



CIRCULAR 30 of
EASTERN PROVINCE ATHLETICS
7 August 2023



Dear Members

Well done to all the athletes who participated this past weekend in the NMB Choose to Challenge event!

541 Athletes completed the race on a new and exciting route.

Thank you to the clubs who assisted at the event.



In recognition of Womens Day on the 9th of August, we challenge you to celebrate women's achievements and thereby help create an inclusive world. From challenge comes change.

SATURDAY 5 AUGUST 2023



Congratulations to our Open Male winner

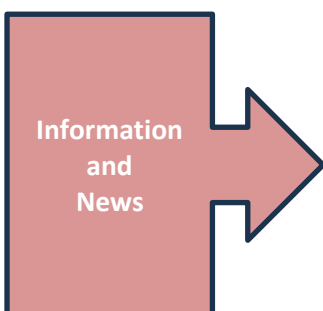
Melikaya Frans (Ikhamva) who successfully defended his NMB Choose to Challenge 10km title in a time of 28.44, followed by Thabang Mosiako (Nedbank) in a time of 28:51 and in third place Cwenga Nose (Ikhamva) 30:32



Congratulation to our Open Ladies winner Kelly van Vliet (Nedbank) in second place Kayla Nel (Charlo) and in third position Lindie Steyn (Midack).

Photographs on the website

Courtesy of TaniaZ Photography and Petrus Rademeyer



**Available on the EPA Facebook page and website.
Follow EPA on the following platforms:**

www.epathletics.co.za

<https://www.facebook.com/EasternProvinceAthletics>

<https://www.youtube.com/@easternprovinceathletics5383>

Twitter.com/EPAthletics1

CROSS-COUNTRY

The Cross-Country Training Squad was announced on Friday, 4 August 2023.

A compulsory Training Camp will be held on Saturday, 19 August 2023 at NMU. From this group the final team will be selected that will represent Eastern Province Athletics at the ASA National Cross-Country Championships on 16 September 2023.

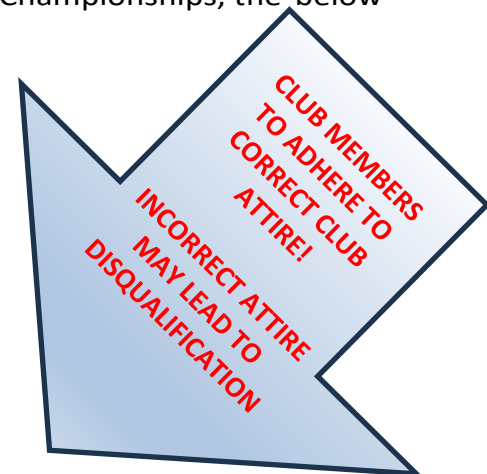
Track and Field proposed dates for the rest of this year:

02 September @ Oval – EPA
30 September @ Oval – Thoba Sports
07 October @ Oval – EPA
14 October @ Gelvandale – EPA
21 October @ Oval – EPA
04 November @ Oval – Thoba Sports/EPA Primary School Championships
18 November @ Gelvandale – EPA
02 December @ Gelvandale – EPA Relay event



Due to preparations for the upcoming soccer COSAFA Woman's Championships, the below stadiums will be closed from 3 July 2023 to 11 September 2023.

- Wolfson Stadium
- Gelvandale Stadium
- Westbourne Oval



UPCOMING EVENTS

Race entry forms are available on the EPA website.

12 AUG 2023 07h00 Forest Run Challenge 21.1km/10km/5km, Stedin College
19 AUG 2023 08h00 Cross Country Training Camp for EPA Team Members only at NMU
19 AUG 2023 07h00 Khulasande 10km Linkside High School
26 AUG 2023 07h00 GBS Mutual Bank Mountain Drive, Grahamstown
02 SEP 2023 07h00 Gamtoos Farm Run 21.1km/10km/5km
09 SEP 2023 06h00 Sportsmans Warehouse 15km, William Moffett Shopping Centre
16 SEP 2023 07h00 ASA Cross Country Championship (NMU)
24 SEP 2023 08h00 Nautical 21.1km / 10km Cape St Francis
30 SEP 2023 07h00 Despatch Superspar 10km / 5km.

RACE PAMPHLETS

SIBALEKA NANI
Athletics Club
NO MORE TURNING BACK
EST. 2001

FOREST RUN CHALLENGE

21.1KM (07:00)

10KM & 5KM
(07:05) (07:10)

SAT, 12 AUGUST 2023

KHULASANDE 10KM CHARITY RUN 2023

1KM TODDLERS' RUN
5KM FUN RUN
10KM RACE

SATURDAY, 19 AUGUST 2023
LINKSIDE HIGH SCHOOL

CONTACT:
THOBELA THOBA - 073 333 2728
SIPHOKAZI NOJOKO - 064 924 9665

ENTRY DETAILS WILL FOLLOW SHORTLY



GBS Mutual Bank
MOUNTAIN DRIVE
HALF MARATHON

Hosted and organised by:
Rotary Club of Grahamstown Sunset with
Albany Runners

26 August 2023

GAMTOOS FARM RUN
5km - 10km - 21km

2
SEPTEMBER
2023

GAMTOOS FARM RUN

5KM 10KM 21KM



winning starts here
William Moffett Shopping Centre
15km Road Race
EPA Participation League

Sat 9 September 2023

Venue: Sportsmans Warehouse, Port Elizabeth
15km Road Race - start 06:30am

ONLINE ENTRY: WWW.ENTRYTICKETS.NET

EZ Messenger
st francis runners
NAUTICAL
HALF MARATHON & 10km

HALF MARATHON & 10KM
CAPE ST FRANCIS

24
SEPTEMBER
SUNDAY
2023

10KM 0800 START - R210
21.1KM 0800 START - R310
FREE T-SHIRT WITH ENTRIES
BEFORE 31 AUGUST
ST FRANCIS RUNNERS

NEW START LOCATION
FULL STOP CAFE,
DA GAMMA ROAD, CAPE ST FRANCIS

EZ Messenger FULL-STOP CAFE
CAPE ST FRANCIS RESORT

CLUB FEATURE: Madibaz – NMU Campus

Please take note of the time trials taking place every Wednesday on campus for both runners and walkers. The time trial is not a competition. For the novice, a time trial is a measured distance to be covered by the individual as fast as possible, walking or running. The distance to be covered will be 5 km or 8km or 10km.

Most fitness plans begin and end on a gym membership. We think it is obvious – a gym has all the machines and free weights required to lose weight, build muscles and simply amp up overall health.

What many people do not know is that we can attain the same benefits from running and walking as well. Both activities provide an abundance of physical and mental health benefits. We are not suggesting that you quit your gym altogether. No, but incorporating a walk or run in your daily workout regime is highly recommended and will do you a lot of good in the long run.

The time trial will take place every Wednesday, at 17:00. All participants must meet at the Sport Centre, South Campus. Please login and register your name and time and you may stand a chance to win a lucky draw at the end of the month.

<https://docs.google.com/forms/d/107Chp1YFhjFF4DZ6WGdniCOP0Aa9i1OpSEAlGGJSMjU/edit>