

COURTURE

FASHION x CULTURE x NETBALL

SEPTEMBER / 25

TARLE MATHE

IT ALL BEGINS
AT HOME

BLENDING
CALMNESS
WITH A TOUCH
OF CHAOS

"SHE IS GOING TO
BECOME ONE OF
THE BEST PLAYERS
IN THE WORLD."

SPAR PROTEAS HEAD COACH
JENNY VAN DYK

A PLANET NETBALL PUBLICATION

Welcome to the inaugural edition of Courture.

I am dedicated to helping Netballers raise their profiles and become icons. Courture is a platform to tell their stories through the lenses of fashion and culture, with a sprinkling of netball over the top.

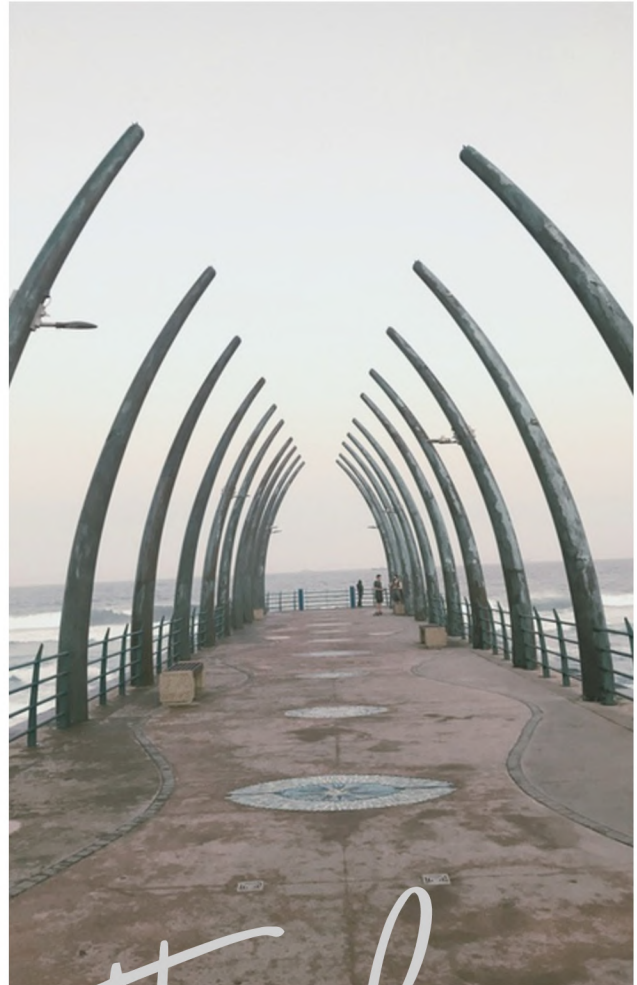
First and foremost I would like to extend my deepest thanks to Tarle Mathe for her bravery, openness, and trust in saying yes to a complete unknown from a stranger. Without that leap of faith, this magazine would never have taken its first step.

Thank you to Dr. Elsje Jordaan, Bongiwe Msomi, Jenny van Dyk, Nnusi Gazi, Kgotla PR, Netball South Africa, the City of Durban, Durban Fashion Fair and Zama Gumede.

To our advertisers - thank you for taking a chance on a new publication and enabling this magazine to be free for our readers.

Which only leaves me to thank you - the reader - for giving this a go. This is only the start, but you are here, and it began because of you all.

Harriet Millard - Editor



Whalebone Pier, Durban

With Thanks

INSIDE THIS ISSUE

Commentators' cheat sheet



It all begins at home



A year of highs and lows



Durban's creative pulse



Finding comfort in style



Balancing calm and chaos



A world awaits



EEGO

Recharge your foundation



www.eegolife.com

TARLE MATHE PROFILE

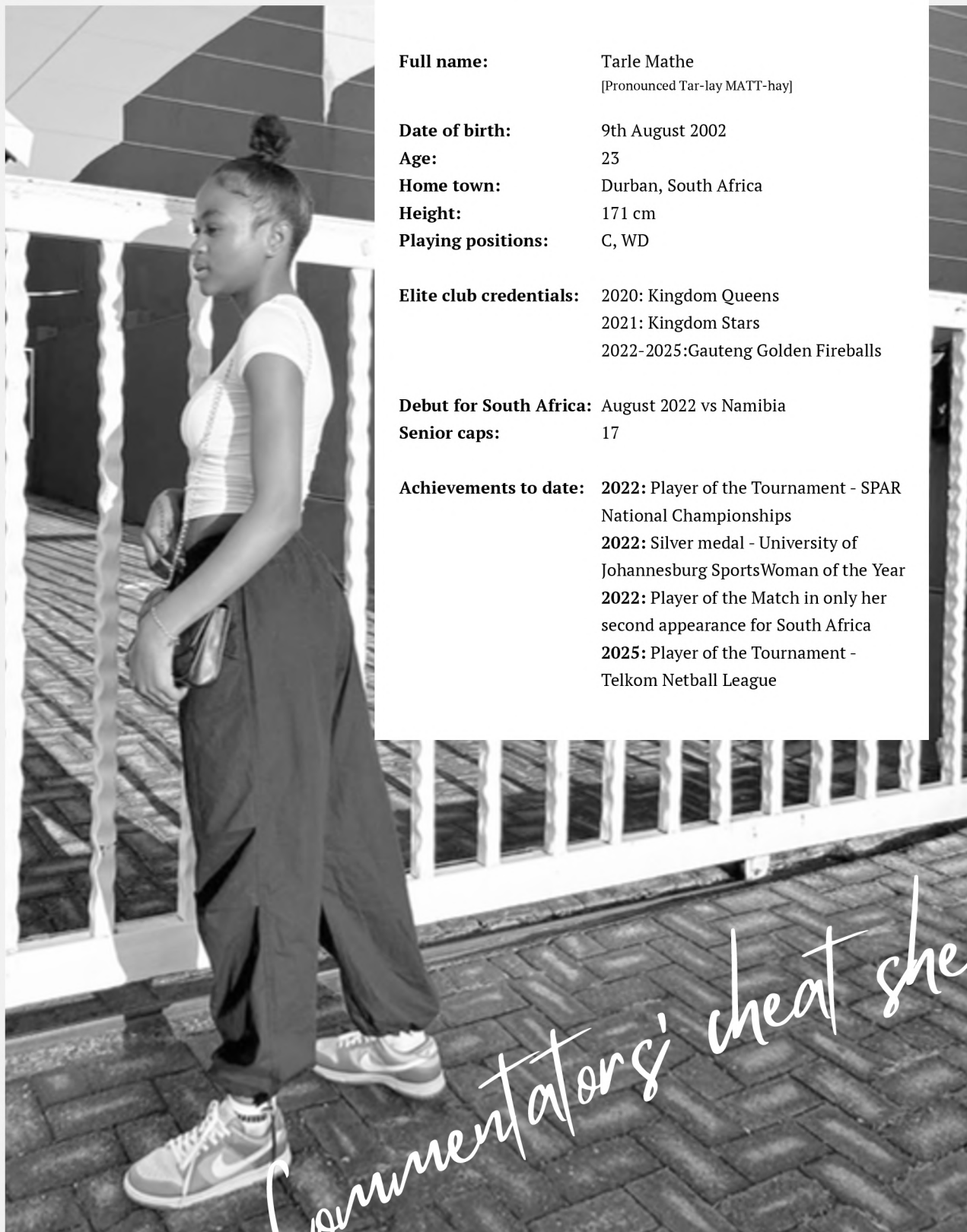
Full name: Tarle Mathe
[Pronounced Tar-lay MATT-hay]

Date of birth: 9th August 2002
Age: 23
Home town: Durban, South Africa
Height: 171 cm
Playing positions: C, WD

Elite club credentials: 2020: Kingdom Queens
2021: Kingdom Stars
2022-2025:Gauteng Golden Fireballs

Debut for South Africa: August 2022 vs Namibia
Senior caps: 17

Achievements to date: **2022:** Player of the Tournament - SPAR National Championships
2022: Silver medal - University of Johannesburg SportsWoman of the Year
2022: Player of the Match in only her second appearance for South Africa
2025: Player of the Tournament - Telkom Netball League



Commentators' cheat sheet

01

IT ALL BEGINS AT HOME

Tarle Mathe's story begins at home, in Durban, in the KwaZulu-Natal Province of South Africa. And while she now flies around the world to play netball, her journey is still grounded in the family support back home.

The second eldest of six children, Tarle was, and still is, surrounded by love. *"Since day one they've been supportive."* Her words come with a softness that makes it clear this isn't something she says lightly, it is the anchor of her life.

***"Since day one they've
been supportive."***

"I have a big family. A loving family. My childhood was so good. I was well taken care of with my parents being so responsible with me, it was such a good environment growing up."

Her family are at the centre of every story she tells: *"Everyone is caring and loving. During the good days they've been there and when I'm feeling down they've been there supporting."*

"They're always pushing me hard to do good in whatever I'm doing even when I'm not doing good, they always speak inspirationally."



Even now, based in Johannesburg, Durban is never far away. *“Any time I get, even if it's five days I'll just make sure that I book a flight to go home.”*

Faith is also woven through her words, as naturally as family. *“I put God first in everything I do. I have to trust God that he is with me like he's gonna guide me in every step I take and every decision I make, and also being disciplined and respecting the opponent.”*

Mathe's journey into netball was not through television or international heroes, but through the streets and schools of Durban. *“At the school I went to, you just did your school work and you went home. But where I was living, my friends were playing netball so I went with them and at aged seven or eight, I fell in love with it.”*

With siblings and cousins playing soccer, basketball and boxing, netball also ran through the family. *“My Grandma played netball so growing up it's been like netball, netball, netball in my household!”*



And it was her local netball community that lit the flame rather than inspiration from the elite game - as a child she was unaware of the international scene.

“Back in the days there was not much of an advantage of technology to sit and watch netball on telly, it was just locally, then maybe once in a year where you went to watch proper netball.”

At just ten years old, she knew. *“We were playing and we went to watch our seniors play netball. I was just sitting there and I was imagining: I want to be playing like these girls. I was so inspired by how good they were.”*

Her friends and coaches encouraged her, pushed her, and saw her potential. *“I wouldn't be here today if it wasn't for them back home.”*

Tarle's story begins with family, faith, and a love for the game that was about to grow into something bigger.

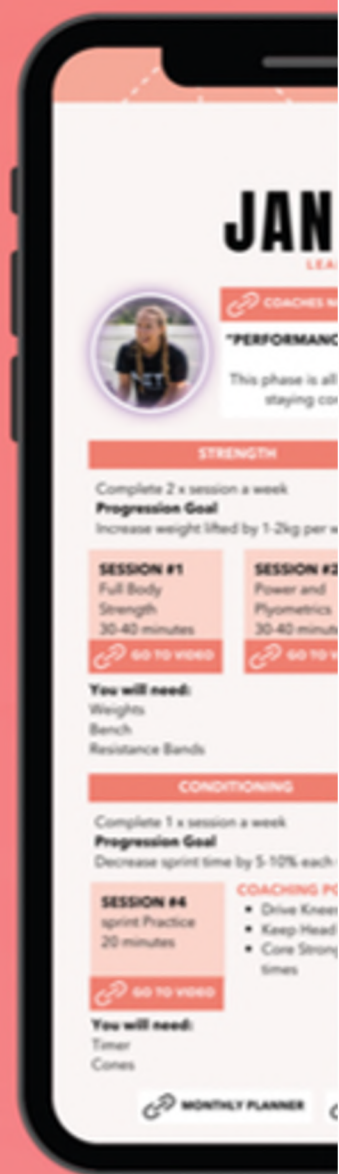


TRAIN LIKE AN ATHLETE

WITH

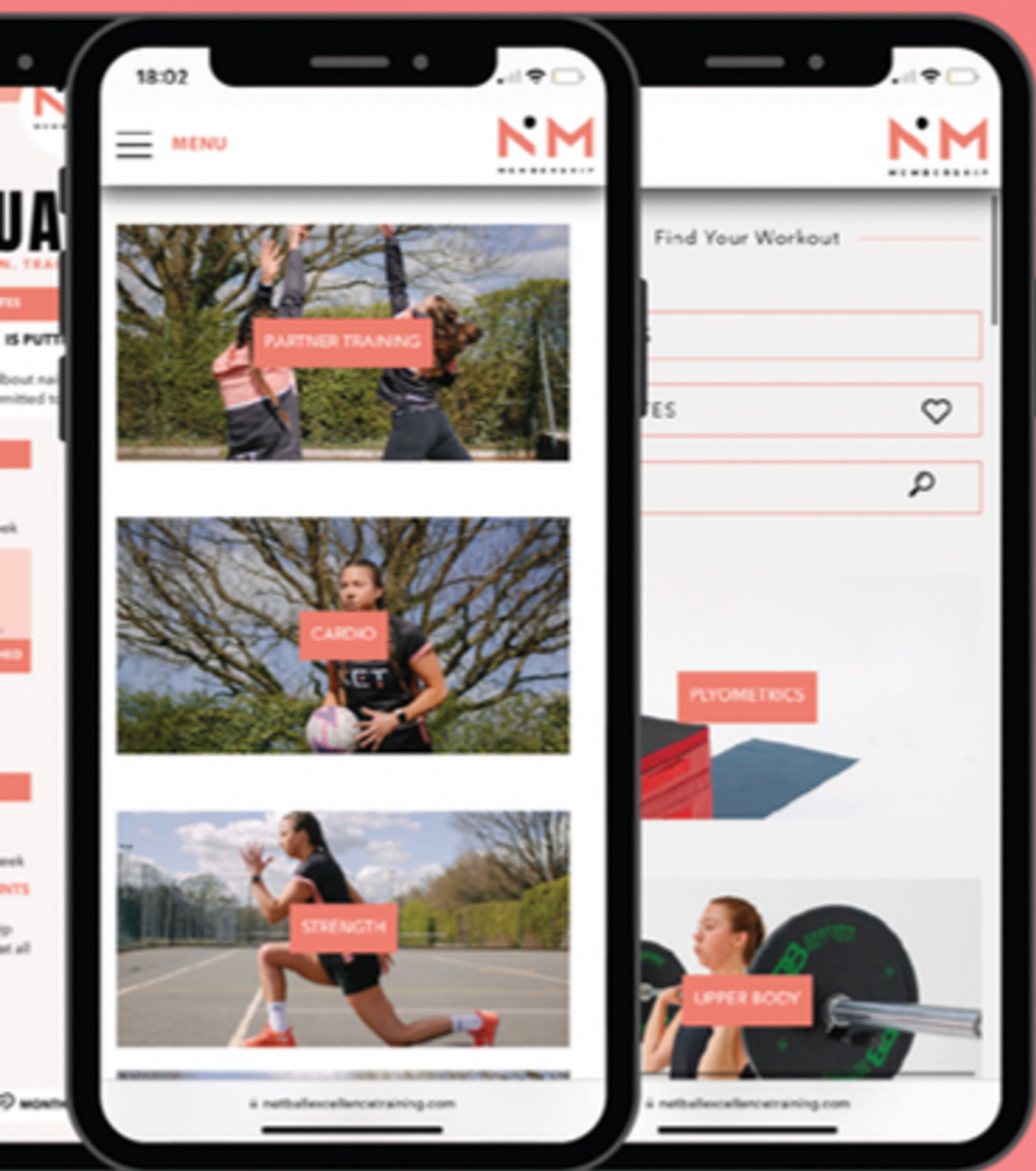
THE **NET** MEMBERSHIP

- Monthly Netball specific training plan
- Gym, Home and Court Sessions
- Flexible training schedule
- Training support videos
- No contract and easy sign up



BROUGHT TO YOU BY
NETBALL EXCELLENCE TRAINING

**ACCESS A PROGRESSIVE TRAINING
PROGRAMME EVERY MONTH TO
IMPROVE PERFORMANCE AND
DEVELOP STRENGTH, SPEED AND
AGILITY**



5 DAY FREE TRIAL

WWW.NETBALLEXCELLENCETRAINING.COM/NET-MEMBERSHIP

A YEAR OF HIGHS AND LOWS



02

For Tarle Mathe, 2022 was a study in contrasts. A season of dazzling triumphs tempered by the harsh realities of elite sport...

SuperSport wrote in 2022 that Mathe “*set the court ablaze with her performance*” - a line that continues to trail her.

Mathe describes how it felt to be picked back then. “*It meant everything...to represent my Province, and represent my family. I made myself proud and my family proud.*”

Gauteng Golden Fireballs Coach Dr. Elsje Jordaan told Courture that Tarle has been “*an instrumental player...her versatility in both attack and defence allows her to carry the workload of almost two players. It has been a true privilege to be part of her development since her early playing days - she was a member of the South African U21 team I coached, and our coach-player relationship has continued to grow over the years.*”

At just 20 years old, she stood at the threshold of her career, A rising star whose talent made the future feel limitless.

The early months brimmed with promise. At the Spar National Netball Championships, Mathe’s performances were electric: sharp, composed, and impossible to ignore. Her reward was the coveted title of Player of the Tournament, a signal that she had arrived among South Africa’s brightest young prospects.

In game play, Jordaan describes Mathe as “*fast and explosive*” and possessing excellent anticipation. “*Her game sense and intelligence make her an outstanding and dynamic defensive player. She is a tremendous asset and an instrumental part of the Fireballs’ success.*”

“I have complete trust in her whenever she steps onto the court.”

Mathe also particularly credits coach Bongiwe Msomi as being a key part of her career success: *"I'm where I am today because of her believing in me."*

Recognition followed Mathe off the court too. At the University of Johannesburg Sports Awards, she was honoured with the Silver medal for Sportswoman of the Year.

It was a moment of celebration not just for her, but for everyone who had watched her balance the dual demands of student life and high-performance sport.

But the same year that lifted her so high would also test her resolve. A devastating anterior cruciate ligament injury struck. Overnight, the rhythm of competition gave way to the slow, disciplined grind of recovery.

"It was a good season for me that year but also quite challenging. The toughest moment was because my family was away from me." says Tarle. "I had one friend keeping me going. Every time I needed something she was always there.

"It wasn't that bad because I had someone that I could cry to and I could go to. It was obviously a tough journey but like also looking back and where I am today, it was just God's timing."

The highs and lows of 2022 would prove defining. The accolades showed her brilliance; the injury revealed her resilience.

That year was not only a turning point, but also a foundation of proof that even in the most difficult moments, her story was only just beginning.

***"I'm where I am today because of
her believing in me."***

Mathe on Msomi

Grace is back for a third book...

Catch the latest in the series by Netballer and Author **Maddy Proud**:
Grace off the Court



Available at
amazon

03 DUR BAN



‘THE WARMEST
PLACE TO BE’

(Visit Durban’s tagline)



STEPPING ONTO GLOBAL STAGES: TARLE AND DURBAN'S CREATIVE PULSE

Durban has always been more than a surfers' playground. It's a rhythm, a palette and a creative stage, and the city that shaped Tarle Mathe.

This *Heritage Month*, the city hums with energy: the bold patterns of the *Durban Fashion Fair*, the vibrant artwork on the Florida Road basketball court, and the sounds that spill from its streets and clubs, indeed Durban was the birthplace of *gqom*, the raw, bass-heavy sound that has travelled from township dance floors to international stages.

Mathe's journey from Lamontville to national recognition carries the same qualities that define Durban itself: creativity, warmth and unapologetic pride in identity.



As Mathe's achievements begin to command national and international attention, Durban too is asserting itself as a hub where fashion, art, and music are not separate threads but part of the same cultural fabric. And this month, that fabric is on full display.

The 14th Durban Fashion Fair taking place at the Durban Exhibition Centre, is themed "The Awakening", with over 60 designers presenting collections, including 18 young creatives nurtured through the city's mentorship programme which has trained more than 350 designers since its inception.

The Fair is deliberately scheduled during Heritage Month, a reminder that fashion here is not simply about clothes but about history and identity.

Zulu beadwork, Indian silks, township streetwear are all owning a space on the runway.

The city's diverse cultural influences echo in the collections, creating a conversation between tradition and innovation.

While the runway commands attention indoors, Durban's streets tell their own stories. In June 2024, the Florida Road basketball court was unveiled as part of Hennessy's "In The Paint" initiative. Local artist Sphephelo Mnguni transformed the surface into a striking mural weaving in leopard print motifs - a powerful Zulu cultural symbol, and a deep ocean blue to represent Durban itself.

The court has become more than a sporting space. Positioned along one of the city's most vibrant cultural corridors, it represents the fusion of art, community, and urban life.

It is in places like this where Durban's creativity thrives: sneakers scuffed on the painted surface, music spilling from nearby bars, young people claiming space in the city with style and swagger.

For Mathe, Durban remains both origin and compass. Her rise reflects the same story unfolding in her city: local talent stepping onto national and global stages, rooted in heritage but restless in ambition.

Hennessy's 'In The Paint' collaboration at Florida Road basketball court, by Durban artist Sphephelo Mnguni



FINDING COMFORT IN STYLE

04

Tarle Mathe's style doesn't shout, it flows. Away from the court she gravitates towards effortless cool: jeans or baggy trousers with oversized hoodies or jackets layered over a cropped top.



Comfort is central, but it doesn't dull her personality. "I like clothes where I can feel free," she says. "Most times I wear baggy pants, big hoodies... I just feel comfortable like that. Sometimes maybe a crop top under, but always something loose. That's my style."

Oversized silhouettes are more than just a relaxed choice, they echo her character, a welcoming softness, with a touch of flair that makes her presence felt before she even takes the court.

And as family is never far from her mind and her fashion sense reflects the same groundedness. Nothing is too staged.

“At home they always support me, and I think that’s why I don’t need to dress to impress people. I just like to be myself.”



Instead, her wardrobe is confident - loud without being too flashy. Her look, like her on court game, is about balance: part comfort, part performance. Faded tees, ripped shorts, minimal jewellery, comfy ‘takkies’.





**"I just love fashion so much,
I love looking nice,
I love being cool."**

Melanique Glow™

Empowering Melanin-Rich Skin with Radiance and Care

At Melanique Glow™, we are the next generation in melanin skincare. More than a brand, we are a movement. We believe melanin-rich skin deserves specialised care that celebrates its unique beauty. Our mission is to inspire confidence and radiance, one glow at a time.

www.MelaniqueGlow.com



Glycolic Acid

Gently exfoliates to smooth skin and fade dark spots.

Niacinamide

Evenes skin tone, reduces dark spots, and boosts radiance.



Licorice Root

Brightens skin and helps fade discoloration.

Carrot Oil

Deeply nourishes melanin-rich skin and boosts radiant glow.



Vitamin C

Protects melanin-rich skin from damage and supports an even, healthy glow.

Coconut Oil

Softens, hydrates, and helps strengthen the skin barrier.



Azelaic Acid

Calm inflammation and targets dark spots in melanin-rich skin.

Arbutin

Gently fades hyperpigmentation for a more even skin tone.





Million Dollar Glow Illuminating Body Lotion

Glow like never before with the Million Dollar Glow Body Illuminating Body Lotion, designed to brighten, nourish, and enhance your skin's natural radiance. Infused with a powerhouse blend of Vitamin C, Carrot Oil, Niacinamide, Licorice Root, Azelaic Acid, and Arbutin, this luxurious formula works to hydrate, smooth, and even out skin tone for a luminous glow.



Brilliant Bright Exfoliating Body Wash

Reveal brighter, smoother, and more radiant skin with the Brilliant Bright Exfoliating Body Wash. Infused with a powerhouse blend of Vitamin C, Carrot Oil, Niacinamide, Licorice Root, Azelaic Acid, and Arbutin, this invigorating body wash gently exfoliates, deeply cleanses, and enhances your natural glow.



Brilliance Boost Toning Body Glycerine

Experience deep hydration and an even-toned glow with the Brilliance Boost Toning Body Glycerine. Infused with Vitamin C, Carrot Oil, Niacinamide, Licorice Root, Azelaic Acid, and Arbutin, this ultra-nourishing formula locks in moisture while visibly brightening and refining your skin's texture.



Super Elixir Renewing Face Serum

Reveal brighter, smoother, and more youthful-looking skin with the Super Elixir Renewing Face Serum—a powerhouse formula designed to hydrate, even skin tone, and restore radiance. Infused with Vitamin C, Carrot Oil, Niacinamide, Licorice Root, Azelaic Acid, and Arbutin, this lightweight yet potent serum works to fade dark spots, refine texture, and promote a naturally luminous complexion.



Radiant Power Daily Face Cream

Unleash the power of radiant skin with the Radiant Power Daily Face Cream—a deeply hydrating, glow-boosting formula designed to brighten, even skin tone, and nourish your complexion. Infused with Vitamin C, Carrot Oil, Niacinamide, Licorice Root, Azelaic Acid, and Arbutin, this lightweight yet ultra-moisturizing cream works to restore skin's natural glow while targeting dark spots and uneven texture.



Glow Essence Soap Bar

Transform your skincare routine with the Glow Essence Soap Bar, a radiance-boosting cleansing bar designed to purify, brighten, and nourish your skin. Infused with Vitamin C, Carrot Oil, Niacinamide, Licorice Root, Azelaic Acid, and Arbutin, this luxurious soap gently removes impurities while helping to even skin tone and enhance your natural glow.



Luminique Capsules

Advanced Skin Brightening & Cellular Renewal Formula. Glow from within Luminique Capsules, a powerful blend of skin-enhancing ingredients designed to brighten, protect, and rejuvenate melanin-rich skin. This advanced supplement works at a cellular level to support even skin tone, collagen production, and overall skin health, helping you achieve a luminous, youthful glow from the inside out.

BALANCING CALM AND CHAOS

05



Mathe at Table Mountain, Cape Town

High above the city in her modern Johannesburg apartment, Tarle Mathe has created a space that allows her to switch off, reflect, and recharge. *“It’s so peaceful because you can just sit and watch the cars and the highway,”* she says.

“I love my own space so I like to chill in my apartment but I also like going out with my friends and enjoy.”

There is a rhythm to her city life - quiet moments of solitude, punctuated by bursts of social energy. *“We go for lunch, and sometimes we go for late night dinners and that can turn out into party night.”*

That duality reflects the balance she brings to netball: discipline and structure, but ready for the unexpected. Even her routines echo the independence she developed growing up in Durban.

Tarle cooks for herself, preparing stews, rice, and pasta. "I started cooking since I was staying on my own now in Johannesburg." And if she could eat only one thing forever? Creamy Samp. A tribute to her roots and the flavours that shaped her childhood.

Life at the University of Johannesburg adds another layer to her balance, blending study with the demands of professional sport.

Maintaining equilibrium is as much mental as physical. *"I would say that's a mental thing. You know you have work to do to make sure you perform. This is your job, you chose this job."*

Off the court, Netflix, cooking, cleaning, and quiet reflection help her reset. Shows like *Stranger Things* and *Sin* offer a welcome escape, worlds away from the rigours of training.

Her personality shines in the little choices that reveal her instinctive independence. In a quickfire round of "This or That," when asked to choose between team bus banter or solo headphones, she opts for solo. Given the choice between early morning or late-night training, she goes late. It's a self-awareness and adaptability, paired with a playfulness.

And when it comes to routine versus unpredictability? "*Chaos*" she giggles.

That word feels like a perfect lens through which to view Tarle - rooted in discipline, guided by family and faith, yet open to spontaneity and energy. It's a complexity that defines her off the court and fuels her flair on it: a balance of control and freedom, strategy and instinct.



Legend

HOLIDAYS & EVENTS

LUXURY FAMILY HOLIDAYS
WITH SPORTING LEGENDS



JOIN US AT FORTE VILLAGE IN SARDINIA
FOR OUR NETBALL ACADEMIES!



- Kids aged 5 - 16
(Under 13's go free)*
- Expert Coaching
- Adult Activities
- Early booking offers

SCAN QR CODE FOR INFO

*When sharing with 2 full paying adults

☎ Call our team: 020 3488 6713 🌐 Visit: www.OurLegend.com



LEGENDS INCLUDE: Tamsin Greenway,
Serena Guthrie, Pamela Cookey, Karen
Atkinson, Karen Greig and more!



IMAGINE
NEVER
ROLLING
YOUR
ANKLE
AGAIN

A WORLD AWAITS

06

For Tarle Mathe, the world has opened in ways she only dreamed of. Netball has taken her from the courts of Durban to Jamaica, Malawi, and England, and this tour marks her first time traveling to New Zealand and Australia.

She trusts in the process: *“Just staying consistent throughout every season I go through. I know that being consistent and staying fit will take me to places and playing overseas.”* Tarle’s sights are set firmly on the professional leagues of England, Australia, or New Zealand. *“It’s my everyday dream that one day I want to see myself playing in the UK, Australia or New Zealand, but on God’s timing.”*

The ambition isn’t just personal. Looking ahead to the upcoming series, she is focused on performance and collective achievement. *“We are going there to compete and play really good netball. That is the main goal we have as a team. It would mean everything to win.”*

Tarle is mindful of the impact netball can have in South Africa, particularly in rural communities. *“Netball can be unnoticed in rural areas so a way to give back to the community would be to show it in these areas.”* The legacy of the 2023 Netball World Cup, hosted in South Africa, has helped shift this landscape. *“We had people from Netball South Africa going to communities and showing that the World Cup was coming here.”*

When reflecting on the mark she hopes to leave, Tarle’s humility shines through. She wants to be remembered as *“one of the greatest in all times and also one of the humblest people. Loving, always smiling.”*

And if she could speak to the 8-year-old girl who first fell in love with netball, her advice would be simple: *“Anything is possible, keep on working hard, just keep on following your dreams.”*

Her potential is clear not just in her words, but in the observations of those who have guided her. Fireballs coach Dr. Elsje Jordaan likens Mathe to the great Laura Langman, citing speed, exceptional fitness, *“and the ease with which she transitions between WD*



and C.” She predicts that “as she continues to gain experience, she will only become more efficient and carry an even greater load within the team.

“Despite still being very young, she has already shown remarkable resilience by overcoming the disappointment of a major injury. With her outstanding work ethic, focus, and determination, she has all the qualities needed to become a truly great player.

“Every time I watch Tarle, whether in training or during a match, I am amazed by her vision, anticipation, and ability to create something out of nothing. She is the player who can turn a game when the team needs it most, relying on pure talent to make that impact.

“At just 22, she already displays remarkable ability, and it is exciting to imagine how far she can go as a player.” added Jordaan.

SPAR Proteas Head Coach Jenny van Dyk told Courture that what stood out for Tarle's national call-up was her court sense and athleticism.

“She has an intuitive understanding of the game. She has the ability to read, anticipate, react and adapt to situations effortlessly.

“It's my everyday dream that one day I want to see myself playing in the UK, Australia or New Zealand...”

“Tarle is a playmaker and crafter. The type of player that can change the game for you when you need it most.”

For Tarle, every new destination and match is part of the journey. A world awaits, full of opportunities to test her skills, broaden her horizons, and leave her mark not just as a player, but as a role model for the next generation of South African netballers.

With focus, faith, and the resilience that has defined her career so far, Tarle Mathe is poised to turn every dream into reality - carrying with her always the support, love, and grounding of home.

And her National Coach has faith in her potential. “She is going to become one of the best players in the world.”

EDUCATING • EXPLORING • EXCELLING

SPECIAL OFFER!

JUNIOR NETBALL EASTER FESTIVAL 2026

AT
Disneyland
PARIS

£300

GROUP DISCOUNT*

FOR READERS OF COURTURE MAGAZINE

JUST CONTACT
SPORT EXPERIENCES AND
QUOTE **COURT25**

T&Cs: Applicable to groups of 20+ paying passengers.

Elite
NETBALL
ACADEMY

CONTACT A TOURS SPECIALIST TODAY

Call: 020 8335 4949

Email: team@sportexperiences.co.uk

 @SportExps

 Sport Experiences

 @sportexperiences

 @sportexperiences

www.ngttravel.com/our-brands/sport-experiences/



**sport
experiences**

next
generation
TRAVEL GROUP



INVESTORS IN PEOPLE
We invest in people Gold

*This offer can not be used in conjunction to any other offer from Sport Experiences.



**"She is going to become
one of the best players
in the world."**

SPAR Proteas Head Coach
Jenny van Dyk
