

'Nemo' captures MMA GOLD

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AMANZIMTOTI mixed martial arts fighter Craig "Nemo" Ninow was on Sunday crowned the Megalodon Fight Club (MFC) South African bantamweight champion.

The 23-year-old headlined the MFC46 card at a sold-out Sibaya Casino, where he dethroned Kurt Matthews via second-round TKO to capture his first national title.

Mathews was aggressive and pushed the fight at a fast pace from theget-go but Ninow managed three takedowns and landed solid ground and pound to win the first round. Mathews was noticeably tired heading into the second round and Ninow capatilised, slamming him to the canvas and raining down heavy elbows to force the stoppage.

"It's been a long journey but to finally have the belt around my waist is a dream come true. Words cannot describe it ... it's overwhelming," Ninow told *The Fever* after the bout.

The pugilists are no strangers to

one another, Sunday's title tilt doubling as the trilogy fight between the long-time rivals.

Mathews won the first meeting with a controversial decision and caught Ninow with a submission in the Final of a gruelling one-night, eight-man grand prix in April. Ninow admitted that avenging his prilosses or to Mathews made the that much tory

"To not only beat him but to dominate and finish him is pretty satisfying," he said.

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"I've been focused on winning the title for ages and was back in training shortly after our last fight hell-bent on setting the record straight."

Ninow, who took up mixed martial arts three years ago and

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nine-three win-loss record, trains daily but said he had a characterbuilding eight-week training camp at the Amanzimtoti-based Combat-Coaching.com gym under re- coach spected Morné Swanepoel to prepare for Sunday's championship fight. "Without coach Morné and the team I would never have been able to achieve this. "Everyone put so much work into me

and helped me prepareforthefightand I can't thank them enough," concluded the MMA Fighter product.

Amanzimtoti mixed martial artist Craig "Nemo" Ninow realised is dream of becoming the Megalodon Fight Club South African bantamweight champion at Sibaya Casino on Sunday. PHOTO: COMBATCOACHING.COM

Lizzard Summer Surf attracts top talent

THE annual Lizzard Summer Surf session in association with Spar KZN is taking place at Umhlanga Main Beach on 8-9 December.

This surfing event kicks off the Umhlanga Summer Carnival and this year's edition has already attracted some of the best South African surfers including Brandon Jackson, Ricky Basnett and Dan Redman.

Gavin Roberts, Lizzard marketing and team manager, said: "This is one of our favourite events that we sponsor. It is great to have the contest in Umhlanga during the holidays and we always get an excellent turnout of surfers and spectators. It is a good competition for the whole family and often parents and their kids compete."

The men's open division will have a prize purse of R5000 from Lizzard, and the ladies open R5000 from Spar KZN.

The projunior boys division will also be offering cash prize money of R3000 while Hurricane Surfare sponsoring some excellent surf brand prizes.

Surfers from across the country can enter but entries are limited and close on Monday, 3 December. For more information, text Paul Izzard on 082 555 6161 or e-mail Jul-Vries ie de on juliedev@mweb.co.za

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