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Kiewiete leer van NOODHULP

Rustenburg – Die Graad 2 Voortrekkerspanne was op 3 September behoorlik op hulle stukke en het met behulp van Rulof van Staden as mediese beampte geleer van noodhulp. Hulle het onder andere geleer hoe om op te tree in 'n noodsituasie en ook wat om te doen met skraap- of brandwonde, asook wat om te doen iets hulle byt of steek. Vir meer inligting kontak Carien van Niekerk van Magalieskruin Voortrekkers, adjunk kommando leier vir bemarking, by 073 192 8850.



Mineke Campbell en Rulof van Staden



Alida Heyns met haar speel-speel gebreekte arm



Jaylin Venter en Rulof van Staden

Karatekas upgraded

Rustenburg – Congratulations to the junior students of the Tokon Shotokan Karate Academy on their grading that took place from 23 to 28 July. In total, 78 students, training under the guidance of Shihan Albert Venter and the dedicated Rustenburg instructors, successfully

graded and was promoted to their next level belt. For more information on this and other gradings, contact the Traditional Styles Known Knowledge In Action (TSKKIA) headquarters at 082 463 1073 or visit www.tskkia.co.za.



Junior Tokon Shotokan Karate students and instructors.

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Spur Schools MTB League leads the way

Thrill and excitement filled the air as young budding mountain bikers hopped onto their saddles and pedalled hundreds of kilometres in the #2, #3 and #4 events of the 2018 Spur Schools MTB League. The League is in full swing and riders are racing in earnest as the October final in Magaliesburg edges closer.

The weekend of 18 August's events took place in the North West, Limpopo, the Southern Cape, Mpumalanga, KwaZulu-Natal and the Eastern Cape. According to race directors in these respective provinces, riders covered a whopping combined 6,767.68 kilometres at the six events.

In the North West, race director Deon Steyn explained that 178 riders took to the track and raced a total of 1,920 kilometres and 392 laps. The top performing high schools are: Rustenburg High School (1); Wesvalia High School (2) and Wagpos High School (3). The league, currently in its tenth year, is South Africa's largest high school cycling programme and the main nursery for talent in the sport. **For more information on results visit www.spurmtbleague.co.za.**



Gustav Reneke, a sub junior rider, from Rustenburg High School.

CURRIEBEKER 2018



Pumas vs WP

In Nelspruit klop die Kapenaars die tuisspan gemaklik 57-28. Die Pumas het egter end-uit probeer en behaal dan ook 'n waardevolle bonuspunt vir vier drieë. Die WP gaan moeilik van hulle titel afstand doen. Die voor- en agterspelers kombineer puik en druk agt drieë. Die Pumas het nog baie werk voor en kan dalk een van die spanne in die uitspeel rondtes wees. Die Pumas speel volgende teen die Haaie in Durban met die WP wat 'n blaaskans kry.

Cheetahs vs Haaie

Die Blikore veroorsaak amper die vroeë skok van die seisoen en verloor net-net teen die Haaie 29-33 in Bloemfontein. Die 23-tal van die Vrystaat is eintlik die B-span met die voorste spelers wat tans in die Pro-14 meeding... Dit is egter nie die ander unies se probleem nie, maar die outjies het nie te sleg gevaar teen die Haaie nie. Aan die ander kant het die Haaie vrot gespeel ou grote. Die Haaie speel Vrydagaand teen die Pumas in Durban met die Cheetahs wat teen die Lions in Joburg gaan uitdraf.

Blou Bulle vs Leeus

Op Fort Loftus word die handjievool ondersteuners getakseer met goeie ruggas. Die Leeus wen hierdie opwindende game 38-35. Die Bulle se Ruan Steenkamp druk drie drieë en was die beste voorspeler op die veld. Shaun Reynolds het vir die Leeus 'n goeie vertoning in die no 10 jersey gehad ou grote. Die Bulle speel volgende teen die Griekwas in Kimberley en sal moet wen om nog saam met die groot honne te blaf. Die Leeus speel volgende in Joburg teen die Cheetahs.

Nag ou grote...

2018 RUGBY KAMPIOENSKAPPE

Saterdag 8 September 08:35 Trafalgar Park
Nieu-Seeland vs Argentinië

Saterdag 8 September 11:00 Suncorp Stadium
Australië vs Suid Afrika

Nag ou groene...



Weather Report North West RUSTENBURG

Friday 07 September 2018	29°C - 11°C	Rainfall probability (%)
Saturday 08 September 2018	24°C - 06°C	0
Sunday 09 September 2018	24°C - 07°C	
Monday 10 September 2018	24°C - 09°C	
Tuesday 11 September 2018	27°C - 12°C	

At time of print

FINANCIAL INDICATORS		
ZAR / USD	15.48	-0.72%
Rand/Pound	19.86	-0.39%
Rand/Euro	19.89	-0.54%
Rand/Aus Dollar	11.10	-0.59%
Dollar/Pound	1.28	-0.10%
Pound/Euro	1.11	-0.01%
GOLD	1,192.92	-0.75%
Platinum	775.80	-1.55%
Palladium	970.00	-1.02%

At time of print

SUDOKU

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2		5			8		
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8			7		6		

6				8	9	1	
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	1					6	2
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9							7
	6			8	4		
2	8	1				3	
			9		2	4	
	7	3	1				8