

Extreme Endurance Weekend 2-3 September



Percy French running through Kgaswane.



Vaughan Townsend enjoying the rock garden in Kgaswane.

Rustenburg – The Keystone Milling Mountain Race and Cycle Zone Kgaswane MTB Challenge will be hosted from Rustenburg Kloof on the weekend of 2-3 September 2017. Both events will start at 07h00 at Rustenburg Kloof and will follow routes from the Kloof into the Kgaswane reserve and back to the Kloof. A new challenge to endurance athletes: complete both the 25 km run and the 60 km mountain bike ride and earn a unique Kgaswane Extreme Challenge medal! The running mountain race will take place on Saturday 2 September and runners will have a choice of three distances: 5, 10 or 25 km. The MTB is on Sunday 3 September, also with three distances: 15, 35 or 60 km. All finishers of the running and cycling events will receive race medals. The Kgaswane Reserve is very special. There is no better way to explore the mountain than on your feet or on a bicycle. Pre-entries are open online at www.entrytime.com or manual entries are taken at Cycle Zone, Magaliesview Centre. For more info visit www.rtbmc.co.za for the running event or www.rustenburgcycling.co.za for the mountain bike event.

RCC rocks at Rotary Groot Marico MTB



Tracy Andrews, who came in 2nd in the 40km ladies' division.



Joha Oelofse, who came in 1st in the 50km men's division.



John William Lang and Willie van Eck, two cyclists enjoying the race!

Rustenburg/Groot Marico – The Rustenburg Cycling Club (RCC) partook in the Rustenburg Rotary Groot Marico MTB Challenge on Saturday, 12 August.

"Our RCC members performed excellent, herewith their results," says Christo van

Staden, chairman of the RCC.

In the 60 km men's division Dean Townsend came in 4th. In the 50km men, Johan Oelofse came 1st, Richard Roos 2nd and Johnny Lang 4th.

In the 40km race, John-William Lang and Willie

van Eck came in 1st in the men's division, Sheldon Kukard came 4th, Tracey Andrews 2nd in the ladies' division and Christa Venter came 3rd. In the tandem division, Hennie and Penny Fourie came 1st. Ilana Nemand came 1st in the 20km ladies' division.

3,000 safety bibs donated

Rustenburg – Select PPE, together with Royal Bapo Mining Suppliers donated 3,000 reflective bibs to 12 schools on Wednesday, 16 August.

The schools included were Tlaphi Morue Primary School, Maruatomma Primary School, Nkukime Primary School, Segwaelane Primary School, Sedupe Primary School, Kgwayape Primary School, Leokeng Primary School, Majakaneng Primary School, Seroaphata Primary School, St Cathrine Primary School, Segwetlane Primary School and Tebogo Primary School.

"By ensuring children are safe and visible while walking to and from school every day, we as companies are investing in the future of our children and a brighter future for South Africa. The smiles on these children's faces serves as true confirmation that giving is much better than receiving and we are indeed making a difference," Gert Potgieter, national operations manager of Select PPE, said. "It's better to give than to receive! As Select PPE we are placing great emphasis on this exact phrase, by giving back to our communities with the main goal of safety in mind."



Learners from Maruatomma Primary School in their new safety vests.

Face of TPN

Rustenburg – On Saturday 12 August, local model Alicia Roets was crowned the Face of TPN 2017. Alicia is a model from Globe Model Looks (GML). Earlier this year she was crowned Miss Golden SA in the 13-15 category and also won best hair. This stunning girl is a beauty to look out for in the future.



Alicia Roets, the Face of TPN 2017.

Karate kompetisie in die kerk

Rustenburg – Die Tokon Shotokan Karate Grappling Kompetisie het op Vrydag 11 Augustus plaasgevind by die Hervormde Kerk Rustenburg.

Grappling is een van die styl se afdelings wat onder meer Boogkuns, Swaardkuns, Shotokan Karate en vele ander wapens insluit. Die Rustenburg klub het baie goed gedoen en het 30 eerste plekke geneem. Sensei Pieter het eerste plek gevrat en Sensei Barney 2de. Vir meer inligting oor hierdie en ander kompetisies kontak TSKKIA Hoofkantoor gerus by 0824631073 of besoek ons web blad by www.tskkia.co.za.



Sensei Sonja Pieterse en Sensei Niven Stanton, senior dames instruktore van die Tokon Shotokan Karate klub veg vir eerste en tweede plek tydens die Tokon Shotokan Karate grappling kompetisie.

Sensei Pieter en Sensei Barney Venter pak mekaar tydens die Tokon Shotokan Karate grappling kompetisie.