



SPORT

400 & 800 Spoed Toets

29 Oktober

FAST & FURIOUS



Oud Rustenburger, James Douglas sal sy titel van 247 km/h op die 800 meter kom verdedig op die 29ste Oktober 2011 (Rustenburg Vliegveld).



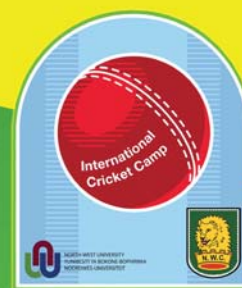
Rustenburg – 'n Oud Rustenburger, James Douglas, wat tans in Nigel op die Oos Rand woon, gaan met sy groen monster, 'n Nissan Skyline Turbo, sy titel op die 800 meter kom verdedig- 247 km/h. James behaal vroeër vanjaar op Tarlton International Raceway, 'n skitterende tyd van 10.51 sekondes in die kwartmyl. Verder behaal hy ook 'n baie vinnige 274 km/h op die ODI renbaan oor 1000 meter (1Kilo).

Eugene van Monaco Motors kan ongelukkig, weens ander verpligtinge, nie sy titel in die afdeling vir motorfietsse kom verdedig nie en 'n nuwe kampioen gaan hier gekroon word. Volgens "ingeligte bronne" kom daar egter 'n 1300 Hayabusa Turbo wat mik vir 300 km/h! Verder is daar nog 'n gros bikers van Jo'Burg af met hulle witwarm bikes. Gaan die Suzuki's weer koning kraai? Plaaslike deelnemers soos Johan Walker in 'n warm Ford Escort- 477 BHP, Anton Strydom met sy Mazda Trokkie- 550 BHP en 600 Nm! Steven Buys met sy Datsun GX en Christo Harmse in sy Toyota RSi en Leon van der Merwe gaan in die 2.0 liter Turbo klas die rubber brand en gaan poog om op die 400 'n spoed van ongeveer 210 km/h te behaal en op die 800 in die omgewing van 240 km/h.

Dawie Steenkamp gaan ook vir baie opwinding sorg met sy Suzuki Turbo wat al 245 km/h op die 400 en 280 km/h op die 800 gedoen het. Hy het ook al 9.6 sek op die kwartmyl op ODI gedoen. So, Rustenburgers, boys and girls, kom geniet hierdie opwinding saam met ons vir slegs R40 per persoon. Om deel te wees van "RUBBER BURNERS" gaan dit jou slegs R100 uit die sak jaag vir die 400 & 800 meter! Heerlike eet- en drinkgoed gaan beskikbaar wees en die biertuin belooft yskoue bruisdrankies. Onthou mense, hierdie dag se opbrengs gaan vir die RGA Skool!

Vir navrae kan u die volgende persone skakel: Willem – 082 777 0240 or Andre – 082 888 9478

INTERNATIONAL CRICKET CAMP 2011



Annually hosted in the beautiful Potchefstroom, the International Cricket Camp provides international professional players the opportunity to be coached by renowned coaches and gain experience alongside players of the same level.

Professional Camp (28 Nov-2 Dec) R 6000

The International Camp provides up-and-coming cricketers with a week of pristine cricket coaching including detailed video-analysis, in-depth mental and psychological coaching, personal technique evaluation and one-on-one sessions with coaches, whilst training and playing at some of the best facilities. Includes Pro20 and Limited overs matches. The camp is intended for first-class and very talented players that can hold their weight against top class cricketers. No players younger than 17-years of age, subject to approval of previous experience as a player. Includes meals, accommodation, official functions, training & transport to and from OR Tambo International Airport.

Amateur Camp (30 Nov-2 Dec) R 3000

This Camp focuses on up-and-coming cricketers that have played for their schools' first teams and/or made a provincial side. Training focuses on technique, video-analysis, sport psychology & skills training. Includes meals, accommodation, official functions & training. No players younger than 15-years of age.

School Camp (25-26 Nov / 5-6 Dec) R 650

Young cricketers ages 6-15 are taught the fundamentals of cricket by well-known and semi-professional coaches. Individual attention from coaches. Includes lunch daily, 20/20 Matches.

Coaches' Conference (2-3 Dec) R 1000

Lectures and demonstrations by professionals. Practical and applicable to all levels of coaching. Includes Coaches' Conference Function.

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