

PEDALLING FOR CHARITY...

Rustenburg – A group of cyclists is embarking on a 1 540km journey from Ledig near Rustenburg to Cape Town to raise money for charity.

Their journey, which began on Thursday 27 February and will only end on 5 March, is not an ordinary one because it takes a person with a special heart to take part in the Charity Cycle Tour.

There is no prize money nor an individual winner in this endurance tour. In fact, all the participants had to go the extra mile by sourcing donors or sponsors because all proceeds from the tour will be channelled towards charity organisations.

The eight day, physically demanding

experience, will take riders through various weather conditions and gradients.

All the teams taking part are winners because funds raised from their efforts will significantly assist non-profit organisations (NPOs) to continue providing care and comfort to destitute children.

Charity Cycling Club, who manage the tour, assisted riders with training programmes and support during the weeks preceding the gruelling tour.

A member of the team organising the tour, Julandé Maré, told *Platinum Weekly* that all cyclists had to go through a rigorous selection process.

"We have the same amount of cyclists as

last year. Some are new while others are from previous tours. This is an endurance tour requiring cyclists to complete an average of 220 km for seven days in a row, at an average pace of 33 km/h.

"We therefore had to be very selective and had to make sure that those selected will be able to complete the entire tour," Maré explained.

In 2019, a total of 58 Qhubeka bicycles were donated while money was also donated to various charity organisations from proceeds raised from the tour.

"We are working towards raising approximately R300 000 this year," revealed Maré.

Reflecting on the 18 years that the tour has been in existence, Maré described the joy that comes from helping charities and hearing about the impact of their efforts as "a special feeling".

"For us charity work is not only about fund raising, but also about the interaction with individuals that have the same goals.

"We use the sport that we love to raise funds and to make a difference in people's lives. The satisfaction when a recipient of a bicycle tells you that he cycled to visit his family in another town, when previously he could not afford transport to do so, is heart-warming. "It makes every moment of suffering on the bicycle worthwhile."



Cyclists began their long journey in a positive mood.



Cyclists taking a rest after a short ride.



Participants, sponsors and organisers of the tour pose for a photo.

BERGSIG WOEKER OP DIE ATLETIEKBAAN

Rustenburg - Bergsig Akademie het uitstekend presteer tydens die Interskole atletiek op Dinsdag 18 Februarie te Ruimsig.

Gustav Smit het uitsonderlik goed gevaar



Gustav Smit in aksie.

en behaal 'n eerste plek in die seuns o/16 800m wedloop.

Daniell Coetzee spog ook met 'n eerste plek in die dogters o/15 hekkies.

Knap gedaan aan die atlete.



Gustav Smit vaar uitstekend in die dogters o/15 hekkies.

BERGE & DALE PUSHES CYCLISTS TO THE LIMIT

Rustenburg – Rustenburg Cycling Club (RCC) members always enjoy pushing themselves to the limit by competing in physically demanding competitions that require high levels of endurance and mental fitness.

On Saturday 22 February, they were in Gauteng to take part in the Berge & Dale as well as the Gauteng Cycling (GC) XCO Cup Series.

The Berge & Dale is an annual race which took place at the West Rand area of Johannesburg. The race always attracts many professional cyclists because it is an official premier seeding event for the 2021 Cape Town Cycle Tour.

Participants can compete in the 109km and 60km categories.

Jana du Toit did well by completing the 109km distance in a time of 4:39:27. Gregg Taylor, who also competed in the 109km category, finished the race in a commendable time of 4:49.27.

Young cyclists who took part in the (GC) XCO Cup Series at the Voortrekker Monument in Pretoria enjoyed themselves.

Nicola du Plessis, Bernelee Doster and Caitlin Thompson did exceptionally well by finishing first, second and third respectively in their categories.

Well done to all the RCC members who took part in these two races!



Jana du Toit (left) and Gregg Taylor.



Bernelee Doster, Nicola du Plessis and Caitlin Thompson performed well in their race. Photo credit : Elma Nel.

GRENVILLE DONATES BLOOD

Rustenburg – Grenville Secondary School showed they care during a visit from the South African National Blood Services (SANBS) on Wednesday 19 February.

Because they understand the importance of donating blood, they bravely faced the needle to give their share to those who need it.

Well done to everyone who took part!



Grenville learners Palesa Digasu (left) and Remofilwe Mannafela donated blood.



From left: Karabo Lebatlang, Obakeng Olaetse and Mokgadi Raphaphula supported the SANBS blood drive.

LAERSKOOL DAVID BRINK HOU AFLOSBYEENKOMS

Rustenburg – Laerskool David Brink se Top Lay aflosbyeenkoms op Woensdag 5 Februarie was 'n reuse sukses. Die interskole byeenkoms vir laer - sowel as hoërskole was die perfekte geleentheid om

sport te bevorder onder die jeug.

'n Spesiale dankie aan Top Lay Eggs eienaar Evan Joubert wat die borg was vir 'n suksesvolle aflosbyeenkoms aangebied deur Laerskool David Brink.



Laerskool David Brink hoof Craig Olivier (links) en Evan Joubert.