

CHALLENGING MOUNTAIN BIKE TRAILS

Rustenburg – Taking part in physically demanding mountain biking races is not only enjoyable, but also helps Rustenburg Cycling Club (RCC) members to maintain their high fitness levels. On Saturday 25 January, RCC cyclists participated in the Ottosdal Draf and Trap – an annual 84km outdoor mountain bike race.

The cyclists enjoyed the challenging mountain bike trails, road cycling races or taking part in the marathon.

Besides the gruelling competition and making new friends, they also enjoyed some good company, great music and entertainment, as well as a variety of delicious food.

Local cyclists also lined up to compete in the Fast one Roade race, held at Midvaal Raceway in the Meyerton area of Gauteng. This race, which was held on Monday 27 January, consists of a 97km, 50km and 28km race.

Well done to all the RCC members who took up the challenge of competing the races!



Caitlin Thompson (left) finished second overall in the 84km race.



Back from left: Mac Heyneke, Danie Lombard, JP Stringer, Michelle Stringer, Marlene Human, Johan Hattingh, Benita Koekemoer and Gerrie Koekemoer. Front from left: Alta Lombard and Johan Visser.

PUMA SCHOOL OF SPEED #3 TAKES POTCH BY STORM

Potchefstroom – On Monday 27 January track and field #FutureStars followed in the footsteps of Usain Bolt as they attempted to go #ForeverFaster at the PUMA School of Speed #3 that was hosted at the PUK McArthur Athletics Stadium in Potchefstroom.

Headed by Bolt, the PUMA School of Speed is a national series of five track and field meet that was launched in 2016 to identify exceptional young South African athletes who believe that their future is #ForeverFaster. The PUMA School of Speed #3 saw the junior track and field #FutureStars between the ages of 14 to 19 compete in the long and high jump, the 100m, 200m,

400m, 800m, 1500m, long jump and hurdles. Fields College learner Phemelo Moje took no prisoners in the Boys u/19 200m, crossing the finish line in a lightning-fast time of 22.13 seconds.

"This is the second time that I take part in the PUMA School of Speed and the first time I have won a medal at this event. My advice to other athletes is to train hard, do not take shortcuts, then you will make it," said Moje. For full results visit: www.schoolofspeed.com.

Extracts from STILLWATER SPORTS and the PUMA School of Speed Series press release, 27 January 2020



Phemelo Moje (yellow vest) won the 200m event in the boys u/19 category. Photo Credit: Tobias Ginsberg

MARIETJIE, DIE VOLGENDE GROOT STER!

Rustenburg - Marietjie Nortman is 'n model van R&B Models en is beslis iemand om 'n oog op te hou. Die 11-jarige model het die voorreg om afgerig te word deur een van haar grootste rolmodelle, Reney Beukes. Marietjie het in Augustus 2019 begin met modelwerk en van daar af nog nie teruggekyk nie. Sy het alreeds Eerste Prinses verwerf in verskeie modelkompetisies.

Volgens Marietjie is dit alles net 'n stap nader aan haar groot droom om Mej. Suid-Afrika te word. Marietjie is ook betrokke by liefdadigheidswerk vir haweloze mense. Die skoonheid gaan nog groot opslae maak!



Marietjie Nortman en haar afriger Reney Beukes van R&B Models.

GRENVILLE WELCOMES NEWCOMERS

Back from left: Jason Erasmus, Estelle Grobler and Tshepo Matlala. Front from left: Maria Bokhatse, Boitshepo Raborife, Jolindi Peyer and Nicola Boshoff.

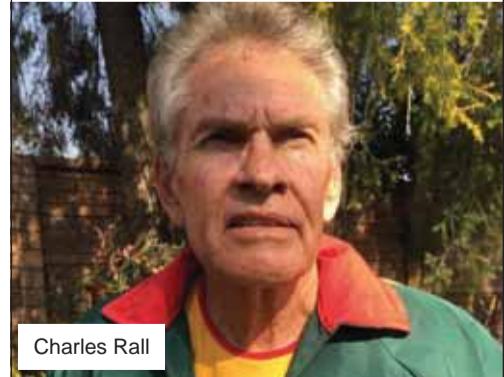


Rustenburg – Grenville High School is delighted to welcome seven new staff members, who joined them when the educational institution opened its doors on Wednesday 15 January for the 2020 academic year.

Maria Bokhatse, Boitshepo Raborife, Jolindi Peyer and Nicola Boshoff are now part of Grenville High School together with Jason Erasmus, Estelle Grobler and Tshepo Matlala.

May your journey at Grenville be a truly great one!

CHARLES RALL WEN GEORGE CLAASENS 10KM



Rustenburg – Op Saterdag 18 Januarie het Charles Rall die George Claasens 10km vir mans bo 70 jaar aangepak. Hy het die Protea Atletiek Klub se naam hoog gehou deur 'n eerste plek los te slaan met 'n skitterende tyd in die 10km kategorie. Welgedaan Charles!