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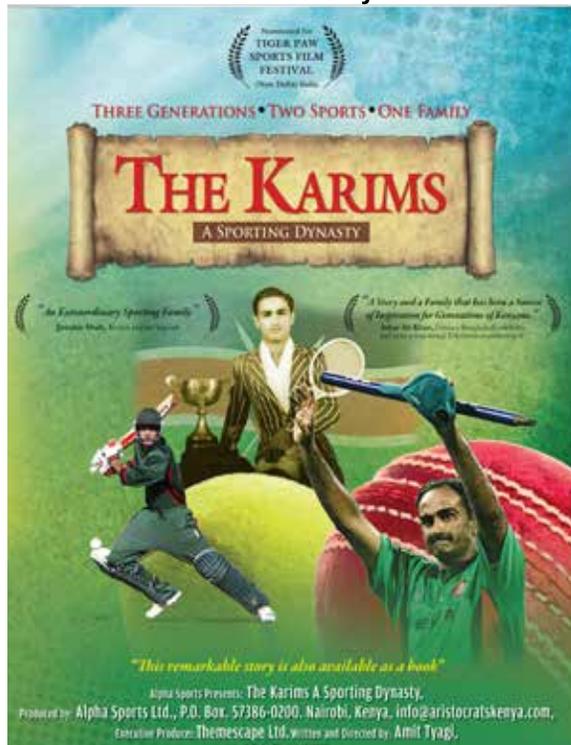
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Editor's NOTE



Sports Monthly marks centennial; edition

Few people – or even buildings – survive long enough to celebrate a 100th birthday. But **Sports Monthly** readers have an opportunity to mark the magazine's centennial copy in November. They will celebrate and reflect on the past 100 editions. We have a lot to be proud of, and it's amazing to see the vision that the magazine proprietor had during inception of the publication. The magazine has survived tough times before. Besides, the creativity and inventiveness that led Mr. Aasif Karim to think big about a road that is rarely travelled still infuses the company. On behalf of **Sports Monthly** magazine, I would like to thank all our readers and advertisers for their contribution that helped to make the publication an extremely successful and worthwhile venture. I believe the high attachment you have towards the magazine clearly demonstrates the support for us. I hope this edition will help generate even more interest in historic preservation throughout the coming years.

Ben Ochieng'

contents

Cover picture: Julius Yego

Sports Monthly celebrates Issue No. 100 pg. 1

Editorial pg. 6

New Zealand win Rugby World Cup pg. 10

Kenya axed from amputee football fg. 12

Great football era pg. 14

Hockey slips into abyss pg. 16

Down Memory Lane pg. 24

The Karim's pg. 26

Conjestina pale shadow of former self pg. 28

ITF relocates centre to Kenya pg. 30

Last Word pg. 34

Sports Monthly magazine celebrates 100th edition

By Aasif Karim



Paul Tergat addresses the gathering during the launch as Aasif Karim listens keenly

Sports Monthly's birth took place 15 years ago in May 2000. The magazine was launched at Pavement Restaurant in Westlands where Kenyan athletic legend, Paul Tergat, joined me to co-launch the magazine.

The glossy magazine is published by one of my companies - Alpha Sports Ltd., which is part of Safinaz Group of Companies.

The concept of this magazine came after realisation during many of my national duties when representing Kenya in tennis and cricket overseas on the influence the media played in promoting sports in general.

The media has made a great contribution in promoting the same both positively and when necessary, criticising constructively.

In Kenya, unfortunately, the local

sports coverage has been weak over the last 15 years, partly due to the internet, which has made it easier for journalists to fill up the newspapers while seated at their desks.

The local sports coverage has not been the way it was in the pre-2000, when as youngsters, we were accorded good coverage that was paramount for encouragement, motivation and a feel-good factor.

Various reporters would be physically present at the events to get first hand information in a professional manner.

Despite being a sporting country that has produced world stars over the last 50 years since independence in various sports, there has not been any consistency of a sports magazine in Kenya. Many magazines have come and folded shortly thereafter.

I must admit that it is a huge challenge to sustain a magazine, especially if one is not publishing as a commercial venture.

The promoter's purpose, like in my case, was purely payback as a social responsibility after being blessed through playing and being involved in sports as a family over the last 60 years.

We are fortunate to have maintained the magazine over the last 15 years, and today celebrating a milestone of

publishing the 100th issue.

I take this opportunity to thank all those who have supported us – advertisers, my internal team, the printers and dedicated editorial team for working together to publish a quality magazine.

For the last one year, we have been on social media complete with a website, facebook and twitter.

Facebook:Sports Monthly

Twitter: @sportsmonthlyke

Website:www.sportsmonthly.co.ke

All the past issues are on the web for those who are interested in catching up on our progress and with exciting stories to read.

Long live Sports Monthly!

Sports has many benefits, including opportunities to unite the country and

giving talented youngsters opportunity to obtain sports scholarships that can help in their education overseas.

Sports today is a multi-billion dollar industry that has given a huge benefit to all parties involved; from corporate, advertisers, sportsmen, coaches, managers, sports psychologists among others.

I once again appeal to the government to promote sports and take it with the seriousness it deserves.

The first is to create a Ministry of Sports and a competent Cabinet Secretary who understands the value of sports.

I would also like to bring to your attention the good news that Safinaz Foundation has already been registered, and come 2016, will be operational to assist Kenyans through sports promotion, education and social needs.



BBC reporter John Nene interviews Aasif Karim after the launch

It's been a long road travelled

By Ben Ochieng'

In November 2015, Alpha Sports reached another milestone with the publication of the 100th edition. **Sports Monthly** magazine first appeared in May 2000, and to date remains the only sports magazine in Kenya. It therefore ranks among one of the most significant channels of communication in the country.

Its first offices were situated at Westlands. During the succeeding editions, **Sports Monthly** has charted the development of the sports industry month in, month out, without a break. It was a bold move back in 2000 to create a magazine devoted to sports in an untried communication system.

The man who saw and seized the opportunity created by the void was Aasif Karim. There is something to tell us why he thought sports would prove a sufficiently attractive subject for his new magazine – he is a former celebrated cricket player.

He is by all accounts a reserved man with literary tastes and a special

interest in the insurance industry. **Sports Monthly** was on the move again in 2010 as it left Loita House, this time for the trendy surrounds of Lavington suburbs. In 2015 **Sports Monthly** unveiled a weekly online edition.

Sports Monthly editors

Issue No. 1 – Issue No. 2 – **Peter Mihoe**

Issue No. 3 – Issue No. 33 – **Oyunga Pala**

Issue No. 34 – Issue No. 35 – **David Matende**

Issue No. 36 – Issue No. 37 – **Ibrahim Oruko**

Issue No. 38 – **Richard Mukatha**

Issue No. 39 – Issue No. 59 – **Ibrahim Oruko**

Issue No. 60 – to date – **Ben Ochieng'**

He dared to dream

Thirteen years ago, Kenya's first, and so far longest surviving sports magazine, was launched. The brain child of former Kenyan national cricket team captain, Aasif Karim, the magazine has stood the test of time in a field where sports publications fold sometimes after only one or two issues!

Even though Karim made the decision to retire from cricket, he had no intentions of cutting all ties with the Kenyan sporting community.

In April 2000 at Nairobi's Pavement Restaurant in Westlands, **Sports Monthly** magazine, now on its 100th edition, was launched during a ceremony that was graced by Kenyan athletics legend Paul Tergat.

Personalities from the business and sports sectors mingled to celebrate the occasion. Drawing from his own experience as a former captain of the national team, Karim regretted that he and his colleagues felt better appreciated outside Kenya than at home.

The magazine's objectives include celebrating the achievements of Kenya's superstars, honouring past and present sports heroes and to highlight on the sports scene in the country.

As French philosopher, Anatole France once said: "To accomplish great things, we must not only act, but also dream; not only plan, but also believe." Aasif Karim dared to dream and is now living the dream!



Aristocrats House, where Sports Monthly offices are located

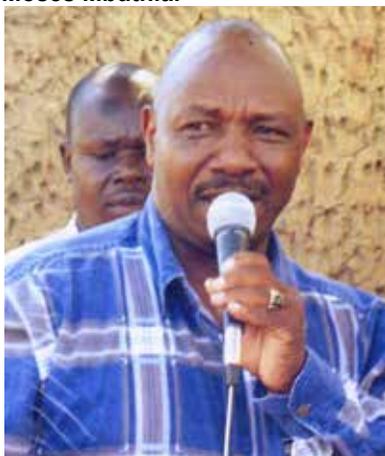
Newsmakers who provide *Sports Monthly* with fodder

By Ben Ochieng'

'News' is defined in several ways. One of the definitions, which is relevant in our concept, defines news as "information reported in a newspaper or news magazine".

Over the years, *Sports Monthly* has been kept going by people and events both of which have provided us with fodder to keep us relevant in the industry. We bring you some of the newsmakers who have been on the limelight, either for the right or wrong reasons.

Moses Mbutia.



The person who said that "those who tell you not to be bothered by small things should sleep in a room with a mosquito in it" must have had Moses Mbutia in mind. The former assistant treasurer of the Kenya Volleyball Federation (KVF) has been sort of a gadfly to the national body. He has single-handedly and ferociously taken the federation by the horn; pointing out misdeeds at the national body where lesser mortals have grown cold feet. His outbursts have smoked KVF out and caused the federation to either scrape or postpone implementing some policies, some of which have

been malicious and prejudiced. However, he has also used his influence to clinch sponsorship deals especially for the national volleyball teams while preparing for international assignments, like he did with Kenchick. He is currently the chairman of the Nairobi Secondary Schools Sports Association where he has overseen the growth of sports in the county.

Charles Nyaberi



Charles Nyaberi is a seasoned sports administrator with few equals in the country. He has traversed the tennis and volleyball scenes as well as the international arena where he has led national teams to the All Africa Games in his capacity as a member of the Kenya National Sports Council where he serves as the treasurer. Nyaberi, who is a mountain of a man physically, has also served his role as returning officer during elections in sports organisations where many a time he has been called upon to use his wisdom to diffuse instances that would erupt into chaos. His mastery of the constitutions of various sports organisations is legendary and it appears he does thorough homework and consultation before presiding over any election.

John Ngugi



One soggy day in 1993, John Ngugi answered his front door to two strangers – a man and a woman. After all he was the World Cross Country champion and the famous and the merely inquisitive usually dropped in for a chart or autograph. But these were no ordinary strangers. For one, they were white foreigners and their conduct was arrogant and off-putting. They were there, they stated firmly, on an impromptu drug-testing mission and they wanted urine samples from him. Ngugi informed them he had some business to attend to but would see them later that evening. The visitors were enraged and the meeting turned sour. What the world champion did not know was that the man John Whetton was from the IAAF. The next day Ngugi heard in the news that he had received a four-year ban, thus ending an illustrious athletics career.

Benjamin Njoga



He has managed two national teams to two different World Athletics Championship events. Njoga was the manager of the team that represented Kenya at the 2009 event in Berlin, Germany, where Kenya emerged 4th overall behind Russia, USA and Jamaica. The senior officer at the Kenya Prisons Service was at it again in 2013 as the team manager to the 14th World Athletics Championship that was held in Moscow in Russia where once again Kenya finished 4th behind Russia, USA and Jamaica. It was during the Berlin event when world javelin champion Julius Yego sounded the alarm bells when he missed the medal bracket after being ranked 4th in the event. Njoga described Yego's feat as one of his best moments at the championship alongside Edna Kiplagat's gold medal in the women's marathon.

Jackie Janmohamed



After assuming the helmsman ship of Cricket Kenya in 2012 amidst much pomp to become the first woman to head an ICC affiliate, there has been nothing to show for the excitement that greeted her ascendancy to the office. After realising about her failure to deliver, she resigned in 2014 and later changed her mind and is still in office since then. Her indecisiveness is reflection of the dithering that cricket currently operates under that has seen the game dip to its lowest since cricket was introduced in the country many years ago.

Paul Tergat



After blazing the athletics trail in top flight style for close to a decade, Paul Tergat, one of Kenya's most decorated athletes is currently reaping the rewards of his hard won achievements. In December 2012, the former five-time world cross country champion and 10,000m and world marathon record holder succeeded Kipchoge Keino as a member of the International Olympic Committee. This year, SOYA, his brainchild, will stage the 12th edition of the awards that rewards excellence in sport in Kenya. In 2013, the IAAF appointed him ambassador for the 2013 World Cross Country Championship that was held in Bydgoszcz, Poland.

Mwangi Muthee

In the run-up to the rugby elections in 2011, the charismatic businessman and bio-chemist who also turned up Kenya as a prop forward,



revolutionised the sports campaign trail when he launched his manifesto for chairmanship. The former Kenya Rugby Union chairman raised the bar high regarding the campaign tactics of those vying for elective positions in sports organisations in the country. Whereas it was the norm in the past for contenders to wriggle their way through as the highest bidders, Muthee's ascendancy to the helm of rugby was as a result of the blueprint he sold to delegates and they bought it. During his tenure as chairman, Muthee decentralised rugby out of Nairobi to provinces, where he believed there is abundant talent. He believed rugby cannot develop if the game is only concentrated in Nairobi. And when he felt that his conscience could not allow him to sit on the board with individuals who were not ready to move the game forward, he resigned out of principle. In a country where leaders of sports organisations use all means to stay in office even when the dice is cast, Muthee's was a first on the Kenyan sporting scene.

Richard Davies



The proprietor of Kenya's forerunner health and fitness centre, the Nautilus, Richard Davies returned to Kenya in 1981 after completing his studies in the United States. The family invested about 10 million shillings in the first professional gym in Kenya and placed an order for 20 state-of-the-art machines with Nautilus founder, Arthur Jones. Nautilus, which closed in October 2015 after 33 years of making Kenyans sweat it out for fitness, was home to staff of several blue chip companies who worked it out at the club. Nautilus led the way locally in the keep-fit craze after more and more people began to realise that they had to pay a little more attention to their body in the form of diet and exercise if they wanted to continue to enjoy life. Davies has since re-directed his energy to JD Tennis Academy where he is a director.

John Ohaga



John Ohaga has been tasked with overseeing Sports Disputes Tribunal to dispense with cases that had been pending for eons. Barely one year since the tribunal got into action, were disputes in Football Kenya Federation, Kenya Volleyball Federation, Kenya Hockey Union, Kenya Rowing and Canoe Federation among others put to rest amicably. As former rugby player, he was instrumental in settling a dispute that had threatened to tear the Kenya Rugby Union down the

middle. Ohaga, who was appointed to chair the tribunal arising from his vast experience in litigation, is known for his interest in alternative dispute resolution and in particular arbitration and his appointment to head the sports disputes tribunal is one the biggest steps yet to end wrangles that have been the bane of Kenyan sports.

Joseph Kinyua



Kinyua is the most successful team manager in the history of Kenyan athletics. He has been the team leader of several cross country teams to the World Athletics Championships where his charges have posted impressive results. He has been athletics team manager to almost every international event, including the Olympic Games. It is during his tenure as team manager when several junior runners cut their teeth and gained global acclaim. The affable Kinyua was the team leader to the 2015 IAAF World Athletics Championship in Beijing where Kenya emerged first, eclipsing global athletics giants like the USA, Russia and Jamaica in the process. For the "Career Delegation Leader", it has been a momentous vocation in athletics and it is only a wonder how he has managed to keep a level head in the wake of all the successes.

No systematic doping scheme in Kenya

By Mwangi Muthee

There is no systematic doping of Kenyan athletes and those involved in publicity that Kenya would be banned from international competitions such as the Olympic Games had a hidden agenda of an ulterior motive.

Some Kenyans have already been caught by these organisations and the country has responded responsibly by acknowledging the bans and condemning use of drugs.

The few Kenyan athletes found guilty will remain a pariah in our country just like those sanctioned elsewhere, but we deny that there is a systematic doping by any sporting organisation or group in Kenya. We do not have the scientific capacity or the evil plan.

Systematic doping is a science and practice in the developed world. For proven and well documented instances, we go way back to the Communist regime of East Germany. Then more recently, the numerous cases of Lance Armstrong and the US Postal Service Pro Cycling Team; American athlete Marion Jones and the Bay Area Laboratory (BALCO) scandal; and earlier, the case of Canadian sprinter Ben Johnson and regime of steroid use administered by his coach Charlie Francis.

We at Sports Kenya are also eager to have ADAK up and running, especially in educating Kenyans about banned substances in sport as well as conducting investigations about possible use of them and conducting tests. Nevertheless, there was no basis for Kenya to be singled out for lacking an anti-doping agency capacity. Why should we be criminalised for lacking capacity; and while we are striving to achieve that?

Mwangi Muthee is a former chairman Kenya Rugby Union and Director Sports Kenya.

The recent turmoil in the Kenya National cricket team saw the captain Rakeep Patel and vice captain Shem Obado resign due to the technical bench led by former Kenya captain, Steve Tikolo and former Kenyan international Martin Suji.

The two, who have been in charge of the technical bench over the last two years, have failed miserably in that assignment. This must be due to not being able to motivate the team and/or incompetent for the job.

Both were great cricketers and did the national team proud as players. Unfortunately, they have disgraced themselves with their continued presence, both locally and internationally, with the role they have had as coaches, especially when the national players were on boycott.

The last straw was when the national team boycotted travelling to Namibia if the technical bench was not changed. Intimidation and victimisation by the technical bench and lack of coaching knowledge has been the main problem, reliable source inform.

Cricket Kenya leadership, led by the unpopular Jackie Janmohammed reluctantly removed them for her and her board's survival for this may have been jeopardised as discussed in the cricketing circle.

The two former cricketers including former national player – Thomas Odoyo – for the last three years during their coaching roles, have failed miserably and got themselves into a disgraceful situation, where Odoyo also has miserably failed with the under-19 team. Joseph Asichi over the last 7-8 years added no positive value to the team especially due to lack of knowledge in cricket.

There are interesting times ahead on the way forward for the CK board as these three former players have been influential in the running of cricket, especially with the national team.

The players agreed to travel to Namibia after the technical bench stepped aside. The change, or rather no strength in the technical bench, made the national team win against Namibia in the recent encounter in Windhoek.

Due to the resignation of the captain Rakeep Patel, young Irfan Karim was appointed as the captain but wisely declined this responsibility at present. Irfan's contribution should be focused on his batting and wicket keeping role as he is one of the leading players on the team. Captaining may be good for him at a later stage.

The onus of the captaincy was then given to Hiren Varaiya who came back into the team after having retired from national duties for over one year. Kenyans won both the One Day (ODI) matches. Kenya after four matches in the World Division Group One of the Associates Group are leading with three wins. It is paramount to create healthy environment for the team all around for its continued success. There is a long way to go for Kenyan

cricket to recovery but this is a welcome results.

University - World Cup

I was fortunate to have witnessed in October 2015 the World Championship for University Cricket played in the beautiful Abhimanyu Cricket Academy in Dehradun, India.

The hosts India, alongside England, Australia, Pakistan, Bangladesh, Sri-Lanka, South Africa and UAE participated in this 4th competition since inception of the tournament.

Each country was represented by their top university after winning their local tournament. The tournament is a Red Bull – the energy drink company event that support several sports events worldwide. Kenyan international, Irfan Karim, was part of the Loughborough MCC University side which represented England.

The tournament was once again won by the defending champions TUKS-University from Pretoria in South Africa after they beat Loughborough MCC-England in the finals.

In the semis, England beat Sri-Lanka while South Africa beat India. There was a galore of performances during the tournament. I felt extremely proud to watch Irfan dominate the tournament with his battling performance that made him to be named Man-of-the-Match during their encounter against Bangladesh where he scored 72 not out and 82 not out against Sri-Lanka in the semi finals.

Irfan scored 42 in the finals in a losing cause. He was named the best batsman of the tournament, averaging 71. I had the opportunity to do commentary on ESPN Cric Info on Live streaming for the semi finals and finals. It was once again a great feeling and humbling experience with the respect accorded to me during my trip for this prestigious tournament in India.

Aasif Karim is a former National Cricket team captain. He played in three World Cups; 1996, 1999 and 2003 and participated in Davies Cup tennis tournaments. Karim is now a qualified arbitrator and member of the chartered Institute of Arbitrators in Kenya and UK.

Issue 100

