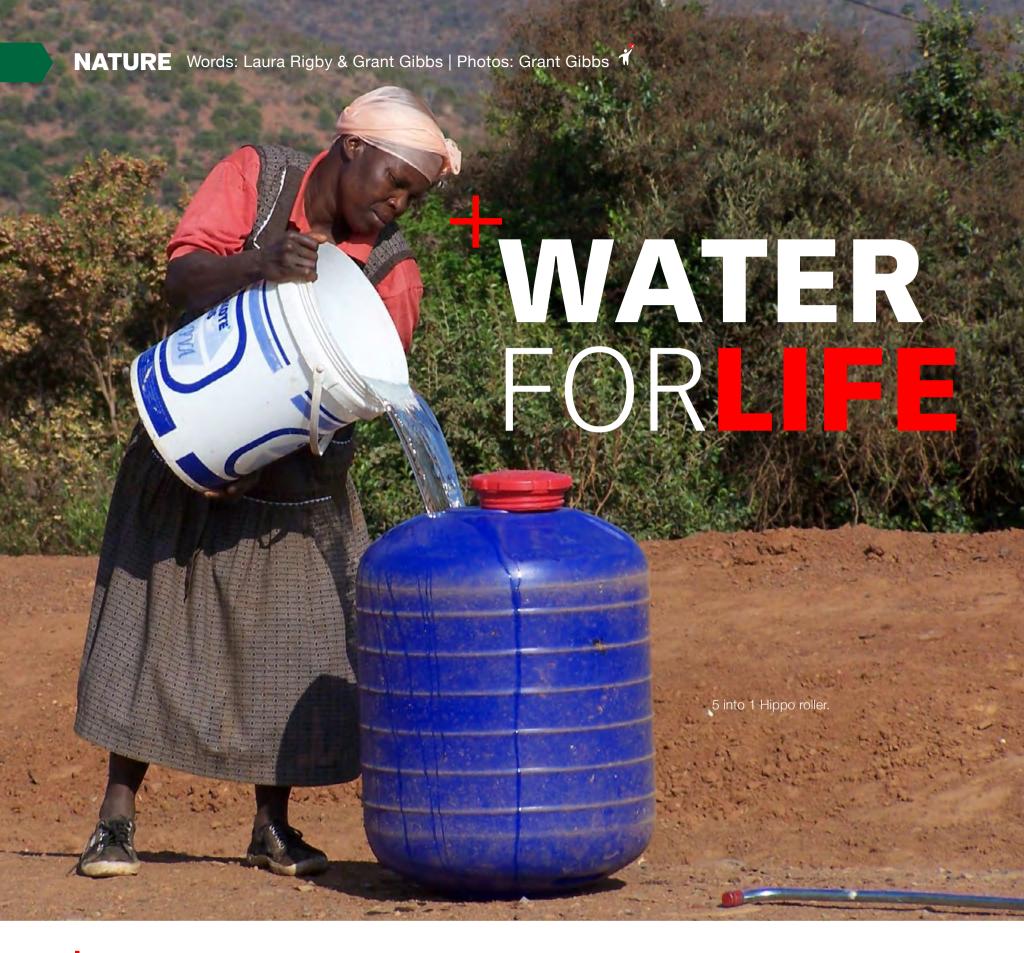
Portable solar charger for mobile phones, iPods, PDA's and more.

This is power without boundaries. When your batteries fade or you find yourself way off-grid, the powermonkey explorer gives your devices the power to keep on going. So wherever you want to go, whatever you feel like doing – with Powertraveller, you can.

Imported and distributed by:







FOR MANY OF US, THE IDEA OF COLLECTING WATER IS AS SIMPLE AS WALKING A FEW METRES AND TURNING ON A TAP.

BUT FOR MILLIONS OF PEOPLE LIVING IN RURAL AREAS IN SOUTH AFRICA, ACCESSING WATER ON A DAILY BASIS TRANSLATES INTO A STRENUOUS AND TIME-CONSUMING STRUGGLE.

The collection of water is seen by men as a menial task, and mostly left to the women and children. Although women are proud to be skilled enough to carry large buckets of water on their heads - something the men cannot do, as this is a skill learnt from a young age - the physical effort and strain to do this has far-reaching effects. First, one cannot carry much water at one time. A standard 20-litre bucket translates to 20 kilogrammes, which is a heavy burden to carry on a person's head, especially when walking on uneven ground over long distances. Second, to collect enough water for the household each day, many trips are required and this is very time-consuming. Typical distances travelled range between 500 metres to 10 kilometres. Not only do women have less time to attend to other tasks around the home, children often miss school as they spend many hours queuing at water points and collecting water. This all has a spin-off effect on their quality of life, and ultimately keeps them in a position where they are unable to break free of the poverty cycle. >





RIGHT: 4. Even kids can push the rollers with ease making the chore of collecting water child's play.

+ RECOMMENDED QUANTITY

The South African Government standard for an acceptable number of litres that should be made available per person, per day, is 25 litres. In South Africa, most rural households have an average of seven people living in them and this means that they require at least 175 litres a day to lead a healthy lifestyle. Remember, water is not only required for drinking but also for maintaining hygiene and various other uses in the home, not to mention sustainable agriculture. Therefore, to break free of the poverty cycle, a person must first be able to solve the most basic human need of access to water. By solving this, women will have more time to seek employment, and children will able to attend school regularly and receive a proper education, and the entire family will enjoy improved health and wealth.

+ TRANSPORTATION CHALLENGES

There are various ways in which water is transported from water points; namely buckets carried on the head (smaller ones for younger children, who then build up to 20-litre buckets), jerry cans, a combination of these in wheelbarrows, and large 200-litre drums. Although people in rural areas make the most with what they have, it is important to highlight the challenges faced when using these containers.

- Open buckets are unhygienic when carried over long distances, not to mention the devastation if you happen to trip and fall while carrying a bucket on your head - all the water is lost and you have to start the process all over again. Additionally, buckets without lids are left lying around the home and this poses a huge danger to babies and toddlers, who often fall into them and drown.
- Jerry cans can be closed with lids, but the openings are so small that the cans can't be cleaned and eventually bacteria and algae build up, making the containers hazardous to one's health.
- If a person is privileged enough to afford a wheelbarrow, then yes, they are able to transport much more water at one time. But because of the way in which a **wheelbarrow** is designed, when lifted by the handles, not only is the majority of the weight carried by the person but the wheelbarrow also becomes unsteady, as it has to be negotiated along rural terrain on one small thin wheel. On a side note, the pathways to rivers and boreholes become deeply eroded due to the narrow wheel of the wheelbarrows being used and this creates an even more difficult and treacherous pathway for people to travel.
- The 200-litre drums are quite expensive, even though they are able to carry enough water to last up to a week. However, imagine transporting a large drum of this size just the water in the drum would weigh 200 kilogrammes. It takes a whole family to roll these drums back to the homestead, never mind the effort it takes, especially if the drum must be rolled up a steep hill.
- All these transport methods require a huge amount of energy.



+ WATER POINTS

In rural areas, water is accessed from multiple water points, depending on the season as the water table changes. Most often, you will find that water is collected from a few different points, such as a river, borehole, or single village tap. However, it must be pointed out that even though some areas do have a certain level of infrastructure, it often does not work due to the lack of maintenance, pumps and pipes being stolen, piped water only being available once a week through a single tap, or being trucked in by the water authorities.

Although South Africa is one of the very few countries that enshrine the basic right to water in its constitution, the idea of making piped water available in rural and informal homes in the near future is an unrealistic one. Interim solutions need to be identified to realise this goal.

+ IMPROVED ACCESS

The need for improved access to water is massive, not only in South Africa but around the world. The UN quotes that more than one billion people (or one in six) do not have adequate access to water. As human beings, it is all of our responsibility to assist those in need with the most basic requirement for life. Next time you open the tap, water your garden, or flush the toilet, think of those who have to struggle daily for this privilege.

+ A SIMPLE SOLUTION

Fortunately, a South African-designed product offers a simple and appropriate solution to this ever-increasing need. The Hippo Water Roller, designed by Johan Jonker and Pettie Petzer in 1991, is a barrel-shaped container, with a steel handle, that allows for 90 litres of water to be pushed along the ground. As the container is the 'wheel', all the weight is on the ground, thus making it extremely easy to push, even for children. The steel handle is designed in such a way that the roller can be pushed or pulled, and two people can walk side-by-side and pull it up a steep hill. The actual container is made in a single, solid piece and purposely designed with rural conditions in mind so that it moves easily over tough terrain. It can even assist with preventing erosion, by compacting the soil as it rolls. The average lifespan of a roller is five to seven years and some have been used for up to ten years. To date, more than 42,000 Hippo Water Rollers have been distributed, directly benefiting more than 300,000 people. Without the assistance of sponsors and donors, this would not have been possible.

Help us to reduce this daily struggle experienced by millions in South Africa and other developing countries, so that they too can have access to the most basic requirement for life. •



For more information on the Hippo Water Roller Project or to become a sponsor, please visit www.hipporoller.org



Celebrate the holiday season with this fabulously fresh and festive three-course meal.

Smoked Fish and Edamame Spreads

INGREDIENTS FOR THE SMOKED FISH:

- 3 peeled, largish boiled new potatoes
- 250 g smoked fish
- 2 tablespoons sour cream
- 2 tablespoons olive oil
- Sea salt and freshly ground black pepper to taste
- 1 teaspoon crushed garlic
- Zest of lemon

METHOD FOR THE SMOKED FISH:

- **1.** Mash the potatoes by passing through a sieve while hot.
- 2. Fold in the sour cream, olive oil, and sea salt to taste.
- 3. Gently fry the crushed garlic in hot butter.
- **4.** Remove pan from heat, add the sour cream, zest of a lemon, smoked fish, some freshly ground black pepper, and the juice of a lemon.
- **5.** Whip together.
- 6. Fold the fish into the potato and chill.

INGREDIENTS FOR EDAMAME SPREAD:

- 1 clove crushed garlic
- 1-2 cups frozen edamame beans
- 3 tablespoon rice wine vinegar
- Fresh herbs (chives, mint, or marjoram)
- Salt and freshly ground black pepper
- Olive oil

METHOD FOR THE EDAMAME SPREAD:

- **1.** Gently fry the clove crushed garlic.
- **2.** Add 1-2 cups frozen edamame beans and 3 tablespoons of rice wine vinegar and simmer until tender.
- **3.** Remove to food processor.
- **4.** Add some fresh herbs, salt, and freshly ground black pepper and blitz with a little olive oil to make a smooth spread.

Serve the two spreads swirled together with some toasted French bread.



WINE PAIRING: First Sighting Sauvignon Blanc 2013

First Sighting Sauvignon Blanc 2013 teems with tropical and citrus fruit on the nose and is full on the palate showing great minerality and complexity, which makes it work wonders with the smoked fish, herbs, and spices in the dish.

CELLAR DOOR PRICE: R64 PER BOTTLE >



Festive Gammon and Peach Salad

INGREDIENTS:

- 1 kg cooked gammon
- 125 g puy lentils
- 4 ripe peaches
- Small bunch chopped basil

DRESSING:

- Juice of one lemon
- 4 tablespoons crème fraîche
- 3 tablespoons olive oil

METHOD

- 1. Cut the gammon into smallish cubes.
- 2. Add olive oil, crème fraîche, lemon juice, and the cooked puy lentils.
- 3. Slice the fresh ripe peaches with the skin on or off (as desired).
- **4.** Combine everything carefully.
- 5. Check the seasoning.
- **6.** Add the chopped basil last.
- 7. Arrange on a lettuce-decorated plate.
- 8. Garnish with watercress and chopped chives, if you like.

This can be served with warm, new baby mint potatoes and a spinach salad.



Strawberry Sorbet

INGREDIENTS:

- ½ cup caster sugar
- 2 punnets (500 g) strawberries, washed and hulled (green stems removed)
- 1 teaspoon lemon juice



WINE PAIRING: Simonsig Kaapse Vonkel Brut Rosé

Description: This Rosé is a celebration of summer in a glass with its luscious red fruit and crisp freshness. The elegance and softness of fine red berries with hints of strawberry make this Méthode Cap Classique the ideal partner for Strawberry Sorbet.

CELLAR DOOR PRICE: R95 PER BOTTLE

METHOD

- 1. Add 65 ml / 1/4 cup water and sugar to a small saucepan, heat over a medium heat, stirring to dissolve the sugar, and bring to the boil.
- 2. Remove from the heat and pour into a heat-resistant jug. Allow to cool.
- **3.** Puree the strawberries in a blender until smooth, then sieve the strawberries through a fine sieve, discard seeds.
- **4.** Combine the strawberries, lemon juice, and sugar syrup.
- **5.** Pour the mixture into a 20 cm or 23 cm stainless steel pan (sorbet will freeze faster in stainless steel), cover with plastic wrap, and place in the freezer.
- **6.** When the sorbet is completely frozen (3 to 4 hours), remove from the freezer and let it stand at room temperature until partially thawed.
- 7. Transfer the partially thawed sorbet to the food processor and process to break up the large ice crystals that have formed on the sorbet.

 (This step is what gives the sorbet its wonderful fluffy texture.)
- 8. Place the sorbet back into the pan and refreeze for at least three hours.
- **9.** Served with chopped white chocolate. The frozen sorbet will keep for three to four days in a plastic container with a fitted lid. Remove from the freezer 5 minutes before serving to soften. •

Bon appétit and enjoy these delicious Christmas dishes.



MANDELA: LONG WALK TO FREEDOM

Director: Justin Chadwick

Starring: Idris Elba, Jamie Bartlett and Naomie Harris

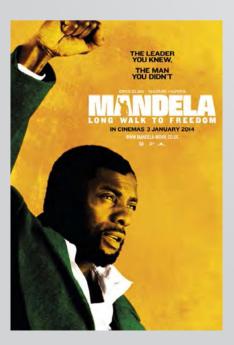
HIGHLIGHTS

Performance by Idris Elba

RECOMMENDED FOR

Fans of the Nelson Mandela story.

VERDICT BY BY BY BY



Any film that tries to fully encompass the life of global icon and apartheid activist Nelson Mandela in less than three hours is taking on an incredibly daunting task. Furthermore, it also runs the risk of falling into the rut of only highlighting the former president's accomplishments and forgetting to truthfully reveal the real man behind the legend. Thankfully, Mandela: Long Walk to Freedom, based on Mandela's 700-page memoir, finds a healthy balance and, although it becomes a little didactic, the film is inspirational and essential viewing for every South African.

Some might find the film flawed, especially in its beginning sections, but it's hard to deny the impact of the film's themes and, ultimately, its story. *Mandela: Long Walk to Freedom* is deeply moving and is bound to leave an impression on the hearts of every South African. This isn't just a Mandela story, it's our story. Amandla! •



CAPTAIN PHILLIPS

Director: Paul Greengrass

Starring: Tom Hanks and Barkhad Abdi

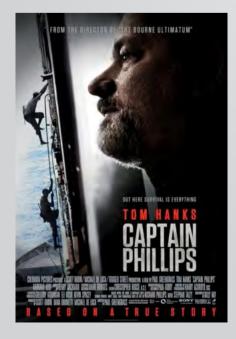
HIGHLIGHTS

Non-stop suspense.

RECOMMENDED FOR

Fans of Tom Hanks.

VERDICT E E E E



After the increased pirate activity in the waters surrounding the Horn of Africa in 2009, the MV Maersk Alabama, a cargo ship carrying mostly food and relief aid intended for Africa, was boarded and hijacked by Somali pirates; the first US ship to be hijacked in 200 years. The tale that ensues will have you gripped for the full duration of the 134-minute feature. Based on A Captain's Duty: Somali Pirates, Navy SEALs, and Dangerous Days at Sea (2010) written by Capt. Richard Phillips with Stephan Talty, the story is presented to us by director, Paul Greengrass, with remarkable results.

The film, the book and the events have received mixed opinions since the actual events in 2009. While the film was been praised for its screenplay, direction, cinematography and the performances by both Hanks and Abdi, the book and the events within have come under scrutiny, led by the actual crew members, who have sued Maersk and Captain Phillips for his role in the ship's hijacking. The case, still ongoing, is of high interest, but takes little away from the film, which delivers action from the early stages right up until the credits roll.



ASSASSIN'S CREED BLACK FLAG

Developer: Ubisoft **Publisher:** Ubisoft

Genre: Action, Adventure, Stealth

HIGHLIGHTS

Great open world and amazing visuals.

RECOMMENDED FOR

Action, adventure fans.

VERDICT BE BE BE BE



Let me start off by saying that I have never been a big fan of this franchise. I bought the first game and took a year to complete it, then bought the second and thought the only difference was location. Then I proceeded to borrow the fourth. Assassin's Creed Black Flag gripped me from the get go and it has truly ignited my passion for this franchise. It is pure swashbuckling awesomeness!

The graphics are amazing. To think that the PS4 version promises even better environmental graphics is just insane! The free-running system is smooth and certain buildings, rocks and foliage trigger special free running sequences. The pirate life is definitely one for me. With a great story and open world to offer, *Assassin's Creed IV: Black Flag* has finally warmed my heart to this franchise. In the past, my answer to the question of ninjas versus pirates has always been simple. But *Black Flag* is making me reconsider my answer. This game shows you that fun and adventure go hand in hand and there are hours of fun to be had in *Black Flag*! ▶



BATTLEFIELD 4

Publisher: Electronic Arts **Developer:** EA Digital Illusions CE

Genre: First-person shooter

HIGHLIGHTS

Realistic environments and great multiplayer.

RECOMMENDED FOR

First-person shooter fans.

VERDICT BY BY BY BY



The Battlefield franchise has now reached its 12th instalment (with an additional 12 expansion packs/DLCs), contrary to the naming convention. And with the success of Battlefield 3, who can blame the developers, DICE, for continuing? Battlefield 3 sold over 5 million copies in its debut week, and is one of EA's most successful games of all time. While many would compare that to CoD: MW 3, which launched alongside BF3 that sold 6.5m copies in 24 hours, the two games aren't that much alike as you would expect.

Battlefield 4 is a worthy successor from the previous title. While there are elements that need improving, which are more buggy than inherent disabilities, there are multiple aspects that make this game unpredictable, adding to the crazy fun. The phrase "controlled chaos" has been passed around in describing the game, and once you start playing, it's not hard to see why. The game exists more as an online, multiplayer fps, with not too much emphasis and detail placed within the actual campaign, which resides simply on a need-to-have basis.

MOVIES TO LOOK OUT FOR



ENDER'S GAME

Genre: Sci-Fi, Adventure
Director: Gavin Hood
Starring: Harrison Ford, Asa
Butterfield and Hailee Steinfeld

Date: 6 December



HOMEFRONT

Genre: Action, Thriller **Director:** Gary Fleder

Starring: Jason Statham, James

Franco and Winona Ryder **Date:** 6 December



> MUD

Genre: Drama

Director: Jeff Nichols

Starring: Matthew McConaughey, Tye Sheridan and Sam Shepard

Date: 6 December

GAMES TO LOOK OUT FOR



SUPER MARIO BROS. 3

Genre: Platformer

Developer: Nintendo R&D4

Date: December



WAR THUNDER

Genre: Action

Developer: Gaijin Entertainment

Date: December



GRAN TURISMO 6

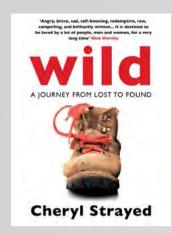
Genre: Racing

Developer: Polyphony Digital

Date: December >

CHRISTMAS

LOOKING FOR A STOCKING FILLER? WHY NOT ALL THESE FINE BOOKS ARE AVAILABLE AT AL

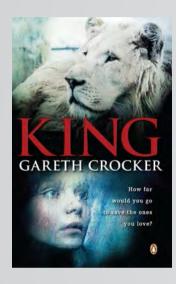


WILD

Cheryl Strayed

At 26, Cheryl Strayed thought she had lost everything. In the wake of her mother's rapid death, her family disbanded and her marriage crumbled. With nothing to lose, she made the most impulsive decision of her life: to walk 1,100 miles of the west coast of America. She had no experience of long-distance hiking and the journey was nothing more than a line on the map. But it held a promise - a promise of piecing together a life that lay in ruins.

R165.00

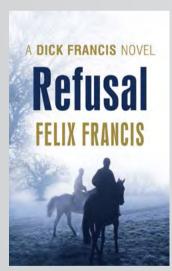


KING

Gareth Crocker

Elijah Rolene is a lost man. Following the death of his wife, he turns to prescription painkillers for comfort. His veterinarian sister convinces him to help out at her animal shelter. When a rare white lion cub from the heart of Detroit's gangland is rescued and brought to live with them, it instantly connects with Elijah's autistic niece, Harper. Then something happens that puts their family at risk and threatens to tear their world apart.

R220.00

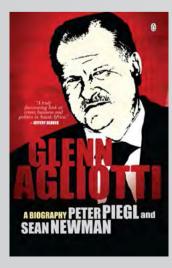


REFUSAL

Felix Francis

Sir Richard Stewart, the racing authority chairman, wants Sid Halley to investigate suspicious race results. But Halley gave up investigating eight years ago, swearing he'd never go back. Then Sir Richard is found dead and Halley receives a threatening call insisting he investigates the race fixing. Halley refuses, but when his young daughter goes missing he realises he may pay the ultimate price.

R240.00



GLENN AGLIOTTI

Peter Piegl & Sean Newman

He's been called the 'Landlord' – an alleged criminal mastermind responsible for illicit drug dealings, trade in counterfeit goods, extortion and blackmail. Glenn Agliotti achieved infamy following mining magnate Brett Kebble's murder. Unravelling this captivating tale are Sean Newman and Peter Piegl.

R220.00

GIFT GUIDE

CONSIDER ONE OF THESE FANTASTIC BOOKS.

GOOD BOOK STORES ACROSS THE COUNTRY.

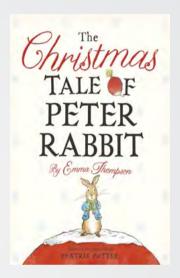


> SAVE WITH JAMIE

Jamie Oliver

Jamie Oliver's latest cookbook draws on knowledge and cooking skills to help you make better choices in the kitchen. It shows you how to buy economically and efficiently, get the most out of your ingredients, save time and prevent food waste.

R395.00

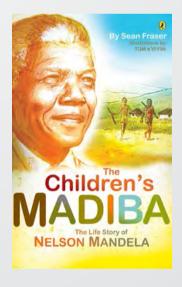


> THE CHRISTMAS TALE OF PETER RABBIT (6+)

Emma Thompson

It is almost Christmas and Peter Rabbit cannot contain his excitement. After he upsets yet another bowl of mincemeat, Mrs Rabbit sends Peter on an errand. He bumps into his cousin, Benjamin Bunny, and a feathered friend who makes an alarming announcement that throws Benjamin and Peter together in a race against time and the scary McGregors.

R150.00

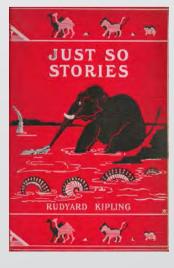


> THE CHILDREN'S MADIBA (8-13) ALSO AVAILABLE IN AFRIKAANS.

Sean Fraser

This book chronicles the life of Nelson Mandela with text and drawings for children. It depicts his journey from the hills of the Eastern Cape to the bustling streets of Johannesburg where he became involved in the struggle for a free South Africa. The book takes the reader on a journey through the hardships that Madiba had to endure, from his time on Robben Island to his victory in becoming the first President of a democratic South Africa.

R65.00



JUST SO STORIES

Rudyard Kipling, Illustrated by Alex Latimer

Generations of children have grown up with the Just So Stories and been captivated by Kipling's wonderful insights into the world around us - all delivered in his mesmerising, read-aloud prose. Now these classic gems have been given a new look for a new generation. Illustrated by children's book author Alex Latimer, each story comes alive anew with Latimer's own insights and humour.

R140.00

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