

RTB Hengelklub Kompetisie



Die Rustenburg Hengelklub Komitee het bevestig dat die volgende kompetisie 'n dag-kompetisie sal wees wat gehengel sal word te Rockwalldam op die 29ste Mei 2011.

Lukas Holtzhausen is aan diens. Die lede kom 05h45 by die pompstasie bymekaar vir die inskrywing en vergadering. Daar sal gehengel word vanaf 07h00 tot 15h00.

Die komitee wil graag die nuwe lede wat by ons klub aangesluit het verwelkom. Geniet die hengel saam met ons! Vir enige navrae kontak die Voor-sitter, Lukas Holtzhausen of die Tesourier, Amalinda Holtzhausen by (014) 591-1180.

Hengelgroete
Rustenburg Hengelklub

Do you want to SkyDive this weekend? Feed your addiction!

SkyDive Rustenburg: 21 & 22 May 2011

Programme:

Saturday and Sunday wheels off at 08h00ish. Fun Jumpers, Sports Skydivers, Misfits and Rebels, you are all welcome!

But remember – no PASA no jump, no log book, no jump! We will be able to facilitate double AFF Instructor Levels 1, 2 and 3 on Saturday, single AFF Instructor AFF Levels 4-10 and ISPs on both Saturday and Sunday. As always, we will do our best to assist with any CAT Jumps, progression, and whatever else people request and require.

Any skydivers that want to come out, help out, and get involved are welcome, please let us know. Come along, fill your boots and feed your addiction!

Whilst we do not run a pre-manifest system, we would like to know if you are coming through, when you expect to arrive, how long you are around for, what your requirements are and what you would like to achieve.

Bookings are essential for Tandem Introductory Skydives as well as AFF Ground School and AFF Levels 1-10.

O, and before I forget, the official results of the South African National Skydiving Championships is available at www.para.co.za/documents.aspx.

For any additional information, please do not hesitate to contact us at rustenburg-skydiving-club@googlegroups.com.

19,600 Athlete's Nourishment...

On Friday 13 May 2011 the organizers of the Comrades Marathon announced that no less than 48 Refreshment Stations (Water Tables) will be available to the thousands of athletes running in the 86th Comrades Marathon.

The refreshment points will be manned by over 5 000 volunteers whose mission will be to ensure that every runner gets enough to eat and drink in order to sustain them throughout the 86.96km race.

Furthermore, as from this year Pepsi Cola will partner with the Comrades Marathon Association as the race's official carbonated-drink supplier and will provide Pepsi Cola, Mountain Dew and Mirinda along the route on race day! Athletes are urged to do the switch sooner rather than later as Pepsi Cola have agreed to sponsor the Comrades Marathon up to and including the 2013 Comrades Marathon.

Karate Kid from Rustenburg

Rustenburg – The influence that Rustenburg Karate (TSKKIA) has on the rest of South Africa's Karatekas was clearly visible during a very successful grading hosted at Lydenburg recently. The instructors of TSKKIA can be very proud of their students.

This is yet another example of just how fast Tokon Shotokan Karate, Ken & Iai Jutsu is growing in South Africa. TSKKIA is an affiliated member of FSKA (Funakoshi Shotokan Karate), IAI (International Association of Instructors), and KFC (Karate for Christ).

For any additional information, please contact TSKKIA Head Office at 082 463 1073 or e-mail us at shihanalbert@nashuaisp.co.za.

SELEKA se NUWE sak!

**WESenterprises se Meule afdeling,
(vroeër Thabazimbi
Roller Meule)**

**het 'n meer
moderne sak
ontwerp vir
hulle top
verkoper
mielie meel
- Seleka.**

**Die nuwe
kunswerk
weerspieël van
die produk self,
gedemonstreer
deur 'n skoon
beeld en 'n strewe na 'n groter
markaandeel, beide plaaslik en
buite Thabazimbi.**



Fitr: Sensei Lobke Reily from Lydenburg (2nd Dan), Shihan Albert Venter Head of TSKKIA, Rustenburg (5th Dan), Sensei Jolanda Hietbrink from Burgers Fort (2nd Dan) and Sensei Casper Coetzee (1st Dan), Rustenburg.

2011 Cross Country Running

The 2011 Cross Country Running season for Athletics North West North (ANWN) is starting this coming weekend.

DATE	LEAGUE	VENUE
21 May 2011	League 1	Karee Krans
4 June 2011	League 2	Rustenburg
16 July 2011	League 3	Zeerust
23 July 2011	League 4	Lichtenburg
6 August 2011	ANWN Prov. Champ.	Harties
10 September 2011	ASA Cross Country Champ.	Bloemfontein

The participation fee is only R10, but ALL requirements must be met. Let us make this year a success like all the other years before! Let us work together to make ANWN one of the best provinces in SA Cross Country! If you have any queries, please do not hesitate to contact me.

Greetings
Nic Soekoe
ANWN Cross Country Commission Chairman
084 048 7149

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