



Ibrahim Dewambert takes home a gold medal from the SAJKA National Championships 2022, U10 category.



Mohamed Dewambert takes a bronze medal at the Gauteng championships for karate. Photos: Supplied

Siblings chop their way to medals

Two Norwood Primary School learners made waves by winning karate finals.

Father and sensei Aladji Dewambert who runs the Yeoville Fujiyama Shotokan, reported that his sons Ibrahim and Mohamed Dewambert performed well in their championships.

"Ibrahim has been doing karate since February this year. He trains at the Yeoville Fujiyama Shotokan that is affiliated with the South Africa Japan Karate Association [SAJKA]. Ibrahim [participated in] the

Gauteng championship on March 11 and he didn't get a medal but he made the top eight to qualify for nationals," said Dewambert.

He added that on May 20 at the SAJKA National Championships 2022, Ibrahim won a gold medal in the U10 category.

The sensei said in the Gauteng championship, Mohamed won a bronze medal and qualified for the national championships, and in the SAJKA National Championships 2022 he made the top eight.



Bruno Cochrane is selected for Gauteng juniors to participate in the Olympic Hopes Regatta. Photo: Supplied

Learner heads to Olympic Hopes Regatta

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St John's College learner Bruno Cochrane has been selected for Gauteng juniors to participate in the Olympic Hopes Regatta.

With four years of canoeing experience, the 14-and-a-half-year-old learner continues to shine, making his community and school proud. He said he joined the December canoe clinic for juniors in 2018, and by the second day, he was hooked and had been paddling ever since.

"I felt like it was something I could excel at, and I found the canoeing community to be supportive and welcoming to new paddlers," Cochrane added.

The team practise at the Dabulamanzi

Canoe Club in Emmarentia.

The Olympic Hopes Regatta that will take place in KwaZulu-Natal, is a race that includes distances of 200m, 500m, and 1 000m, in which Cochrane will take part.

He intends to do his best as he spends a lot of his time initially building up his endurance with a focus on distance.

According to Cochrane, he knows he is up against the best athletes in his age group in the world and hopes to reach either an A or B final. "My interest in this coming event is to gain international experience, meet different people, and learn how other contestants my age approach training and racing. I encourage other juniors to come and try out canoeing as it is a sport that they can do for life."

Colourful run excites all

Rosebank Primary School hosted a vividly colourful day as part of its fundraising efforts.

Learners and teachers participated in a colour run on April 29. Rosebank Primary School principal Leigh Shaw-Taylor said, "With colour paint at the ready and excited runners waiting to see how many colours they could get on their fresh white clothing, the run started with a bang.

"Colour bombs at the ready, the children started by running through the school where they met the first group of teachers waiting to paint them blue and green. The learners then ran out along the gates of the school where they met the second group of teachers who painted them pink and purple and, lastly, on their way back into the school the third group of teachers painted them red, yellow, and orange."

She said when the children got back into the school, they gathered their paint bags and were ready for their 'revenge' on the teachers. "Each child chasing and throwing paint at their educators, smiles and laughter filled the air.

"The day ended on a colourful and messy note, but this was accompanied by the excitement and joy of the day."

Educator Arianna Carruthers added that they charged learners a R35 entrance fee, which included the paint. "The funds will be used to improve school facilities and infrastructure."



Rosebank Primary School teacher Adam Baxter paints the field pink. Photos: Supplied



Learners and teachers have fun in the rain of colours.



Esihle Nkosi is happy with her face paint.



Neo Mamabolo and Kano Miyambo bring all their energy to the colour run.



It's a messy, fun and colourful event for the learners at Rosebank Primary School.

Upcoming dates not to miss for sporting fans

Jun 10 Short Track/XCC inter-school bike competition

Local school clusters compete in regional mid-week mini races to qualify for provincial finals.

When: 13:30

Where: Curro Midrand Sagewood Campus

Cost: R60

Details: www.cycle2ride.co.za/home/events; info@schoolsleague.co.za

Jun 11 Parkrun 5km run

When: 08:00

Where: Delta Park,

Victory Park

Cost: Free

Details: www.parkrun.co.za

Jun 25 Cardio

Primal Fitness and Fancy Pants SA is a high-intensity workout that focuses on improving endurance, speed and agility, as well as providing useful tips and tricks to help spice up your cardio training. No under 13s

When: 25 June

Where: Kenworthy circle, Blairgowrie. Randburg

Cost: R100

Jun 26 Autumn Chase Run

Maintain your training throughout winter and get your Comrades Qualifier done at the Run Zone Autumn Chase Marathon 2022.

When: 05:00

Where: Marks Park Sports Club, Emmarentia

Cost: R90-R350.00

Details: Tickets can be purchased online at www.allevents.in/johannesburg/run-zone-autumn-chase-marathon-2022-in-johannesburg/200022192339604

Email your sporting events to ashtynm@caxton.co.za