



SPORT

Scheffer, Badenhorst claim XTERRA Trail Run victories

Buffelspoort – Altus Badenhorst and Leilani Scheffer (from Rustenburg) set the course ablaze in Buffelspoort on Sunday, 22 January 2017 completing the 12km XTERRA Trail Run in 52 minutes 34 seconds and 01 hour 34 seconds respectively. According to Badenhorst, the 12km XTERRA Trail Run route was challenging. “I come from a road running background. I entered the XTERRA Trail Run for the variation. I love being out in nature and will definitely be back next year.” Johnny Young came in second, while Herman Muhder rounded off the podium on the day. “Today was very nice,” says Scheffer. “The water points were perfectly placed. The weather was nice and cool. My goal for today was to enjoy the race. This is definitely an event that I’d like to do every year. My next event will be the Cell C AfricanXTrail-run in the Western Cape. I’ll be teaming up with Carla Van Huyssteen.” Adel Terblanche came in second, while Lilandi Swanepoel finished third. Zandre Du Plessis’ finishing time of 26 minutes 22 seconds secured him the top spot on the podium in the men’s 6km XTERRA Trail Run. “I am really happy with my time,” says Du Plessis. “A friend of mine entered the XTERRA triathlon. So I came along to do the trail run. It was a very nice event. The routes are beautiful.” Liam Theunissen came in second, while Divan Scholtz finished third. Lizzy Dhiwayo was the runner to beat in the women’s 6km XTERRA Trail Run crossing the finish line in 28 minutes 58 seconds. According to Dhiwayo, she is training for Cross Country races. “The route was really nice. I am very happy with my performance.” Mia Jooste came in second, while Stefanie Ash finished third.



Altus Badenhorst and Leilani Scheffer set the course ablaze in Buffelspoort on Sunday, 22 January 2017 completing the 12km XTERRA Trail Run in 52 minutes 34 seconds and 01 hour 34 seconds respectively. Seen here: Leilani Scheffer in action during the 12km XTERRA Trail Run at Buffelspoort Dam. Photo Credit: Jetline Action Photo.

Super Rugby 2017



Die Bulle en die Lions speel Saterdag in Harare, Zimbabwe, in 'n opwarmingsgame teen mekaar. In die Bulkamp word daar breed geglimlag oor die terugkeer van Handré Pollard. Nog 'n aanwinst is Jacques Potgieter, wat sy terugkeer na die span maak.

Die Lions het egter slegte nuus ontvang met die skielike uittrede van die kookwater flank, Warwick Tecklenburg. Hy wil voortaan sy volle aandag by sy besigheid en gesin bepaal. Die Leeus se staatsmaker voorry man, Julian Redelinghuys, is ook nog nie seker wanneer hy sy terugkeer na die speelveld kan maak nie. Hy het 'n nekoperasie ondergaan na hy beseer is in die halfeindstryd in verlede jaar se Curriebeker seisoen.



Die Stormers en die Cheetahs pak mekaar ook in Harare Saterdag in 'n opwarmings game. Die Vrystaters se 2016 droomseisoen kan hulle dalk een van die gunsteling in vanjaar se Superreks maak ou grote.

As hulle by die tempo van Superruggas kan aanpas met hulle styl rugby wat hulle speel, kan hulle gewis saam met die groot honde blaf.

Nag ou grote...



Brad Edwards and Nicolette Griffioen claimed gold at the first XTERRA race of the season, the Fedhealth XTERRA Buffelspoort in the North West Province on Saturday, 21 January 2017. Seen here: Brad Edwards in action on the day. Photo Credit: Tobias Ginsberg.

* The Fedhealth XTERRA Buffelspoort pitted athletes against a 1.5km swim, followed by a 26km mountain bike course before finishing off with a 12km trail run. Edwards had a stellar day out on route, leading the men’s race from start to finish. “I’ve learnt not to desire one big outcome, but instead to focus on each discipline individually. On the swim I worked hard at having a good stroke. I know that if I tick all the smaller boxes the outcome will be good. I’ve dreamed about winning an XTERRA. Crossing the finish line first today can be likened to when I won the under 23 Cross Tri World Championship.”



Cool weather greeted a spectacular field of adventure seekers at the start of the Fedhealth XTERRA Lite at the Buffelspoort Dam on Sunday, 22 January 2017. Nico Sterk obliterated the field in the men’s race, crossing the finish line in 01 hour 15 minutes 47 seconds. Hayley Preen was the lady to beat with an impressive finish time of 01 hour 29 minutes 59 seconds. Seen here: Nico Sterk in action! Photo Credit: Tobias Ginsberg.

Warriors spring weg met 'n vaart!

Rustenburg – Die Rustenburg Warriors, onder leiding van John Griffiths (hoofafrigter) het alreeds in volle vaart weggespring. Die eerste oefening sessie was Maandag, 23 Januarie 2017 om 18h00 by Bobbies Rugby klub. Alle belangstellendes wat by die manne wil aansluit, kontak vir Griffiths by 079-849 0813 of deur 'n e-pos aan john.griffiths@implats.co.za te stuur.