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EVENTS HOSTED BY THE CITY OF CAPE TOWN

Boxers shine at tournament

The City of Cape Town's Recreation and Parks Department hosted a boxing tournament at the Joe Slovo Phoenix Sport and Recreation Centre over the weekend.

Enthusiastic boxers from 11 clubs displayed their passion, athleticism, and community spirit.

The event, which took place on Saturday 10 February, saw a packed venue with enthusiastic spectators cheering on the participating clubs.

The 11 participating clubs showcased the growing popularity of boxing among communities, including a growing number of women.

"The event was a testament to the dedication of both athletes and organisers in promoting this dynamic sport," said Mayo Member for Community Services and Health Patricia van der Ross. "Boxing is a sport which builds fitness, strength and coordination.

"Boxing forms an integral part of the programmes offered by the recreation team, with sessions held at the Joe Slovo Centre after school from Monday to Friday. The tournament highlighted the increasing participation of young female athletes in the sport, underscoring its inclusive nature and growing appeal.

SAFETY REGULATIONS

The recreation team, along with Play Leaders and Expanded Public Works Programme staff, collaborated with various stakeholders to ensure that the venue was compliant with safety regulations and that all aspects of the tournament were organised, from medical services to coaching support.

"The Joe Slovo Boxing Tournament not only celebrates the skill and dedication of local athletes, but also serves as a platform for nurturing talent and fostering a sense of community pride," said Van der Ross. "With each tournament the passion for boxing continues to grow, promising an exciting future for the sport in Joe Slovo and beyond."

Some of the boxers shared their insights at the tournament.

Sadiqah Davids (14) from Phoenix Milnerton, a participant in the youth boxing programme and a member of Sugar Jazz Boxing Club, only started boxing last year.

"I want to show others that girls can also partake in the sport. Boxing teaches me self-defence."

Known fondly as "Mohammad Ali", Ali

BOXERS FROM 11 CLUBS TAKE PART IN TOURNAMENT HELD AT JOE SLOVO PHOENIX SPORT AND RECREATION CENTRE

Badete (20) from Summer Greens, a proud member of the Sugar Jazz Boxing Club, has boxed for six years.

"I absolutely love it. With 20 wins and two draws under my belt, I'm still pushing forward. I dedicate myself to training five times a week because I believe hard work and dedication are crucial in this sport. If you're not fit enough, you won't be able to win. My favourite moves are jabs, uppercuts and dodging punches."

Thabisile Cimi (19) of the Inkwenkwezi Boxing Club said she was inspired by her coach to start boxing.

"Boxing is so addictive," she said. "I'm motivated to become a professional boxer in the near future, but I first want to finish my degree in internal auditing. I'll continue with the sport while studying."

Paulino Benzane (15) of the Inkwenkwezi Boxing Club said watching boxing on television inspired him to take up the sport in 2022.

"My coach always motivates me not to give up. It's my dream to become a professional boxer one day," Benzane said.

The tournament's winners' categories were as follows:

- Overstrand Whale Boxing Club: 10 gold medals and two silver, earning them the title of Club of the Tournament;
- Siphamandla Damesi (Overstrand Whale Boxing Club): Boxer of the Tournament;
- Khayamnandi Boxing Club: nine gold and four silver;
- Inkwenkwezi Boxing Club: seven gold and three silver;
- Atlantis Boxing Club: five gold and four silver;
- Sisonke Boxing Club: five gold and three silver;
- Khayelitsha Boxing Academy: four gold and five silver;
- SugarJazz Boxing Club: three gold and 10 silver;
- Kuyasa Boxing Club: one gold and two silver;
- 9 Sai Boxing Club: three silver;
- Faithful Boxing Club: two silver.



At the tournament were (from left) Thabisile Cimi and Paulino Benzane of the Inkwenkwezi Boxing Club in Dunoon, and Ali Badete and Sadeeqa Davids of the Sugar Jazz Boxing Club in Joe Slovo. PHOTOS: CITY OF CAPE TOWN



Boxing is a growing sport among women. Thabisile Cimi and Sadeeqa Davids get ready for the ring.

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