



Eastern Province Athletics

Tel: (+27) 41 374 2818
Fax: (+27) 41 374 2821 / (+27) 086 756 1569
P O Box 12523, Centrahill, 6006,
Email: epaadmin@pe.co.za
PBO 930025507



Circular 1 of EPA - 19/01/2023

Dear Members

The Eastern Province Athletics Board and Executive, wishes to welcome you back after the Festive Season and hope 2023 be a fruitful year for us all.

UPCOMING EVENTS

21/01/23	Track & Field NMBM L1	Westbourne Oval
27/01/23	DSRC	Gelvan stadium
04/02/23	Track & Field NMBM L2	Gelvan stadium
11/02/23	N2 City Shopping Centre	Bluewater Bay
25/02/23	Galaxy Two Views 10km	Italian Club Charlo
18/03/23	NMB Human Rights Race 21km/10km/5km – Despatch Rugby Club (EP Champs)	
22/04/23	NMB Motherwell Freedom Race 10km – Raymond Mhlaba Hall, Motherwell (EP Champs)	

ASA CIRCULARS

Circular 47 of ASA 2022 – ASA preliminary team for 2023 World Athletics Cross Country Championships

Circular 48 of ASA 2022 – 2023 ASA 35km Race Walking Championships & Open International 35km,20km,10km events.

EPA

Sad to learn of the passing of Mr Sithembiso Yozo from Nedbank Running Club, he will be missed on the road, may his soul rest peacefully.



Motherwell Freedom Run 2022

Clubs are reminded of the licensing fees for 2023.

Juniors (19yrs as of 31 December 2023)	R90.00
Seniors (up to 59 years of age)	R160.00
Grand master (60 years and older)	R90.00
Technical Officials and Coaches	R90.00

Road Running

Cancellation of Bruintjies Hoogte for the 4 March 2023

Track & Field

Attached please find the EPA Track & Field Athletics dates for January up to March 2023. Kindly be advised venues will be communicated in due time.

ACT Athletics Club presents Track & Field Primary Schools Super Wednesdays. Manual is attached with necessary information and entry form.

Coaches

Eastern Cape Academy of Sports in conjunction with Madibaz Athletics Club and Eastern province Athletics presented a ASA Level 1 & Level 2 Coaches Course 13-15 January 2023. The turnout was a success.



Keep safe and kind regards

Feroza Piet
Administrator

N2 City

BLUEWATER BAY

15km ROAD RACE

Powered by SCRIBANTE'S & ZENIOS'S

This is a Participation League Event

SATURDAY 11 FEBRUARY 2023 AT 6:00AM

Venue:

Start / Finish N2 CITY Bluewater Bay

Entry Forms: At Sport Shops and Online Entries at www.webtickets.co.za

Medals to all finishers

LUCKY DRAW INCLUDES:

3 pairs of Running Shoes and Bluewater Bay Superspar Gift Vouchers



Run in accordance with ASA and EPA



START & FINISH AT METLIFE MALL:18 FEB 2023

10KM 06:00 | 5KM - 06:25

Entry forms available at leading sport stores or at Body Fuel Express and Water Fountain at Metlife Mall. First 300 entrants who enter at the Body FuelExpress and Water Fountain stores, will receive a free Love2Run T-shirt.





Starting times: 10km - 06h00 | 5km - 06h15

10km & 5km Fun Run • 25 FEBRUARY 2023
PARTICIPATION LEAGUE EVENT

Free Puma Running shirt to first 200 entrants.

Running socks or water bottle to first 300 at registration.

Starting times: 10km - 06h00 | 5km - 06h15

25 FEBRUARY 2023
PARTICIPATION LEAGUE EVENT

KING AND QUEEN OF THE HILL
1st R1000 • 2nd R500 • 3rd R300



CHARLO ATHLETIC CLUB



Start & Finish: Italian Club, Harold Road, Charlo

Mr Jonathan Mandell (Vice-President)
 Mr Riaan Barnard (Track & Field)
 Ms Esteleen Hawkins (Technical Officials)
 Mr Bernard Petersen (USSA)

Ms Irene van Eeden (Finance)
 Mr Attie Williams (Cross Country)
 Mr Thobela Thoba (Coaches)
 Mr Luvuyo Stephen (Athletes)

ACT Athletics Club presents



THOBA SPORTS
SUPER
WEDNESDAY

TRACK & FIELD FOR PRIMARY SCHOOLS

1st

8th

15th

22nd

FEB
2023

WESTBOURNE
OVAL
16:30 – 19:00

1 February: Sprints & Jumps

8 February: Middle Distances, Hurdles & Throws

15 February: Sprints & Jumps

22 February: Middle Distances, Hurdles & Throws

Age Groups: U/5, U/7, U/9, U/11, U/13

Contact Details:

Thobela Thoba / Dillian Pienaar

thobela@thobasports.co.za / events@thobasports.co.za

073 333 2728 / 071 343 7596