

# Rustenburg Herald's Bonus

25 NOVEMBER 2024

**FREE**

Third term winners - now for the big one!



Congratulations to these two artists and third term winners of our Blank Space Art competition who managed to advance to the final round and grand judging which will be taking place during the course of this week. Thembani Nyoni (left) and Lienka Pretorius are both R1 000 richer which, without a doubt, will come in quite handy during the Christmas holiday and festive season which is only a few weeks away. Do not forget to get your copy of Rustenburg Herald on Wednesday, 4 December, for the announcement of the final and overall winners of our Blank Space Art competition who will each win a valuable shopping voucher to the tune of R10 000 each, sponsored by Pick n Pay Beyers Naudé and Pick n Pay Greystone Crossing - our sponsors of these magnificent prizes. Our appreciation also goes to all participating artists whose support have made the Blank Space Art competition a firm favourite among artists and their families.

Cancer concerns in the spotlight - p2 + p7

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# Early cancer screening saves lives

**BONUS - RUSTENBURG - In 2020, nearly 110 000 new cancer cases were diagnosed in South Africa. Even more shocking is the fact that there were more than 56 000 cancer-related deaths in the same year.**

In response to these alarming numbers, Glencore Western Chrome Mine Occupational Health Clinic and Women in Mining has partnered with Keystone Radiology to bring a mammogram unit to Glencore's site.

From 2 - 20 December, this will be a convenient opportunity for female community members to get their annual breast cancer screening done (for some, right near to their work and for others, at a very

accessible venue from home.) In South Africa, breast cancer screening is recommended to start at the age of 40. In a national population-based survey among women 50 years or older in South Africa (2008) only 15.5% of women ever underwent breast cancer screening. Thus, all eligible women in Rustenburg are invited to book a spot for a mammogram scan through the relevant booking link. The cost of the scan (if you are a private patient/no medical aid) is

R1 450, but medical aid will be accepted. Payments can be made via card or EFT - no cash payments will be accepted. The duration of each appointment will be approximately 30 minutes and results will be received directly after your appointment. Pre-booking is compulsory, as space is limited (only 15 women can be accommodated per day).

Women need to be aware of the following risk factors for cancer: genetic pre-disposition, infectious agents, environmental factors, and behavioural factors. Some modifiable risk factors that can be

reduced through lifestyle changes include decrease in tobacco use, lowering alcohol consumption, eating a healthy diet, increasing physical activity, avoiding obesity and excessive sun exposure.

For more information Contact Sister Theresa on 014 597 8118 or Sister Hellen on 014 597 8417.

Screen Save Her (a nonprofit organisation) is able to assist with financial subsidy if you WhatsApp 076 1669 883. Any other WhatsApp bookings can be made via the number 063 609 6022 or online at <https://calendly.com/mammounit2/glencore>



A mobile screening unit, similar to this one, will conduct mammograms and breast sonars in the early weeks of December at Glencore Western Mines, Portion 34.

## Put a smile on a child's face with the Teddy Z foundation

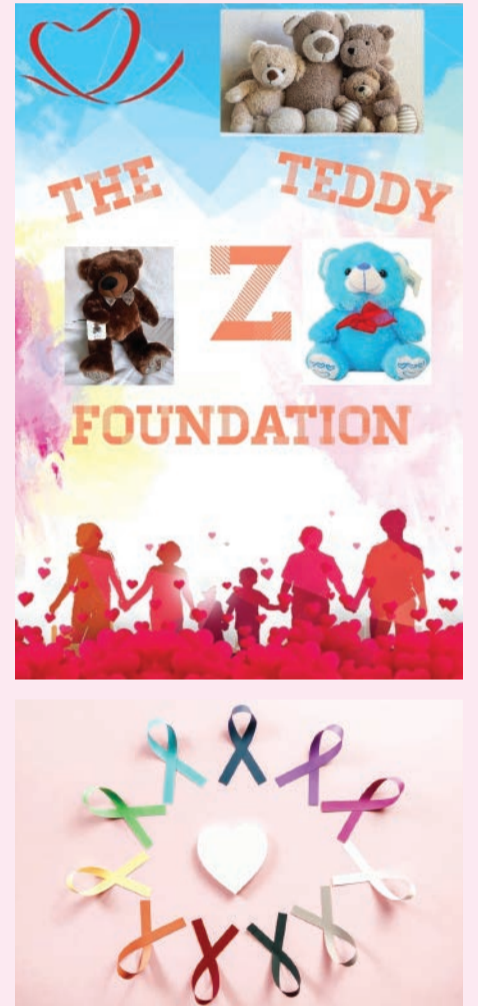
**BONUS - RUSTENBURG - The Teddy Z foundation, a non-profit organisation headed by JR Claassens (31), is currently collecting teddies to distribute during the Christmas season to children living with cancer.**

Claassens is quite emphatic to this cause, as he was diagnosed with gastric intestinal cancer three years ago. "I decided in November to collect teddies and surprise children currently in hospital and living with cancer with these - to be distributed from 2 - 14 December."

All donations and sponsorships received by the Teddy Z organisation will go directly to the children. "I will be live on TikTok on 30 November and 1 December to generate funds or donations - under the name @zamogon.z," adds Claassens, who is currently residing in Mooiooi. He is inviting everyone in the Platina region to contribute to this worthy cause. He requests that any sponsorships or donations be transported as close to Mooiooi as possible, but he will collect from Rustenburg, Brits and surrounds if anyone does not have transport.

"A few schools in the area have already pledged their contributions and drop-offs will start on 2/3 December at Life Peglerae Hospital in Rustenburg - from there, moving on to the other hospitals in the area. Many of us are struggling ourselves, but just a little bit of light and hope can give these cancer children encouragement to hang on. Giving makes our hearts lighter. I know what these children are going through and they don't have to fight the fight alone."

For more information, contact JR on 084 6421 631 or 074 9431 176 or email [zamogon15@gmail.com](mailto:zamogon15@gmail.com) or on TikTok @ zamogon.z



## Mr and Miss Humble Hearts

**BONUS - RUSTENBURG - Come and have fun and stand a chance to be the first Mr or Miss Humble Hearts on 30 November at Humble Hearts on the old Pretoria road.**

Open to all men, women, boys and girls in the following age categories: 3-6 years, 7-10 years, 11-14 years, 15-17 years and 18+ years. For registration forms and more information

please contact Riana Pretorius at 064 260 4981. Also come and enjoy the flea market, restaurant and cash bar, swimming pool, face painting, boucy house and lots more.

## Silwerrand Christmas Light Festival

**BONUS - RUSTENBURG - Silwerrand is delighted to invite you and your children to their enchanting Christmas Light Festival from 3 - 6 December (18:30 - 21:00) at Silwerrand School.**

To make the festival even more special this year, they invite you to buy and bring a gift for your child and arrange gift delivery by

Silwerrand's Santa (078 476 4805). Entrance fee: R10 and non-perishable food item. For more information contact Ingé at 078 476 4805.

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# Empowering women, bridging opportunities, and championing sustainability

**BONUS - RUSTENBURG - The EmpowaWomen in Agriculture Summit 2024, held on 21 November, brought together 150 women agripreneurs and stakeholders from across the agricultural value chain to engage in meaningful discussions around overcoming funding challenges, embracing sustainable farming practices, and adapting to climate change and renewable energy solutions.**

The summit successfully demonstrated EmpowaWomen's mandate to be a connector of people, ideas, and opportunities, fostering a vibrant space for collaboration, learning, and growth within the agricultural sector.

A highlight of the summit was EmpowaWomen's strategic partnership with AgriSETA, which helped bring together thought leaders, government representatives, and industry professionals to facilitate impactful discussions on the future of women in agriculture. AgriSETA, known for its commitment to skills development and empowerment within the agricultural sector, provided the ideal platform for addressing the pressing issues that women in agriculture face today.

The event opened with an inspiring keynote address by Gaitsiwe Sharon Sepeng, Chairperson of the AgriSETA Board, who rallied the call for women to collaborate and support one another to catalyse their success in the agricultural sector. Sharon emphasised the importance of women's inclusion across the entire value chain - highlighting the need for learning, skills development, funding, and innovation to drive sustainable change.

"Our collective strength lies in our ability to come together, to collaborate, and to amplify women's voices and contributions in agriculture. Through our collective action, we can overcome barriers, unlock funding, and create an agricultural landscape where women thrive. Today is a testament to that power," said Gaitsiwe Sharon Sepeng.

Sibongile Gangxa, Head of EmpowaWomen, reflected on the resounding success of the summit, noting how inspiring it was to see women exhibit their incredible produce and agroprocessed products. The diversity and creativity of women-led agribusinesses were on full display - from herbal teas to cannabis medicinals, therapeutic products, and even

winemaking. This, she emphasised, was exactly in line with EmpowaWomen's mission to facilitate women's economic participation across industries, empowering them to take charge of their businesses and create sustainable livelihoods. "Seeing women come together at the AgriSETA EmpowaWomen in Agriculture Farmers Market, exchanging ideas, products, and even money between each other's hands,



Nomawethu Qase, Director - Renewable Energy, Department of Mineral Resources and Energy.

was incredibly satisfying. The market, themed 'Farmed by Women, Produced by Women, For Women,' truly embodied the power of collaboration. Watching women dig into their pockets and trade organic products with one another was a powerful reminder of the value we create when we support each other. This is how we grow together - by nurturing mutual support, fostering economic independence, and



Gaitsiwe Sharon Sepeng - Chairperson, AgriSETA.

lifting each other up," said Gangxa. "Seeing women come together, exchange ideas, and trade their products with each other at the AgriSETA EmpowaWomen in Agriculture Farmers Market was truly inspiring. It shows the importance of collaboration and mutual support - proving that when women help each other, we create more value and grow together," said Sibongile Gangxa.



Kamohelo Bombe - television presenter, producer, director, speaker and entrepreneur.

## Update on latest two pot withdrawals

**BONUS - RUSTENBURG - The South African Revenue Service (SARS) recently updated the public in regard to the total figures for tax directives received, concerning withdrawals from the Savings Withdrawal Benefit under the two-pot system.**

Since its inception, SARS has observed an unprecedented and steady increase in tax directive applications, likely reflecting the economic challenges faced by households. As of 18 November, 2 153 942 directive applications were received and a total of 1 914 306 directives issued with a total gross value of R49 577 355 406.14. In line with SARS' intent for taxpayers to use digital channels, SARS is pleased to announce that the simulated WhatsApp calculator was used 53 693 times since

implementation of the process. The simulated calculator on the SARS website, which forms part of the SARS Online Query System, has been used 850 375 times. SARS has also received 102 839 queries through the voice channel, and 17 627 at branches. The USSD channel received a further 66 048.

SARS remains committed as per the principles and values embodied in their strategic objectives, which is to provide taxpayers with clarity and certainty on their tax matters and to make it easy and seamless for them to comply. In this regard, taxpayers are encouraged to continue to use the digital channels, which are simple, easy and user-friendly. Using these channels means taxpayers do not have to leave their homes or places of employment to stand in undignified queues. The work that has been accomplished

issuing required tax directives. Commissioner Edward Kieswetter cautioned taxpayers to avoid any actions that could constitute criminality and emphasised the importance of using the correct identity and tax numbers when applying for this benefit. SARS encourages voluntary compliance and, in this regard, offers a range of communication options on the SARS website to achieve this objective.

The difference between directive applications and directive issued is accounted for in the following manner:

- \* 169 509 applications were declined for a myriad of reasons, ranging from systems failures from the fund management entities to wrong identification number, wrong tax number etc.

- \* 41 523 directives were declined because of insufficient funds, wrong codes etc.

- \* 28 525 directives were cancelled by taxpayers who changed their minds.

so far by SARS is in large measure because of good cooperation with retirement fund management entities. SARS wishes to thank these institutions who play a critical role in the tax ecosystem for their professionalism that has allowed SARS to play its part in efficiently and speedily

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# Former head of NW Transport pleads guilty in SA Express matter

**BONUS - RUSTENBURG - Bailey Mahlakoleng (56), the former Head of Department at the North West Department of Community Safety and Transport Management, pleaded guilty on contravention of the Public Finance Management Act relating to the SA Express matter.**

The accused made a guilty plea in the North West High Court on Friday, 22 November, and was subsequently sentenced.

His sentencing emanates from an investigation by the Hawks' Serious Corruption Investigation into allegations of flouting procurement processes when the North West Department of Community Safety and Transport Management entered into a contract with SA Express in 2015 to provide airline services for the province. Reports indicate that in 2014, the North West Provincial government resolved to revitalise the Mahikeng and Pilanesberg airports to accommodate the transportation of passengers and goods. Subsequent to this, a meeting was held in August 2014, attended by MECs and other high-ranking government officials, where six airlines made presentations about flight services they could offer the province.

Following the meeting, the HOD prepared and sent a memorandum to the province's EXCO, putting forward SA Express as the preferred service provider. The memorandum reportedly sought approval from the province's EXCO. Upon entering into a five-year contract with the department, SA Express appointed three different management companies for ground handling services. In terms of the agreement, the department had to pay an amount of approximately R409 million to SA Express and management companies over a five-year period. The contract ended after three years, and at this stage, the department had suffered a loss of R186 million. Over R83 million was paid to the three management companies. It was discovered during the investigation that no ground handling services were rendered by the appointed companies. Further probes revealed that three other accused, whose matters are before the court, have unduly benefited from the funds paid to SA Express.

# Two foreign nationals held for illegal cigarettes

**BONUS - RUSTENBURG - Potchefstroom Crime Intelligence, Potchefstroom Flying Squad and Ventersdorp Visible Policing apprehended two Zimbabwean foreign nationals for possession of illicit cigarettes during a Crime Intelligence led operation on Friday, 22 November.**

According to the reports, Ventersdorp Visible Policing received information, about a suspicious Volvo truck that was travelling from Rustenburg to Gauteng Province.

A follow up was made and the truck was spotted and stopped along the R30, for a search. During the search, the police discovered 124 boxes containing 50 cartons of Remington gold cigarettes worth R1.6 million.

As a result, two suspects aged, 47 and 50, were arrested after failing to account for the possession. The pair was expected to appear before the Ventersdorp Magistrates' Court on Monday morning.

The Provincial Police Commissioner, Lieutenant General Sello Kwena congratulated the units involved for working together in the fight against illicit economic activities.

The Directorate for Priority Crime Investigation (DPCI) is investigating.

The public is urged to report Crime by calling the SAPS Crime Stop number 08600 10111 or the MySAPS application anonymously. Extortion-related incidents can be reported on the Extortion hotline on 080 091 1011.



Some of the illegal cigarettes were found in the possession of two Zimbabwean nationals.



Dozens of boxes of illegal cigarettes which were confiscated by the police in a special crime intelligence operation on Friday.

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# Mr/Ms Rustenburg entries close soon

**BONUS - RUSTENBURG** - Entries for next year's Mr/Miss Rustenburg competition are closing very soon - so don't miss the opportunity to enter for this pageant - as the winners are set to walk away with R20 000 in cash!

To qualify for an entry, you have to reside in or around Rustenburg and there are four categories, defined by age. Mr and Miss Teen Rustenburg entrants have to be between 15 and 19 years of age and entrants for Mr and Miss Rustenburg have to be between 20 and 45 years of age.

In the spirit of modern-day beauty pageants, any body type can enter - as long as you are confident in who you are and can represent the Platinum

City. Winners will reign for a period of 12 months and will be involved in charity work in and around local communities.

Sponsors for the competition include Sun International, Coca-Cola, Red Bull, TLK OUD Boutique, Dr M Pasha Dental Care, Willem Terblanche Couture, Lively Kloset, Boity Designer, Fashion Accessories, Debonairs Pizza and JC Le Roux.

To register your entry, WhatsApp your name, surname and age along with a head and shoulders picture to 072 099 1641. The application fee is R250 (to be paid after your entry has been approved).

Entries close on 30 November.



Mr Rustenburg 2024, Ntsika Don Sonyambase and Miss Rustenburg 2024, Tshepang Montsho.

## Wallet found

**BONUS - RUSTENBURG** - A wallet containing an ID card, bank cards and a 2\$ (dollar) note inside was found in front of Paint Centre in Church Street on Thursday morning, two weeks ago.

The rightful owner will have to give the correct colour of the wallet and name of the owner to claim the wallet and its contents from the Rustenburg Herald offices in 13 Coetzer (ask for Waldie or Cecile) or phone (014) 592 8329.

## Rustenburg Farmers Market

**BONUS - RUSTENBURG** - The Farmer Production Unit hereby invites everyone to the Farmers Market to be held on Saturday, 7 December from 08:00 - 14:00 at the Rustenburg Showgrounds.

Grab a bite, stock up on your fresh veggies and see what will be on offer from the local farmers and vendors. No entrance fee will be charged. For more information please contact 072 580 1079 (WhatsApp), call 069 694 7137 or 069 694 6897 or email: farmers.tracy.ad@gmail.com.

## SPCA Book Sale

**BONUS - RUSTENBURG** - The next SPCA Book Sale will be taking place on Saturday, 30 November at the Safari Gardens Shopping Centre, starting from 08:30 till 12:00.

Any donations of dog or cat food, secondhand items for the Charity shop, blankets, unwanted books etc can be put in the container at the Book Sale. Please support the Book Sale and the Rustenburg SPCA. Looking forward to meeting you on Saturday.



## Voice your opinion / Verhef jou stem

### THIS WEEK'S QUESTION:

Are you more optimistic or pessimistic?

Visit our  **facebook** page

to take part - we would love to hear from you.

### LAST WEEK'S QUESTION:

If you could have any fictional/fantasy character as a pet/friend, what would you choose?

Dragon	42%
Fairy	28%
A Hobbit	14%
Mermaid	14%
Leprechaun	1%
Other	1%

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# Beyond the mo and the blue ribbon: unveiling the heart of Movember

**BONUS - RUSTENBURG - The Movember movement is changing the face of men's health worldwide, turning quirky moustaches and iconic blue ribbons into powerful symbols of meaningful action and change.**

"At its heart, Movember is about encouraging conversations, challenging societal norms, and creating a tangible impact on how men approach their health, particularly concerning prostate cancer," says Dr Philip Pretorius, a specialist urologist at Netcare The Bay Hospital in Richards Bay.

"It's not just about raising awareness but about taking decisive action. Therefore, I want to encourage men throughout South Africa to commit to their health this November by scheduling a prostate checkup with their general practitioner. Take this essential step for yourself and inspire others to do the same."

Dr Pretorius highlights the urgency, stating, "Prostate cancer is a major concern among men, second only to lung cancer in terms of mortality rates. Globally, prostate cancer accounts for 6.6% of deaths, while in South Africa it accounts for 13% of deaths in males, with over 4 000 South African men diagnosed with prostate cancer annually. Increasing awareness that inspires men to action both locally and internationally is, therefore, urgently needed."

**Understanding prostate cancer:**

The prostate gland is a small, walnut-sized organ located just below the bladder and in front of the rectum. It encircles the urethra – the tube responsible for carrying urine and semen out of the body – and plays a vital role in the male reproductive system by producing seminal fluid, which

nourishes sperm and assists in their transport.

Prostate cancer occurs when cells in the prostate gland begin to grow uncontrollably, forming a tumour. This abnormal growth can disrupt the normal function of the prostate and, if left unchecked, can spread to other parts of the body. Early detection and treatment are key to managing the disease effectively. Regular screenings and awareness of risk factors, such as age (particularly over 50) and family history, are vital.

**Diagnosis and screening – what to expect:**

"To accurately assess prostate health, your doctor will take a thorough medical history and conduct a physical examination including a digital rectal examination [DRE], which provides valuable insights into the condition of the prostate and can detect any abnormal masses," says Dr Pretorius.

"In addition to the physical exam, a prostate-specific antigen [PSA] test is performed measuring the level of PSA in the blood. If the result is higher than four, it typically prompts a referral to a urologist for more detailed evaluation and testing. The definitive diagnosis of prostate cancer is made through a prostate biopsy, a relatively quick procedure that takes about 30 minutes and is performed on an outpatient basis," he explains.

**Insights into prostate cancer every man should be aware of:**

Given that 1 in 8 men will be diagnosed with prostate cancer in their lifetime, prostate cancer remains a significant health concern. "This underscores the importance of understanding and managing this disease effectively," notes Dr Pretorius.

"Regular screenings, starting at age 45 or earlier for those at higher risk, are crucial, as symptoms often do not appear until advanced stages. Treatment options include surgery, radiation therapy, and active surveillance tailored to the cancer's stage and aggressiveness. Thanks to early detection and new technologies, survival rates have improved significantly, with early-stage prostate cancer having a nearly 100% five-year survival rate," he adds.

**What are the symptoms?**

It is important to note that patients with prostate cancer often experience no symptoms. However, if symptoms do occur, they may include:

- Blood in urine
- Trouble urinating
- Sudden or urgent need to urinate
- Frequent nighttime urination
- Difficulty starting or stopping urine flow
- Weak or interrupted urine flow
- Pain during urination
- Difficulty having an erection or painful ejaculations
- Frequent pain or stiffness in the lower back
- Unexplained weight loss

**The Movember movement**

Movember goes beyond statistics to build a supportive community, encouraging open discussions about men's health. By growing moustaches, men worldwide unite to promote early detection and proactive health measures.

"Movember is a catalyst for change. It's about transforming

conversations into actions and fostering a global commitment to better health outcomes. Together, we can redefine men's health, one conversation, one checkup, and one moustache at a time," concludes Dr Pretorius.

Why not turn talk into action and schedule this Movember by scheduling a healthcare check-up today? It's as easy as booking an appointment with your Netcare Medicross doctor or a Netcare specialist using the Netcare app.



Dr Philip Pretorius, a specialist urologist at Netcare The Bay Hospital.

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Is there an important event at your company or organisation in the near future? Is a well-known artist the highlight on the local social calendar, or do you have a company that provides fun things/activities to do? If so, then place your diary entry to inform our readers of your events/activities.

### LIGHTHOUSE CHRISTMAS WISHLIST

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Any donations welcome, such as food, stationery or financial assistance will be appreciated.  
Please contact 083 493 5911/072 495  
8494/083 253 7930 for more information.

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Datum/Date: **21-30 November 2024**  
Tyd/Time: Ma-Vry 09:00 - 20:00  
Sat 23 Nov 09:00-18:00  
Sat 30 Nov 09:00-14:00  
Plek/Place: 260 Klopper Straat

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Datum: Sondag tot Woensdag **1 tot 4 Desember 2024**  
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### SILWERRAND LIGHT FESTIVAL 2024

Date: **3 to 6 December 2024**  
Time: 18H30 to 21H00  
Entry fee: R10-00 + non-perishable food item (for community outreach programme)  
Stall Bookings: Contact Lanie 084 731 4450.  
Join us at Silwerrand School for our Annual Light Festival. Enjoy Festive Lights, Family Fun, Food Stalls, Games and Entertainment.

### CHRISTMAS LIGHTS NIGHT RIDE

Rustenburg Cycling Club  
Date: **11 December 2024**  
Everybody is welcome. Children u/14 must be accompanied by an adult on a bicycle. All persons cycling should be able to cycle at least 15km and be familiar with road rules. No helmet, no ride.  
Watch this space for more information

A standard advertisement (30 words) in the Rustenburg Herald, Bonus and our website will cost you only R68-00 (Vat incl) and can be placed and paid for on our website (www.rustenburgherald.co.za) or at the reception offices of the Rustenburg Herald. A maximum of two advertisements combined (60 words) will cost only R136-00 (Vat incl).

# Rustenburg Herald's Bonus Sport News

**BONUS - RUSTENBURG** - The excitement of the SPAR Challenge and Varsity Netball is over, but there is still plenty for netball fans to enjoy, as the annual SPAR National Championships begin at Ellis Park Netball, Johannesburg, on 1 December.

The SPAR National Championships are traditionally played in August, to coincide with Women's Month and National Women's Day, but had to be postponed this year due to the Paris Olympic Games.

Up to 1800 players will descend on Ellis Park Netball for a feast of netball, with the Under-21 championships being played alongside the senior tournament. Ten districts will compete for the senior A title, which is currently held by Johannesburg.

The SPAR Baby Proteas (National Under 21 team) are also confirmed to be playing in the Senior A Section of the championship as all important preparation for the 2025 Netball World Youth Cup to be played in Gibraltar.

Ellis Park is one of the top netball venues in Gauteng. It boasts 12 hard courts including a stadium court seating 3 000 spectators.

While most members of the SPAR national team will miss the tournament because they will be in camp at Ellis Park preparing for the Africa Nations Cup later in December hosted by Namibia, some members of the SPAR national squad will be seen in action at Ellis Park.

A Deaf Netball Tournament will also be played in celebration of World Disability Day on Tuesday, 3 December.

Tickets for the games will be available online at [shop@netball-sa.org.za](http://shop@netball-sa.org.za) as well as at the venue for R20. Safe and secure parking will be available at Ellis Park Swimming Pool for R10 per car.

Selected matches will be broadcast LIVE on SuperSport.

Defending SPAR National Championships winners, Johannesburg. (Picture credit: Reg Caldecott)



Action at annual SPAR National Netball Championships

Christmas Lights Night Ride



**BONUS - RUSTENBURG** - This year Rustenburg Cycling Club's (RCC) "Christmas Lights Night Ride" will be taking place on Wednesday, 11 December and everybody is welcome. Children u/14 must be accompanied by an adult on a bicycle.

All persons cycling should be able to cycle at least 15km. All cyclists are required to be familiar with the road rules. No helmet, no ride. More information will follow soon.



Defending SPAR National Championships winners, Johannesburg, celebrating after winning the 2023 SPAR National Netball Championships finals held at Hoërskool Rustenburg. (Picture credit: Reg Caldecott)

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