



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 to remember thinking about having to roll with everyone in my class — it's one of the most rewarding moments of my life." | Carl Kindo via Instagram

Tara and Aayesha set history at 'Rise of the Queen'

JULIAN KIEWIETZ

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, Aayesha, and her teammates, find it difficult to get fights, and this is a privilege."

For her opponent, Majiet — who trains out of Fighters Inc in Ottery — the fight is about visibility and progression.

"I feel like women in MMA are not represented in South Africa, and that's why we get a fight, as far as I'm concerned, the best way to do this is to bring them into the fold."

The two women have been fighting competitively for a few years now, and they believe that the time is right for them to make history. "We're both very excited to be part of this," says Abrahams. "We believe that we can set a precedent for other women in MMA, and we're looking forward to the challenge."

Notice of Annual General Meeting (AGM)

The Vredekloof 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, Vredekloof



Resolutions presented at the meeting can only be voted on by bona fide members of the Vredekloof CID NPC. This membership is available free of charge to all owners of property within the Vredekloof 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.vredekloof.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 loading nuclear fuel destined for the Koeberg Power Station.

of Section 21(6) of the National Nuclear Act, representations related to health, safety and environmental issues may be made by persons 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,

National Nuclear Regulator, 17 Adams Street,