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ECHO SPORT

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Bogani Primêre Skool atleet as SASA kampioene gekroon

PHILIPSTOWN – Verlede Saterdag het die SASA landloop kampioenskappe op Polokwane plaasgevind. 'n Totaal van 72 Noord Kaap atlete het daar gaan deelneem. Dit was die laaste landloop kampioenskappe vir die jaar.

Die bestes van Suid-Afrika se landloop atlete het daar gaan meeding om as Suid Afrikaanse kampioen gekroon te kan word. Ingesluit die die Noordkaapspan was die ASA onder 11 Landloop kampoiean, Anton Ndungu.

Daar bewys hy weer eens dat hy die 'n kampioen is deur stof in die ander 53 mededingers se gesig te skop, hy maak klaar in n tyd van 10:19 sekondes.

Sy spanmaat, Lincoln Louw, wat derde by die ASA kampioenskappe was en 'n 3e plek verower het, kon in sesde plek klaar maak. Dit is talent wat aan hard gewerk moet. Anton is dan nou 'n dubbel kampioen as onder 11 seun ten opsigte van

Landlope aangesien hy vroeër die maand ook die ASA Nasionale landloop kampioen by seuns onder 11 is. Baie,baie geluk aan hierdie twee seuns, asook hul afrigter, Me Linda Williams. Dis egter nog nie klaar nie.

Op die foto verskyn die brons medalje wenners. Agter v.l.n.r: Me Issie Nel (Noord Kaap Atletiek Voorsitter) en Mnr Job Smith (Adjunk Direkteur NK Sport). Voor: Pierre van Rooyen, Leanard Smith en Shewaan Harris.

Seuns onder 13 Noord Kaap span. V.l.n.r: Deon van Staden, Gofaone Matstabo, Randall Line en Michyle van Rooy.

Anton Ngundu ontvang sy Goue medalje.

A successful International FASD day campaign for FARR

DE AAR – Focussing on the numerous challenges faced by young people today, the FARR (Foundation for Alcohol Related Research) Teams working in De Aar, Britstown, Hanover, Petrusville, Philipstown and Keurtjieskloof decided to focus on grade 9 learners during the International Fetal Alcohol Spectrum Disorders (FASD) Awareness Day on 9 September.

In De Aar permission was granted from the Department of Education to involve all four High Schools (Orion, De Aar, Monwabisi and Veritas) during the week leading up to International FASD Awareness Day. During the sessions at the schools in De Aar, Ms Meryll Smit (Project Coordinator for the De Aar Project) explained the symbolism behind having the day on the 9th day of the 9th month of the year, thereby reminding all involved that pregnant women should receive the necessary education and support to have nine alcohol-free pregnancy months. No alcohol is safe any time during pregnancy. Only by adhering to this, we will be able to prevent more children from being born with FASD in De Aar and the surrounding towns. As a reminder of this message a FASD knot is worn on participants chests. The learners therefore received a knot each and were asked to share the FASD prevention message with at least 9 other people.

The FARR Community Workers and Facilitators, Ms Nonkululeko Sthonga, Ms Eldine Kok, Ms Lumka Mntwana and Ms Geraldine Esau, also did presentations at all the schools sharing a short message with the

eens word Bongani PS goed verteenwoordig met twee atlete wat in die groepie is. Leonard Smith (Mr Bones) asook Shewaan Harris verower dan hier 'n brons medalje vir die Noord-Kaap.

Hiermee bewys Mec L Williams dat Bonganie PS die beste landloopskool in die provinsie is. Baie geluk aan Me Williams asook hul skool. Die Skool en provinsie is baie trots op hulle. Daar gaan nog baie van die atlete en hul afrigter gehoor.

By die kampioenskappe het een atleet van Peterusville PS, Michyle van Rooy en 'n atleet van van Philipvale PS, Deon van Staden in die seuns onder 13 wedloop deelgeneem.

Michyle van Rooy behaal 'n goeie 16e plek, terwyl Deon ongelukkig as gevolg van 'n besering nie die wedloop kon voltooi nie. Hulle was vergesel van mnr EE Saunders wat as tegniese beampte daar gaan diens doen het.

Die landloop seisoen is nou amptelik verby en volgende kwartaal word daar druk geoefen vir die atletiek seisoen wat af skop. Skole begin al Interhuis atletiek reel om atletete vir die atletiek voor te berei. Sterkte aan alle Noord Kaap atlete.

The group of Orion Gr 9 learners receiving the awareness messages.

The Gr. 9 learners of Veritas High School listening to the messages being provided.

De Aar High School receiving the awareness message.

FASD knot, DYH3M card, a bottle of water and a lollipop with the message: As you eat this lollipop and it gets smaller in size, remember that alcohol during pregnancy can make you child's potential minimize. A programme was also offered at the De Aar Secure Centre involving all present, including the caretakers. The 36 participants actively participated in the programme. Raising awareness and sharing the FASD prevention message on a specific time every year, enables FARR to support this international drive to engage with as many community members as possible. Focussing on young people this year, we could share information and make them aware of how important it is to prevent unplanned pregnancies, drinking during pregnancy and ultimately preventing more children being born with this lifelong, irreversible condition.

We would like to thank the Department of Education for granting permission and providing support for this programme to be offered at the schools. Karoo Druppel provided each participant with a bottle of water, for which we are very grateful.Finally, we would like our funder Solar Capital De Aar for the on-going support and funding since 2014. Without this funding there would not have been a FARR project in De Aar. For more information about our work, contact Ms Meryll Smit (Project Co-ordinator) at *deaar@farrsa.org.za* or 063 385 1961.

A group of Monwabisi learners receiving the DYH3M message.