

Time to dress up for the Fedhealth IMPI Challenge



IMPI Challenge warriors showing off their creativity at the Fedhealth IMPI Challenge in Cape Town. Photo Credit: Chris Hitchcock

Brits – Fedhealth will be hosting their third North-West IMPI challenge at Van Gaalens cheese farm near Brits on Saturday, 6 October.

A trail run with a twist, the Fedhealth IMPI Challenge encourages family involvement, healthy living and getting outdoors. Entrants can expect an adrenaline pumping experience that will test fitness levels, challenge fears; but most importantly celebrate accomplishments.

There are four categories to choose from when entering the challenge:

- IMPI Corporate: the 10km challenge distance with extra benefits
- IMPI Challenge: 10 - 12km with 18 obstacles
- IMPI Dash: 5km with 11 obstacles
- IMPI Mini: 1km with eight smaller supervised obstacles

IMPI Challenge is calling on all fashionistas and adventure seekers that live life on the creative side, to enter the IMPI Challenge's much loved 'best dressed' competition!

For more information on the Fedhealth IMPI Challenge contact info@impichallenge.co.za or visit www.impichallenge.co.za.

KFC Mini-Cricket festivals off to a big start



Back from left: Reginald Lubbe, general manager of KFC Safari; Don van Asperen, KFC area manager of Rustenburg; Vanessa Matshe and Kelebogile Sejwe, team members at KFC Tlhabane; Cathy van Heerden, marketing; and Tommy Phiri, cricket operations manager. Front from left: Consolation Mokohe, restaurant general manager of KFC Triangle; Gladys Motau, supervisor of KFC Tlhabane; and Nation Ntlame, NW cricket coordinator.

Rustenburg – Saturday, 18 August marked the first of three festivals in Rustenburg arranged by North West Cricket in conjunction with KFC-Mini Cricket. Approximately 330 children from the ages of five to 12 participated, filling the Zinniville Primary School sports field. Schools from all over the Rustenburg area competed at this regional festival to qualify for entry into the provincial tournament.

Gunret Foods owns and operates eight of the KFCs in Rustenburg and sponsored KFC Mini-Cricket t-shirts, balls, bats and equipment to the value of R64,000 for

the tournament. KFC is committed to giving back to the community and creating platforms which bring kids closer to their cricketing heroes through the KFC Mini-Cricket programme.

The next tournament will be held on 15 September in Phokeng, followed by the third tournament to be held on 20 October at Impala cricket club.

For any further details on the Regional KFC Mini-Cricket festivals contact Nation Ntlame, NWC Mini-Cricket coordinator on 072 693 6596 or 073 299 9382.

Ready to take on the world!



From left: Sempai Puleng Kock, Shihan Chris Seabelo and Sempai Nthabiseng Tabane.

Rustenburg – Two female students from the rural villages of Rustenburg are making inroads to the sport of karate, a field dominated by men the world over.

Puleng Kock of Chaneng and Nthabiseng Tabane of Kanana were amongst the candidates graded by the South African Japan Karate Association (JKA) at the All Africa International Grading in Johannesburg on 31 August.

Puleng is a student at Mankwe FET College and Nthabiseng at North West University in Potchefstroom campus.

The determination and resilient efforts of the two ladies over a period of six years, under the mentorship of Shihan Chris Seabelo attributed to their black belt achievements, a success story that some females rarely accomplish.

Rustenburg Christelike Akademie word 21!

Rustenburg - Die Rustenburg Christelike Akademie (RCA) skool het op 7 September 'n prettdag gehou om hulle 21ste bestaansjaar te vier. Tydens die prettdag

het hulle 'n kompetisie gehou waar die kinders 'n nuwe skepping vanuit afvalmateriaal moes maak. Alle eer aan God vir sy seëning oor hierdie skool.



Die kleuterskool se wenners met hul kreatiewe skeppings.



Rustenburg Christelike Akademie (RCA) vier hierdie jaar hul 21ste bestaansjaar.

Rugby Kampioenskapsreeks 2018

Nieu-Seeland vs Argentinië

Die All Blacks se oorheersing op planeet aarde is iets yslikus ou groene! Wanneer 'n ander land teen hulle speel, wonder die wêreld hoe ver die span gaan verloor. Dit is skrikwekkend as coaches na die tyd sê hulle het darem nie met meer as dertig punte verloor nie!

Met 'n stuk of sewe sleutel spelers wat 'n ruskans gegee is, klop die Kiwi's die Poemas 46-24 op 'n stampvol Trafalgar Park.

Die Kiwi's het ses drieë gedruk teenoor die drie van die Argentyne. Die diepte in Nieu-Seelandse rugby is net verstommend ou grote. Kyk nou die onbekende jong flank, Shannon Frizell, wat nooit eers amper Super ruggas gespeel het nie, en hy is die beste speler op die veld! Die All Blacks

speel dan volgende teen die Springbokke...

Australië vs Suid Afrika

In Brisbane verloor die Bokke 23-18. Hulle het dood eenvoudig pateties gespeel en gewys hoekom hulle agste op die wêreldranglys is. Hulle hoort nie eers onder eerste tien nie! Die ergste van als is, dat dit nie eers die Aussies se beste span was wat gespeel het nie. Van hulle sleutel spelers was beseer. Ai ou groene; hierdie is een groot gemors wat aan die broei is. Die Aussies speel volgende teen die Argentyne.

Nag ou groene...

SPORT Curriebeker 2018

Haaie vs Pumas

In die Haaitenk slaag die Durbaniete daarin om die moedige Pumas 28-12 te klop en 'n waardevolle bonuspunt in te samel. Coach Robert sal die wen vat, maar met 'n wrang smaak in die kies. Die Haaie sal baie beter moet presteer om die WP te wil ontroon. Die Haaie het volgende 'n loslootjie met die Pumas wat Vrydagaand teen die Bulle in Pretoria gaan uitdraf.

speel volgende tuis teen die Cheetahs.

Griekwas vs Blou Bulle

In 'n yskoue Kimberley klop die Bulle die Diamantboere in 'n opwindende game 45-40 ou grote. Die twee geelkaarte aan die Bulle was nie uitgebuit deur die tuisspan nie. Baie hanteerfoute was die nekslag van die Griekwas. Die Griekwas

Nag ou grote...

Goue Leeus vs Vrystaat Cheetahs

In Joburg klop die Leeus die Cheetahs verspotmaklik met 47-17 ou groete. Die Vrystaters kan gevlei voel met die telling want o aarde, hulle gaan nog baie pakslae kry hierdie Curriebeker seisoen. Die game van die naweek is die Leeus wat tuis teen die onoorwonne WP gaan uitdraf. Hierdie is vir beide spanne 'n belangrike game wat hulle lot gaan bepaal vir 'n tuis semi-finaal.

Weather Report North West RUSTENBURG

	Friday 14 September 2018	32°C - 11°C
Saturday 15 September 2018	34°C - 12°C	
Sunday 16 September 2018	34°C - 12°C	
Monday 17 September 2018	33°C - 13°C	
Tuesday 18 September 2018	34°C - 14°C	

Rainfall probability (%)

0

Sunrise 04:40

Sunset 17:49

At time of print

FINANCIAL INDICATORS

ZAR / USD	15.08	0.12%
Rand/Pound	19.58	0.26%
Rand/Euro	17.45	0.25%
Rand/Aus Dollar	10.72	0.11%
Dollar/Pound	1.30	0.25%
Pound/Euro	1.12	0.06%
GOLD	1,194.99	-0.12%
Platinum	784.40	-1.58%
Palladium	961.90	-3.23%

At time of print

SUDOKU

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