



CIRCULAR 8 OF EASTERN PROVINCE ATHLETICS WEEK 19/02/2024

Dear members

2024 Licenses

2024 Licenses are available at the EPA Office at the Westbourne Oval. Please note all outstanding fees owed to EPA need to be paid in full before new licenses will be issued to clubs. If you are unsure about your outstanding amounts, please contact the office as soon as possible.

Club Membership

The following minimum membership requirements are applicable for clubs affiliated to EPA:

Clubs	Existing Clubs	New Clubs
Metro Clubs	30	40
Up-Country Clubs	20	30

Clubs that don't meet the minimum membership requirements need to get an exemption in writing from EPA. Should they get an exemption, they've got 6 months to become compliant. If clubs are not compliant after 6 months, the process of deregistration will take place.

Two Views 10km Road Race.

A race that can be best described as scenic and hilly was well attended.

Congratulations to all athletes, especially the top three men and women as listed below:

Overall Men Winners

1 st Cwenga Nose	IKHAMVA AC	31:50
2 nd Nicholas Seoposengwe	IKHAMVA AC	31:58
3 rd Thabang Mosiako	NEDBANK RC	31:58

Overall Female Winners

1 st Leigh Callaghan	ACH	40:00
2 nd Kayla Nell	CHARLO	41:11
3 rd Refeloe Solomons	NEDBANK RC	41:46



We would like to thank the sponsors for their continuous support of road running in EPA. We look forward to future events of this nature.

Runified City 50km and 10km Road Race: Entry Date Extension



**ENTRY DATE
EXTENDED**

GOOD NEWS!!

**ONLINE AND MANUAL ENTRY CUT OFF
HAS BEEN EXTENDED UNTIL 12H00 ON
TUESDAY 20TH OF FEBRUARY.**

**RUNIFIED CITY
AND 10KM ROAD RACE**
50KM

**nelson mandela bay
MUNICIPALITY**

ASA, NEDBANK, BIOGEN, FUTURELIFE, Bavaria, THIRSTI, E-VB, Sport Development, START HERE

Follow EPA on the following:

Website www.epathletics.co.za

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

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

Twitter.com/[EPAthletics1](https://twitter.com/EPAthletics1)

UPCOMING EVENTS

Entry forms are available on the EPA website:

20 FEB 2024 EPA Track & Field Short Program 8B, Westbourne Oval.

22 FEB 2024 EPA Track & Field Master's 35+, Westbourne Oval.

24 FEB 2024 EPA Track & Field League 3, Nelson Mandela University.

25 FEB 2024 05h30 NMBM Runified City 50km & 10km Road Race, Pollock Beach, Summerstrand.
(Incorporating ASA 50km Championships and EPA Participation League)

08/09 MAR 2024 EPA Track & Field Championship, Nelson Mandela University.

16 MAR 2024 06h30 Kariega Human Race 21.1km, 10km, 5km, Despatch Rugby Club, Despatch.
(EPA Prestige and Participation League Events)

23 MAR 2024 07h00 Correctional Service 10km Road Race, St Albans Correctional Services, Old Cape Road,

RACE PAMPHLETS



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RUNIFIED CITY
Incorporating ASA 50km Championships

50KM

AND 10KM ROAD RACE

SUNDAY 25 FEBRUARY 2024
POLLOCK BEACH SUMMERSTRAND

Time - 50km at 05h30
- 10km at 06h45

EPA PARTICIPATION LEAGUE

Enter online at www.webtickets.co.za before 18 February 2024



For more information contact Michael Mbambani (079 149 6796), Irene van Eeden (083 299 1775), EP Athletics (041 374 2818) or email to epa@pe.co.za



KARIEGA
21.1KM, 10KM & 5KM FUN RUN
HUMAN RACE

Saturday 16 March 2024

21.1km starts at 06h30
10km starts at 07h00
5km starts at 07h15

Despatch Rugby Club, Botha Street, Despatch

Organized in accordance with the rules of ASA and EPA

21.1km is an EPA Prestige and Participation League Event and Incorporating the EPA Half Marathon Championships

10km is an EPA 1 Point Participation League Event

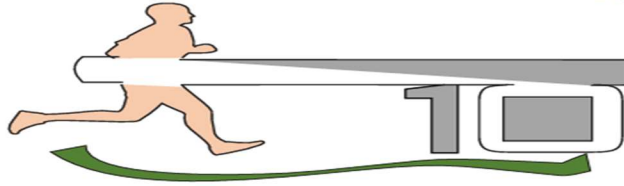
NO LATE ENTRIES ON THE MORNING OF THE EVENT

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Enter online: <http://webtickets.co.za>



Correctional Services



CORRECTIONAL SERVICES 10km Road Race

EPA Participation League

23 March 2024

Organized by: St Albans Athletic Club
Enquiries John 072 0209613
Malakhi 073 1620128
we

TIME: 07h00

Venue: St Albans Correctional Services, Old Cape Road, Greenbushes