



# M O C newsletter

ISSUE # 3

QUARTERLY REVIEW OF MALAWI OLYMPIC

APRIL - AUGUST 2021

## SIMWAKA SHINES AT THE TOKYO 2020 OLYMPICS



# *President's Message*



The Malawi Team to Tokyo 2020 Olympic Games is back in the country. They raised the Malawi flag high at the competition with one of our athletes, Asimenye Simwaka breaking two records, what a feat!! Congratulations to the Malawi Team.

We shall now concentrate on the upcoming Birmingham 2022 Commonwealth Games.

My Vote of Thanks goes to Government for ensuring that the team competed in the games well motivated.

*Hon. Jappie Mhango*

PRESIDENT





## MOC PARTNERS WITH MZUZU UNIVERSITY

Malawi Olympic Committee (MOC) signed a Memorandum of Understanding (MoU) with Mzuzu University (Mzuni) centered at enhancement of sports manager's capacities. The signing ceremony was held on 7th April 2021 at Mzuni's Dunduzu Campus.

Speaking at the ceremony, MOC president Jappie Mhango said the country is stagnating in sports development due to poorly trained managers.

Mhango said they opted to partner with Mzuni because of its interest in promoting sports.

*"Most of the people managing sports in the country are not specialised or were not properly trained in the management of various sports and therefore we want to give them special training so that we can achieve our desired goals,"* Mhango said.

Mzuni vice-chancellor Prof John Kalenga-Saka said the University will introduce a Bachelor of Arts Degree in Sports Management, which will start with an enrollment of 40 students.

*"We, as a university we have a responsibility to build national human capital in all sectors of the economy including sport. Our partnership with MOC is very strategic because they have that overall responsibility*

*towards supporting the government in ensuring the development of different sports disciplines in the country.*

*"Through the Faculty of Tourism, Hospitality and Management, we have developed a programme in Sports Management. This gives us an opportunity to support Malawi Sport so that individuals can acquire the needed skills,"* Kalenga-Saka said.



MOC general secretary and Mzuni 's Faculty of Tourism, Hospitality and Management Dean Dr Lameck Khonde graced the ceremony.



# MOC DRILLS TABLE TENNIS COACHES

MOC Conducted a 10 days Table Tennis Technical Course for coaches at Utatu Oyera Parish in Lilongwe from 10th to 19th April 2021. The course was facilitated by an expert Micheal Kuyeri from Kenya





## RECORD BROKEN: LIFA AND SIMWAKA QUALIFY FOR AFRICAN CHAMPIONSHIP ON MERIT

Malawi's quest for an automatic slot at the Tokyo Olympic Games was kept alive after two athletes Stern Lifa and Asimenye Simwaka qualified for the 22nd Senior African Championships which is to be held from June 1 to 5 in Algeria.

This was the first time for Malawi to qualify for the senior championship, having been sending athletes on solidarity.

The two were part of the five-member squad that competed at the All-Comers Track and field event at Heroes Stadium in Lusaka Zambia.

Liffa underlined his growing reputation when he yet again breaks his 100m record.

This was his third successive time to break the record. He reduced it to 10:36 from 10:38 and scooped a bronze Medal.

The Malawi University of Science and Technology Student was unable to compete in the 200m event after pulling his muscles.

Simwaka, who is also playing for Malawi women's national football team, finished second in a 200m race.

She reduced her time to 23: 91 from 24:19 and earned a place at the Senior African Championships.



## CONT'D...

Simwaka also won a Bronze Medal in 400m after clocking 52:59, whereas her compatriot Sunganani Namakonje came forth in the same event posting 59: 65.

Namakonje competed in 800m and finished seventh after clocking 2: 38: 44.

In other events, Mercy Malembo claimed a Bronze Medal in 1,500m, having improved her record from 5.000.00 to 4.56.24 while Alan Chirwa who competed in 800m finished sixth after posting 1.57.77.

Meanwhile, Simwaka said she was pleased with her performance and promised to work hard in order to impress in Algeria and qualify for the Olympics.

*"I also want to become the first female Malawian to qualify for the Olympics. We need all the support to qualify, this is just the beginning,"* she said.

The squad coach, Pachisi Nyasulu said Malawi's performance was encouraging.



*"Overall Malawi has performed very well. Three of the five got Bronze Medals and have also reduced their time. The other athletes Allan and Sunganani, despite joining us late in camp, performed well,"* he said.

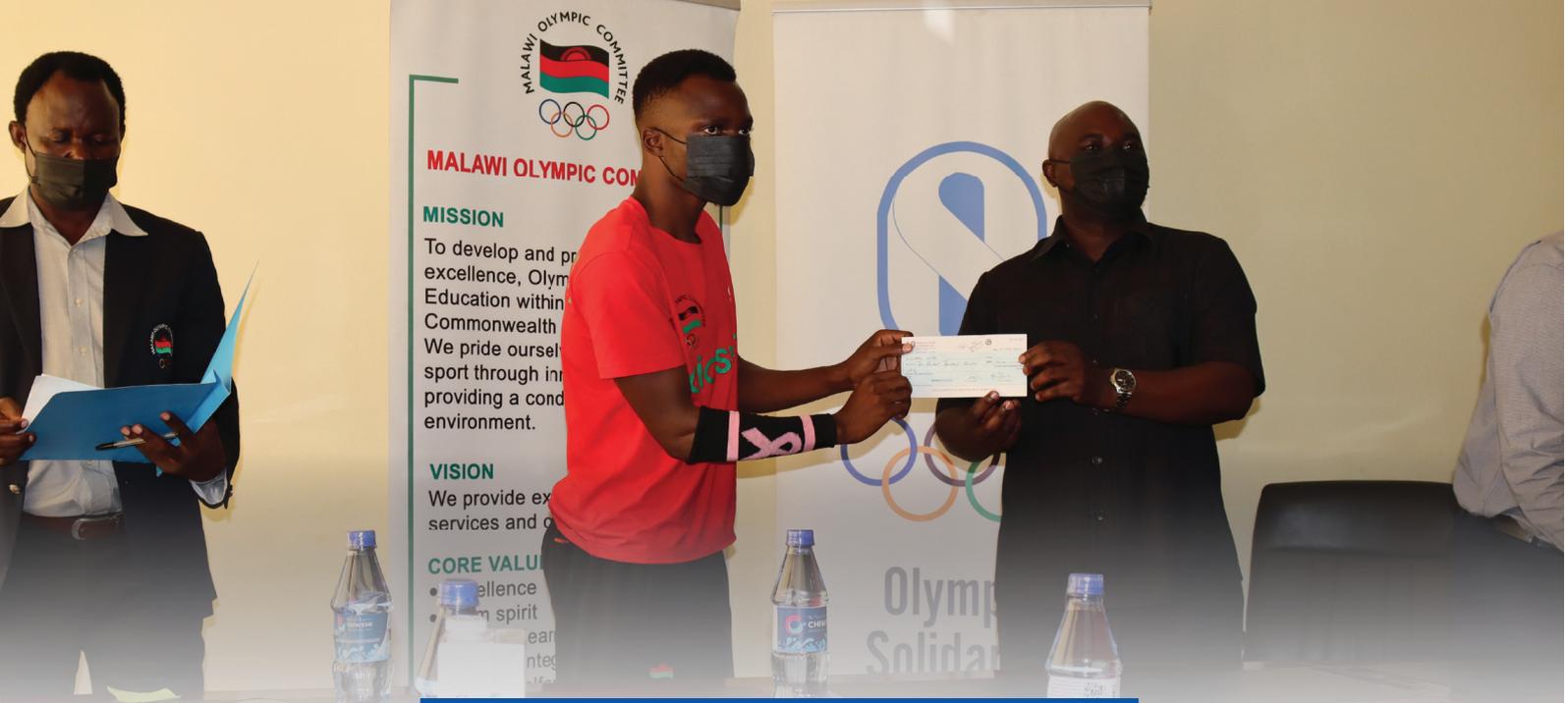
Athletics Association of Malawi (AAM) president Godfrey Phiri saluted the squad for the achievement.

He hailed Malawi Olympic Committee (MOC) for supporting the five athletes.

MOC President Jappie Mhango promised to continue supporting the athletes as they prepare for the African championships.

*"We will keep all of them in camp because they have the potential to qualify. They have done well; qualifying for the continental championship is not a mean achievement,"* he said.

Lifa 21 said: *"I am excited to be one of the first two Malawian athletes to qualify for senior African Championship on merit, I won't relax because my eyes are set on qualifying for Olympics and can be no better platform than the Algiers event."*



## MOC REWARDS ATHLETES FOR ZAMBIA EXPLOITS

The Malawi Olympic Committee (MOC) has rewarded athletes for their splendid performances during the All-Comers Track and Field event which was held at Heroes Stadium in Lusaka, Zambia.

Stern Lifa and Asimenye Simwaka got Lion's share pocketing K200,000 each.

The two became the first Malawians to qualify for the senior event on merit.

Lifa won bronze in 100meters after clocking 10.36 seconds to beat his previous personal best record of 10.58 seconds while Simwaka secured bronze in 400metres after clocking 52.59.

Presenting the cheques, MOC President Jappie Mhango said the athletes performed beyond expectation.

He said *"We are overwhelmed by the results. This is why we have decided to reward you. We will continue supporting you until you achieve your dreams of qualifying for the Olympic games."*

Mhango added that MOC approached the Ministry of Youth and Sports to book the athletes an audience with President Dr. Lazarus Chakwera.

Minister of Youth and Sports Ulemu Nsungama said the government is looking at how best it can reward the athletes.

*"As a Ministry, we are proud of the achievement by our athletes who won bronze Medals in Zambia. We have asked for reports from the sports federation to assist on how best we can honour the athlete."*

Lifa hailed MOC for the rewards, saying it will motivate them for the Olympic Games qualification.

Other athletes were Mercy Malembo who won a bronze Medal in 1,500 after she improved her record from 5:00:00 to 4.56:24. Sunganani Namakonje received K100 000 while coach Pachisi Nyasulu received K200,000.





# MOC HOLDS ANNUAL GENERAL MEETING

Malawi Olympic Committee (MOC) held its Annual General Meeting (AGM) on Saturday, 24th April 2021 at Sunbird Mount Soche Hotel in Blantyre.

The AGM had the following agenda: - President statement, Secretary General's report, Treasurer's report and Auditors Report. All the reports were adopted and approved by the general assembly.

During the Annual General Meeting, MOC launched the 2021-2025 Strategic Plan.



MOC President Jappie Mhango said the Plan's emphasis was on four key performance areas; Sports Development, Business Development, Organizational effectiveness and Sustainability and Olympic Legacy.

*"In fact implementation of the plan has already started. The plan intends to ensure that the organisation is well-governed. This will in turn assist in the realization of a sustainable institution.*

*"Since sustainability requires both financial and human resources, a business development model will be followed. We want to ensure that the organisation is able to generate additional resources to supplement what Olympic Solidarity provides. We believe this is the only way we shall have a self-sustaining organisation,"* he said.

Director of Sports in the Ministry of Sports Jameson Ndalama encouraged other associations to emulate MOC.

*"As a ministry, we are happy that MOC developed a strategic plan and we also encourage all sports associations to do the same. For everyone to travel from one point to the other you have to plan. MOC has demonstrated that they are serious, they know what to do in the next four years.*

*"It Is the ministry's policy that we find ways to make sure that each association has a strategic plan. This is done mainly through the Malawi National Council of Sports (MNCS). They are conducting training for strategic plan development, review and implementation,"* he said.

MOC general secretary John Kaputa said they conducted a strategic planning workshop in preparation for the development of the 2021- 2025 strategic plan.



## SIMWAKA GETS LIFELINE FOR OLYMPIC QUALIFICATION

Malawi's female athlete Asimenye Simwaka's Tokyo Olympic qualification dream was revitalised after getting a timely invitation to compete at the Cameroon National Championship.

The 22-year-old athlete's hopes for global showpiece qualification were misty following the indefinite postponement of the Senior African championships initially scheduled for Algeria from June 22 to 26.

Simwaka, who is within touching distance of making history as the first Malawian to qualify for the Olympics on Merit, left the country on 16th alongside Coach Pachisi Nyasulu.

However, male athlete Stern Liffa, who also stood a good chance of qualifying, did not travel to Cameroon as he was nursing an injury he sustained during a competition in Zambia.

Relief was the prevalent emotion for Simwaka who was set to compete in the 400m category. In an interview before departure, the athlete said she was set for the competition.

*"Preparations have gone on well and I am eager to realise my dream of qualifying for the Olympics," she said.*

On his part, Nyasulu said Simwaka has been training hard ahead of the competition. He said: *"Of course, we had a drawback as she got ill at one point in the course of the preparations, but she is back on her feet again and raring to go.*

*"We have been working a lot on her finishing and that has to do with strategic running on how she can reserve enough energy to finish strongly. So, we are hoping for the best because it is her last chance and owing to good weather and her form, it should happen".*

Simwaka and Liffa made history by becoming the first local athletes to qualify for the 2021 African Athletics Championship following their stellar show at the All-Comers Track and Field event in April this year.

Liffa, 21, won Bronze in 100metres after clocking 10.36 seconds to beat his previous personal record of 10.58 seconds.

The qualifying standard is 10.44.

Simwaka clinched bronze in 400m after clocking 52.59 seconds and the qualifying standard was 54.6 seconds.



# SIMWAKA BREAKS THE NATIONAL RECORD AGAIN

Blossoming Malawian female athlete Asimenye Simwaka won two gold Medals in 200 meters (m) at the Cameroon National Championship which attracted the cream of the continent.

To add extra spice, she also broke the national record by clocking 23:46 seconds, beating her previous record of 23:74 seconds. Her feat came barely 24 hours after she also won Gold in 400m at the same event in which she clocked 52: 57 seconds.

Sadly, though, the 22-year-old missed her target of becoming the first Malawian athlete to qualify for the Olympics on merit by 46 milliseconds.

Coach Pachisi Nyasulu was all praises for the athlete, saying: *"It was a great performance from Asimenye, she did well."*

*"Unfortunately, she missed the qualification by 46 milliseconds, but all is not lost as there are reports of another qualification tournament in Nigeria before June 29th, which is the cut off point for qualifiers and were keeping our fingers crossed."* Said Nyasulu.

On her part, Simwaka said she was

disappointed not to have qualified for the Olympics.

*"I hope I can have one more chance. I will remain positive. Otherwise, the solace is that I won gold twice which was not an easy feat considering that I was competing with the best on the continent"*. Said Simwaka.



In March this year, Simwaka and male athlete Stern Lifa made history by becoming the first local athletes to qualify for African National championships on merit.

Malawi Olympic Committee (MOC) President Jappie Mhango said Simwaka has a bright future.

*"If she won't qualify for Olympics, then she will definitely make it to the Commonwealth Games. I have no doubt about that"* he said. *at"* he said.



# MOC CELEBRATES OLYMPIC DAY

The Olympic day is celebrated to promote participation in sports regardless of age, gender or athletic ability, as well as being an opportunity to celebrate the Olympic Values around the world with the theme, Move, Learn and Discover. It is Celebrated on 23 June each year. Malawi celebrated the day with over 100 students in different activities with support from Essential Tours and Travel and Lilongwe Dairy (2001) LTD.





## MOC UNVEILS OLYMPIC TEAM

None of the local athletes in all disciplines has qualified for Tokyo 2020. Olympic Games, effectively rounding up 49 years of the Country's failure to challenge for honours on the biggest sports stage. Instead, the Malawi Olympic Committee in collaboration with the International Olympic Committee has selected five athletes to compete on solidarity and Tripartite.

They are Harriet Boniface (Judo), Jessica Makwenda and Fillipe Gomez (Swimming), Asimenye Simwaka (Athletics), and David Areno (Archery) and were unveiled last Friday 2nd July 2021 in Lilongwe ahead of the games on July 23, in Japan. The team also unveiled its uniform provided by United National Population Fund (UNFPA) who also organized a sendoff party for the team.

Malawi first competed at the Olympic Games in 1972. However, it failed to send a delegation on two Occasions, hence this will be the 11th time it is sending the athletes. MOC Vice-President Flora Mwandira said some local athletes came close to qualification.

*"Asimenye, who is a short distance runner, is the most improving and outstanding athlete who recently won the gold medal in Cameroon. However, she missed Olympics qualification by milliseconds"* She Said

On Switzerland-based archer Areneo, *"He performed very well, but missed with an inch. Looking at his progress, IOC and International Archery Federation have considered him on the tripartite basis"*.

She said Portugal-based Swimmer Gomez was considered because he performed impressively over the years and ranks 3rd in Africa. Mwandira also touted Judo star, Boniface, as an athlete who has excelled in Africa. She is ranked sixth in Africa and 93 in the world. The MOC vice President said she expects the athletes to compete aggressively despite that they have not qualified by meeting minimum standards.

Minister of Youth and Sports, Honorable Ulemu Msungama acknowledged that competing on solidarity was not good enough. He, therefore, emphasized the need to step up a gear in promoting sports. On her part, Simwaka promised to impress during the Olympic Games. Short distance runner Stern Lifa who came close to qualify was left out due to an injury. The 2020 Olympic Games, which were postponed last year, are scheduled to take place between 23 July and 8th August.

Malawi's delegation will include Hon. Msungama, Principal Secretary Oliver Kumbambe, Director of Sports Jameson Ndalama, Malawi National Council of Sports Executive Secretary Henry Meleka, MOC President, Jappie Mhango, MOC Vice-President Flora Mwandira, MOC Secretary-General John Kaputa, MOC Administrator Naomie Chinatu, Athletics Coach Pachisi Nyasulu, and Archery Coach Tawina Mtaya.



## PART OF MALAWI OLYMPIC TEAM DEPARTS FOR TOKYO

Part of the Malawi Team delegation to the 2020 Tokyo Olympic Games left Kamuzu International Airport in Lilongwe for Japan on 10th July 2021 without Jessica Makwenda and Filipe Gomez who are part of the five local athletes selected to compete at the biggest sports event in the world.

Those that travelled were Harriet Boniface (Judo), Asimenye Simwaka (Athletics) and Areneo David (Archery).

Leader of Delegation, Vice President of Malawi Olympic Committee (MOC), said the three athletes travelled early for training in Ota City. Gomez and Makwenda left on 17th July, seven days before the games started.

Mwandira was optimistic that the camp in the host nation will help improve the athlete's performances as they will be exposed to modern facilities and trainers.

She also said it was justifiable for the body to send eight officials, four coaches including a Japan-based coach and five athletes.

*"It is difficult to understand when you are out there. These games are for the International Olympic Committee (IOC) and they have their own protocols as far as games are concerned.*

*We should also understand that the games are intended for solidarity to bring together all Nations. The nations cannot be represented by athletes only. Officials form part of the team.*

*The Minister of Sports and government officials travel following protocols as they are invited".* Said Mwandira



Judo athlete Boniface said she was prepared to win a medal at the games.

*"I have prepared thoroughly. The two weeks' camp will also help me to fine-tune as I will link with my coach (Ryoma Kudo) who is already there".* Said Boniface David Areneo (Archer) and his coach Tawina Mtaya were also part of the delegation.



## JUDO ATHLETE OUT OF TOKYO OLYMPIC

Malawi's quest for an Olympic Medal started on a sour note after Judo athlete Harriet Boniface suffered a first-round loss to a Brazilian opponent on Saturday. The 28-year-old athlete was hoping to successfully open the floor for Team Malawi but stumbled in the 48kg category as the heat for the 2020 Tokyo Olympic Games gets high. Team Malawi Leader of Delegation Flora Mwandira confirmed Boniface's exit from the competition.

*"Boniface did not perform well. She lost in the first few seconds. We are now just hoping for the future; she is at the moment watching those who are still in the competition. She is observing to learn more."* Said the Malawi Olympic Committee Vice President.

Judo Association of Malawi (Judo) General Secretary Osbourne Banda, who did not travel with the team, confirmed that Boniface had been knocked out.

*"The Judo competition for their category was completed the same day. It was her first time at the competition. It is good a learning platform. Realistically we did not expect her to win a medal as it is always tough at the Olympic Games. But now she has the experience."* Said Banda

Meanwhile, Team Malawi's attention has shifted to Archer David Areneo, who will compete tomorrow 27th July after the event was rescheduled from Friday.



Athlete Asimenye Simwaka, swimmers Fillipe Gomez and Jessica Makwenda are expected to compete on Friday 30th July 2021. MOC Secretary-General John Kaputa said they watched David's Training Session Yesterday and were impressed. *"We hope David will perform better, having trained thoroughly,"* he said

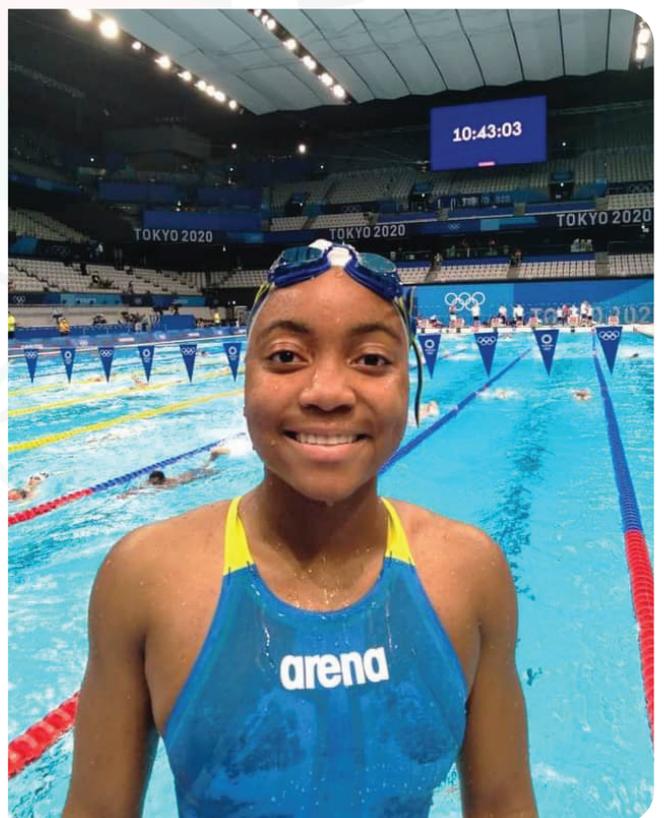


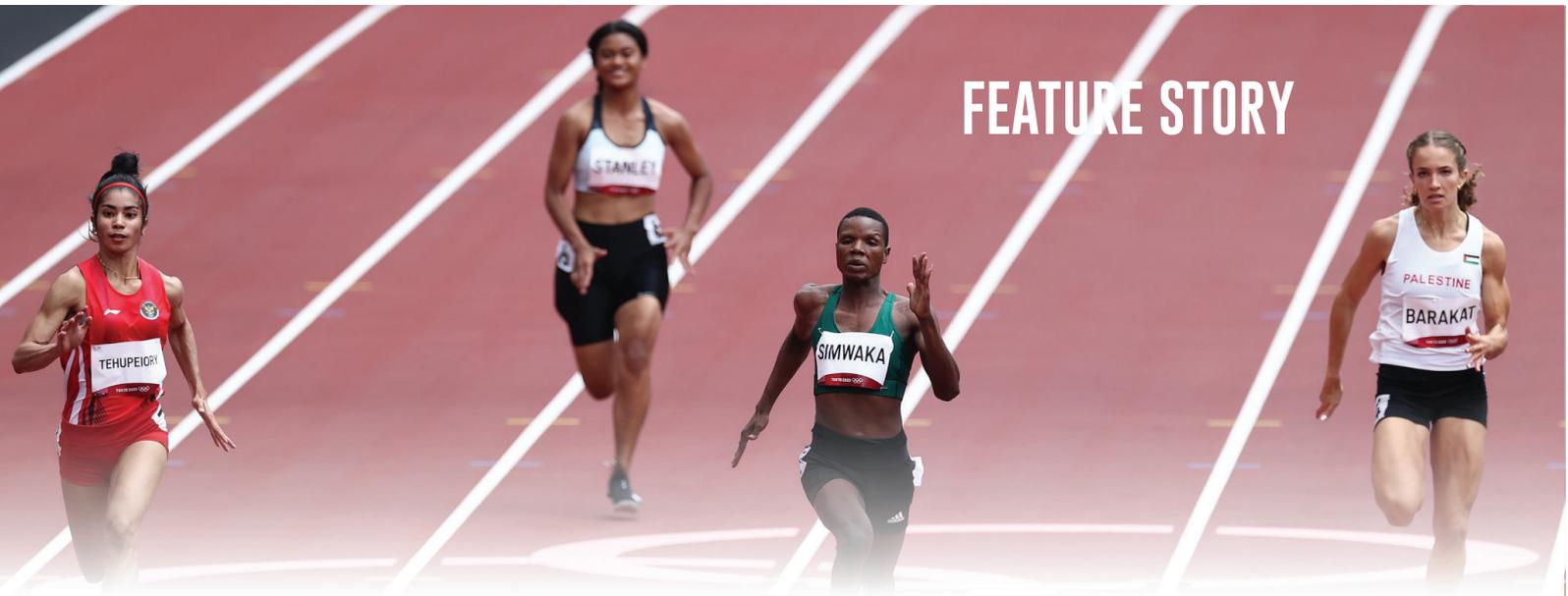
## ARCHER ARENEO WAS DETERMINED AT THE OLYMPICS

Team Malawi struggles at the Tokyo Olympics continued yesterday when archer Areneo lost to Korean Kim Je Deok 6-0 in the elimination stage. Played at Yumeno Shima Final Field, David trained in Switzerland for the past four years under the International Olympic Committee (IOC) scholarship, could not stand the heat against the Korean.

He became the second athlete from the Malawi Olympic team to lose on the elimination stage. Harriet Boniface, competing in the 48kilogramme category, lost 10-0 to a Brazilian opponent. Archery Association of Malawi President Henry Sakala yesterday said he could not comment on David's performance.

In an interview from Tokyo, the Malawi Olympic Committee (MOC) director of Administration and Programmes Naomie Chinatu said Malawi's hopes now rest in swimming and athletics. Next to take the stage will be athlete Asimenye Simwaka and Swimmers Filipe and Jessica will compete on Friday.





## SIMWAKA SHINES AT THE TOKYO 2020 OLYMPICS

The Country's athlete of the moment Asimenye Simwaka underlined her class on 30th July 2021 when she broke 100m national record twice during her maiden Tokyo 2020 Olympics.

However, despite her feat, it was not enough to take her to the semifinals of the top event, having battled against reputable world figures.

In the preliminary round, Simwaka came second in heat number three after clocking 11:76 beating the national record of 12:25 which Susan Tengatenga clocked several years ago.



In this heat, she was behind Joella Lloyd. In round one heat seven, Simwaka anchored their eight-member event but her feat was enough to break her own record for the second time.

USA athlete Teahna Daniels led the standings after finishing 11:04 whereas Britain's Dina Asher-Smith came second at 11: 07, Ivory Coast Murielle Ahoure was third finishing at 11:16.

ATHLETICS		WIND +0.8m/s
WOMEN'S 100M		
RESULT - PRELIMINARY ROUND - HEAT 3		
1	ANT	JOELLA LLOYD 11.55 Q
2	MWV	ASIMENYE SIMWAKA 11.76 Q
3	INA	ALVIN TEHUPEIORY 11.89 Q
4	MLT	CARLA SCICLUNA 12.11 Q
5	PLE	HANNA BARAKAT 12.16
6	OMA	MAZOOON AL ALAWI 12.35
7	GUI	AISSATA DEEN CONTE PB 12.43
8	TUV	MATIE STANLEY PB 14.52
9	MTN	HOULEYE BA PB 15.26

Coach Pachisi Nyasulu hailed Simwaka for the exploits *"She broke the record twice in the preliminary round and main round (quarterfinal). At first, she clocked 11:76 and then 11:68. Asimenye has now set a new record,"* he said.

Simwaka was particularly impressed with her performance. *"Being my first Olympics I think I have done well. I will continue working hard,"* she said.

The multi-talented athlete who is also a striker for Malawi national women's football team is now a holder of three records in Malawi at 100m, 200m and 400m.

Following the development, Simwaka qualified for the African Championships on Merit, having initially qualified for the same event at 200m and 400m.



# *head office*

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