

M O C NEWSLETTER

“Developing & Promoting Sports Excellence in Malawi”



MOC HOSTS ANOCA ZONE VI GENERAL ASSEMBLY

The Malawi Olympic Committee (MOC) proudly hosted the Elective General Assembly of the Association of National Olympic Committees of Africa (ANOCA) – Zone VI on February 22, 2025, at Sunbird Livingstonia in Salima.

The high-level event brought together 35 delegates from 10 African countries, including Angola, Botswana, Eswatini, Lesotho, Mozambique, Namibia, Zambia, Zimbabwe, South Africa, and Malawi. It was graced by Isaac Katopola, Principle Secretary in the Ministry of Youth and Sports, as Guest of Honour.

Speaking during the event, Local Organising Committee Chairperson Dennis Kumwenda highlighted the significance of the assembly, noting its role in boosting sports tourism, generating foreign exchange, and enhancing Malawi's visibility on the continental stage.

“This assembly showcased Malawi's capability to host major sports gatherings and affirmed our commitment to Olympic values,” – Dennis Kumwenda

The MOC thanked all participating countries, partners, and stakeholders for making the event a resounding success

MOC AND STEPPING STONE SCHOOL PLANT TREES FOR CLIMATE ACTION

The Malawi Olympic Committee, in collaboration with Stepping Stone School, conducted a tree planting exercise aimed at contributing to the fight against climate change.

During the activity, 130 trees were planted, with MOC donating an additional 30 trees to support the initiative.

Stepping Stone Headmistress Caroine Kilowe emphasized that the project is aimed at shaping students to become proactive environmental stewards.

“This is the second phase of the program, and it continues to make a meaningful impact on our school and the surrounding community,” she said.

MOC's Executive Board Member, Pyson Likagwa, who represented the Committee, praised the initiative as a game changer in promoting sustainability through sport and education



EMPOWERING YOUTH THROUGH SPORT: OLYMPAFRICA SUSTAINABILITY WORKSHOP

The Malawi Olympafrica Centre, in partnership with Norges Idrettsforbund (NIF) and the Malawi Olympic Committee (MOC), hosted a vibrant Sports Sustainability Workshop aimed at equipping young athletes with life skills that promote self-reliance and environmental awareness.

Held at the Olympafrica Centre in Lilongwe, the workshop is part of the “O! Yes” Programme under the International Olympafrica Foundation.

Participants created bracelets, briquettes, dolls, and portraits using eco-friendly materials like beans, beads, and paper—demonstrating how creativity can support sustainable living.

The program also included a tree planting exercise, aligning with global efforts to use sport as a tool for climate advocacy. Additionally, Judo and Taekwondo athletes showcased their skills as part of the event’s activities.



Representatives from NIF, Rune Arctander, Director of International Relations, and Susanne Brovold Hvidsten, Program Advisor, praised the initiative as a powerful platform for athlete empowerment and community development.

“This workshop is a great example of how sport can be used to build resilience, creativity, and self-sufficiency,” – Rune Arctander, NIF



NIF AND MOC STRENGTHEN PARTNERSHIP FOR SPORTS DEVELOPMENT IN MALAWI

The Norwegian Sports Confederation (Norges Idrettsforbund, NIF), in collaboration with the Malawi Olympic Committee (MOC), is on a partnership tour to promote sports development and inclusivity in Malawi.

The Norwegian Sports Confederation (NIF) and the Malawi Olympic Committee (MOC) have continued their partnership to promote sports development and inclusivity in Malawi.

Rune Arctander, Director of International Relations at NIF, emphasized the transformative power of sport:

“Our partnership with MOC ensures that sports programs in Malawi are safe, equitable, and inclusive.”

MOC President, Jappie Mhango, praised the collaboration for improving governance and service delivery, adding:

“We’re grateful for their support and look forward to continued collaboration.”

The tour, which included meetings with the Ministry of Youth and Sports, Judo Association of Malawi, and UNHCR, is part of the initiative to create a strong, sustainable, and inclusive sports culture in Malawi. The partnership, which started in 2023, will run until 2027

JAPPIE MHANGO ELECTED ANOCA ZONE VI PRESIDENT



Malawi Olympic Committee President, Jappie Mhango, has been elected President of ANOCA Zone VI after defeating South Africa's Barry Eugene Hendricks during the Elective General Assembly held on February 22, 2025, at Sunbird Livingstonia Beach Hotel in Salima.

Mhango secured 7 votes against Hendricks' 4, earning the confidence of fellow Southern African Olympic Committees.

Outgoing President Alfred Foloko congratulated the new team, reflecting proudly on the zone's progress since 2021.

ANOCA Zone VI promotes Olympic values across 10 Southern African countries: Malawi, Angola, Botswana, Eswatini, Lesotho, Mozambique, Namibia, South Africa, Zambia, and Zimbabwe.

Newly Elected ANOCA Zone VI Executive:

- President: Jappie Mhango (Malawi)
- Vice President: Gonye Thaban (Zimbabwe)
- Secretary General: Maxwell Jele (Eswatini)
- Treasurer: Morake Raleaka (Lesotho)
- Board Members: Hazel Kennedy (Zambia), Diana Ahrens (Namibia), Botsang Tsenyego (Botswana)

MALAWI REPRESENTATIVES AT ANOCA ATHLETES' FORUM IN NAMIBIA



Asimenye Simwaka and Areneo David represented Malawi at the 5th ANOCA Continental Athletes' Forum held from April 4–6, 2025 in Windhoek, Namibia.

The forum brought together athlete leaders from across Africa to discuss key issues including Olympic Solidarity programs and preparations for Dakar 2026.

The event was also graced by IOC President-elect Kirsty Coventry, who reaffirmed her commitment to athlete advocacy.

Malawi's participation reflects the Olympic Committee's commitment to athlete development and representation.

MALAWI TAKES PART IN OLYMPAFRICA DIRECTORS NETWORKING MEETING



James Mangani, Director of the Malawi Olympafrica Centre, attended the Olympafrica Directors Networking Meeting in Dakar, Senegal, from 6–13 April 2025.

The workshop brought together directors from 16 English-speaking African countries, focusing on inclusion in sports, Baseball5, O!YES M&E tools, and sustainable project development.

The event reflected on Olympafrica's commitment to empowering sports leaders and promoting development across the continent.

MALAWI CGA SETS STRATEGIC PATH FOR GLASGOW 2026 COMMONWEALTH GAMES



The Malawi Commonwealth Games Association (MAW CGA) is intensifying preparations for the Glasgow 2026 Commonwealth Games, set for 23 July–2 August 2026 in Scotland.

At a recent strategic meeting, officials from eight disciplines—including Netball, Athletics, Judo, Boxing, Aquatics, Para-Athletics, and Cycling—discussed training plans and athlete selection strategies.

“We’re leaving no stone unturned. These are medal-potential disciplines,” said Francis Kakhuta Banda, Chef de Mission.

Netball Association’s Cecelia Mtukule emphasized youth development through training camps and talent identification programs.

Malawi aims to end a 40-year medal drought, last reaching the podium in Boxing at the 1986 Commonwealth Games.



MOC URGES GREATER INVESTMENT IN SPORT PERFORMANCE

Malawi Olympic Committee (MOC) President Jappie Mhango has called for urgent investment in athlete development and infrastructure following Team Malawi’s poor performance at recent major games.

Speaking at the MOC Annual General Meeting held at Mount Soche Hotel in Blantyre, Mhango noted that while governance has improved, podium results remain elusive.

“Our performance at the African and Olympic Games was disappointing. We need more investment in infrastructure, coaches, and athlete development if we are to be competitive,” he said.

He urged government and stakeholders to step up support, emphasizing that sport is a major industry worth prioritizing.

MOC Secretary General Henry Sakala outlined ongoing development projects, while Director of Sports Jameson Ndalama and Malawi National Council of Sports’ Shephord Boma pledged continued support and collaboration.

MALAWI CELEBRATES COMMONWEALTH DAY

Malawi joined fellow member nations in celebrating Commonwealth Day on 10th March 2025 with a vibrant event themed “Together We Thrive.” The day began with a fun walk from Game Complex to Civo Stadium in Lilongwe, followed by speeches, games, and entertainment.

British High Commissioner Fiona Ritchie highlighted the significance of youth in this year’s celebrations, saying: “Young people are key to Malawi’s future and the Commonwealth’s prosperity. This event is all about connection and building a better future together.”

Minister of Youth and Sports Uchizi Mkandawire praised the Commonwealth for promoting cooperation and development, reaffirming Malawi’s commitment to its values.

Commonwealth Games Association of Malawi Vice President Francis Kakhuta Banda also applauded the UK’s role in uniting nations through the Commonwealth. The event featured live music by Zeze Kingston, sporting activities, and a celebration of cultural diversity.



UPCOMING EVENTS



OLYMPIC DAY

23rd June, 2025 - Dowa



KING'S BATON RELAY GLASGOW 2026

22nd-23rd August, 2025- Mangochi



23rd July- 2nd August, 2026



31st October - 12th November, 2026



14th - 30th July, 2028

- African School Games- Algiers. 26th July-5th August, 2025
- Angola 2025 African Youth Games- 10th - 20th December, 2025
- African Beach Games 2027- Equatorial Guinea

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