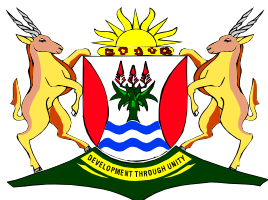




EASTERN CAPE  
ACADEMY OF SPORT



# ECAS NEWSLETTER

## LUXOLO ADAMS - ATHLETICS SOUTH AFRICA'S NEW SPRINT STAR

*1st Quarter  
Apr-June 2018*

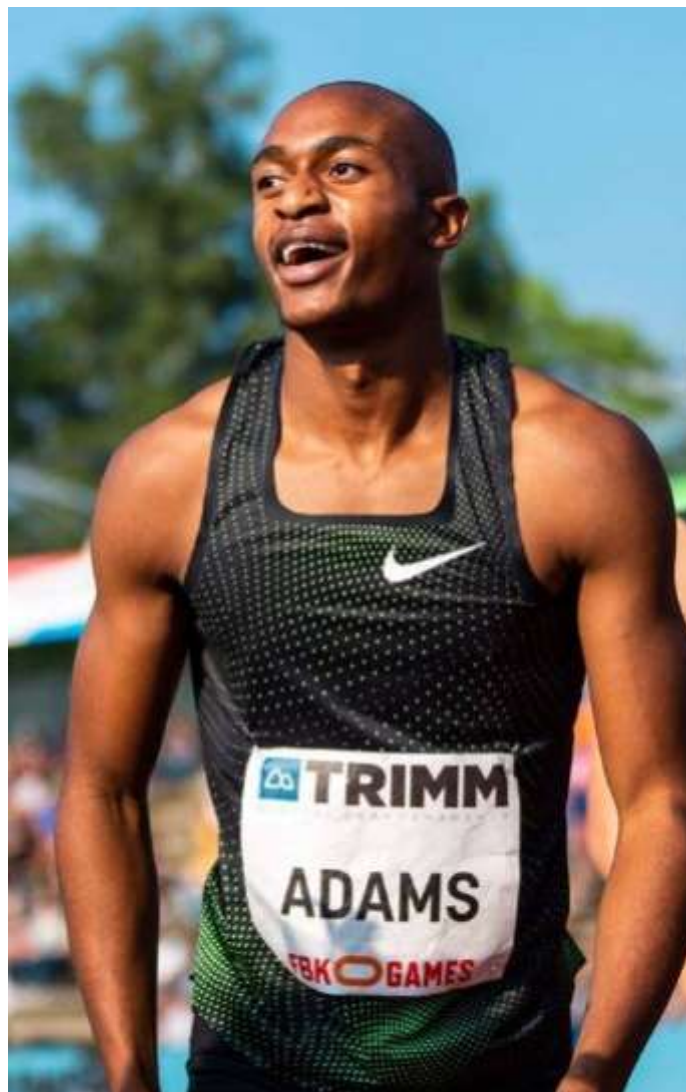
### Inside this issue:

- Luxolo Adams
- Alaric Basson
- Mbaso Qilingile
- Ndyebo Lamani
- Jaco Smit
- Marshall Marsh
- Siyabulela Mabulu

Luxolo Adams made a huge impact on the SA Sprinting scene during the 2018 athletics season and he believes he could still improve and become only the 5th South African to break the 20 sec barrier in the 200m.

Consistent good performances as well as his personal best time of 20.01 at sea level (in SA) has established Luxolo as one of the world's top sprinters and secured an invite to the prestigious Diamond League event and other international competitions.

Adams has been abroad from early June 2018 and has competed in the following international competitions.



### See results below

1. IAAF World Challenge held on 3 June 2018 in Hengelo in the Netherlands. Luxolo achieved the 1st position in the men's 200m with a time of 20.34.
2. In the IAAF World Challenge on 5 June 2018 Turku, Finland he achieved a 2nd Position in the men's 200m with a time of 20.70.
3. IAAF Diamond League on 10 June 2018, Stockholm Bauhaus-Galan, Sweden, achieved 3rd place in the men's 200m with a time of 20.36
4. IAAF Paris Meeting on 30 June 2018, Paris, achieved 4th place in the men's 200m with a time of 20.21.

Sprinting Coach, Mr Gerrie Posthumus, believes that Luxolo is ready to compete with the world's best.

Luxolo is also due to represent South Africa at the Athletics World Cup competition in London in July 2018.





## *ALARIC BASSON COMPETED AT MARE NOSTRUM SERIES AND TREVISO SWIM CUP INTERNATIONAL EVENTS.*

SA swim sensation, Alaric Basson competed at the Monaco leg (3rd leg) of the 2018 Mare Nostrum International Swimming Series as well as the Treviso Swim Cup in Italy. The events were held from 9-24 June 2018.

At the Monaco Leg of the 2018 Mare Nostrum Swimming Series Alaric competed in the 100m breaststroke where he finished in 7th place overall. He also finished in 4th place in the 50m breaststroke race event.

The Mare Nostrum tour kicked off in Canet on June 9th and 10th, and continued in Barcelona (June 13th and 14th). The final stop took place in the Principality of Monaco on June 16th and 17th. The Mare Nostrum tour is a gathering place for the world's top swimmers and has some resemblance to the athletics Diamond League.



## *4TH PLACE FOR MBASA QILINGELE AT THE BENCH PRESS WORLD CHAMPS IN FINLAND*

ECAS athlete and Cape Recife High School pupil Mbasa Qilingele recently competed at the International Powerlifting World Classic Bench Press Championship. The event was held in Vantaa, Finland from 13-19 May 2018.

Mbasa Qilingele competed in the U72kg body weight division. She successfully lifted a weight of 72.46kg to finish in a credible 4th position. The 16-year-old Grade 10 pupil was the only athlete from the Eastern Cape to be chosen for the eight-strong SA team who represented the country in Finland.

Mbasa had the following to say about her performance at the Finland event, "It was my 1st international event and I was very nervous about flying and competing internationally. My coach Elizabeth Barry accompanied me on the trip and her experience helped me to relax and to find my best effort". "I enjoyed being in Finland and meeting other participants.

I am now very determined to work hard and shift my focus to higher goals such as Parra Olympic qualification".



Mbasa also achieved at local level, securing 2 Gold Medals at the recent SA National Powerlifting Championships and SASAPD National Championships for the Physically Disabled held in Bloemfontein in April..



*ECAS PRESENTED COACHES EDUCATION SESSIONS IN PORT ELIZABETH, GRAHAMSTOWN AND QUEENSTOWN.*



June 2018 ECAS presented coaches education sessions in the following towns.  
Port Elizabeth – Boxing specific  
Grahamstown – Boxing specific  
Queenstown - Netball and Athletics

Mr Wayde Douglas (ECAS Sport Scientists, Coaches Education) was the course leader at the above mentioned Coaches Education Sessions.

About 80 coaches attended the 3 above mentioned coaches education sessions. The purpose of the sessions was to up-skill local coaches in theoretical sport science matters, but to more importantly ensure that they can apply the newly acquired skills practically. .

Below find some detail of the courses presented courses:

A boxing specific workshop was held at the Nelson Mandela University- High Performance Complex on the 01st June 2018. The coaches received boxing specific sport science literature that included aspects such as: physiology, strength training guidelines, nutrition and weight maintenance guidelines etc. Mr Buhle Dumbu addressed the coaches on sport management considerations. Mazizi Vumazonke held a session on technical aspects of Boxing and a practical session on the importance of foam rolling was presented by Mteteleli Biko.

Each of the attending coaches received a foam roller and some instructional guidelines assisting them with utilizing the roller with their athletes.

A similar coaches' education sessions was held in Grahamstown that also focused on boxing.

The course in Queenstown was tailored towards High-Performance Netball and Athletics training.

ECAS believes that the types of coaches' education sessions are adding value to coaches and assists to bridge the gap between theory and practice



At the conclusion of each workshop, all coaches received Futurelife Smartfood sachets and Futurelife Crunch Bars.



## *CONFIDENT NDYEBO LAMANI COMPETED AT THE 2018 IBSA JUDO WORLD CUP IN TURKEY*

Judoka, Ndyebo Lamani attended the 2018 IBSA Judo World Cup in Antalya Turkey. The event was held from 22-23 April 2018.

A star-studded line up of around 240 blind and visually impaired athletes from 30 countries competed in event.

Lamani competed in the U/66kg (B2 Category-partially sighted) where he lost in the group stages of the competition to Vieira Miguel from Portugal. The U/66kg weight division was won by Korean Judoka Youn Yongho.

In preparation for the Judo World Cup, Ndyebo competed at the National Championships for the Physically Disabled held in Bloemfontein from 28 March – 02 April 2018.

At the National Championships for the Physically Disabled, Ndyebo Lamani won the U/66kg Gold Medal (B2 category – partially sighted).

This result confirms his dominance in the B2 – partially sighted) weight category.



## *MABULU REACHES SEMI FINALS AT AFRICAN JUDO CHAMPIONSHIPS IN TUNISIA*

The 2018 Africa Open Judo Championships was held at the El Menzah Sport Palace in Tunisia from 12–15 April 2018.



The 2018 African Judo Championships is the 39th edition of the African Judo Championships, organised by the African Judo Union.

Siyabulala Mabulu participated in the in the 66kg division and achieved a commendable 5th position (1 position from Bronze medal).

In the 66kg division the event was won by Egypt's MOHAMED ABDELMAWGOUD. AHMED ABELRAHMAN (EGY) and IMAD BASSOU (MAR) and HOUD ZOURDANI (ALG) finished in second and third place respectively.

About 167 competitors from 24 African nations attended the prestigious event. The event included individual and team events.

In the team event, Tunisia finished in 1st place. Algeria and Morocco finished in second and third place respectively.

Team SA finished in 8th place overall.



## *JACO SMIT SECURES 1 x GOLD AND 1 x SILVER MEDAL AT 2018 NATIONAL DISABILITY CHAMPIONSHIPS*

On the Right is ECAS athlete, Jaco Smit, on his way to winning the 400m T12 (mens open) event at the 2018 National Disability Games. The games was held in Bloemfontein from 28 March to 02 April 2018.

Jaco's winning time in the 400m in Bloemfontein was 51.01. The time was a personal best and is the current WORLD LEADING TIME IN THE EVENT. The event also included athletes of neighboring countries such as Botswana. The 2018 win also shows Jaco's ability to continually run world class times. Jaco also won the T12 400 m event in 2017 and has now listed a number of category A qualifying times in the 400m event.

Jaco won a silver medal in the 200 m (time 22.84) event narrowly being beaten on the line by a diving Sheldon Thomas (22.81). The 22.84 time is an A qualifying time.

The achievements secured by Jaco at the 2018 national championships will greatly assist his aspirations of making the SA Team for the European Grand Prix Series, the World Championships and ultimately gaining a place on the SA team for the 2020



SA Championships for the Physically Disabled 2018

## *MARSHALL MARSH WINS POWERLIFTING GOLD MEDAL AT THE 2018 SASAPD NATIONAL CHAMPIONSHIPS FOR PHYSICALLY DISABLED*



SA Championships for Physically Disabled 2018

MARSHALL MARSH secured a gold medal at the 2018 powerlifting SASAPD national championships for physically disabled.

The 2018 SASAPD National Championships for the Physically Disabled took place in Bloemfontein on 28 March -02 April 2018. The powerlifting event was held at the Martie Du Plessis School Hall in Bloemfontein.

ECAS athlete, Marshall Marsh, competed in the powerlifting u80kg weight division, winning the national title and gold medal with his 1st attempt with a lift of 140 Kg. Marshalls best lift was at 145kg on his 2nd attempt.

The lift of 145 Kgs is Marshall's personal best in an official competition. The 145Kg lift is significant because it complies and exceeds the Minimum Qualification Standard (MQS) set

out by the World Parra Powerlifting organization for participation in international events. Meeting the Minimum Qualification Standard (MQS) open doors as it qualifies Marshall to compete in International events inclusive of the World Championships.

Marshall also won Gold in 2017 at the 2017 SASAPD National Championships for the Physically Disabled which was held in Port Elizabeth.. Marshall believes that he can in the next few months succeed to lift 150kg in practice sessions. Successfully recording a lift of 150 Kg in an official competition will qualify him for direct entry to compete at the 2020 Paralympic Games in Tokyo.

To achieve his goal, Marshall is now training with legendary powerlifting coach Andre Ludik. Coach and athlete believes that with hard work, small technical changes and a progressive increase in power, 150Kg is an obtainable goal for 2018 ‘



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## SIYABULELA MPONGOSHE AND KAYLENE CORBETT GAINS VALUABLE EXPERIENCE AT THE 2018 GOLD COAST COMMONWEALTH GAMES IN AUSTRALIA

ECAS Athletes Siyabulela Mpongoshe (Boxer) and Kaylene Corbett (Swimmer) represented South Africa at the 2018 Commonwealth Games held at the Gold Coast in Australia from 04 – 15 Apr 2018.



The Commonwealth Games is an international multi-sport event with six thousand six hundred (6 600) participating athletes. Seventy (70) nations participated for medals in 26 sporting codes.

Siyabulela Mpongoshe, competed in the 46-49kg weight category where he lost in the Round of 16 to Thiwanka Ranasinghe from Sri Lanka.

Kaylene Corbett competed in the 50m, 100m and 200m Breast Stroke events. Her best achievement was in the 200m Breast Stroke where she reached the finals. In the final she achieved a credible 8<sup>th</sup> position. In the 50m breast stroke she finished 17<sup>th</sup> and in the 100m breast stroke she finished 13<sup>th</sup>.



On their return both athletes agreed that the standards were very high and that they gained valuable experience and confidence from staying and competing with world class athletes. The athletes are confident that the lessons learn from the experience will serve them well and that they better understand the level of performance needed to be considered for medals at the world stage.

*Eastern Cape Academy of Sport  
P.O. Box 77000  
NMMU  
Port Elizabeth  
6013  
Tel: 041 504 4884  
Fax: 041 504 2022  
Website: [www.ecas.co.za](http://www.ecas.co.za)*

*Physical address:  
Human Movement Science  
Department  
NMMU South Campus  
University way  
Summerstrand  
Port Elizabeth*



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