



CIRCULAR 3 OF EASTERN PROVINCE ATHLETICS

DATE: 17-04-2026

Dear Members,

We are excited to share the latest updates, event highlights, and upcoming opportunities with you.

Road Running

Community Spirit Shines at the 2026 Kariega Human Race

The streets of **Kariega** came alive on **Saturday, 21 March 2026**, as athletes and families gathered at our brand new venue host the **Langa Memorial Precinct** for the annual Kariega Human Race held on Human Rights Day. The event served as a powerful reminder of South Africa's history while celebrating unity and health through sport.

Race Highlights

The morning kicked off at **06h00** with a diverse lineup of events catering to all fitness levels. Participants chose between three distances:

- **21.1km Half-Marathon:** The flagship event saw seasoned runners tackle a scenic route through the heart of the Kariega.
- **10km Road Race:** A popular choice for those looking for a fast-paced challenge.
- **5km Fun Run/Walk:** A vibrant community favorite that brought out families and casual joggers alike.

Results: <https://epathletics.co.za/event/2026-03-21-kariega-human-race-21-1km-10km-5km-fun/20260321-ephr21-2/>



Community and Character: The 2026 Sunridge Community Road Race

The streets of **Sunridge Park** were filled with energy and early-morning determination on **Saturday, 28 March 2026**, as the local community gathered for the annual **Sunridge Community Road Race**. Starting and finishing at the **Londt Park Sports Club**, the event once again highlighted Gqeberha's vibrant running culture.

A Distance for Everyone

The morning kicked off at **06h30** with the 10km road race, a favorite for club athletes and competitive runners looking to test their speed on the winding residential route. This was followed shortly by the **5km Fun Run/Walk**, which saw a fantastic turnout of families, beginners, and social walkers enjoying the crisp



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morning air. Even the youngest stars had their moment to shine in the **60m Kiddies Dash**, which remains a highlight for the local crowd.

Highlights and Results

• **The Route:** Participants wound through the scenic, leafy streets of Sunridge Park, supported by cheering residents and dedicated volunteers at various refreshment stations.

Eastern Province Athletics (EPA) website. Whether you were chasing a personal best or simply enjoying a walk with friends, the spirit of Sunridge was on full display.

Results: <https://epathletics.co.za/event/2026-03-28-sunridge-community-run-10km-5km-60m-kiddies-dash/20260328-rc410-2/>



Track and Field

Track and Field Season Concludes with Successful Development Event

The curtains officially came down on the 2026 track and field season on Saturday, **21 March**, as athletes gathered for the final **Track and Field Development Event**. The event served as a high-energy conclusion to a season defined by growth, grit, and remarkable local talent.

Season Highlights and Final Strides

The final meet provided one last opportunity for athletes to test their limits on the track. From explosive sprints to tactical middle-distance performances, the atmosphere was one of celebration and competitive spirit. As the results were tallied, it was clear that the development series has been instrumental in honing the skills of both junior and senior athletes across the province.

Gratitude to the Driving Forces

The success of the day and the entire season was made possible by the seamless coordination of several key stakeholders. A massive thank you is extended to:

- **NMBM & DSRAC** : For their continued commitment to grassroots sports development.
- **Eastern Province Athletics (EPA)**: For providing the professional framework and oversight that allowed our athletes to shine under official regulations, under the watchful eye of T&F Chairperson Riaan Barnard

ASA Age category Championship:

Congratulations to our team of more than 100 athletes who participated at the ASA Age Categories Track and Field Champs in Germiston on the 26 – 28 March 2026 you have made your province proud, a special congratulations to our medal winners:

Gold medal winners:

- Marko Ferreira
- Jana Oelofse

Silver medal winners:



- Kayden Thoresson
- Ntyiso Nkanyani
- Tiane de Lange

Bronze medal winners:

- Chante Mulder
- Zander van Eyk
- Wieneke Voight
- Dylan Viviers

ASA Senior Championships:

Goodluck to our EPA Senior Track & Field team representing our province at the 2026 ASA Nationals on the 16th – 18th April 2026.

Kayden Arthur Thoresson

Janco Landman

Matthew Kroukamp

Marko Ferreira

Ntiyiso Nkanyani

Keenan Adams

Keanu Welch

Lonwabo Mbalula

Zander van Eyk

Mondray Barnard

Nikithemba Hani

Kyle Norman

Aphelele Nkonyeni

Maruska Pretorius

Earl Roses

Ischke Senekal

Looking Ahead

While the track may go quiet for a brief period, the foundation laid during this season promises a bright future for South African athletics. As coaches and runners move into their respective off-season programs or transition toward road running and cross-country, the momentum from this closing event remains high. Congratulations to every athlete who participated this year. We look forward to seeing you back in the starting blocks next season!

ANNOUNCEMENTS

Details for our upcoming starter & assizing course:



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STARTER AND ASSIZING COURSE

HOSTED BY EPA

PRESENTED BY ASA QUALIFIED PRESENTERS

**ALL CLUBS, SCHOOLS & INDIVIDUALS
WELCOME.**

OTHER ATHLETIC FEDERATIONS WELCOME.

WHEN: 1– 2 MAY 2026

WHERE: WESTBOURNE OVAL

FRIDAY: 09H00-16H00

SATURDAY: 09H00-14H00

CONTACT EPA OFFICE TO REGISTER: 041 374 2818

COST: R500 PP

BANKING DETAILS: ABSA CHEQUE ACCOUNT: 1042831383

BANK CODE: 632005

SEND POP TO EPA WHEN REGISTERING FOR THE COURSE to epamanager@epathletics.co.za

UPCOMING EVENTS

2026-04-25 NMB Motherwell Freedom Run 10km & 5km (07:00-10:00)

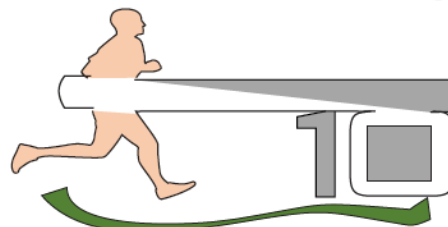
2026-05-02 Correctional Services 10km Road Race (07:00-10:00)

2026-05-09 Volkswagen Road Race 21km, 10km & 5km (07:00-11:00)



Motherwell
FREEDOM RUN
10km & 5km

Correctional Services



CORRECTIONAL SERVICES
10km Road Race



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VOLKSWAGEN
ROAD RACE
5km, 10km and 21km

9 MAY 2026
07h00 | PeoplePavilion

Contact Us:

EPA Office Hours:

Monday – Friday | 08:00 – 15:00

Contact Details:

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Email: epaadmin@epathletics.co.za

Website: www.epathletics.co.za

Facebook: [Eastern Province Athletics](https://www.facebook.com/EasternProvinceAthletics)