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EPILEPSY RUN 10 KM AND 5 KM REPORT – 20 AUGUST 2017

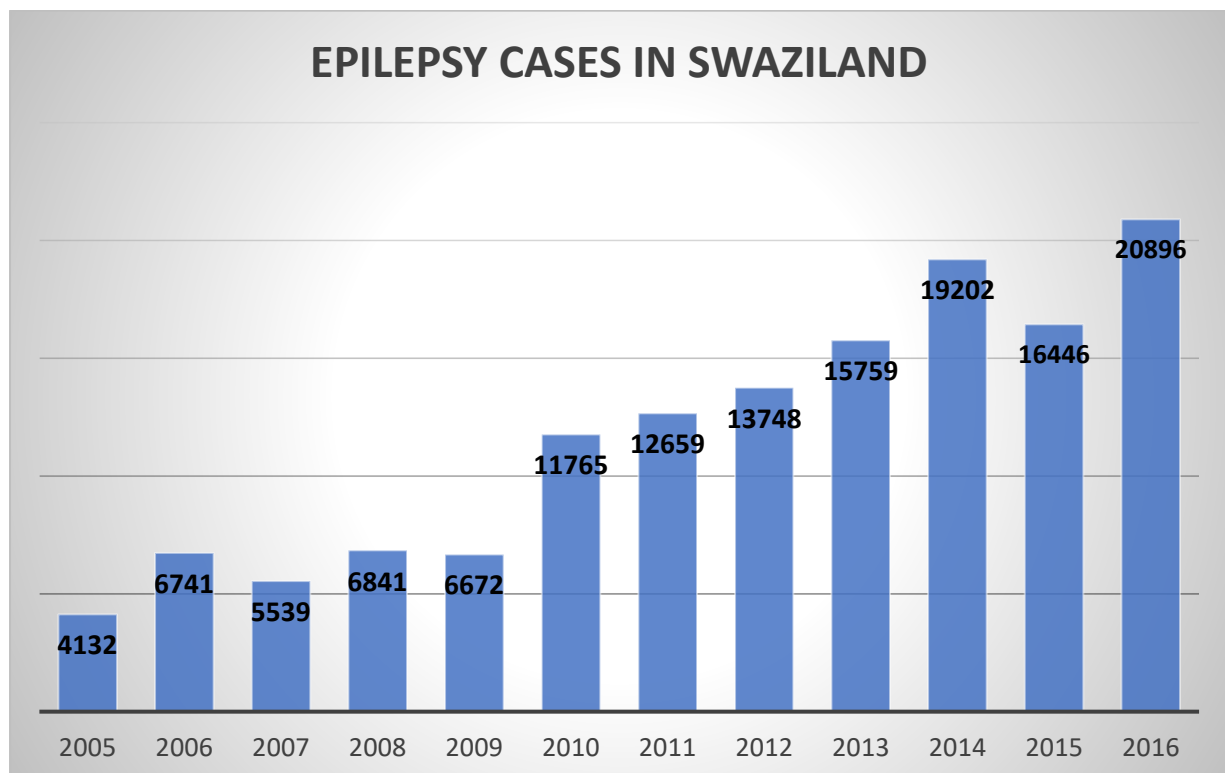
“STRIDES FOR EPILEPSY”

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EPILEPSY IN SWAZILAND: A HEALTH ISSUE

Epilepsy is a condition that has not received much attention in the past, but recent data has demonstrated without question, that this neurological condition is increasing at an alarming rate. Swaziland is not immune to this condition as the latest data analysis show that 11.22 per 1000 people in the country live with epilepsy. Statistics from the Health Management Information System (HMIS) show that the number of reported epilepsy cases has increased dramatically from the year 2005 to the year 2016. In 2005 there were 4132 reported cases whereas in 2016 the number increased to 20896 cases.



Source: Health Management Information System (HMIS, 2017)

According to the Global Burden of Disease (GBD) report (2013), the annual mortality rate per 100,000 people from epilepsy in Swaziland has increased by 52.2% since 1990, an average of 2.3% a year. In 2013, the annual mortality rate was 8.3 per 100,000 people. The annual years of healthy life lost per 100,000 people from epilepsy in Swaziland has increased by 44.5% since 1990, an average of 1.9% a year.

Inconsistent supply of AEDs is one major problem faced by people with epilepsy in Swaziland. Consistent access to anti-epileptic drugs is cited by the International League Against Epilepsy (ILAE) as “both a cause of the treatment gap and the single most important obstacle to

bridging the gap.” The epilepsy treatment gap is defined as the difference between the number of people with active epilepsy and the number whose seizures are being appropriately treated in a given population at a given point of time, expressed as percentage.

People with epilepsy in Swaziland are still faced with stigma and discrimination. The affliction, at times, has been described as being the result of witchcraft, not only in the past, but the present. Stigma and discrimination give people with epilepsy less of a chance of getting an education, a job or even getting married. Their families are also often shunned. But it doesn't have to be that way.

This is a concern we cannot ignore and one that directly impacts the lives of those afflicted with epilepsy. The organization working together with the relevant stakeholders can address these challenges for the betterment of the lives of people with the condition and their care givers.

SWAZILAND EPILEPSY ORGANIZATION OVERVIEW

The Swaziland Epilepsy Organization (SEO) is a non-profit making organization registered under the Swaziland Companies Act of 2010. The SEO is under the Patronage of HRH Prince Bandzile.

SEO coordinates the establishment of support groups for people living with epilepsy to mobilize at a community level; it also creates awareness to support medical care for the people with epilepsy by designing impact mitigation interventions to counter the effects of the condition. Furthermore, the organization strengthens advocacy issues surrounding epilepsy and initiates capacity building activities, and the dissemination of relevant information to the general public.

Its goals include but not limited to the following:

- ❖ Providing a platform for general epilepsy awareness
- ❖ Increasing public and professional awareness of epilepsy as a universal, treatable brain disorder
- ❖ Identifying and mitigating the needs of people living with epilepsy, on a national and regional basis

- ❖ Encouraging Government to address the needs of people living with epilepsy including awareness, education, diagnosis, treatment, aftercare services and general welfare

Vision statement - “The Swaziland Epilepsy Organization strives to develop and promote areas of intervention for the effective treatment and social integration of people afflicted and affected by epilepsy, while enriching the livelihood of the Swazi nation”.

Mission statement - “To improve the accessibility of treatment, services and prevention of epilepsy in the Kingdom of Swaziland”.

Shared Values

SEO’s ethics and values are a philosophy against which decisions are based in pursuit of the Organization’s excellence. These are:

- Respect
- Integrity
- Accessibility
- Transparency
- Accountability
- Promoting unity in diversity.

INTRODUCTION

The Swaziland Epilepsy Organization under the Patronage of HRH Prince Bandzile host a number of events throughout the year aimed at promoting epilepsy awareness and raising funds for the organization to effectively carry out its mandate of taking care of the needs of people with epilepsy in Swaziland. These events include: Epi-Yellow Valentine's Day Dinner, Epi-Mother's Day Dinner, and the Epilepsy Golf Day. This year the organization added another event into the calendar dubbed "**Epilepsy Run/Walk**".

The Inaugural Epilepsy Run/Walk was successfully held on Sunday, 2 April 2017 at the Manzini Club. The support that the event received from sponsors, government, and the public at large was overwhelming. A total of 263 people participated exceeding our target of 200 participants.

Riding on the success wave of the maiden Epilepsy run/walk, the Swaziland Epilepsy Organization propped to host the 2nd Edition of the run in August seeing that there is a high demand for it from the public. The 2nd Edition of the Epilepsy Run was held on Sunday, 20 August 2017. Even though the turnout was not more than what we envisaged, it was still encouraging.

The main goals of the event is to:

- Promote awareness of the condition to the general public
- Provide the organization with a fundraising opportunity and
- To raise visibility on epilepsy and to encourage discussion about epilepsy.

THE EVENT

Hundreds of Swazis braved the cold and supported Swaziland Epilepsy Organization (SEO) in its second edition of the Epilepsy Run. Those in attendance included the Deputy Prime Minister Paul Dlamini and the Minister for Sports, Culture and Youth Affairs David Ngcamphalala. The event was held at the Manzini Club on Sunday Morning. The main objective of the event was to promote epilepsy awareness to the general public. According to the National Director of the SEO Mbusomuni Mahlalela, the need for raising epilepsy awareness in the country still remained huge with a lot of responsibility left with the organization to spread the word about the condition.



R-L: Deputy Prime Minister Paul Dlamini and Minister of Sports, Culture and Youth Affairs running the 5 KM during the 2nd Edition of the Epilepsy Run in Manzini.

The 2nd Edition of the Epilepsy Run was sponsored by:

- Embassy of the Republic of Taiwan – E10, 000
- Macmillan – E9, 000
- Public Service Pension Fund (PSPF) – E9, 000
- Tex Ray Group – 100 T-shirts
- Distell Swaziland – E5, 000
- Swaziland Industrial Development Company (SIDC) – E3, 000
- Swazi Coolers – 2000 water/sugar drinks (Sachets)

It was further supported by; Phela-Live Wellness Centre (The Gables), The Active Matrix Health and Wellness Club (The Plaza), Fitness Zone (Manzini). These were our registration points. Phela-Live also conducted aerobics exercises on the day.

The registration fee was E80 for adults and E50 for persons below 18 years old. The 10 KM route was as follows: Manzini Club, Mangwaneni by-pass road, Mavuso, Nazarene, Zakhele Prison, Hub, Coates Valley, Mnjingo High School and back to Manzini Club.

Whereas, the 5 KM route was from Manzini Club, passed through St. Theresa's High School, Salesian High School, Bosco, Coates Valley, and Back to Manzini Club.

THE WINNERS

Umbutfo Swaziland Defence Force (USDF)'s Veli Dlamini successfully defended his crown in the Epilepsy Run 10 KM category. The athlete outclassed over 100 others who took part in the 10 KM race held at the Manzini Club. Dlamini recorded a time of 31:25 minutes which was enough for him to defend the title he claimed earlier this year. Dlamini stood off stiff competition from teammate Melusi Khumalo and Correctional Services' Nkululeko Gama who eventually came second and third, clocking 31:55 and 32:10 minutes respectively.



STRIDES FOR EPILEPSY: USDF's Veli Dlamini outpacing everyone in the 10 KM Epilepsy Run in Manzini. He became the eventual winner of the 10 KM run in the male category.

Interviewed after the race, Veli said the Buy Cash half marathon boosted his preparations for the Epilepsy Run and that this worked to his advantage as his main aim was to defend the championship title. He also lauded his teammates for their support, stating that unity and hard work was what made the team successful. "We make sure that we do all the hard work at training and by the time we come here, we just breeze through," he said.

Meanwhile, 14 year old USDF's Khanyisile Hlatjwako was the first lady, clocking 39:41 minutes and followed by Royal Swaziland Police (RSP)'s Winile Mnisi and teammate Nozipho Sibandze.



The females also did not want to be left out in the 10 KM Epilepsy Run.

RSP athlete Colani Mkhabela was crowned the winner in the 5 KM race. Mkhabela clocked 17:19 minutes to become the eventual winner. He was closely followed by teammate Mbuso Sifndza who came six micro seconds later, clocking 17:25 and Sibusiso Msibi rounded off the podium winners on a time of 17:40 minutes. In the ladies section, USDF's Nomvula Ntshalintshali was the winner and followed by teammate Phetsile Nkambule while RSP's Nolwazi Mdluli finished on the third spot. Ntsalintshali recorded 21:27 minutes whilst duo of Nkambule and Mdluli clocked 22:30 and 22:31 minutes respectively.

SEO National Director Mbusomuni Mahlalela was also all smiles after the event and expressed gratitude to the Deputy Prime Minister (DPM), minister and all athletes for attending the event. "The event was great, the turnout was wonderful and most of all, I am thankful for the support from the DPM and the Minister who are always there with us. It is also motivating to see that the awareness on Epilepsy is successfully being raised as more people now want to know more about the condition," he said.



GRATEFUL: SEO National Director Mbusomuni Mahlalela being interviewed by Swazi TV journalist during the Epilepsy Run at the Manzini Club.

DPM, CRUISER CONQUER FIVE KILOMETRES

The country's leaders are leading by example. This is after Deputy Prime Minister (DPM) and Minister of Sports, Culture and Youth Affairs David 'Cruiser' Ngcamphalala not only decorated the winners with their prizes but also participated in the five kilometres Epilepsy Run. The DPM said it was not about competition but about keeping fit and healthy.

"We preach about *Shukuma* and exercise and that message can be better conveyed if we also participate as leaders. It was a good run and I want to thank all the Swazis who joined this race despite that it clashed with the Buy Cash Golden Foot Run. In fact, we appeal to the Athletics Association of Swaziland (AAS) to see to it that they organise events taking into consideration their schedules," Dlamini said.



WATER PLEASE! The DPM Paul Dlamini and the Minister of Sports, Culture and Youth Affairs David 'Cruiser' Ngcamphalala at the finish line.

Meanwhile the Minister of Sports, Culture and Youth Affairs also shared the same sentiments saying that the epilepsy run could have been better attended if it was not for the Buy Cash Run on Saturday. "The AAS must sort that because some of the athletes who participated in the Buy Cash marathon could not take part in this one. We want to thank all those who participated in both races and hopefully they will join the next upcoming races," Ngcamphalala said.

Athletics Association of Swaziland (AAS) President hailed all athletes who braved the chilly weather to participate in the second edition of the Epilepsy run. "We firstly would like to thank both the DPM and Minister of Sports who were among us here, this shows that they do not only support the Epilepsy Run but also promote its awareness and healthiness and fitness in the country. Well on the part of dates clash, we will ensure that the next race is scheduled on the calendar," Mthembu said.

THE RESULTS

10 KM MEN

Athletes	Time (mins)
1. Veli Dlamini	31:25
2. Melusi Khumalo	31:55
3. Nkululeko Gama	32:15
4. Both Henwood	32:18
5. Amos Tfwala	32:40
6. Ntokozo Dlamini	32:41
7. Ntokozo Mavimbela	32:45
8. Mfanzile Nhlabatsi	32:55
9. Wandile Nxumalo	32:58
10. Andile Dlamini	33:09

10 KM WOMEN

Athletes	Time (mins)
1. Khanyisile Hlatjwako	39:41
2. Winile Mnisi	39:57
3. Nozipho Sibandze	40:45
4. Thilamelus Lulane	41:35
5. Samkelisiwe Thwala	43:51
6. Zethu Thwala	43:57
7. Londiwe Silindza	45:14
8. Tivamile Mavimbela	45:40
9. Beatrice Hlophe	46:25
10. S. Dlamini	46:57

5 KM MEN

Athletes	Time (mins)
1. Colani Mkhabela	17:19
2. Mbuso Sifundza	17:25
3. Sibusiso Msibi	17:40
4. Ndumiso Thusi	17:53
5. Lindokuhle Mdluli	18:12

5 KM WOMEN

Athletes	Time (mins)
1. N. Ntsalintshali	21:27
2. Phetsile Nkambule	22:30
3. Nolwazi Mdluli	22:31
4. Nosipho Ndzinisa	23:16
5. Bongiwe Mavuso	23:58

ACHIEVEMENTS

- The race was successfully attended by 150 participants.
- The presence of the Deputy Prime Minister and the Minister of Sports, Culture and Youth Affairs shows just how much they support the organization's mandate of promoting epilepsy awareness in Swaziland.
- The Epilepsy Run raked in over E50, 000 in donations and registration fees!

CHALLENGES

- One major challenge was the clash in the dates between the Epilepsy Run and the Buy Cash Golden Foot Run. Both events happened on the same weekend which had a negative effect on the attendance of the Epilepsy Run.

RECOMMENDATIONS

- We urge the Athletics Association of Swaziland to properly plan dates allocations for the races.
- Race officials must be placed at critical points along the route (i.e., at intersections) to assist marshals and police officer and make sure that no runner cheats and use an illegal route.
- The next Epilepsy Run should be extended to 21 Kilometres.

CONCLUSION

All in all the 2nd Edition of the Epilepsy Run was a success. The support that the event received from sponsors, government and the public at large was overwhelming. The organization is looking to make the event an actual Marathon in the next coming years (i.e., 21 KM and 42. 5 KM) and become the biggest athletic event in Swaziland.



L-R: DPM Paul Dlamini, USDF's Veli Dlamini, Minister of Sports, Culture and Youth Affairs David 'Cruiser' Ngcamphalala, and SEO National Director Mbusomuni Mahlalela pose for a picture.



DPM, Minister, SEO National Director pose for a group photo with some of the USDF athletes during the Epilepsy Run in Manzini.

FINANCIAL STATEMENT

DEFICIT SURPLUS STATEMENT

INCOME

CASH DONATIONS

Embassy of Taiwan	10,000.00
Macmillan Swaziland	9,000.00
Public Service Pension Fund	9,000.00
Distel Swaziland	5,000.00
Swaziland Industrial Development Company	3,000.00
	<u>36,000.00</u>

Collections	8,820.00
	<u>44,820.00</u>

PRODUCTS DONATION

Texray-T Shirts	6,995.00
Swazi Coolers -Water Sachets	1,140.00
	<u>8,135.00</u>
	<u>52,955.00</u>

EXPENDITURE

Prizes

Gold Medals	30	525.00	
Bronze Medals	320	5,600.00	
Cash Prizes 10 KM	20	4,000.00	
cash Prizes 5 KM	10	<u>1,400.00</u>	11,525.00

Direct Materials

T Shirts 165g	151	9,462.50	
Texray T shirts	100	6,995.00	
T Shirts Branding	250	<u>6,250.00</u>	22,707.50

Rentals

PA System		700.00	
Chairs and Desk		485.00	1,185.00

Direct Labour

Officials	11	1,650.00	
Marshals	26	<u>1,321.00</u>	2,971.00

Advertising & Promotion

Voice Edition		5,100.00	
Siswati & English Adverts		<u>5,040.00</u>	10,140.00

Other Expenses

Water Sachets		2,850.00	
Reflective Vest		559.50	3,409.50
		<u>559.50</u>	<u>3,409.50</u>

Suplus/Deficit			<u>51,938.00</u>
			<u>1,017.00</u>