

MADIBAZNews

News for the students, by the students

CELEBRATING MADIBA DAY

#MANDELA
DAY
ACTIONAGAINSTPOVERTY

Photo: gov.za

By Lindokuhle Frank

July 2009, to honor the Nelson Mandela legacy, the Nelson Mandela Foundation urged the world to come together and celebrate former President Nelson Mandela, every 18 July. The purpose of the day is not only to celebrate the birth of Nelson Mandela, but to also encourage individuals to go out into communities and make positive changes. People were asked to give up 67 minutes of their time to making positive impacts towards any social and human rights issues.

The 67 Minutes were inspired by Mandela himself. The 67 years he worked towards freedom and equality in South Africa made him an icon, worthy of this celebration. On Mandela's 91st birthday on 18 July 2009, the first ever Mandela Day was celebrated worldwide with people volunteering, hosting tournaments and musical concerts celebrating this day whilst making an impact in people's lives and brightening their days.

It has been 12 years and Mandela Day is still going strong with people spending more minutes than those set for this day. To inspire you, a couple of ideas of things to do on Mandela day in Gqeberha will be listed below.

The South African National Blood Service usually hold blood donation drives around Gqeberha, they do so all year round and you can visit their website for more details. Donating food, books, money, old clothes, and blankets to charities that help those in need.

Spending time with children in the Township, playing games and hosting a mini sport tournament, or offer help at a school in need. Spend time with the elderly in your community. Help them around the house by cleaning, doing their laundries and cooking for them. Volunteering and spending time at a children's home, an orphanage, old age home, food, or soup kitchen, or at animal shelter depending on which one is available at your community.

The Nelson Mandela University also has 67 hours volunteering program, where students spend 67 hours volunteering for a good cause throughout the year. Once finished with these hours, they will receive recognition by the university for their services to the community. Mandela day and the month of July are about spreading kindness and goodwill by doing a worthy cause that can change the life of someone in need.

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LETTER FROM THE EDITOR

We close the colourful month of June and enter the still cold, month of July. We are in the first month of the second half of the year, under normal circumstances, we would be nearing the start of second semester.

This edition is jam-packed with just the right information you need. We are kicking it off by Madiba Day, featuring all the information you may need to know around Madiba Day. We then look at food inflation in south Africa and why is it worrying with experts tracing it back to the Suez Canal blockage. From food to education, we also have a knowledge dip into the South African education system. Still on education, we give you tips for online exams.

We know getting groceries is NOT exactly a fun sport, but we have a fix on how to make it easier and bearable. After which, we take a deep dive into the history of medical sciences, I know how interesting that sounds!

From medical sciences to science in sport, we look at the 'smart rugby ball' making history. We cover all spheres to spike your interest so read, and get in touch with us on the socials.

Ashley Malepe

CORONAVIRUS SAFETY

What to do to keep yourself and others safe from COVID-19

Maintain at least a 1.5-metre distance between yourself and others to reduce your risk of infection when they cough, sneeze or speak. Maintain an even greater distance between yourself and others when indoors.

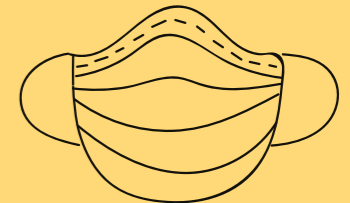
Make wearing a mask a normal part of being around other people. The appropriate use, storage and cleaning or disposal are essential to make masks as effective as possible.

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. This eliminates germs including viruses that may be on your hands.

Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately into a closed bin and wash your hands.

Clean and disinfect surfaces frequently especially those which are regularly touched, such as door handles, taps and phone screens.



CORONAVIRUS OUTBREAK NATIONAL HOTLINE

0 800 029 999

Photo: news24.com

PRIDE MONTH, WHAT IT IS ABOUT AND ITS IMPORTANCE

By Lungisa Somtombo

Patrons and supporters of the Stonewall Inn New York City launched an uprising in 1969 to protest the widespread police harassment and persecution of LGBT Americans. This was the start of a campaign to repeal discriminatory laws and policies against the LGBT people in America.

South Africa had its first Lesbian and Gay Pride march on 13 October 1990, it was held in Johannesburg. June is proclaimed as the Lesbian, Gay, Bisexual, Transgender, Intersex or Questioning plus (LGBTQI+) Pride month in South Africa.

The pride in October 1990 was the first gay pride in the African continent and was organised by the Gay and Lesbian Organization Witwatersrand (GLOW) which drew roughly about 800 people and was both a gay pride and an anti-apartheid march.

According to the South African History Online, the march was part of a larger campaign to end apartheid and decriminalize homosexuality in South African law.

Anti-apartheid, gay rights and AIDS activist Simon Nkoli remarked as he addressed the audience, "I am black and gay; I cannot distinguish the fundamental and secondary challenges in my life, they will all be in the same fight."

According to an article written by Andrea Wurzbarger, each colour on the rainbow flag which symbolises the LGBTQI+ flag has a meaning, red symbolises life, orange symbolises spirit, yellow is sunshine, green means nature, blue is for harmony and purple is spirit.

Pride month is about celebrating the LGBTQI+ community, promoting self-affirmation, dignity, equality, and increased visibility. It is important to celebrate pride month because it gives a chance to teach tolerance, education in pride history and to promote equality. It is a reminder to people that homophobia is as detrimental.

The South African law supports the LGBTQI+ community as it legalized same sex marriages which allows two people to form a marriage or a civil partnership regardless of their gender. This was done to promote equality embedded in section 9 of the Constitution.

Even though the constitution confers the right to equality and no discrimination on grounds of sexual orientation, the LGBTQI+ still fear for their lives as they are always attacked. That means a lot of education on this community still needs to be shared.

SAFETY OF STUDENTS IN WINTER

By Liyema Mpompi

In the previous years at the Nelson Mandela University, practically during the winter season, there have been a lot of harassment and robbery cases that have been reported targeting off-campus students. Usually, Democratic Alliance Student Organization (DASO) members would voluntarily assist and protect students by accompanying them from their shuttle stops to their main residences to make sure they arrive safe and unharmed.

The main concern at this moment is how students are going to be protected. Campus is open with minimal face to face activities and the continuous Eskom load shedding is also of concern.

The following are precautionary measures advised for students to use to stay safe during this time of uncertainty.

1. Library and computer labs hours are only available for a specific time per booking. Students should book for early sessions.

2. Students should normalize walking together in a large group or crowds.

3. Students should familiarize themselves with the load shedding schedule - it is made available by the institution on the student portal for students who reside around the Nelson Mandela Bay Metro.

4. Nelson Mandela University introduced the Memeza campaign, which is an anti-gender-based violence initiative that seeks to improve the safety of Nelson Mandela University students.

5. Always consider carrying pepper spray for self-defence.

"There are easy ways to prevent yourself from becoming more vulnerable than necessary or putting yourself into potentially harmful situations. While we certainly hope that those situations will not arise, it is always better to be prepared for any given situation," New York Bestselling author Elizabeth Hoyt, a pen name of Nancy M. Finney. Hoyt.

Photo: statefarm.org

FOOD INFLATION IN SOUTH AFRICA?

By Liyema Mpompi

Food inflation can be best described as a general spike or massive increase in food prices in a country. A few weeks ago South African residents began to notice an unusual pricing on basic foods like sunflower oil, dairy milk, Huletts sugar and eggs.

According to statistics South Africa, food and non-alcoholic beverages increased by 0.9% between March and April 2021. This took an annual rate to 6.3%, the highest it has ever been since 6.8% in July 2017 (45 months ago) at that time of many parts of South Africa were experiencing severe droughts. The question people have been asking themselves is whether this is caused by the COVID-19 pandemic or the Suez Canal blockage, after the giant container ship got stuck and blocked international trading earlier this year.

Consumers, especially students are allowed to be sensitive and skeptical about these food price hikes as 2020 was a year of huge financial struggle, lot of people lost their jobs and youth unemployment keeps getting higher, which basically means there is little or none to spend.

Moreover, the people who suffer the most out of this situation are poor people, people who have nothing. A year ago, government introduced the COVID-19 social grants for unemployed South Africans between ages of 18-60 to bridge the wealth and inequality visible gaps that the pandemic has been exposing about the country, unfortunately that relief was for a specific period and now has been stopped, but food prices continue to increase.



Photo: theconversation.com

THE NEED FOR MORAL REGENERATION IN OUR COMMUNITIES



moral regeneration movement

By Aziziphozethu Gwija

Moral regeneration is a movement that was started in 1997 by then President Nelson Mandela. The objective of this movement was to ensure peaceful co-existence of people within our communities. This means that everyone in the community is free to be themselves and practice their own beliefs without being judged or harmed. However, in the recent years there has been an absence of moral regeneration within our communities. We have seen a rise in cases whereby women and children are killed and there has also been a rise in hate crimes whereby members of the LGBTQI+ community are being murdered for being themselves.

There is a need for more campaigns within our communities that will fight and protect the rights of women, children, and the LGBTQI+ community. The freedom and rights of these groups have been violated for years within our communities, this cannot continue. There is a need for more action as everyone deserves to be given space to be themselves and live their lives without fear that it might be taken away from them.

We all have a role to play in ensuring that everyone is living in harmony in our communities. No life is more precious than the other. We are all equal and should therefore be allowed to live equal lives. The fight for moral regeneration starts with all of us acting against these injustices.

Photo: pmg.org.za

MEN'S HEALTH MONTH



MEN'S
HEALTH
AWARENESS
MONTH

By Shitshembiso Mahlathi

The month of June is designated as Men's National Health Month, and it is observed every year in June. Men's Health awareness month raises attention to the health problems that men experience.

Studies have shown that men die about five years earlier than women, and part of the reason is that men are more hesitant to visit the doctor. Men are more likely to participate in risky behaviour and are less likely to seek medical assistance. Young men are commonly diagnosed with illnesses and disorders that could have been treated earlier. It's never too soon to start thinking about your health. Regular check-ups should be a top priority for everyone, regardless of age.

If you are a male in his adolescence or early twenties, professionals advise that you should have a physical exam every three years. During this period, blood tests and urinalysis should be performed to screen for illnesses. A TB skin test should be done every five years, and a rectal exam once a year. Monthly self-examinations of the skin for lumps and altering moles are recommended.

SINGAMADODA is a program at Nelson Mandela University that engages in debates that question young men's perceptions of masculinity, manhood, and gender equality. It is critical that the university also establishes a program for young men regarding men's health and encourage young men to be health-conscious. Because so many young people are unaware of Men's Health Month and most male students are not proactive in their health, it is critical for institutions such as universities to raise awareness of this issue among students. Men's health fairs should be hosted in universities, and they should include health exams and care, fitness demonstrations, and healthy culinary demos.

Photo: familysecurityplan.com

SOUTH AFRICA'S EDUCATION SYSTEM

By Somila Tiwani

As we reflected on the 1976 Soweto Uprising, an iconic period in South African history in which the youth defied the apartheid system to fight injustice, it is also important to recognize progress in South Africa's education system.

26 years ago, South Africa was declared a free democratic country yet, the country is still faced with numerous challenges. The youth of South Africa is faced with a lot of challenges like unemployment, financial exclusions in universities, depression, substance abuse, crime, and poverty.

Despite this, the government had a good impact on the investment of South Africa's education system. The black youth now have a higher level of educational attainment than ever in the history of South Africa. However, South Africa's youth unemployment rate can be the greatest demotivation for education.

According to Statistics South Africa (Stats SA), South Africa's youth unemployment rate was as high as 32,6% in the 1st quarter of 2021. Further, in the South African labour market, young people are still struggling. This rate was 46.3% of the youth (15-34), implying that almost one in every two young people in the labour force did not have a job in the first quarter of 2021.

The youth still face challenges of financial exclusion in tertiary institutions. Students from disadvantaged backgrounds study with constraints and pressure as they are vulnerable to financial exclusion. Many disadvantaged students depend on the National Student Financial Aid Scheme (NSFAS) to fund their studies. The scheme that has been funding students since 1996 also has its limits. Students need to work hard so that they graduate before NSFAS excludes them financially. This also applies to bursaries and scholarships.

Unfortunately, the future we aspire to build may not be accomplished if we fail to achieve progress and make advances to capacitate young people. More progress is still needed.



Photo: business live

APPS AT YOUR FINGERTIPS

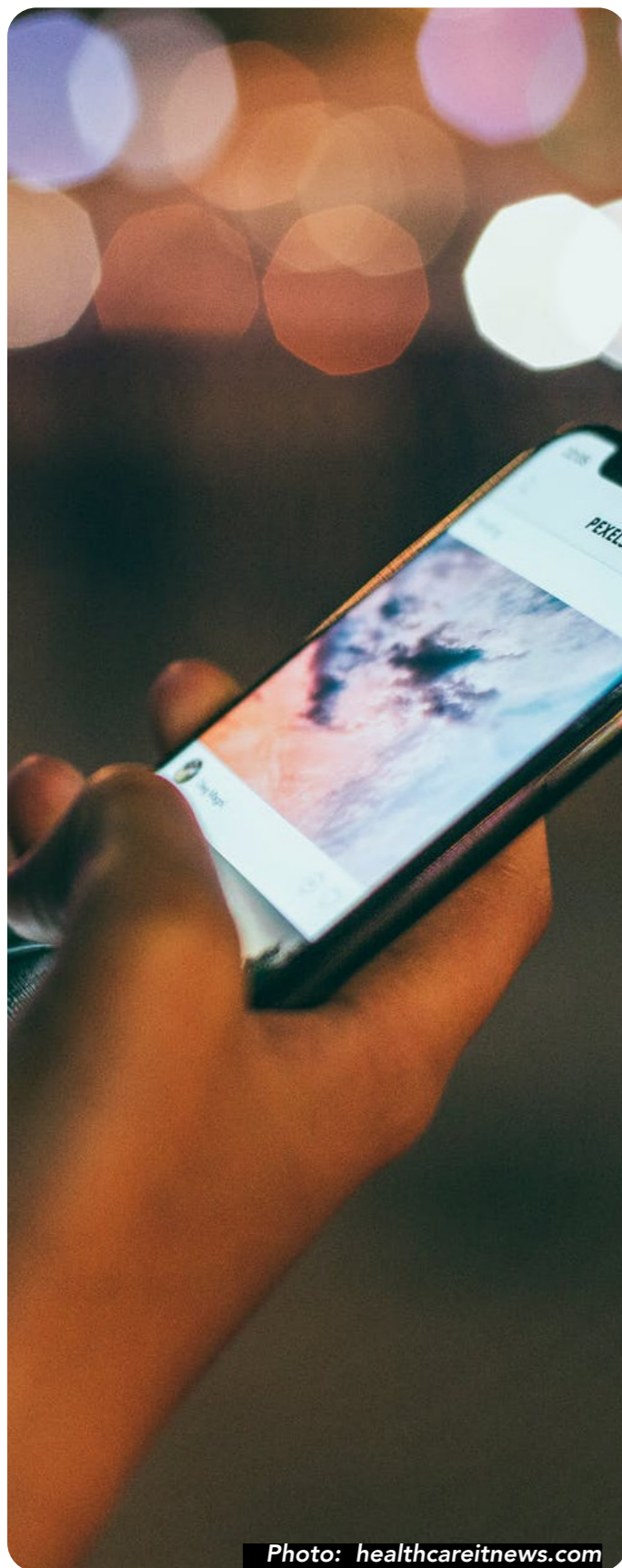


Photo: healthcareitnews.com

By Laiken Faiers

Your phone is a convenient way to connect with others, organise your life and store your memories. Take advantage of this by downloading apps onto your phone that serve you and keep you motivated. Apps that are available to download on both android phones and IOS operating systems.

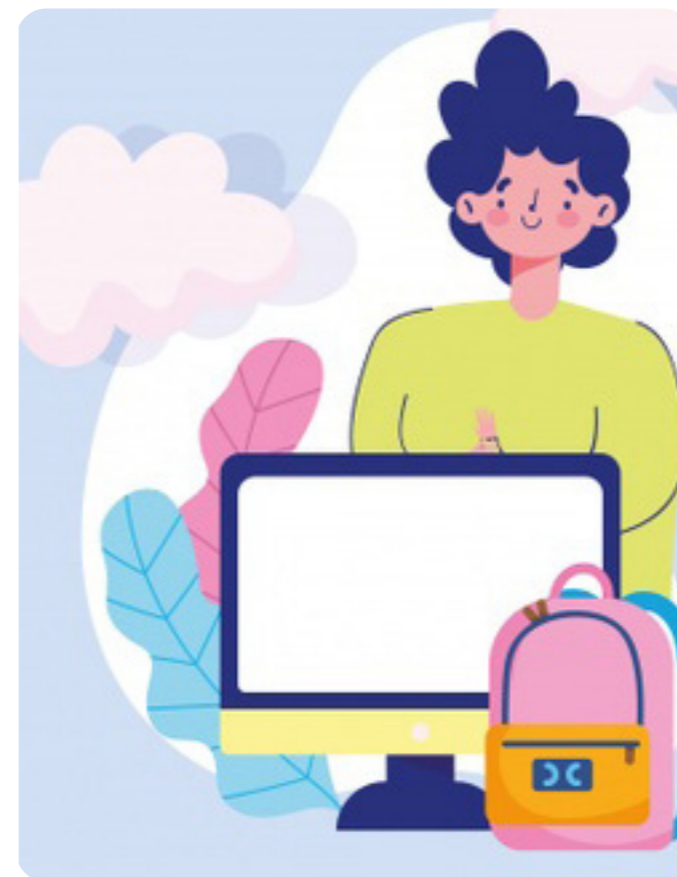
Daylio- your digital goal setter, personal diary, and mood trackers. What sets Daylio apart from other apps is its mood tracker. This app links your different moods to different activities. It displays these correlations through statistics, charts, and diagrams. Over time this feature enables its user to know how certain activities impact them and make the necessary changes to help improve their quality of life. This app is also easy to customise based on your preferred aesthetic tastes, personal activities, and goals. If you are concerned about privacy you can lock your diary using a pin or a fingerprint.

Vivino- the worlds largest wine app and marketplace. This app allows you to create scan and rate wine that you drink. This way you can create a taste profile to help guide future purchases. It also provides you with recommendations based on a selected price range, food pairings or occasions.

Letterboxd- Your digital film diary and network. Not only are you able to share your opinions but, you can also see what others have to say about different films too. This film diary keeps track of all the movies you have seen or that you want to see. It is a useful way to remain updated and makes choosing what to watch simple.

One of the greatest benefits of living in the modern age is the level of convenience that can be obtained through our phones. They are your portable one-stop shop with apps that enable you to tap into this convenience. Everything you need can be right at your fingertips.

TIPS FOR ONLINE EXAMS



By Laiken Faiers

Online assessments are the ultimate wolf in sheep's clothing. It seemed wonderful until we realised the added layers of assessment stress. We now have to stress about internet speed or having enough data, having to find an environment to write your assessments or a time to write which best suits everyone you are living with and Moodle being temperamental. Here are a few tips and tricks that can help you during the online examination period.

Before the exam:

1. Be prepared

Organisation is essential. Know when your exams are and at what time, test your technology, and ensure your internet connection is stable or that you have enough data. Staying organised ensures that you can factor in your situation and find solutions.

2. Get familiar with the exam format

Going into an exam blind isn't the best idea.

Knowing the format is important because it affects how you study. Often lectures like to change the format to include short questions or essays which could throw you off if you were just expecting multiple choice questions.

During the exam:

1. Time limit

Often we can be so focused on answering all the questions that we forget to factor in the time limit. Remember to check the timer that Moodle provides or have a clock near you that is easy to see.

2. Check your work and click submit

If you have the extra time go through your work. Check to make sure that you have answered everything and that you clicked the intended option. Be sure to click submit before logging off.

3. Technical Issues

If something does go wrong during the exam try not to panic. Take a screenshot or screen recording and email your lecturer. Providing any form evidence is really important.

We are all in this together. We will all share the exhilarating moment and sheer relief of clicking submit on our final exam. Good luck and happy writing!

Photo: freepik.com

HOW TO MAKE GROCERY SHOPPING EASIER



By Nomzamo Ndoda

Whether you enjoy it or not, grocery shopping is an inevitable chore. For most of us, this has always been a strenuous activity. The question is, do we hate it because everything is quite expensive or do we hate it because the thought of running up and down grabbing things that we need is anxiety triggering? Whatever the reason is, it needs to be resolved! According to people regarded as 'highly effective shoppers', you need to ensure to consistently practice five simple habits to make grocery shopping easier, faster and less stressful.

1. Create a realistic game plan for your groceries - It is easier to know what to buy when you have meal plans and when you consider your schedule. In this step you need to consider whether you are a person who packs lunch and knows precisely how many times they eat a day. This will help you with being efficient, reduce food waste and save money.

2. Always bring a shopping list - This avoids running back and forth in store aisles, or even worse running back at the store the next day because you forgot to something. Going to the store armed with a list ensures that you get everything you need and will save you time and your money too.

3. Organize your money according to the stores aisle - This will speed up the time you do your grocery as grouping similar items will make it easier finding them at once.

4. Go shopping at off peak hours - To avoid long queues, go shopping when you least expect people to be there.

5. Lastly, listen to music or your favourite podcast - Assistant food editor Kelli Foster says listening to music or a podcast while shopping can make you less tense and happier. Practice these and enjoy a pleasant shopping experience.

UNEXPECTED SURGE IN METHANE LEVELS TRIGGERING GLOBAL WARMING CONCERNS



By Sanele Thwala

Scientists have sent warnings of the drastic increase in global methane emissions that could be devastating for millions of people worldwide and the main contributing factor to rising levels of methane is livestock farming. Methane makes a recognizable contribution to global warming by trapping heat in the atmosphere and contributing to ozone depletion. However, it is important to understand that methane levels (approximately 0.00017%) in the atmosphere are much lower than carbon dioxide concentration (0.036%) but still its impacts are felt. The global warming potential of one ton of atmospheric methane is similar to about 85 tons of CO₂, according to the Intergovernmental Panel on climate change.

Around one-third of global emissions of methane are derived from natural wetland bacteria that produce gas in the decomposition of organic materials. The global emissions of methane include 20-25% from farming and fossil fuels. Interestingly enough, researchers found no evidence that emissions from wetlands or other natural sources had increased significantly, but farm emissions were driven by increased demand for red meat in parts of the world. Robert Jackson, a Stanford University Earth systems researcher in California, head of the global carbon project, has pointed out that animal and oil and gas production are two motors driving increased methane emissions.

People can play their part in mitigating the emissions of methane by supporting organic farming practices. Eat less red meat, and support farms that use digesters.



Photo: statnews.com

A DEEP DIVE INTO THE HISTORY OF MEDICAL SCIENCES

By Hlengiwe Phiri

Prior to modern medication, how did people survive? This is a complex question to precisely answer when all you have are bony remains, drawings, ancient tools, and codes with no written evidence. The 'birth of surgery' being the 19th century placed surgery on the map with many surgeons performing various surgeries that were brutally painful and extremely unhygienic.

Surgery was performed before the 18th century with evidence of trepanation dating back to 6500 BCE. In the medieval era where life expectancy was low, childbirth was a potential deathbed, and diseases were dominating the barber-surgeons were the heroes in the medical world. They did all things from helping with a toothache to performing trepanation, there was no limit to what they could do although the cons were plenty, unsanitary area, same tools used for multiple purposes, and they were not schooled they performed surgery with mere experience and some bit of luck. Their tools were effective and look similar to modern tools.

A combination of existing ideas and spiritual influences was used to cure diseases. They believed that to prevent illness one must keep their body in balance by making sure the four humours namely yellow bile, black bile, phlegm, and blood, which are controlled by four elements water, air, fire, and earth, are balanced as emphasized by Hippocrates. To maintain body balance people practiced bloodletting by cutting themselves to drain out blood or letting leeches suck them. Herbs were used as medicine and exercise was recommended.

Hippocrates, Plato, Aristotle, Galen, and others laid a solid foundation for modern doctors, it was through Galen's animal experiments that we know about veins, arteries, nerves, and internal organ infections, with these discoveries tools meant for specific body parts were made and with help from the chemist, medicine was concocted. One thing is certain, ancient medical practices shaped modern medical practices for the good. And, it is exciting to see where it goes next.

TAKE IT WITH A GRAIN OF SALT

By Lindelwe Myeza

According to archaeological analysis, spoken language might be as old as 600 000 years with the advent of Homo heidelbergensis and Homo neanderthalensis. Primitive as it might have been, language is a very important factor in the exchange of information and the understanding and describing of one's surroundings. Modern humans (Homo sapiens) are thought to be about 200 000 years old, with most human advances occurring within the past 6000 years or so.

Over the span of human history, the notion of what is believed to be true or false has always been a hot topic. Identifying what we can consider factual is very important in facilitating lasting scientific discovery. For thousands of years cultures like the Nya Nya!Kung Bushmen, Nguni tribes, and various other populations around the world used the night skies for the same general purposes of timekeeping and navigation, but they would all come to different conclusions as to what they are seeing. Establishing something as fact helps put things into perspective in terms of how we understand the world around us at that place in time. A good example of this is the idea of an atom, 2500 years ago when Democritus suggested the smallest indivisible particle (atoms) it was an outlandish idea of Greek philosophy, and 2500 years later the concept of atoms as the building blocks of matter is a fact.

Our ability to take measurements of our surroundings helps us identify what might be factual and what might not be. Observation, analysis, and classification are usually the processes at play when one is seeking to understand something, but that understanding is prone to change, and so are the definitions derived from it.

The reason why it is no longer a fact that Pluto is a planet simply boils down to classification, because we now have the ability to measure and analyse our surroundings with high precision, we can better classify what we see in nature into much more concisely defined groups of objects, and Pluto just happens to not be part of the group anymore.



Photo: Bartolomeu Velho



FNB MADIBAZ STAR MAKES DEBUT FOR CHEETAHS RUGBY

By Kholiswa Dlamini

FNB Madibaz eighth man Mhlahli Mosi adopted a positive attitude that made him widely recognized in the Varsity Cup rugby competition.

The Nelson Mandela University team lost all their games this past season, but Mhlahli was at the forefront of all the top performances produced by the team, which resulted in the eighth man being recognized by top rugby franchises in the country.

The 25-year-old from Kwa-Nobuhle was pleased by the recognition and said whenever he enters the field, his only sole purpose is to produce best performance. He recently signed a short-term contract with the Toyota Cheetahs in Bloemfontein and is set to make his senior provincial debut in the Currie Cup Premier Division. Mhlahli is not only a rugby talented player, but he is also a Post Graduate Diploma in Employment Relationship Management student at Nelson Mandela University.

“I would have not come to reaching the current heights without my strong support base, my mom and dad are always the first and most important people in my life, they form the root of my very self” said Mhlahli.

Mhlahli mentioned how Mr Vuyo Nompondo provided support for him from day one and believed in him more than he did. His guidance and knowledge forged the love Mhlahli has for rugby that runs deep inside him. Mhlahli’s performance in his final season of the FNB Varsity Cup was brilliant, leaving coach Hawies Fourie impressed, outlaying the player’s ball-carrying ability as exceptional. Mhlahli is well known for his ability to burst through defenders with the ball and excellent lineout work. His coach believes that although the player has shown a lot of attributes, he still has a few areas to work on for him to improve his game.



By Tumelo Muvhali

Gilbert rugby collaborated with technology company Sportable, to launch the world’s first Smart rugby ball, making its debut in Africa at the Varsity cup playoffs held at Tuks stadium.

History was made as the smart rugby ball that received rave reviews in UK and across Europe that made its debut at the Varsity Cup semi-finals when The Maties took on UP-TUKS whilst UCT IKEYS battled it out against NWU EAGLES at the TUKS Stadium in Pretoria.

Despite being a smart rugby ball, it cannot score tries or clear the posts on its own, but it has improved the statistics of the game. The Gilbert x Sportable smart ball has a device inside it that tracks noteworthy events during a rugby match including passes, kicks in play, possession, ruck speed and territory.

The ball tracking technology was used to capture the fastest ball carriers, the longest, fastest passes, spin rate and hang in air-time. This means that the referees could be alerted if players breached any rules. Further features of the smart rugby ball include forward pass detection and offside players.

This innovation will revolutionize the way people engage with sport, both on and off the pitch, combining athleticism of real life on field action with data driven insights

Along these lines, the fans experienced insightful statistics throughout Supersport’s live broadcasts as well as game graphics on the FNB Varsity Cup social media platforms. Sportable founder and CEO Dugald Macdonald expressed his excitement and optimism about the partnership they have developed with Varsity Cup and Supersport.

“We are incredibly excited about the opportunity to work with Varsity Cup and SuperSport to bring our solutions to fans and coaches in South Africa” He said.

Varsity Cup results

Semi-finals

FNB MATIES (35) vs (44) FNB UP-TUKS

FNB UCT IKEYS (54) vs (36) FNB NWU EAGLES

Final

FNB UP-TUKS (34) vs (27) FNB UCT IKEYS

Photo: Varsitycup.co.za