



ECAS NEWSLETTER

PREMIER PHUMULO MASUALLE HANDS OVER ECAS VEHICLES FOR JOE GQABI AND ALFRED NZO DISTRICTS

1st Quarter
Apr-June 2017



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Aliwal North was the venue for the handing over of ceremony of ECAS vehicles for the Joe Gqabi and Alfred Nzo Districts. The event took place on 23 June at the Dukathole-Maletswai Community Sports fields.

Eastern Cape Premier, Mr. Phumulo Masualle handed the Mercedes Benz Vito vehicles over to the Joe Gqabi and Alfred Nzo Districts District Managers. The vehicles will be used by the ECAS district coordinators for transport of ECAS athletes to and from athlete training venues, selected competitions and district and provincial training camps. The celebratory occasion was also part of Youth Day celebrations with numerous dignitaries, scholars, athletes and community members present. Dignitaries included MEC or the Eastern Cape Department of Sport, Recreation, Arts and Culture, Dr. Pemmy Majodina, Head of Department, Mr Mzolisi Matutu, general manager Deidre Sedras, senior manager Mr Bafundi Makubalu. President, Mr. Mkhululi Magada and Jean Miggels, represented the EC Sport Confederation. A large number of the District Sports Confederation officials were also present. ECAS manager Mr Hermann Terblanche represented ECAS.

The occasion was used by ECAS to hand over training equipment to the following schools: Holy Crass SP, Malcomess HS and Bishop Demont HS.





MEC Dr. Pemmy Majodina visits ECAS athlete Sinesipho Dambile in Dimbaza

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The Department of Sport, Recreation, Arts and Culture (DSRAC) MEC Dr. (h.c) Pemmy Majodina visited ECAS athlete and SA Schools Athletics Champion, Sinesipho Dambile at his High School in Dimbaza on 18 May 2017. Sinesipho participated at the South Africa Schools Athletic championships held from 29 March – 02 April 2017 in Durban. He competed in the 400m and 400m relay race events where he won two (2) gold medals. Sinesipho also won a silver medal in the U/15 triple jump event.

The young Sinesipho, age 15 from the rural village of Zabalaza, earned his nickname “bolt” through his impressive record of 5 gold medals and 3 silver medals he won at Provincial and National level race events during the 2016 athletics season.

Sinesipho’s mother, Mrs Dumbile, had the following to say about his achievements, “I’m glad and very happy for my son who is living the fulfilment of his name, Sinesipho, we have a gift”, said Dumbile.

Addressing the learners at the school, MEC Majodina highlighted the importance of fulfilling one’s dreams. The Department through the Eastern Cape Academy of Sport Academy has signed an Individual Athlete contract for Sinesipho to benefit from the following services:

1. Athlete Support
2. Medical Assistance
3. Participation Assistance
4. Nutrition
5. Kit/Equipment

The Eastern Cape Academy of Sport has assisted some of the elite athletes to empower them to perform at national and international level. The following top athletes have benefited from the academy programme: Lusapho April, Thulani Mbege, Noni Thenge and Anaso Jobodwana.





MARSHALL MARSH WINS POWERLIFTING BENCH PRESS GOLD AT THE 2017 SASAPD NATIONAL CHAMPIONSHIPS FOR PHYSICALLY DISABLED

ECAS athlete Marshall Marsh competed in the 2017 SASAPD National Championships for the Physically Disabled winning the gold medal in the u75kg Powerlifting Bench press division. The event was held in Port Elizabeth from the 31st March until the 4th April 2017 at the Cape Reciefe School Hall.

Marshall achieved the gold medal result with his 2nd attempt securing the win with a lift of 135 Kg. Marshalls 3rd and final attempt at 140 Kg was successful lift, but was not allowed by the main judge as he opened his hands before completion of the lift. The achieved 135 Kg is Marshall's personal best in an official competition.

Marshall is fairly new to powerlifting and briefly competed in 2009 while still at school. Andre Ludick, SA and International Powerlifting referee and coach noticed, Marshall's potential and encouraged him to start training and to compete in the Powerlifting events.

Marshall achievement is remarkable as the lift of 135 Kg puts him in 9th position in the World Para Powerlifting Official World Rankings for 2017.

SASCOC has a keen interest in the achievements of athletes, as 2017 is the 1st year in the new new Paralympic four-year cycle (Tokyo 2020) where future stars of Team South Africa are unearthed. Hard work in the Gym is part of Marshall daily workout routine. He plans to team up with high performance Powerlifting coach Andre Ludick to achieve world-class lifts.

On current form Marshall qualifies for the WORLD PARA POWERLIFTING CHAMPIONSHIPS that will take place in MEXICO CITY from 30 SEP – 6 OCT 2017 (Up to 72.00 kg 132 kg)





MABULU GRABS BRONZE, IN MADAGASCAR

The 2017 African Senior Judo Championships was held in Antananarivo, Madagascar from the 14-16 April, 2017.

ECAS Judo athlete and Commonwealth Games bronze medallist, Siyabulela Mabulu competed in the 66kg weight division at the event. Mabulu took on Youssour Diallo of Mali and Amed Abdelrahman of Egypt in the preliminary rounds. He won his first fight but lost the second.

In the repechage round he took on and beat the host nation's Herikanto Kevin Andriamanoelina, winning with a convincing ippon score. In the bronze medal bout, he beat Morocco's Abderrahmane Boushita with a waza-ari score.

It's Mabulu's joint best finish at an African Championships, having also won bronze in Dakar, Senegal six years ago.

Twenty-two countries took part in the championships. South Africa took a total of 13 judokas to the island off the East African coast, 10 men and three women.



Picture above: Siyabulela Mabulu (far right) at the Medal Presentation with the rest of the winners

KAYLENE CORBETT SELECTED TO COMPETE AT FINA WORLD AQUATICS CHAMPIONSHIPS IN HUNGARY



ECAS swimmer, Kaylene Corbett, has been included in the SA Team to participate in the 17th FINA World Championships in Hungary.

The 2017 FINA World Aquatics Championships will be held in Budapest and Balatonfüred in Hungary from 23-30 July 2017. The opening of the event will be on 14 July 2017 and conclude on 30 July 2017.

Kaylene will compete in the 50m, 100m and 200m Breaststroke events. She will be part of the SA Team that include super star swimmers such as Chad le Clos and Cameron van der Burgh. Items included in the 2017 FINA World Aquatics Championships are swimming, open water swimming, synchronized swimming, diving, high diving and water polo.

Kaylene Corbett pictured during a training session at the ECAS High Performance Gym in Port Elizabeth



CREDIBLE 5TH PLACE FOR LUSAPHO APRIL AT 2017 HANOVER MARATHON IN GERMANY



Lusapho April achieved a credible fifth position at 2017 Hanover Marathon held in Germany on 09 April 2017.

Lusapho has competed (invitation International athlete) in sixth HAJ Hanover Marathons and is the current course record holder. He established the course record during the 2013 Hanover Marathon event in a time of 2:08:32. Lusapho has a stand out achievement record at the Hanover Marathon event, being the winner of the men's race on 3 previous occasions (2011, 2013 and 2016).

At this year's event Lusapho April finished in 5th place in the men's race with a time of 2:11:41. The winning time of 2:09:52 and 1st position belonged to Allan Kiprono from Kenya. Fellow-Kenyan Philip Sanga finished second and Norway's Sondre Moen in third place. The Hanover Marathon in Germany is an IAAF Silver Label Road Race and Lusapho's achievements (5th in 2:11:41) should secure Lusapho selection to the World Championships in London later this year.

NATIONAL MEDALS FOR ISCHKE SENEKAL, GARTH ELLIS AT THE 2017 ASA SENIOR CHAMPS

The 2017 SA Senior Track and Field & Combined Events Championships were held at the NWU Kenneth McArthur Stadium in Potchefstroom from 20-22 April 2017.

The following ECAS athletes competed at the event:

1. Luxolo Adams
2. Levert Pieterse
3. Mariano Eesou
4. Garth Ellis
5. Ischke Senekal
6. Berend Koekemoer

ISCHKE SENEKAL won 2 Gold Medals at the event. Ischke won the Women's Discus Throw with a best attempt of 51.92m. She also took Shot put GOLD (16.97m).

GARTH ELLIS impressed in the HIGH JUMP by winning a BRONZE MEDAL with a height of 2.15m.





3 MEDALS FOR JACO SMIT AT THE 2017 SASAPD NATIONAL

The 2017 Nedbank SASAPD National Championships for the Physically Disabled was held in Port Elizabeth from 31 March until the 4th April 2017.

ECAS would like to congratulate JACO SMIT for his outstanding results in the 2017 event.

Jaco competed in the 400m (T12 – partially sighted) event winning GOLD in a World Qualifying Standard (WQS) time of 0:51.40.

Jaco won a SILVER medal in the 200m (T12) in a World Qualifying Standard (WQS) Time of 22.91.

Jaco won his 3rd medal winning SILVER in the long jump (T12) with a credible distance of 5meters 90 cm.

The national event is key for the athletes, as success will put athletes in the reckoning for SA Teams to participate in the IPC Athletics World Championships to be held in London in July 2017. The event is also a recognized as one of the main stepping-stones towards selection for SA training groups for the Paralympic Games in Tokyo in 2020. 2017 is the first year of the SASCOC's new Paralympic four-year cycle.

The 2017 Nedbank National Championships is the highlight on the South African Disabled calendar and catered for approximately 1300 athletes that participated in 7 sporting codes, namely Goal Ball, 7 aside football, Judo, Para-cycling, Boccia, Powerlifting and Athletics.

The 2017 event marked 26 years of Nedbank's long-standing support of the National Champs for the Physically Disabled.



SUCCESS FOR PUMZA MAKIVA AT THE ITTF AFRICAN JUNIOR & CADET TABLE TENNIS CHAMPIONSHIPS IN TUNISIA



.O.R Tambo District and ECAS Table Tennis star Pumza Makiva represented South Africa at the 2017 ITTF African Junior & Cadet table tennis Championships. The event took place in Tunisia (Tunis) from 9-15 April 2017.

Pumza Makiva competed in Junior Girls category where she won her first round match against Gad Ibouendo from Congo 4-0 (11-6, 11-6, 11-3, and 11-5). Pumza lost in the quarterfinals against Yomma Sorour from Egypt 0-4 (5-11, 7-11, 9-11, and 3-11).



THREE GOLD MEDALS FOR LESLEY BIGNAUT AT 2017 ZONE 4 SWIMMING CHAMPIONSHIPS HELD IN BULAWAYO, ZIMBABWE.



The Confederation Africaine de Natation Amateur (Cana) Zone 4 Swimming and Water Polo Championships was held in Bulawayo, Zimbabwe from 16-19 February 2017.

East Londen based swimmer, Lesley Blignaut of the Ultimate Swim Club (USC), won three gold medals at the CANA Zone 4 Swimming and Championships. Lesley broke the existing championship records in both 50m fly and 100m freestyle.

16-year-old Lesley Blignaut managed to beat swimmers from countries such as Angola,

Seychelles, Swaziland and Zimbabwe etc. According to the Go & Express Live News Paper, Lesley Blignaut (Pupil at Stirling High School) is the first Ultimate Swim Club (USC) swimmer to break two championship records at the international swim meet.

The Confederation Africaine de Natation Amateur (Cana) is geographically divided into four zones of Africa, each zone hosting its own age group.

The CANA Zone 4 Swimming Championships is a FINA- approved event which swimmers can achieve A and B FINA qualifying times to qualify to participate in the 17th FINA World Championships to be held in Budapest, Hungary from 14-30 July 2017.

BRONZE MEDAL FOR CINDY SCHWULST AT 2017 FREE STATE ATU

Cindy Schwulst competed in 2017 Free State ATU Triathlon African Cup on 19 March 2017. The event took place at the Aldam Resort in Bloemfontein and included a 1500 m Swim (2 lap), 40 km Bike (4 laps) and a 10 km Run (4 laps).

Cindy competed in the Elite Women Division where she finished in third position, securing a credible Bronze Medal. The silver medal went to Carlyn Fischer of South Africa. The official winner in this category was Simone Ackerman (New Zealand) representing the ITU team.

ECAS Athlete Cindy Schwulst pictured left the rest of the race category winners at the Free State ATU Medal Ceremony.





LOWER SAXONY MINISTRY OF INTERNAL AFFAIRS AND SPORT DELEGATION VISITED NMMU HIGH PERFORMANCE COMPLEX AND ECAS

Members of the Lower Saxony Ministry of Internal Affairs and Sport Delegation visited NMMU High Performance Complex and ECAS on 11 March 2017.

The main purpose of the visit to the HP Complex and ECAS has firsthand experience of the progress made with the twinning agreement between Lower Saxony and the Eastern Cape Provinces. Participants were provided an opportunity to view the facilities and programs presented by ECAS and cooperation with Federations. The twinning agreement includes numerous projects such as Youth Exchange programs, voluntary service projects, sports projects etc.

The twinning agreement has been in place for the past 20 years and aims to support knowledge transfer and exchange expertise to improve governance and strengthen institutional capacity for service delivery of local and provincial government.

The group picture below was taken at the ECAS head office in Port Elizabeth. The picture includes members of the Lower Saxony Ministry of Internal Affairs and Sport Delegation, DSRAC member, members of the ECAS delegation.



The LOWER SAXONY DELEGATION included the following persons:

1. Nils Hilmer, Director of the Office of Minister Pistorius, Ministry for Internal Affairs and Sport
2. Vera Wucherpfennig, Head of Unit for Sport, Ministry for Internal Affairs and Sport
3. Lars Koenig, Representative of the State of Lower Saxony in the Province of the Eastern Cape
4. Inger Steffen, Ministry for Internal Affairs and Sport

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We would like to extend a warm Thank you for the support from our stakeholders...

