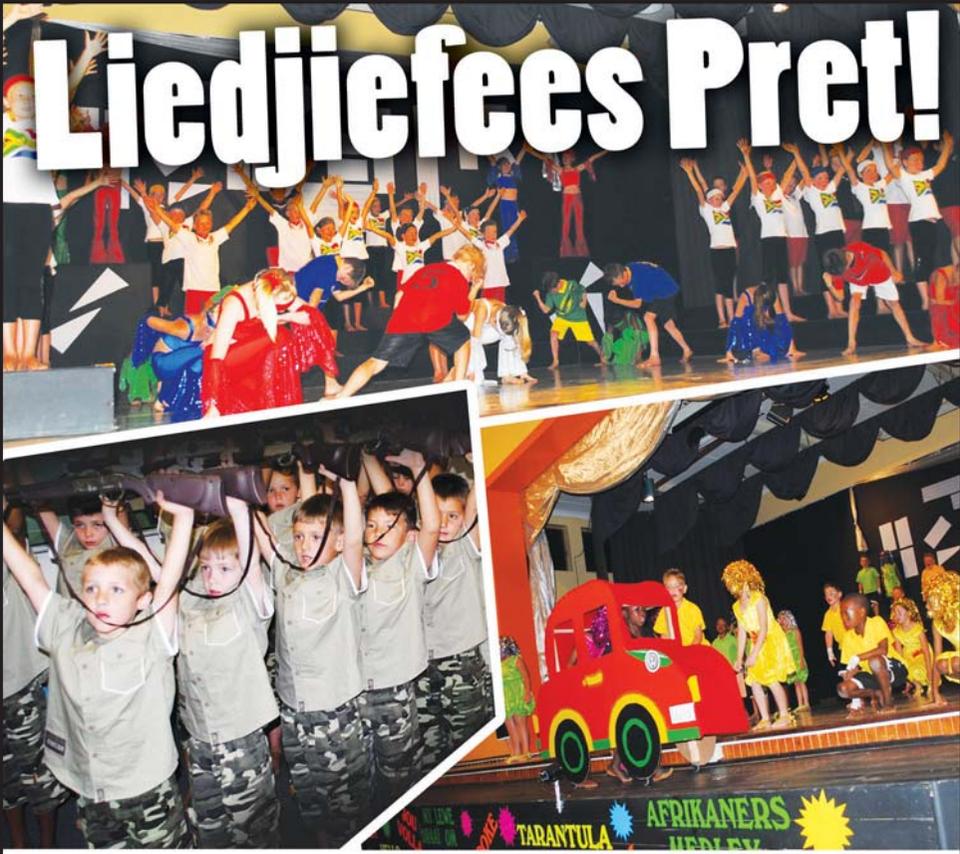


Liedjiefees Pret!



Klerksdorp – Laerskool Meiringspark het onlangs 'n wonderlike Liedjiefees aangebied, en die ouers en onderwysers het behoorlik gestraal met trots en opwinding. Dit was 'n reuse sukses; baie dankie aan al die betrokke mense!

It's the Final Countdown! Comrades 2012 Entry Process



Those up for the 2012 Comrades Marathon challenge should take heed – the entry process is nearing its end, with just one week to go till the final countdown! The three month entry period for the world's biggest ultra-marathon opened on 1 September and closes on 30 November 2011. Having already amassed close on 16 000 entries to date, the Comrades Marathon Association (CMA) has urged regular Comrades runners to make hay while the sun shines and enter within the week if they are not already part of next year's exciting race day. Top athletes from the Rainbow Nation and the rest of the continent have signalled their intention to compete in the 87th running of South Africa's most gruelling road-running event. Nearly a thousand runners from more than 50 countries have already entered The Ultimate Human Race, thereby showcasing the historic road-running contest as an all-inclusive international affair. Next year's June third event is a down-run starting at the Pietermaritzburg City Hall at 5h30 and ending twelve hours later at Durban's Sahara-Kingsmead Stadium. For logistical purposes, the enduring ultra-marathon has been capped at 18 000 par-

participants. Runners may enter at all Mr Price stores countrywide. To collect an entry form, please visit Sportsman Warehouse outlets, local running clubs, provincial sporting federations and the CMA. Alternatively, prospective participants may hand-deliver or post their completed entry forms and proof of payment to the CMA offices in Pietermaritzburg. Online entries can be accessed on the CMA website, www.comrades.com. Qualifying for the 2012 Comrades Marathon is applicable as of 29 May 2011 until 7 May 2012. Runners have been urged to take careful note of the entry criteria. For more details, please visit the www.comrades.com. CMA Race Director Johan Van Staden says, "We at the CMA truly value the continuing support of all our runners and I want to use this opportunity to remind them of the limited time and places available. There will be no additional entry period after the cap of 18 000 or 30 November has been reached, whichever comes first." It is worth noting that the Comrades Marathon is endorsed by the Guinness World Records as the biggest ultra-marathon on the planet! AWE-SOME!

Ready to Free-Fall???



Rustenburg – Is skydiving on your Bucket-List? No??? Well, maybe this could be the perfect holiday gift or expedition... starting the New Year with adrenalin and fun... an experience you will NEVER forget! So... NOW is the time to book. There is a slight change of plans in that SkyDive Rustenburg's last weekend of normal operations will be the 10th and 11th December. We will however do our best to facilitate any group bookings for any end of year functions or events – even during the week. That's the way we roll!

First Time Jumpers
Advance bookings are essential for Tandem Introductory Skydiving and AFF Training. If you haven't received our latest bookings and info email please request it.

Sports Skydivers
There is no rigid pre-manifest system in place. As a courtesy please let us know if you are coming out, what time you will arrive, as well as your intentions and expectations for the weekend. If anybody wants to "book" slots in advance for something specific we will of course do just that for you.

Everest Extreme - Something to add to your Christmas Wish List
Bookings are open for the October 2012 Everest Extreme Expedition. Check <http://www.everestextreme.com> for more info! NB: Mention that you read about it in this newsletter when booking and get a free t-shirt!

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2011 Annual Prestige Women Awards @ Sun City

Sun City – The 2011 edition of the Annual Prestige Women Awards was hosted at the Sun City Resort on Tuesday, 17 November in honour of women that go beyond their line of duty in helping their communities. The awards have now become a cherished tradition within SAPS since its inception in 2003. The event started by the judges observing the stalls that showcased the work of the ladies representing all nine provinces as well as the SAPS Head Office. Before the 2011 award winner was announced, the 2010 award winner, Constable Ntuli, explained how her dreams materialised after taking up her trophy. She developed as a person and was granted an opportunity to go for training in the USA. The event was graced by the presence of the honourable Deputy Minister of Police, Ms. MM Soty and the Acting National Commissioner, Lt Gen Mkwanazi. In her speech, the Deputy Minister expressed confidence in the leadership of the acting National Commissioner saying that we now have a Police Officer,

who knows the Police Service. She also expressed her disapproval of a situation where last year's Prestige awards Constable Ntuli remains a constable as she hands over to this year's winner. Lastly she challenged the organizers of the event to add a new aspect in their programmes and projects to deal with corruption and xenophobic matters. But the glamorous moment came when Constable Dimpho Prudence Nkosi, representing Mpumalanga, emerged as the winner. The first runner up was warrant officer Mariana Fouche (Northern Cape) and Ms Zharika Ursula Marais (Head Office) as second runner-up. It was also mentioned that historically winners of the event have always been ladies in the lower ranks of the organization. The acting Commissioner applauded good work done by the nominees and reminded everyone present of a time when men worked far from home, leaving woman to be the only source of hope and strength to children.

