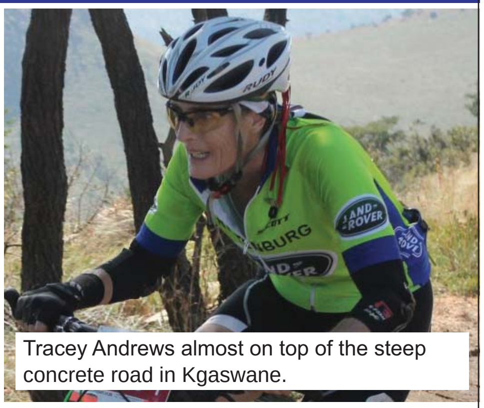
Extreme Endurance Weekend 2-3 September

Richard Roos negotiating the rock garden in Kgaswane.



Tracey Andrews almost on top of the steep concrete road 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, Magtaliesview Centre.

For more info visit www.rtbmc.co.za for the running event or www.rustenburgcycling.co.za for the mountain bike event.

Vikings teen Naka Bulle

Rustenburg – Verlede naweek, 8 Julie 2017, het Impala sy laaste tuiswedstryd in die Carlton liga teen die Naka Bulle gespeel. Die spanne het ongelukkig net-net verloor.

Daar is geen wedstryde hierdie naweek wat kom nie, maar die volgende wedstryde is op Saterdag, 22 Julie. Dan is dit die semi-finale van die Carlton liga waar Impala se 2de span, die Vikings, teen die Naka Bulle te staan kom.

"Enige iemand wat by die Rustenburg Impala klub wil aansluit, is meer as welkom om hoofafrigter, Nico Le Roux, te kontak by 073-177 8299. Oefentye is Maandae, Dinsdae en Donderdae om 18h00-19h30. Enigeen is ook meer as welkom om die manne tydens oefening te kom ondersteun. Kom loer gerus!" sê Naas Olivier, Newrak Impala Rugby klub besigheidsbestuurder.

Stars draw against Mbabane Swallows

Rustenburg/ Phokeng – The Platinum Stars drew 2-2 against the Mbabane Swallows on Saturday, 8 July 2017. Dikwena played against the team from Swaziland in the final group stages of the CAF Confederations Cup.

The match wasn't surrounded by much hype as both teams didn't make it from the group stage. Dikwena was trailing two-zero until the final stages of the match, around 72 minutes. The Malawian International, Robert Ng'ambi, was the hero of the day as he rescued the team by scoring a brace to level the score-which ended two all.

Platinum Stars are now out of the CAF Confederations Cup Tournament.

Golf tournament held in Rustenburg

Rustenburg – A prestigious group of u/17 Boys golfers from across the country gathered at the Rustenburg Golf Club for a week of training and competition in the SA Boys u/17 tournament. The event was held from Monday, 10 July to Friday, 14 July for the foundation phase in golf.

Approximately 95 u/17 players from all over the country took part in this exciting tournament, their ages ranging from 14-16. During this tournament the boys earned points towards their provincial and national colours, even though most of them already obtained provincial colours.

"Rustenburg was chosen because despite the winter, the course is still green and ready to play. It is a challenging course and means a lot to these young men," Coenie Schoonhoven, director of the North West Golf Union, said.

Before coming to Rustenburg, the boys were at St Francis in the Cape and Fancourt near George. After this tournament they will be travelling to Sun City.

The Rustenburg tournament is hosted in partnership with the North West Golf Union and Golf RSA. "These boys train very hard and offer up their free time for golf. They are doing very well and we will be watching their future with great interest," Eden Thompson of Golf RSA, said.

From Left: Brendan Snyman (Klerksdorp), Rémon Rabie (Pretoria) en Jaco Anderson (Klerskdorp), three members of the North West Golf Team.

Ephesians 1:7-8 (NIV)

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. With all wisdom and understanding

All Blacks vs British & Irish Lions

Op Eden Park in Auckland eindig die derde en laaste toets op dramatiese wyse gelykop met 15 elk. Met sowat 'n minuut speeltyd oor verander die Franse ref, Romain Poite, sy beslissing van 'n strafskop aan die All Blacks na 'n vaste skrum.

Hierdie omstrede beslissing sal nog lank langs die braaivleisvure betreur word ou groene. Dit is die eerste keer in die geskiedenis dat 'n toetsreeks gelykop eindig tussen die twee rugby reuse.

Die drie Barret boeties het ook geskiedenis gemaak om saam in een toets te speel en met die twee Savea broers ook daarby was dit baie spesiaal!

Die All Black kaptein, Kieran Read, wat in sy 100ste toets vir die All Blacks gespeel het, was glad nie tevrede nie. Die Leeus se *cappie*, Sam Warburton, het vandeesweek erken die Kiwi's was en is nog steeds die beste span op die planeet!

Maar puik *ruggas* is opgedis en die Britse Leeus bring altyd opwinding na die tafel toe, omstrede of nie.

Nag ou groene...

Superrugby Week 16

Reds vs Brumbies

In Brisbane klop die Reds die Brumbies 16-15 in moeilike, mistige omstandighede. Die Reds speel volgende teen die Highlanders in Dunedin. Die Brumbies reis Hamilton toe om teen die Chiefs te gaan uitdraf.

Force vs Rebels

Die Force wen 31-22 teen die Rebels in Perth in 'n opwindende Aussie derby. Die Force se lot moet nog bepaal word vir die 2018 Superreeks. Die Rebels speel volgende teen die Jaguares in Melbourne met die Force wat in Perth teen die Waratahs opdraf.

Waratahs vs Jaguares

Die Jaguares brul hard in Sydney en klop die Tahs verrassend 40-27 ou grote. Hierdie Argentyners het hul afrigters al grys hare besorg hierdie seisoen, soms briljant en net die volgende *game* nie meer nie... Die Waratahs beleef ook hul swakste jaar in 'n dekade. Die Tahs speel volgende teen die Force in Perth. Die Jaguares draf in Melbourne teen die Rebels uit.

Bulle vs Kings

Never say never! Die Kings klop die Bulle 31-30 op Fort Loftus, en ja ou grote, dis nie 'n April *fool* grappie nie. Die Kings se *cappie* en losskakel, Lionel Cronjé, sluit aan by 'n handjie vol spelers wat die besonderse prestasie behaal om 'n drie, 'n doelskop, 'n strafskop en 'n skepskop in een *game* te behaal. Hy teken 21 punte vir sy span aan en is gewis die beste no.10 op die oomblik in SA!

Die Bulle speel volgende teen die Stormers op Loftus met die Kings wat teen hulle stiefboeties, die Cheetahs, in PE vir die laaste keer uitdraf. Dit is ook nou amptelik dat die Cheetahs en die Kings nie meer in die Superreeks gaan deelneem nie.

Stormers vs Sunwolves

Op Nuweland, Kaapstad, klop die Stormers die Japannese melkwolwe 52-15. Hoekom die Japanners nog in die Superreeks gaan aanbly sal nugter alleen weet. Die Kapenaars reis Pretoria toe om teen die Bulle uit te draf. Die Sunwolves speel in Tokio teen die Blues.

Nag ou grote…

Calling all karate kids

Rustenburg – TSKKIA All Styles would like to invite all karatekas to a competition at the Ben Marais Hall from 16-17 September 2017.

"This competition will no longer be held at Sun City, as it has become too expensive and we would like to accommodate all karate students," Soritsu Sha Shihan Albert Venter said.

Entry fees are R250 per person. For more information contact 082-463 1073, email tskkia@gmail.com or visit www.tsskia.co.za.

Weather Report North West
Rustenburg

Friday	14	July	2017	26°C - 7°C
Saturday	15	July	2017	26°C - 8°C
Sunday	16	July	2017	24°C - 8°C
Monday	17	July	2017	26°C - 4°C
Tuesday	18	July	2017	21°C - 4°C

At time of print

Financial Indicators

Crude Oil	[OIL]	R	597.30
Gold Ounces	[XAU]	R	16,132.44
Platinum Ounces	[XPT]	R	12,142.65
Palladium Ounces	[XPD]	R	11,523.27
United States Dollar	[USD]	R	13.20
British Pound	[GBP]	R	17.07
Euro	[EUR]	R	15.03
Chinese Yen	[CNY]	R	1.95
Namibian Dollar	[NAD]	R	1.00
Lesotho Loti	[LSL]	R	1.00

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