

## SCARC MONTHLY REPORT

Month: February 2023

Union: Gauteng Canoe Union

Club Name: Soweto Canoe and Recreation Club

Name of Coach: Nkosi Mzolo

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### A. Monthly Attendance Register:

Days Coached for.	Active Paddlers on the register.	Total contact time.	How many: JNR Female.	How many: SNR Female.	How many: JNR Male.	How many: SNR Male
07	40	12	12	1	19	8

1. How many new paddlers this month? 0
2. Did you register any paddlers with CSA this month? 0

### B. Race Reports:

#### **GCU Sprints 2023 results:**

Gauteng Canoe Union (GCU) hosted the provincial Sprints race at Victoria Lake Canoe Club at Germiston lake on the March 4. It was a great race for SCARC as fourteen paddles were selected to represent Gauteng in the 2023 SA Sprint and SA Schools Championships which will again be in Germiston. SCARC obtained good results and were able to bag a couple of gold, silver and bronze medals.

#### GUPPY 2000M – NO PORTAGE

U10 Female – Amile Mzolo (1)

U10 Male – Nkosinothando Mzolo (5)

U12 Female - Aphiwe Njiyela (4)

U12 Female – Khanyisile Mdakane (5)

U-12 Male – Phamna Mpambani (7)

#### K1 1000M

Sub-Veteran – Nkosi Mzolo (1)

Senior Male – Phola Mnyande (4)

U14 Female – Juliet Mzibeli (1)  
U14 Female – Zinhle Mngati (3)  
U14 Male – Nhlamulo Mahwayi (2)  
U14 Male – Sibusiso Tyiki (3)  
U14 Male – Sicelo Blaai (6)  
U14 Male – Azonwabe Mpehle (9)  
U14 Male – Gcina Zuku (10)  
U14 Male Benedict Malinga (12)

U16 Male – Owethu Duna (2)  
U16 Male – Someleze Qumbelo (7)  
U16 Male – Alulutho Mkenge (8)

U18 Female – Lesedi Bobo (2)  
U18 Female – Sibongile Rengqe (5)  
U18 Male – Asibabale Mpambani (5)  
U18 Male – Sikhanyisele Dekeda (7)  
U18 Male – Nkosikhona Makhasi (9)  
U18 Male – Aphelele Dyantyi (12)

U23 Female – Tinyiko Mahwayi ( 2)  
U23 Male – Wongama Makasi (4)  
U23 Male – Siyamthanda Qumbelo (7)

#### K1 & GUPPY 500M

U10 Female – Amile Mzolo (2)  
U10 Male – Nkosinothando Mzolo (5)

U12 Female – Aphiwe Njiyela (4)  
U12 Female – Khanyisile Mdakane (5)  
U12 Male – Phamna Mpambani (7)

U14 Female – Juliet Mzibeli (2)  
U14 Female – Zinhle Mngati (4)  
U14 Male – Nhlamulo Mahwayi (4)  
U14 Male – Sbusiso Tyiki (5)  
U14 Male - Sicelo Blaai (8)  
U14 Male – Gcina Zuku (11)  
U14 Male – Azonwabe Mphehle (12)  
U14 Male – Benedict Malinga (13)

U16 Male – Owethu Duna (2)  
U16 Male – Someleze Qumbelo (5)  
U16 Male – Alulutho Mkenge (9)

U18 Female – Lesedi Bobo (5)

U18 Female – Sibongile Rengqe (6)  
U18 Male – Sikhanyisele Dekeda (4)  
U18 Male – Asibabale Mpambani (5)  
U18 Male – Nkosikhona Makhasi (8)  
U18 Male – Aphelele Dyantyi (13)

U23 Female – Tinyiko Mahwayi (3)  
U23 Male – Siyamthanda Qumbelo (7)

Senior Male – Phola Mnyande (3)  
Sub-Veteran – Nkosi Mzolo (1)

K1 & GUPPY: 200M

U10 Female – Amile Mzolo (2)  
U10 Male – Nkosinothando Mzolo (4)

U12 Female – Aphiwe Njyela (4)  
U12 Female – Khanyisile Mdakane (5)  
U12 Male – Phamna Mpambani (6)

U14 Female – Juliet Mzibeli (2)  
U14 Female – Zinhle Mngati (4)  
U14 Male – Nhlamulo Mahwayi (3)  
U14 Male – Sibusiso Tyiki (4)  
U14 Male - Sicelo Blaai (9)  
U14 Male – Gcina Zuku (9)  
U14 Male – Azonwabe Mpehle (10)  
U14 Male – Benedict Malinga (12)

U16 Male – Owethu Duna (2)  
U16 Male – Someleze Qumbelo (10)  
U16 Male – Alulutho Mkenge (14)

U18 Female – Lesedi Bobo (4)  
U18 Female – Sibongile Rengqe (6)  
U18 Male – Sikhanyisele Dekeda (8)  
U18 Male – Asibabale Mpambani (5)  
U18 Male – Nkosikhona Makhasi (9)  
U18 Male – Aphelele Dyantyi (12)

U23 Female – Tinyiko Mahwayi (3)  
U23 Male – Siyamthanda Qumbelo (7)

Senior Male – Phola Mnyande (4)  
Sub-Veteran – Nkosi Mzolo (1)

K1 5KM – PORTAGE

U14 Female – Juliet Mzibeli (1)  
U14 Male – Nhlamulo Mahwayi (1)  
U14 Male – Sibusiso Tyiki (2)  
U14 Male - Sicelo Blaai (6)  
U14 Male – Gcina Zuku (10)  
U14 Male – Azonwabe Mpehle (13)  
U14 Male – Benedict Malinga (12)

U16 Male – Owethu Duna (1)  
U16 Male – Someleze Qumbelo (5)  
U16 Male – Alulutho Mkenge (9)

U18 Female – Lesedi Bobo (1)  
U18 Female – Sibongile Rengqe (3)  
U18 Male – Sikhanyisele Dekeda (3)  
U18 Male – Asibabale Mpambani (4)  
U18 Male – Nkosikhona Makasi (6)  
U18 Male – Aphelele Dyantyi (9)

U23 Female – Tinyiko Mahwayi (2)  
U23 Male – Wongama Makasi (1)  
U23 Male – Siyamthanda Qumbelo (3)

Senior Male – Phola Mnyande (2)  
Sub-Veteran – Nkosi Mzolo (1)





### **Dusi Canoe Marathon 2023**

2023 Dusi Marathon was one of the incredible yet challenging 3 Day race for SCARC paddlers , but despite the high water level , they put in all the hard work and did exceptional well. Their dedication in training for months paid off pretty well.

This has been an interesting Dusi Marathon for three of SCARC paddlers (Lesedi Bobo, Owethu Duna and Phola Mnyande)as this was their very first of many more Dusi Marathon to come. They both worked very hard from Day 1 - Day 3 to acquire a pleasing results and gained some experience in a big river.

SCARC as a whole would like to give a thunderous applause and a standing ovation to Kwanda Mzolo for being a best team mate, a hero and a life saver to a best paddler Siseko Ntondini on day one of the Dusi Marathon. Siseko felt a bit sick and collapsed, just a few km away from Day 1 start , luckily Kwanda was right behind him and he abandoned his top 10 position to help his fellow team mate to receive medical attention and then became his guardian angel all the way to the finish. It's sad that both these paddlers didn't obtain the position they always get in their previous Dusi Marathons but they will always be SCARC shining stars.

Lesedi, Tinyiko, Wongama (Lollipop), Benjamin(Benjie), Siseko (Dzala), Nkosi (Coach), Asibabale (Sushi), Sikhanyisele (Stummy), Kwanda (Mahliphihlphi), Siyamthanda (Msiyane), Owethu (Otz), Phola, Chazani and Nkosikhona are the SCARC paddlers who raised the club's flag up high in KZN.

Day 3 Results:

23 overall & 11 U23 Wongama Makhasi  
27 & 13 U23 Mlungisi Hlongwane  
30 Siseko Ntondini

33 & 2nd U18 Asibabale Mpambani 🏆

34 Chazani Gumede

37 & 15th U23 Mlungisi Hlongwane

55 Benjamin Mntonintshi

57 Nkosi Mzolo

59 & 6th U18 Sikhanyisele Dekeda

82 Siyamthanda Qumbelo

90 Kwanda Mzolo

121 Phola Mnyande

127 Nkosikhona Makhasi

148 & 2nd U16 Owethu Duna 🏆

226 & 3rd U18 Female Lesedi Bobo 🏆





C: Other

Coaching and Safe guarding

Canoeing South Africa in partnership with National Lottery and Sport ,Art and Culture organized and hosted a four (4) Day Coaching and Safe guarding workshop in Durban at Riverside Hotel from the 24th - 27th February. Bridgette Hartley (South African canoer) facilitated Level 2 coaching programe and Anna Vermaak (Former CEO of South African Gymnastics and a founder of Ukuphumelela Trust ) facilitated Safe guarding.



## Laureus Global Summit

SCARC is honored to be invited to join Laureus Sixth Global Summit, in partnership with Nike that will be held at the iconic Tottenham Hotspur Stadium in London, UK in June 20 – 22, 2023.

Laureus will bring over 150 Laureus grant partners, world-renowned athletes and sport people, speakers and technical experts from around the world together with a specific focus on Coaching girls and Gender equity and Place-Based approaches to drive positive social change through sport.

The Global Summit will include inspirational panels, breakout sessions led by Laureus programme partners and subject matter experts and practical sessions to showcase best practice in coaching girls.

This is the best opportunity for SCARC .

Thank you  
From everyone at SCARC .