



CIRCULAR 5 OF EASTERN PROVINCE ATHLETICS
WEEK: 06-07-2026

Dear Members,

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

ANNOUNCEMENTS

EPA Track & Field Athletes Shine on the International Stage

Eastern Province Athletics is celebrating another outstanding weekend of international success after **Mondray Barnard** and **Marko Ferreira** delivered exceptional performances at the Meeting International de Troyes-Aube in France.

Mondray Barnard stormed to gold in the men's 110m hurdles, clocking a sensational **personal best of 13.19 seconds**. His performance not only secured victory but also ranks as the **second-fastest time ever recorded by a South African** in the event, highlighting his continued rise among the country's elite hurdlers.

In the men's 100m, **Marko Ferreira** produced another outstanding performance, claiming **silver** in a blistering **10.00 seconds (wind-assisted)**. Marko's consistency throughout the European season has been remarkable, with all five of his races run in under 10.09 seconds, earning him a podium finish at every meeting as he builds towards the World Athletics U20 Championships.

EPA also extends its sincere congratulations to **Coach Jessi Kahn**, whose dedication, expertise and commitment continue to produce world-class performances on the international stage. The achievements of both athletes reflect the hard work and excellence shared by this outstanding athlete-coach partnership.

Congratulations to Mondray Barnard and Marko Ferreira on these exceptional achievements. Eastern Province Athletics wishes you continued success as you proudly represent both the province and South Africa on the international stage.





Road Running

The Bay Relay Challenge

The public holiday brought an electric atmosphere to the region on **Tuesday, 16 June 2026**, as athletes gathered for the highly anticipated **Bay Relay Challenge**. With the bustling **Baywest Mall** serving as the central hub, the event transformed Youth Day into a massive, family-friendly celebration of fitness, community, and friendly competition.

Unlike standard road races, this event was all about the power of the team. Batons were passed along as four-member squads took on the fast, flowing 2.5km lap circuits surrounding the mall precinct. The layout made for incredible spectator viewing, with loud cheers echoing every time a runner arrived at the transition zone to hand over to their teammate.

The field showcased immense diversity across the board. Junior and senior schools brought fierce, youthful energy, corporate and social teams showcased great camaraderie, and the region's top running clubs traded strategy and raw pace in a high-stakes bid for the premier cash prizes and division titles.

As the final leg runners crossed the finish line, participants and supporters flooded inside Baywest Mall, where the high energy continued with a vibrant prize-giving ceremony and lucky draws.

A massive congratulations to all the teams who stepped up to the challenge, and a sincere thank you to the race organizers, marshals, and Baywest Mall for hosting an unforgettable day of local sport.

Results: [Bay Relay Challenge](#)



The 2026 Forest Challenge

The winter running season turned up the heat on **Saturday, 20 June 2026**, as athletes headed into the trees for the highly anticipated Forest Challenge. With the picturesque and sprawling trails of the **SANDF Army Base** serving as the host venue, this year's event tested the lungs and legs of every runner who traded the open roads for the forest canopy.

Participants tackled a series of beautifully carved trails, winding through dense bush, navigating sandy tracks, and conquering the rolling elevation changes that give this event its legendary "challenge" title. The



Eastern Province Athletics

Tel: (+27) 41 374 2818

1 Westbourne Road; Richmond Hill; Gqeberha

Email: epamanager@epathletics.co.za

PBO 930025507



crisp June morning air provided an invigorating backdrop, keeping paces fast despite the technical, twisting nature of the reserve's courses.

From the trail-blazing frontrunners who attacked the single-track climbs to the massive turnout of club members and local families enjoying a vibrant morning out in nature, the energy was unmatched. Crossing the finish line back in the main race village area, the shared camaraderie proved once again why this event is a mid-winter favorite on the local calendar.

Results: <https://epathletics.co.za/event/2026-06-20-forest-run-challenge-15km-5km/20260620-sira15/>



NMB Half Marathon

Eastern Province Athletics proudly hosted another outstanding edition of the **Nelson Mandela Bay Half Marathon** on **Saturday, 27 June 2026**, with the event once again taking centre stage on the picturesque Pollok Beach beachfront.

This year's event incorporated the prestigious **ASA Half Marathon, 5km and 1 Mile Championships**, attracting South Africa's top road runners who competed for national titles and the opportunity to qualify for the **World Athletics Road Running Championships**.

The inclusion of the **ASA 5km and 1 Mile Championships** marked a significant milestone, providing many Eastern Province athletes with the opportunity to represent the province in these national road championships for the very first time. EPA was proudly represented by a total of **50 athletes** in the Half Marathon Championships, **17 athletes** in the 5km Championships and **8 athletes** in the 1 Mile Championships.

The renowned flat and fast course, combined with ideal weather conditions, produced exciting championship racing and exceptional performances throughout the day. From elite athletes chasing national honours to recreational runners achieving personal goals, the event showcased the very best of South African road running.

A total of **2,651 athletes** completed the three events, creating an incredible atmosphere along the Summerstrand beachfront and reaffirming the Nelson Mandela Bay Half Marathon's status as one of the country's premier road running events.



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EPA athletes produced exceptional results, earning numerous individual and team medals across the championships.

Individual Medal Winners:

- | | | |
|-----------------------|------------------|---|
| • Junior Men: | Agcobile Jezile | Silver |
| • Men 35–39: | Melikhaya Frans | Gold |
| • Women 35–39: | Kelly van Vliet | Bronze |
| • Women 40–49: | Refeloe Solomons | Bronze |
| • Women 50–59: | Michelle Howes | Silver , setting a new EPA record of 1:29:11 |
| • Men 60–69: | Desmond Zibi | Gold |
| • Women 60–69: | Judy Gerber | Bronze |
| • Men 70+: | Roger Trader | Gold , |
| | Sticks Stighling | Silver |
| • Women 70+: | Margie Saunders | Gold , |
| | Rozetta Kemp | Bronze . |

EPA Team Medal Winners:

EPA also excelled in the team competition, earning:

- **Open Men – Silver**
 - Melikhaya Frans (10th overall), Sinawo Poti, Andile Motwana and Sibahle Maqwara.
- **Open Women – Bronze**
 - Refeloe Solomons, Leigh Callaghan, Abbie Mitchell and Kelly van Vliet.
- **Women 40+ – Gold**
 - Refeloe Solomons, Bianca Meistre and Michelle Howes.
- **Men 40+ – Gold**
 - Andre Ketchem, Khaya Gqwetha and Mzwanele Mlatsha.

Eastern Province Athletics extends its sincere appreciation to Athletics South Africa, the Nelson Mandela Bay Municipality, our sponsors, clubs, officials, volunteers, service providers and every athlete whose commitment and support contributed to the success of this prestigious championship event.

Congratulations to all the champions, medal winners and participants who made the 2026 Nelson Mandela Bay Half Marathon a memorable celebration of athletics.

Full championship results are available at: <https://meturl.net/nmb21>





Makro Road Race

GQEBERHA — The local road running community turned out in full force on Saturday, 4 July, for the highly anticipated annual Makro Road Race. Hosted as an official Eastern Province Athletics (EPA) league event, the winter morning run drew a strong field of competitive athletes and social runners

The event commenced at 07:00 from the Makro Gqeberha premises on Cape Road in Bridgemeade. Participants had the choice of two main events: the premier 10km road race or a highly accessible 5km fun run and walk.

Featuring electronic chip timing for precise performance tracking, the flat and fast course provided the perfect opportunity for seasoned local athletes to chase strong winter times, while families and beginners enjoyed a vibrant community atmosphere. The morning concluded with an official prize-giving ceremony at 09:00, recognizing top category performers alongside dynamic lucky draw giveaways.

Thank you to the race organisers Elite Athletics Club/OA Foundation whose planning and execution ensured a seamless event.

Results: <https://epathletics.co.za/event/2026-07-04-makro-road-race-10km-5km/20260704-elra10-3/>



Cross Country

Raw Terrain and Big Energy Open the Cross-Country Season

The local **cross-country** season kicked off with an explosive start on Saturday, 23 May, as athletes gathered at **Varsvlei in Sancto for League 1**. As the official curtain-raiser for the season, the event delivered everything cross country is known for: raw terrain, testing conditions, and fierce determination.

From the energetic Under-8 juniors tackling the shorter routes to the inspiring Masters runners showing incredible grit over the maximum distances, the field was packed with talent. Runners battled it out across 2km, 4km, and 10km distances, chasing those crucial early-season league points.



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With the winter chill setting in and the terrain offering a true test of endurance, this opening league set a phenomenal benchmark for the rest of the series. The hunt for league points is officially on as everyone builds momentum toward the championships in August!

A massive thank you to all the clubs, officials, and supporters who turned up to make the season opener a resounding success. See you at the next league!

<https://epathletics.co.za/wp-content/uploads/2026/04/Cross-country-newest-Flyer-17-April-plus-League-2.pdf>



nelson mandela bay
MUNICIPALITY

NMB LEGACY EPA CROSS COUNTRY

League 1 - Varsvlei - 23 May 2026 - 08:58:37



nelson mandela bay
MUNICIPALITY

NMB LEGACY EPA CROSS COUNTRY

League 1 - Varsvlei - 23 May 2026 - 09:58:39



UPCOMING EVENTS

2026-07-11 Cross Country League 3 @ 09:00

2026-07-18 Cross Country League 4 @ 09:00

2026-07-25 BestMed Madibaz Race 21.1km, 10km & 5km @ 07:00

NELSON MANDELA
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Bestmed Madibaz Athletics Club

21.1km, 10km & 5km Fun Run

EPA Prestige and Participation League Event

📅 Saturday, 25 July 2026

📍 Madibaz Stadium, South Campus, Summerstrand

🕒 07:00am 21.1km & 10km
07:30am 5km

📞 Bernard Petersen 076 402 7317
Graham Terblanche 072 650 6551

- The first 100 online entries for 21.1km: free t-shirt
- The first 100 online entries for 10km: free t-shirt
- All T-shirts must be collected at Registration





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Contact Us:

EPA Office Hours:

Monday – Friday | 08:00 – 15:00

Contact Details:

Tel: 041 374 2818

Email: epaadmin@epathletics.co.za

Website: www.epathletics.co.za

Facebook: [Eastern Province Athletics](#)