

M O C

NEWSLETTER

"We aim to Develop and Promote Sport Excellence"



Malawi CGA Unveils Team for Glasgow 2026 Commonwealth Games

On 10 July 2026, the Malawi Commonwealth Games Association (Malawi CGA) officially unveiled a 24-member Team Malawi that went on to represent the country at the Glasgow 2026 Commonwealth Games, held in Scotland from 23 July to 2 August 2026.

The delegation featured athletes from five sporting disciplines—netball, athletics, swimming, boxing, and judo—reflecting Malawi's continued investment in developing talent across multiple sports.

During the unveiling ceremony, Minister of Youth and Sports Alfred Gangata urged Team Malawi to make history by securing the nation's first-ever Commonwealth Games medal. He encouraged the athletes to compete with determination, discipline, and pride as ambassadors of Malawi on the international stage.

The Acting Chief Executive Officer of the Malawi National Council of Sports, Ivy Chinangwa, described the team's participation as another important milestone in Malawi's sporting journey and expressed confidence in the athletes' ability to perform at the highest level.

Team Malawi subsequently traveled to Glasgow and competed across the five disciplines. The games provided

the athletes with an opportunity to gain valuable international experience, compete against some of the Commonwealth's best athletes, and represent Malawi on the international sporting stage.

The team's participation concluded on 1 August 2026, marking another chapter in Malawi's Commonwealth Games journey and contributing to the country's continued development and presence in international sport.



Malawi Olympic Committee Empowers Athletes for Life Beyond Sport

The Malawi Olympic Committee (MOC), with support from Olympic Solidarity, conducted a two-day Athlete365 Career+ Workshop in Lilongwe under the theme “Power Up Your Future,” aimed at preparing athletes for life after competitive sport.

The workshop brought together athletes from various sporting disciplines and focused on self-development, leadership, entrepreneurship, and career planning. Facilitated by Lechedzani Luza (El Master), the sessions equipped athletes with practical skills, including Curriculum Vitae and cover letter writing, while helping them identify their strengths, talents, and future opportunities.

Speaking during the opening ceremony, MOC Vice Secretary General Dennis Kumwenda urged athletes to adopt a mindset focused on preparing for life beyond competition.

“A career in sport, like any other career, has seasons. It is important for athletes to change their mindset and prepare for life beyond competition by exploring opportunities in entrepreneurship and other areas,” said Kumwenda.

He added that the Athlete365 programme aims to develop athletes beyond their sporting roles.



“The project is designed to equip athletes with the skills, knowledge, and mindset to grow not only as competitors, but also as leaders, entrepreneurs, and contributors to their communities,” he said.

Luza encouraged athletes to utilise the qualities gained through sport, including discipline, teamwork, and resilience, in their professional lives.

Hockey player Mercy Nakoma described the workshop as eye-opening, saying it helped her better understand her future plans after sport.

The initiative reflects MOC’s commitment to athlete welfare by ensuring competitors are prepared for successful transitions beyond their sporting careers.

FDH Bank Boosts Team Malawi with MWK100 Million Glasgow 2026 Sponsorship



The Malawi Commonwealth Games Association (Malawi CGA), received a MWK100 million sponsorship from FDH Bank plc to support Team Malawi's preparations for the Glasgow 2026 Commonwealth Games.

Receiving the sponsorship on behalf of Malawi CGA, Vice President and Team Malawi Chef de Mission, Major General Francis Kakhuta Banda, described the contribution as a timely investment in the country's athletes.

"Your support sends a powerful message that corporate Malawi believes in the potential of our young men and women. You have chosen to stand with Team Malawi during a critical period of preparation, and for that, we are deeply grateful," he said.

Speaking on behalf of FDH Bank, Daniel Pinto Khamula said the sponsorship reflects the bank's commitment to sports development and national progress. "Investing in sports is both

a responsibility and a national duty. We believe in supporting initiatives that inspire and empower our athletes to achieve excellence on the international stage," he said.

The sponsorship strengthened Team Malawi's preparations as the nation aimed for a successful campaign at the Glasgow 2026 Commonwealth Games.

Bonzo Distinguished Himself at Commonwealth Stage

Elias Bonzo distinguished himself on the Commonwealth stage with an impressive run at the Glasgow 2026 Commonwealth Games, reaching the quarter-final stage in the individual boxing competition and emerging as one of Team Malawi's notable performers.

Bonzo began his campaign with a victory over Ryan Alston of Antigua and Barbuda in the Round of 32 before progressing to the Round of 16, where he defeated Ewan Gracia of Gibraltar to secure his place in the quarter-finals. His journey eventually came to an end against Emmanuel Katema of Zambia, but his run to the last eight represented a commendable achievement.

Unlike team-based sports such as netball, Bonzo competed in an individual sport, his progression



through each round depended solely on his performance in the ring. His success therefore highlighted his individual skill, preparation, determination and ability to perform under pressure on the international stage. Bonzo's performance formed part of

Team Malawi's wider participation at Glasgow 2026, where the country competed in boxing, netball, athletics, swimming and judo. The Malawi Queens represented the country in netball, while Malawian athletes, swimmers, boxers and judokas competed in their respective individual events.



MOC Olympic Day 2026 Promotes Inclusion and Unity Through Sport.

The Malawi Olympic Committee (MOC) celebrated Olympic Day 2026 at Chibanja Community Ground in Mzimba under the global theme "Let's Move," with a strong emphasis on inclusion by actively involving persons with physical disabilities in different sporting activities. The celebrations began with a 5-kilometre fun run, where people of all abilities participated side by side, demonstrating that sport is for everyone.

Throughout the day, community members took part in a range of sporting and recreational activities designed to encourage active lifestyles, regardless of age or physical ability.

One of the highlights was a friendly football match between veterans and young people, while persons with physical disabilities also participated in various activities, reinforcing the message that everyone has a place in sport.

Their involvement reflected the Malawi Olympic Committee's commitment to creating opportunities for all and promoting equal participation in physical activity.

By placing inclusion at the heart of the celebrations, Olympic Day 2026 showcased how sport can break barriers, foster friendship, and strengthen communities. The event also reaffirmed MOC's commitment to promoting the Olympic values of Excellence, Friendship, and Respect, while encouraging every Malawian to embrace an active and healthy lifestyle.

MOC Conducts Basketball Technical Coaching Course



The Malawi Olympic Committee (MOC) conducted a six-day Basketball Technical Coaching Course at Bambino High School from 19 to 25 July 2026, aimed at strengthening the technical and practical competencies of basketball coaches in Malawi.

The course was facilitated by Lazare Adingongo from the United States of America and supported through Olympic Solidarity. The training equipped coaches with valuable knowledge, techniques and practical approaches that can be applied in developing basketball players and strengthening basketball programmes across the country.

The course highlighted the importance of investing in coach education as a means of improving the quality of basketball coaching and creating a stronger technical foundation for athlete development in Malawi.

MOC Conducts ITTF Level 1 Technical Coaches Course

The Malawi Olympic Committee (MOC), in partnership with the Table Tennis Association of Malawi, conducted a nine-day International Table Tennis Federation (ITTF) Level 1 Technical Coaches Course from 23 to 31 July 2026 at Bingu National Stadium.

The course aimed to equip coaches with valuable technical knowledge and practical skills to contribute to the development of table tennis in Malawi.

The course successfully concluded, with participants receiving certificates in recognition of their successful completion of the training.



Speaking during the closing ceremony, course facilitator Kealeboga “KayK” Keitseng encouraged participants to continue practising and applying the skills acquired during the training. “The nine-day course is only the beginning. The real improvement will come from consistently practising and applying what you have learned,” said Keitseng.

MOC Vice Secretary General, Mr. Dennis Kumwenda, also encouraged the coaches to remain committed to continuous learning and use their newly acquired skills to contribute to the development of table tennis in Malawi.

“We encourage you to take the knowledge and skills gained from this

course and use them to develop the next generation of table tennis players in your schools, clubs and communities,” said Kumwenda.

Meanwhile, Table Tennis Association of Malawi President Mr Kenneth Chinatu urged the participants to remain dedicated to developing their coaching abilities and contributing to the growth of the sport across the country.

“The knowledge you have gained here should not remain with you. Go out and share it with others so that together we can strengthen and grow table tennis in Malawi,” said Chinatu.

Archery Level 2 Course Marks Milestone in Coaching Development in Malawi



We encourage you to put the knowledge and skills gained into practice,” said Kumwenda.

Christos Karmoiris, encouraged the coaches to continue developing their skills and to apply the knowledge gained in their work with athletes. *“Continue developing your skills, give your best, and use the knowledge you have gained to support and develop the athletes you work with. You are also great representatives of archery in Malawi and beyond,”* he said.

Meanwhile, Archery Association President, Major General Francis Kakhuta-Banda, commended both the facilitators and participants for their commitment throughout the training. He noted that the coaches had gained valuable knowledge and skills that would contribute to taking archery forward in Malawi.

“You are leaving this course with valuable knowledge and skills that will help you take archery forward in Malawi. We commend you for your commitment and encourage you to put what you have learned into practice,” said Kakhuta-Banda.

The successful completion of the course marked another important milestone in strengthening coaching capacity and supporting the continued development of archery in Malawi.

The Archery Level 2 Coaching Course, conducted by the Malawi Olympic Committee (MOC) from 19 to 29 August 2026 at Bingu National Stadium, successfully concluded with a closing ceremony that celebrated the commitment and achievement of participating coaches.

Speaking during the closing ceremony, MOC Vice Secretary General, Mr. Dennis Kumwenda, expressed gratitude to the facilitators, participants and all stakeholders who contributed to the successful delivery of the course. He also congratulated the coaches for successfully completing the training.

“I would like to thank everyone who contributed to the success of this course and congratulate all the coaches for successfully completing their training.

UPCOMING EVENTS



31 October - 12 November, 2026



20 January - 7 February, 2027



14 - 30 July, 2028



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