



Rustenburg – Hospice Rustenburg will be hosting its annual golf day The event will take place on Friday 16 August at the Rustenburg Golf Club. This event is one of Rustenburg Hospice's major fundraising drives and by supporting this golf day, you and your company can support this noble cause. Hospice Rustenburg has been serving the Rustenburg and Bojanala community for 22 years by providing excellent palliative care, free of charge to patients and their families with life-threatening illnesses. Your support for the event, by means of participation or as a sponsor of prizes, cash, tee or green will be highly appreciated. Should you require any additional information, please do not hesitate to contact Reinette van Aswegen or Antoinette van Wyk on 014 592 8925, hospiceshop2@gmail.com or hospptb1@mweb.co.za

CYCLING FOR A WORTHY CAUSE



Rustenburg – Many cyclists turned up for the 18th annual Groot Marico mountain bike race, which was held on Saturday 3 August to raise funds for a local orphanage. The race started at the Bosman terrain in Groot Marico, with participants taking part in the 60km, 50km, 40km, 20km and 5km races. Both novice and experienced riders took part in the various races and played their part in helping the less fortunate. Rustenburg Cycling Club (RCC)'s own John Andrews was the winner in the male 60km race with Tracey Andrews taking the chequered flag for ladies 50km race.

GOOI MAAR JOU TOKSE AGTERNA!

Rustenburg – Ons is baie trots op Newrak Impala se eerstespan wat die afgelope naweek, 3 Augustus, Centurion aan hulle ore opgehang het.

Die eerste span wen 38-19 in 'n wedstryd wat deur Naas Olivier, Newrak Impala klub bestuurder, as indrukwekkend beskryf is. "Dit was 'n mooi wedstryd en ek is trots op die manne."

Drieë is gedruk deur André Grobler, Tiaan Bornman, Jaco Botha, Berto van Wyk en Maverick van der Merwe. Berto van Wyk het beïndruk deur 13 punte met sy tokse aan te teken, en totaal 'n van 18 vir die wedstryd. Welgedaan!

Die tweede span wen met 31-26 maar die derde span verloor met 40-12.

Ons sien uit na die volgende wedstryd wat op Saterdag 17 Augustus op tuisvelde gespeel word teen ons buurmanne, Northam. Dit gaan 'n grote wees!



MILESTONE FOR TWO KARATE INSTRUCTORS

Rustenburg –Tokon shotokan proudly celebrated two karate instructors who were promoted from the rank of sensei to shihan on Sunday 7 July. This recognition was given for their outstanding work while teaching the discipline and grooming a lot of talented black belt students.

Senseis Lobke Riley and Drienie Shaw were

both promoted to the rank of shihan.

Kancho Albert Venter, the founder of tokon shotokan karate and Traditional Styles Known Knowledge In Action (TSKKIA), handed out the accolades to the two instructors.

Through TSKKIA, kancho Albert continues to play a vital role in the training of both karate instructors and students.



Shihan Lobke Riley



Shihan Drienie Shaw

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