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Gear up for the monster!



Mountain biking enthusiasts in action during the 2017 FNB Magalies Monster MTB Classic. Photo Credit: Tobias Ginsberg

Buffelspoort – Adventure seekers of all ages will flock to the 16th annual FNB Magalies Monster MTB Classic and the 6th annual FNB Platinum Trail Run will take place at the ATKV Buffelspoort on Saturday, 2 June and Sunday, 3 June respectively. For more information on the FNB Magalies Monster MTB Classic or FNB Platinum Trail Run contact Stillwater Sports on 082-991 0045, email entries@stillwatersports.com or visit www.stillwatersports.com.



Trail running enthusiasts in action during a previous year's FNB Platinum Trail Run. Photo Credit: Tobias Ginsberg

GRADING TO SUCCESS

Rustenburg – There is no stopping Tokon Shotokan Karate Rustenburg as seen in the last overall grading that took place on 3 March.

About 89 students from the Rustenburg Club were successfully graded. Gradings included Shotokan Karate, Gendaiteki Kyujitsu (Japanese Archery) and Gendaiteki Ken Jitsu (Japanese Sward Art).

This accomplishment is greatly due to the excellent team of instructors that worked tirelessly to give the best to all the students associated with Tokon Shotokan Karate International. Having been licensed as Instructors they make up the grading panel.

For more information on this and other gradings, please contact the TSKKIA HQ at 082-463 1073 or visit their website at www.tskkia.co.za.



Progressing through the grades: Here with Shihan Albert, founder of Tokon Shotokan Karate International, is group 1 of the Rustenburg Grading. From left: Joshua Coelho, Chande Venter, Fanie van Emmenes, Zandri De Beer, Thando Sekhu, Aiden Zaayman, Charlu Vorster, Eben Van Niekerk, Simon Snyman, Hugo Coombe, Graham Roberts, JW Koekemoer, Adrew Robinson, Liam Van Niekerk, Hanru Beyl, Marno Boonzaier, and Christoff Hatting.



Rustenburg Tokon Shotokan Grading group 2: Here with Shihan Albert Venter is Makayla Du Plessis, Nadia Bekker, Mieke van Aspren, Marinda Bekker, Eathan van Asperen, Roane Steffen, Justin Naude, Collin Joubert, Henco Viljoen, Stephan Van Emmenes, J Gvan Emmenes and Bakang Mathekga.



Grading panel, from left: Sensei Almarie Venter, Sensei Nicky Stander, Sensei Nivenka Stanton, Sensei Pieter Venter, Shihan Albert Venter (founder), Sensei Tana Maia, Sensei Anastasia Jakiel and Sensei Celeste Green. Absent: Sensei Aryan Patel.

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Silver medal for Shakirah Rahman

Rustenburg – The South African Schools Athletics club hosted its annual national primary athletics championships from 15-17 March at Paarl in the Western Cape. The North West province was represented by Shakirah Rahman from Zinniaville Secondary School.

Shakirah participated in the u/10 girls long jump. The competition was very stiff and the young dynamite from the Karlien Park Community went all the way to be placed number two with a personal best of 4.02m and received a silver medal.

Congratulations to Shakira Rahman, you flew the Zinniaville Secondary School flag high at the national athletics championships!

