

The Times CLASSIFIED

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2230
Personal

BIRTHRIGHT
Pregnant? We care
Jhb: 079 - 742 - 8861
Dbn: 031 - 201 - 5471

(POWA)
People Opposing Women Abuse (POWA), is an organization committed to assisting women who are affected by Gender based violence.

Contact Us for Help:
Head office: (011) 642 4345
Nthabiseng Thuthuzela centre: (011) 933 2333
Katlhohong Office: (011) 860 2858
Vosloorus: (011) 906 4259
Evaton: (081) 383 7698

ADDITIONAL RECOVERY HOMES & SUPPORT

Call Peter 084 755 5838 (daylight times)
info@recoverycafe.co.za

AL-ANON & ALATEEN
For families & friends of problem drinkers.
0861 - 252 - 666
FREE SERVICE

GAMBLERS ANONYMOUS

Do you have a gambling problem? We can help.
078 528 6583
078 789 0868
Dave: 072 239 1242

I NEED REHAB !!!

Do you or someone you know need rehab?
Call: 011 476 4351
or visit:
www.ineedrehab.co.za for free, objective and helpful advice.
(An Addiction Action Campaign initiative)

OVEREATERS ANONYMOUS

If you feel powerless over food and are unable to control the way you eat, you are not alone.
OA provides the support you need to stop.
For more info, contact: 011 640 2901
www.oa.org.za
No dues, fees or weigh-ins
Everyone is welcome.

TELEFRIEND

When times are tough, you need a trusted and confidential friend to talk to.
Phone Telefriend - we listen and we care - 7 days a week.
Phone 0861 10 63 10

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Notices

NOTICE SWINGERS PROPERTIES CK

Be pleased to take notice that BONI DIBATE intends making application to the Commissioner of CIPC for the re-instatement of Swingers Properties CK, Number 1995/051611/23. The cc has two holiday homes registered under it i.e. unit k2 Goosevalley Plettenberg bay, Western Cape, and stand 1116 Birdwood estate, Hartbees, North West. The cc is not trading as it is only housing the two holiday homes above.
Be pleased to take notice any further that any objection to the application must be lodged with the Commissioner of CIPC within twenty one (21) days of the date of publication hereof.
01VW11

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Loans & Finance

CASH / LOAN
Against your Fixed Deposit. Gold Jewellery, Car, Truck, Boat, TV, Laptop, Computer. Anything of value.
CALL:
(011) 422 6354/
(011) 493 1685/
(012) 320 4525
Cell: 072 847 0978

NOTICE
Notice in respect of a 85 (seven application) (Act 48/09 of 2010) by Mr L M van der Merwe to amend a SA (Act application) No. 11/09/1054.
SPRING TO JOIN THE CENTURION WOMEN'S BOWLS CLUB ONLY
INFO: 0822 21 33 44
Don't limit yourself locally. Advertise nationwide in our classifieds for less.
With over 377 000 readers daily, The Times is definitely the place to be. Whether it's births or deaths, engagements or divorces, business, legal notices and more, your message stands more chance of being seen in our classifieds. All it takes is a phone call. And with our great low prices, you'll be in print for a lot less than you think.
So don't limit yourself, call Sunita Karji on 011 280 3147. Email: sunita@timesmedia.co.za or for more information today.
The Times

Sonjobali Traders
MANAGER X2
ASSISTANT MANAGER X1

Requirements: Min 3 years International Experience required. Pref will be given to SA Citizens male or female. Good sales technique. Computer literacy will be an advantage. Excellent communication skills with International suppliers. No SAQA needed. Managing and training of staff.

Duties: Manage the placing of orders with international suppliers. Neg prices and processing orders. Maintaining stock and distribution. Checking quality and quantity of stock before and during transportation. Must be willing to travel.

Fax cv to: 021 461 7863
Closing date: 18 July 2013

Square Link Supermarket
Manager x2
Assistant Manager x1

Requirements: Min 3 years International Experience required. Pref will be given to SA Citizens male or female. Good sales technique. Computer literacy will be an advantage. Excellent communication skills with International suppliers. No SAQA needed. Managing and training of staff.

Duties: Manage the placing of orders with international suppliers. Neg prices and processing orders. Maintaining stock and distribution. Checking quality and quantity of stock before and during transportation. Must be willing to travel.

Fax cv to: 021 461 7863
Closing date: 18 July 2013

VEREENIGING MOSQUE
Registration number 1917/005245/08
Requires a
TEACHER

One post to teach the following: Arabic language, Religious (Islamic studies). Must have social counselling skills.

Interested people from South Africa and SADC countries are welcome.

Requirements: Must be married, Arabic Language and Islamic Studies qualification with five years experience in teaching Arabic and Islamic studies. Two years experience in counselling. Valid driver's licence.

Applications should be directed to:
Anwar Moola or Mrs. Salma Dhorat
P.O. Box 1274, Vereeniging 1930

WARNING

Readers are advised to carefully scrutinise all advertisements. Payments should not be made for any goods before delivery.

The Times can not be held liable for any transactions made.

Built to perform: why body type matters

LAST week, a BBC tennis commentator sparked controversy when he insulted the appearance of Wimbledon Women's champion Marion Bartoli, saying she was not a "looker".

His ill-advised attempt at highlighting her tenacity kicked off a sexism war, as it should, for Bartoli's purpose is to win tennis matches (something she did very successfully), not sell fashion accessories.

However, it does invite some interesting thoughts around the appearance of athletes, not from an aesthetic point of view but a performance one, through the eyes of sports science.

Consider Bryan Habana and Eben Etzebeth. Both are rugby players, but one is built for speed and agility, the other for size and strength. Both are world-class in their specific positions, but would arguably fail horribly doing the other's job.

That's because physical characteristics drive performance ability in sport. Some remarkable statistics reveal that, aside from the obvious requirement to train and develop skill and physiology, elite athletes are, in part born, into their sport as a result of their highly specialised and unusual body types.

For instance, the average female gymnast of 1980 was 163cm tall. Thirty years later, they are 145cm short - a change of 18cm, driven by the demands of the sport, because shorter people are better able to perform the routines and elements required in modern-day gymnastics. There is almost an



DOCTOR KNOW
ROSS TUCKER

"entry requirement" into elite gymnastics that makes elite achievement much more difficult for taller women.

In the NBA, professional basketballers do not only need to be tall (the average height in the NBA is 198cm. Eben Etzebeth, at 203cm, is only slightly taller than average!), they also need unusually long arms.

A normal person's wingspan to body ratio is around 1 - if you stand 180cm tall, your 'wingspan' from finger tip to finger tip will be approximately 180cm.

Not so in the NBA, where the average ratio is 1.063. That may seem similar at first glance but, it means that our 180cm man's arms would be 191cm long - a reach advantage of 11cm - a crucial advantage in that sport.

Tennis players, water polo players and kayakers also have disproportionately long arms relative to their height, while weightlifters have very short arms because this gives them a leverage advantage when lifting heavy weights over their heads. For running, the situation is reversed. The ideal body type is one described as highly linear (strictly speaking, it is called 'nylotic' - long

legs, short torso, very narrow pelvis and skinny limbs) - one possible reason why Kenya is able to produce so many great runners.

For swimming, the opposite is true - broad shoulders, long arms and short legs help the swimmer get through the water most effectively. A remarkable piece of trivia is that the great swimmer Michael Phelps, at 193cm, wears the same length pants as Hicham el Guerrouj, one of the world's greatest runners, who stands 175cm tall. That means the runner is 18cm shorter but his legs are those of a man standing 193cm!

Perhaps most interestingly, it has been found that, in American football, every extra centimetre in height or 3kg in mass over the average is worth about R450 000 per year in additional salary!

In other words, the average player (in terms of height and mass) will make R450 000 less than a player one centimetre taller, or 3kg heavier! Body type matters a lot in sport.

Of course, having the right body type does not guarantee success.

There is much more to elite achievement than long arms, legs or stature. However it does reveal a hidden side to performance.

For Bartoli and other tennis players, aesthetics aside, we judge physical appearance based only on what we can see. What we do not see often holds the key.

*These and other statistics are sourced from "The Sports Gene", by David Epstein (Current, Penguin Group, 2013). The book will be released on August 1, 2013

Khumalo heading for Ipswich?

MARK GLEESON

BONGANI Khumalo is hoping to secure a move to Ipswich Town in the English Championship this week after playing two matches for the team on trial over the past five days.

The former Bafana Bafana skipper is again available on loan from Tottenham Hotspur, who bought him two years ago but have never used him.

Khumalo has already played in the second tier of English football on loan at Preston North End and Reading and is hoping to stay on in England.

Last season Spurs sent him to the Greek club PAOK Salonika but he had an unhappy spell there.

Spurs gave Ipswich permission to field Khumalo for the first half of their friendly match against non-league Crawley Town on Wednesday.

He played again on Friday in a behind-closed-doors match for assessment by Ipswich manager Mick McCarthy.

The former Supersport United centre-back has since gone back to training with Spurs but is hoping to finalise the move this week.

He said in a recent interview he was determined to make it in Europe despite the setbacks.

Swazi-born Khumalo was picked last year by Gordon Igesund as Bafana Bafana captain, but dropped after the African Nations Cup finals.



ON THE MOVE: Tottenham Hotspur player and former Bafana Bafana captain Bongani Khumalo may be moving to Ipswich Town. Picture: GALLO IMAGES

TELEVISION HIGHLIGHTS

Today
Baseball: Home Run Derby at 2am (tomorrow) on ESPN
Soccer: Women's Euro, England vs Russia at

6pm, Spain vs France at 8.30pm, both on SS3; Concacaf Gold Cup, El Salvador vs Haiti at 1am (tomorrow), Honduras vs Trinidad & Tobago at 3.30am, both on SS3