



Banyana Banyana emerge Victorious in Nigeria



Minister of Sport, Arts and Culture, Nathi Mthethwa is delighted about Banyana Banyana's victory in Nigeria.

Minister of Sport, Arts and Culture Nathi Mthethwa has congratulated senior national women's football side, Banyana Banyana, on their victory in the first ever Aisha Buhari football cup. Six of Africa's top ranked teams, including women's football powerhouses Ghana, Cameroon and Nigeria, competed in the tournament held in Nigeria.

Following a week of football action comprising at least four matches, Banyana eventually ran out as cup winners after beating Africa's top ranked team, Nigeria, 4 - 2 in the final. "Banyana Banyana's dominance

is indeed something that deserves all our praise. The ladies' national team, under the guidance of Coach Desiree Ellis, has done us proud. This demonstrates that it doesn't matter where the game is played. If you are well prepared, nothing will deter you from achieving your objective," Mthethwa said. Speaking to the SA Football Association's media team, Ellis called the victory over Nigeria a win for South African women's football. "The victory is not just for us here in Nigeria but it is for everyone back home who is involved and has contributed to women's football - from Sasol to Holly-

wood Super League." Ellis said the players showed composure and control in what is considered one of the biggest match ups in African women's football. "Looking back at the game, we were in control most of the time. We played at the tempo that we wanted. We controlled a lot of aspects of the game, though we gave a lot of free kicks away which was dangerous but we handled it very well. "I think the players showed a lot of confidence and character to take control back. We took control and we managed the game very well." The Sport Minister said the upcoming women's COSAFA Cup - a

Southern African regional tournament - would present a good opportunity for the country to show its support for the women's senior national football team. "We are looking forward to their upcoming COSAFA challenge and our wish is for the nation to do the right thing, and go and vaccinate in large numbers so that, at least, we can have a significant portion of fans behind Banyana Banyana. Our national team deserves all the support they can get," he said. The COSAFA Cup is expected to kick off on September 28 in Gqeberha in the Eastern Cape. - SAnews.gov.za



It seems Banyana Banyana will outshine Bafana Bafana

Gym encourages healthy lifestyle as it celebrates Heritage Day



Namahadi-Frankfort Fitness for Alls a community based fitness Gym, held a successful Boot-camp on the 24th September at Kgatholoha park in Namahadi Frankfort, focusing on Shape and Toning, Loosing Weight and General healthy life style. According to Thabiso Austen Mohomane who is the founder and Director of the gym, the camp was also as part of celebrating Heritage Day. Mohomane said the gym was pleased with the overall support it received on the day. "We are happy as the gym with the overall turn out on the day, we had people from as far as Alberton in Gauteng, as well as support from towns within Mafube local Municipality that is Tweeling, Villiers, Cornelia and Vrede". The program of the day also included

life coaching, fitness and healthy lifestyle tips. The gym is already preparing for another Boot-camp that is planned for November. "As we have been saying our gym is all about Healthy Life, Healthy Mind and Healthy Life style, we would like to thank everyone who took part in the event and also thanks our sponsors, partners and other stakeholders that formed part of the event."

