



TARA ABRAHAMS is incredibly proud of how far she's come in her jiu-jitsu. "It definitely has to be my blue belt grading," recalls Abrahams. "It took me a long time to remember thinking about having to roll with everyone in my class — it was the most rewarding moments of my life." | Carl Kindo via Instagram.

Tara and Aayesha set to make history at 'Rise of the Queen' banner

JULIAN KIEWITZ

SOUTH Africa's Tara Abrahams and Aayesha Majiet are set to make history this weekend, and these two warriors are embracing the moment, fully aware of the privilege and responsibility it carries.

Abrahams and Majiet will not only become the first women to compete for a Barebones Mixed Martial Arts Championship (BMC) Women's Title, but will also be the first ladies to headline the amateur fight promotion card taking place at the Sunningdale Sports Complex in Milnerton.

Competing for the Flyweight Title under the "Rise of the Queen" banner, both athletes spoke about the magnitude of this moment — not only representing women's MMA, but also paving the way for those who will follow.

"It really is an honour to represent women's MMA, and I am grateful for this opportunity," says Abrahams, who fights out of MADFit MMA in Cape Town. "I am sure many women who have entered into Barebones MC, like myself, Ayesha, and her teammates, find it difficult to get fights, so it really is a privilege."

For her opponent, Majiet — who trains out of Fighters Inc in Ottery — this fight is about passion and aspiration.

"I feel like women in MMA are very under-represented in South Africa, and this is a great opportunity for us to get this fight. It's a great opportunity. It will bring more attention to the sport and inspire other women who might be interested."

"I love to see more female fighters competing in the future and for the community to keep growing. I really believe it is important for women to not only learn to fight, but also to be in the ring — to show the world that we are strong, smart, and resilient — and that there are no limits. I am excited to represent my country and my sport, and I am looking forward to the fight."

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"I am not to bring away to showcase Majiet, who Southern Sa

Majiet's first started Caves Mixed sister's idea getting a fee she recalls.

She went and 2019, to reignited her Fidaah Edri

"Fighter home — I gym, and he again, espec to my coach today," says MMA fight

For this confident th also know a I'm stepping anything."

Abraham then, born in Cape Town, she is a fighter who has been training for years.

"I am excited to represent my country and my sport, and I am looking forward to the fight."

Notice of Annual General Meeting (AGM)

The Vredeloof Community Improvement District NPC (VCID) will be hosting an AGM. All stakeholders are invited to a review of the past financial year's activities and planning for 2026/2027.

Date: 1 December 2025

Time: 18h00

Venue: Friend of God Church, Vredeloof



Resolutions presented at the meeting can only be voted on by bona fide members of the Vredeloof CID NPC. This membership is available free of charge to all owners of property within the Vredeloof CID footprint who are liable for the additional rate (additional rate payers), but they must be registered before 24/11/2025.

To register as a member or access further information and documentation go to www.vredeloof.co.za or call 021 981-3303.

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Public Notice

OF APPLICATION FOR NUCLEAR LICENCE IN TERMS OF SECTION 21(5) NATIONAL NUCLEAR REGULATOR ACT NO 47 OF 1999) AS AMENDED

hereby given that Eskom has made an application for a Nuclear Vessel Licence to enable a nuclear powered vessel to dock in the Port of Cape Town for about 30 May 2026, for the purposes of receiving nuclear fuel destined for the Koeberg Nuclear Power Station.

Under Section 21(6) of the National Nuclear Regulator Act, representations related to health, safety and environmental issues may be made by persons interested in the granting of such a Nuclear Vessel Licence, to the National Nuclear Regulator within 90 days of the date of publication.

Representations must be addressed to: Programme Manager: Nuclear Power Plants, Eskom, 17, Arden Road, Sandton, 2008.



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