



Eastern Province Athletics

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P O Box 12523, Centrahill, 6006,

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Circular 13 of EPA 2022 - 20.04.2022

Dear Members

As we move past quarter 1 and we are into quarter 2 of the race calendar, we see many more road racers starting to happen. But more exciting is the start of our well-organized Cross-Country series. Cross country is not only fun, it builds club spirit and makes you a stronger more balanced runner....

So why not give it a go. Let's make Cross Country great in the Eastern province

ROAD RUNNING RACES

All race entry forms and EPC presentations should be sent to the EPA Office 6 weeks prior to your event.

Failing to comply to this rule could result in your event being cancelled.

UPCOMING EVENTS

23/04/2022 – Motherwell Freedom 10km Run, starting at 07h00 at from the Raymond Mhlaba Sport Centre in Motherwell. Entries at Brian Bands Sport or UD Sports till Wednesday 20 April. Late entries and number collection at the Westbourne Oval between 16h00 & 19h00, Friday 22 April 2022.

30/04/2022 – NMB Cross Country Series 1, starting at 09h00 at from Varsvlei, Bethelsdorp. Electronic entries to be sent to epa@pe.co.za .

07/05/2022 – Sunridge Village Family Run 5 & 10km Run, starting at 07h00 at from the Sunridge Village Centre, Gqeberha. Entries online at www.sunridgevillage.co.za Late entries and number collection at the Sunridge Village Centre between 17h00 & 19h00, Friday 06 May 2022. Please find detail attached. Helpers Run 2 May starting at 06h30

14/05/2022 – Brintjieshoogte Marathon 50, 25, 15 & 5km Run, starting at 07h00 at from the Gill Primary School, Somerset East. Entries at Brian Bands Sport or The Footballer & Sports till Wednesday 20 April. Enter via email with proof of payment to ronette@gbggroup.co.za (Investec Bank, Acc no 50009543918 BC 580105 Ref Name &



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Surname) Late entries and number collection at the Somerset East Bowls Club between 17h00 & 21h00, Friday 13 May 2022.

21/05/2022 – NMB Cross Country Series 2, St Albans, Gqeberha

22/05/2022 – Healthy Life Style 10 & 5km Run, Nelson Mandela Bay Yatch Club

04/06/2022 – Nelson Mandela Bay ½ Marathon incorporating the ASA ½ Marathon Championships, starting at 07h30 from Pollock Beach, Summerstrand in Gqeberha. Enter online at www.webtickets.co.za Late entries and number collection at the Oyster Catcher Room, 1st Floor, Marine Hotel on Thursday 2 June from 12h00 to 18h00 and Friday 3 June from 10h00 to 20h00. **Please note cut for the race is 3hours.**

ASA CIRCULARS

Circular 17 of ASA 2022 (13/04) Relays and Combined Events Championships

ATTACHMENTS

Bruintjieshoogte Entry form
Sunridge Village Family Run info

OFFICE HOURS

The office will be closed on Wednesdays, and open the rest of the week between 10h00 and 14h00.

For more information please do not hesitate to contact the EPA Office on 041-3742818.

Keep safe and Kind Regards

Andre Pienaar
Administrator