



SPORT

Ferreira ready for XTERRA challenge



Reigning Cross Triathlon Junior Elite Men's World Champion, Michael Ferreira will make his XTERRA "long course" debut on Saturday, 21 January 2017 when he takes on the Fedhealth XTERRA at Buffelspoort Dam. Seen here: Michael Ferreira in action during the mountain bike leg of the 2016 Fedhealth XTERRA Lite at Buffelspoort Dam. Photo Credit: Tobias Ginsberg

Buffelspoort Dam – Reigning Cross Triathlon Junior Elite Men's World Champion, Michael Ferreira will make his XTERRA "long course" debut on Saturday, 21 January 2017 when he takes on the Fedhealth XTERRA at Buffelspoort Dam. "I took part in my first XTERRA Lite at Buffelspoort in 2014," says Ferreira. "Although I tried my hand at a couple of road triathlons, I was always a mountain biker at heart. I was able to make a name for myself in the XTERRA Lite Series. In 2017, however, I will be turning 20, which makes me old enough to move on to the long distance XTERRA. XTERRA Buffelspoort will be my first long distance triathlon. I plan to take part in all three XTERRA SA races: Buffelspoort, Nelson Mandela Bay and Grabouw." The world's premier off-road triathlon, XTERRA, combines an open water swim, with a challenging mountain bike course and an adrenaline pumping trail run. Each event highlights the true beauty of the area in which it is hosted.

Date:	Event:
Friday, 20 January 2017	Fedhealth XTERRA Kids
	6-8 years (50m Swim, 1,5km Cycle, 1km Run)
	9-11 years (100m Swim, 5km Cycle, 2km Run)
	12-15 years (200m Swim, 10km Cycle, 3km Run)
Saturday, 21 January 2017	Fedhealth XTERRA: 1.5km swim, 26km MTB, 12km trail run
Sunday, 22 January 2017	XTERRA Trail Run: 12km and/or 6km
Sunday, 22 January 2017	Fedhealth XTERRA Lite: 400m swim, 19km MTB, 6km trail run

For additional information or to enter the Fedhealth XTERRA Buffelspoort, Nelson Mandela Bay or Grabouw, contact 082-991 0045 or visit www.stillwatersports.com

Suppa Rugga Chunks



- Manne, die nuwe jaar is op ons, en die ruggas wat vanjaar opgedis word, belowe om vir groot opwinding te sorg. Die 2017 Super Rugby Reeks skop af op 23 Februarie.
- Die Hurricanes, 2016 kampioen, sal verseker van die begin af inklim om hul titel te verdedig. Hulle het nie sleutelspelers afgestaan nie en sal beslis weer 'n faktor wees om mee rekening te hou.
- Die Goue Leeus was Suid-Afrika se beste span in 2016 en sal ook weer hard brul in vanjaar se reeks.
- Die Haaie gaan met 'n nuwe coach, by die naam Robert Du Preez, hul seisoen afskop en kan heel moontlik die ander SA span wees wat kan verras.
- By die Brumbies gaan die Aussie speler, Christian Lealifano, wat met Leukemie gediagnoseer is, ingespan word as een van die hulp afrigters.
- WP Rugby is bankrot en soek 'n nuwe baas. Dok Craven sou nie die een oorleef het nie! Die Stormers sal wel nog aan die reeks deelneem.
- Die Cheetahs sal wil voortbou op die 2016 Curriebeker welslae onder leiding van Franco Smith en wil wys dat hulle saam met die groot honde van Super Ruggas kan blaf.

Karatekas ready for 2017

Rustenburg – The Tokon Shotokan Karate Ken & Iai Just A/C Honbu Dojo in Rustenburg is ready for action this year. Under the leadership of Soritsu-Sha Shihan Albert Venter, the 2017 events are already booked back-to-back. The 1st extra Kata class for Grading is scheduled for 11 February 2017. For more information on this grading, contact TSKKIA h/o on 082-463 1073.



Congratulations top Sensei Tana Maia on her Grading to Shodan (First Dan). The grading took place at the Tokon Shotokan Karate Ken & Iai Just A/C Honbu Dojo in Rustenburg at the end of 2016. Sensei Tana is one of the club's top female fighters and will now be sharing her knowledge as Instructor. In the photo with Tana is Soritsu-Sha Shihan Albert Venter, founder of Tokon Shotokan Karate and of TSKKIA All Styles International.