



Eastern Province Athletics

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Circular 35 of EPA 2022 -25.10.2022

Dear Members

Sport Heroes Memorial Run took place over the weekend with 234 finishers. Congratulations to Nedbanks' Bongani Banda and Kelly van Vliet finishing top of the podium.

10km Race winners

Bongani Banda – 0:32:29



Kelly van Vliet – 0:37:36



TRACK & FIELD

EPA presented the League 5 athletics league at Westbourne Oval. Congratulations to all the participants!

UPCOMING EVENTS - PLEASE NOTE ALL EVENTS ARE LEAGUE EVENTS

29/10/2022 - NMB Northern Areas 15km and 5km – Gelvandale Track

29/10/2022 – Speedy Gonzales Search Track & Field Development Event – Gelvandale Track

26/11/2022 – Vukani 15km Race & 5km Family Run/Walk – Victoria Park tennis club

03/12/2022 – 1 City Marathon and Half Marathon – Fairview Racecourse

Thoba Sports will be hosting their Grande Finale at the Westbourne Oval. All entries will be done via the Joba entry form at a cost of R50.00 per Athlete. Banking details is attached to the programme.

EVENT COMPLIANCE

Clubs are reminded to submit their entry forms for approval to the EPA office prior to finalizing online entry procedures or advertising the event on social media.

Clubs are furthermore reminded of the requirement to submit their events to Events Planning Committee, and to submit their presentation in full to the Office.

A new document outlining the requirements for your waste plan has been included in the previous newsletter and is available on the EPA website.

EPA WEBSITE

Entry forms, Circulars and newsletters are published on the EPA Website. The website address is www.epathletics.co.za.

ASA CIRCULARS

NO CIRCULARS

SPECIAL GENERAL MEETING

Thank you to all the Clubs who made an effort to attend the Special General Meeting.

OFFICE HOURS

The office hours will be Monday to Thursday 10h00 to 14h00 & Fridays 08h00 to 13h00. For more information please do not hesitate to contact the EPA Office on 041-3742818.

Keep safe and kind regards

Feroza Piet
Administrator



 nelson mandela bay
MUNICIPALITY



29 October 2022

15km EPA Participation League at 06h00

5km Schools Challenge at 06h15



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MUNICIPALITY





Don't miss out on entering the Algoa FM Big Walk for Cancer today! Club Call powered by Department of Sport, Recreation, Arts & Culture

Your club is invited to walk the 5km together and experience this event's special comraderie at one of three starting points this year;

Pollock Beach in Gqeberha, Old Selbornian Club in East London or Nedbank Running Club in George.

Simply enter online with our group entry (2-20) or Bulk entry option (more than 21 entries).

If your club is located in Nelson Mandela Bay we will deliver your bulk entry packages **free of charge** to your address of choice.



VUKANI 15km RACE – 06h00

EPA PARTICIPATION LEAGUE

&

5km FAMILY RUN/WALK - 06h10

Saturday 26 November 2022

Victoria Park Tennis Club

Cnr Victoria Park Drive/Butters Street, South End



Saturday 3 December 2022

Fairview Racecourse, Draaifontein Road

42.2km and 21.1km starts at 05h30

EPA Participation League

Incorporating EPA Marathon Championships

