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INAUGURAL EPILEPSY 10 KM RACE REPORT

2017

“Putting Epilepsy in the picture”



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BACKGROUND INFORMATION

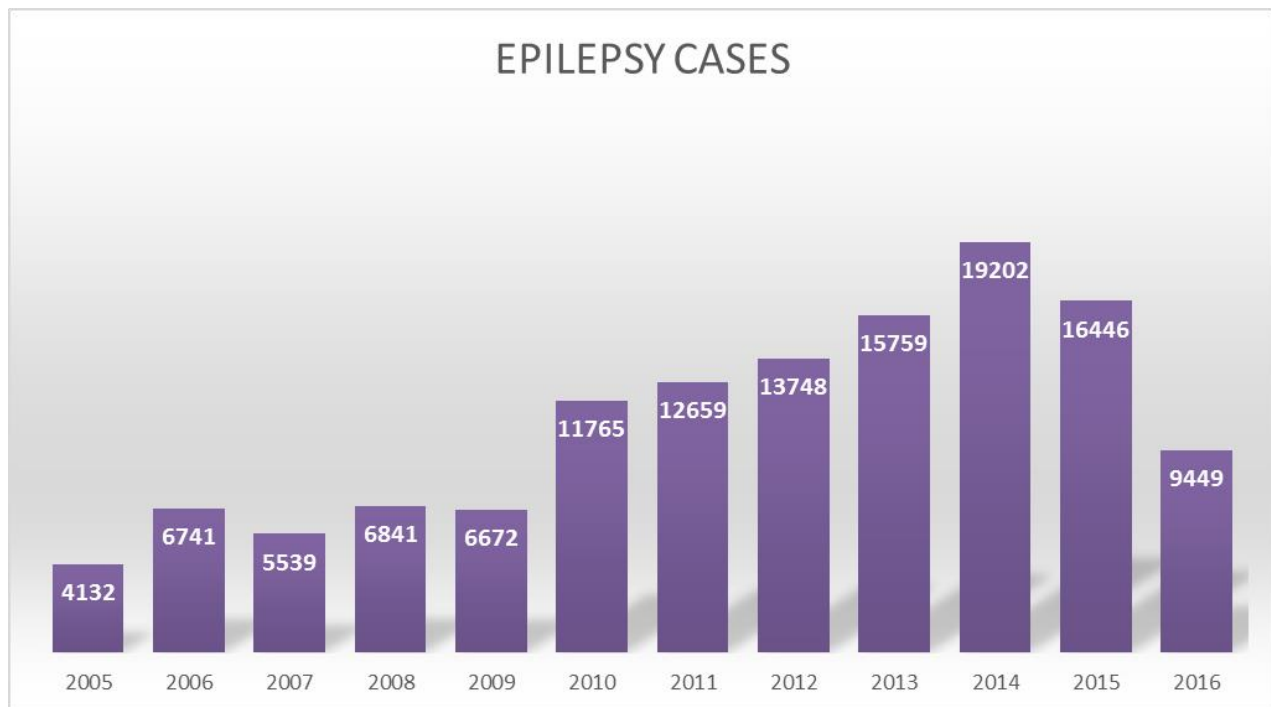
Historically, public health policy and priority have been based on mortality statistics. However, these statistics do not adequately reflect the burden from non-fatal conditions, such as neuropsychiatric disorders which, although not usually immediate causes of death, can cause a substantial amount of suffering during a life-span. The estimate of the burden from mental and neurological disorders is huge when disease burden measurement includes years lived with disability. Currently about 450 million people worldwide suffer from these disorders - one in four people will be affected at some point during their lifetime (WHO, 2005).

Neurological disorders (including epilepsy) contribute to 8.7% of the global burden of disease in low-middle income countries which Swaziland is a part of. Epilepsy occurs in men and women and can begin at any age, but is most frequently diagnosed in early in life or in old age. Up to 5% of the world's population may have a single seizure at some time in their lives, but a diagnosis of epilepsy is reserved for those who have recurring seizures, i.e. at least two unprovoked seizures.

According to the World Health Organization (WHO) Fact Sheet (2016), Epilepsy is a chronic disorder of the brain that affects people worldwide. It is characterized by recurrent seizures, which are brief episodes of involuntary movement that may involve a part of the body (partial) or the entire body (generalized), and are sometimes accompanied by loss of consciousness and control of bowel or bladder function.

WHO also estimates that of the 10 million people in Africa who live with epilepsy, 80% or eight million are not treated with readily available modern drugs. Thanks to modern medicine, most of the causes of symptomatic epilepsy in our region can be greatly reduced by prevention and treatment. Yet, epilepsy continues to take its toll among our people causing impaired physical, psychological and social functioning of those affected, and equally serious psychological, social and economic consequences for their families. Worse still, people with epilepsy, sometimes along with their family members, are often stigmatized. This stigmatization generates a hidden burden, which discourages patients from seeking the diagnosis and care they need and deserve. Another fallout of stigmatization is the discrimination, as people who experience seizures but are able to work are unemployed; and many who are able to find employment are underemployed.

EPILEPSY CASES IN SWAZILAND



Source: The data used in this graphical representation was obtained from the Health Management Information System (HMIS)

Figure 1 above is a graphical representation of reported epilepsy cases from the year 2005 to mid-2016. It is also worth noting that the data was obtained mid-2016, thus, the number of reported cases as shown in the graph for the year 2016 are is conclusive.

AN OVERVIEW OF THE SWAZILAND EPILEPSY ORGANISATION (SEO)

Swaziland Epilepsy Organisation is under the patronage of HRH Prince Bandzile. It is a Non-Profit making organisation which is registered under the Swaziland Companies Act of 2010. Swaziland Epilepsy Organization coordinates the establishment of Epilepsy Support Groups to mobilize at a community level. The organisation strengthens advocacy issues surrounding epilepsy and initiates capacity building, skills and the sharing of information through dissemination to all citizens.



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 Eswatini”.

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.

Operational Strategy

Swaziland epilepsy organization has adopted five thematic areas of intervention aimed at steering the Organization strategically towards its desired vision, these strategic focus areas are:

1. **Advocacy and awareness** with a main emphasis on information dissemination, protection of legal rights of people living with epilepsy especially in the workplace and workplace awareness programme.
2. **Impact mitigation** which focuses on health provision and livelihood sustenance.
3. **Resource mobilization** entails the creation of a diverse revenue base with the objective of driving the organization away from donor dependency syndrome but towards financial



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independence or sustainability through the implementation of events and community based projects and other investment options.

4. **Capacity building** addresses the training needs of staff and support groups, the development of internal policies and exploration of international relations.

5. **Capital projects** which involves the organization's major goal, the construction of an epilepsy clinic centre.

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. The events are: **Epi-Yellow Valentine's Day Dinner**, **Epi-Mother's Day Dinner**, and **Lidwala Insurance Epilepsy Golf Tournament**.

This year the organization decided to add another event dubbed "**Epilepsy 10 KM Race**". The initial idea was to use this event as a vehicle to celebrate the International Epilepsy Day with the theme "**Putting Epilepsy in the picture.**"

The main goals of the event is to:

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

THE LAUNCH

The Inaugural Epilepsy 10 KM race was successfully launched on Monday, 13 March 2017 at Rudi's Kitchen in Matsapha. Present during the launch were representatives of sponsors for the race and both print and electronic media houses in the country.

The sponsors for the event were:

- ❖ Embassy of the Republic of China on Taiwan (E15, 000)
- ❖ Macmillan Swaziland (E11, 000)
- ❖ Swaziland Beverages (E4, 800)



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- ❖ Puma Energy (E3, 000)
- ❖ Perfume Hut Manzini (Hampers worth E600)
- ❖ Manzini Sundowns (Venue)

The National Director of the Swaziland Epilepsy Organization speaking during the launch said that this was the organization's way of creating awareness for the epilepsy condition, hence the event has the theme: 'Putting Epilepsy in the Picture', "People must support the campaign as it is some sort of charity that will have proceeds helping people with the condition in the country." He added.



SEO National Director Mbusomuni Mahlalela (4RD L) making his remarks during the launch of the Epilepsy 10 KM Race at Rudi's Kitchen.



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Registration points were opened on the day of the launch at the following places:

- ❖ Epilepsy Organization offices in Mbabane at DPM premises
- ❖ Green Chilli Restaurant at Corporate Place, Mbabane
- ❖ Perfume Hut at Bhunu Mall, Manzini
- ❖ Robs MTN Outlet in Mahhala, Matsapha



SEO National Director Mbusomuni Mahlalela (4RD L) flanked by representatives of sponsors for the Inaugural Epilepsy Race at Rudi's Kitchen. From L – R: Thandwa Dlamini (Swaziland Beverages), Gcinaphi Sikhondze (Macmillan), Samkelisiwe Simelane (Macmillan), Patrick Simelane (Puma Energy), Honey Mabuza (Puma Energy).

During the launch it was announced that there will be prizes for top 10 finishers in the 10 KM for both male and female category as well as prizes for top 5 finishers in the 5 KM for both categories.



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Registration fee was set at E80 for everyone above 18 years old and E50 for persons below 18 years of age.

THE EVENT

The Inaugural Epilepsy 10 KM Race was held on Sunday, 2 April 2017 at the Manzini Club Sports Ground under the theme: 'Putting epilepsy in the picture'. The race began at 6:30 am and finished at 7:30 am. The 10 KM race started at the Manzini Club, went through Mangwaneni bypass road, passed through Mavuso Sports Center, Coates Valley, and back to the starting point. The 5 KM race started from Manzini Club Stadium, passed through Body Parts Centre, St. Theresa, Hub, Coates Valley, and back to the starting point.



Some of the 263 athletes at the starting point at Manzini Club.

The Patron of the Swaziland Epilepsy Organization HRH Prince Bandzile, Princess Tiyandza, the Honorable Deputy Prime Minister Paul Dlamini, Minister of Sports, Culture and Youth Affairs David 'Cruiser' Ngcamphalala, Swaziland National Sports and Recreational Council (SNSRC)



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CEO Darius Domo and Swaziland Epilepsy Organization National Director Mbusomuni Mahlalela were some of the dignitaries who were part of the 263 runners.



The Patron of the SEO HRH Prince Bandzile flanked by the Deputy Prime Minister (2nd R) and the Minister of Sports, Culture and Youth Affairs David 'Cruiser' Ngcamphalala (3rd L).

THE WINNERS

USDF's duo of Veli Dlamini and Nomvula Ntshalintjali were the winners of the first edition of the Epilepsy 10 KM race held at the Manzini. Dlamini clocked an impressive 32:44 minutes to finish ahead of fellow teammate Ntokozo Dlamini who finished at 33:06. Coming third in the 10 KM men run was Michael Ndaba of Swazi Slojos who clocked at 33:21 minutes. In this category 92 runners competed for the gold medal.



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Prince Bandzile upon crossing the finish line of the 5KM Epilepsy Race.



USDF's Veli Dlamini celebrates as he crosses the finish line during the 10 KM Epilepsy race.



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Speaking after the race Veli Dlamini said it was an easy race. “It was not a tough race, for me it was more of training than competing. I am happy that I won this race and I am optimistic that I will win other races in the near future,” said Dlamini.

On the women 10 KM category race where 47 participated Umbutfo Swaziland Defence Force’s (USDF) Nomvula came first with a record time of 42:16, while USDF runner Nosipho Sibandze came second just four seconds later. Completing the top three brackets was Royal Swaziland Police long distance runner Samkelisiwe Tfwala, who clocked at 43:12 minutes.



The top 3 winners in the 10 KM women category from L-R Nosipho Sibandze, Nomvula Ntshalintjali, and Samkelisiwe Tfwala embracing each other.

Meanwhile, 10 KM women winner Nomvula said she enjoyed herself during the race. “I want to thank my superiors for giving us enough time to train. We train as a team and that is why we almost finished at the same time with my teammate, Ntokozo Dlamini,” said Nomvula.



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In the 5 KM male category, Correctional Services Wandile Dlamini won, clocking at 17:50 minutes while in the ladies category, RSP Winile Mnisi finished first in 22:59 minutes.





Embassy of the Republic of China (Taiwan)



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The Patron of the SEO HRH Prince Bandzile during his remarks acknowledged the presence of dignitaries and appreciated those who participated in the race. “We are very happy about the Epilepsy Race, the attendance was impressive and we would like to thank all athletes and all stakeholders who made this event a success. This race not only encourages health awareness but also helps spread the word about epilepsy,” the Prince said. He also said athletes should gear up for the Imbube Marathon. “It has come to our attention that the Imbube Marathon will be held in August and I invite all athletics enthusiasts to partake in this race,” he added.



The Patron of the SEO HRH Prince Bandzile making his remarks during the event.

Meanwhile, Minister of Sports, Culture and Youth Affairs David ‘Cruiser’ Ngcamphalala also thanked the athletes who participated in the race. “Swazis are getting used to the idea of joining such races because it cannot only help them health-wise but also enhance their chances of getting job opportunities. We encourage those who do not partake in such events to make it their habit,” said Ngcamphalala.



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THE RESULTS

10 KM

Name	Club	Time
1. Veli Dlamini	USDF	32:44
2. Ntokozo Dlamini	USDF	33:06
3. Michael Ndaba	Slojos	33:21
4. Mthobisi Ndwandwe	Correctional	33:26
5. Bother Henwood	RSP	34:13
6. Ntokozo Mavimbela	USDF	34:27
7. Mfandzile Nhlabatsi	USDF	34:38
8. Bheki Hlophe	Slojos	34:59
9. Amos Tfwala	USDF	35:01
10. Sifiso Vilakati	Slojos	35:16

92 Participants

10 KM Women

1. Nomvula Ntshalintjali	USDF	43:16
2. Nosipho Sibandze	USDF	42:21
3. Samkelisiwe Tfwala	RSP	43:12
4. Zandi Mavimbela	RSP	45:00
5. Sibongakonkhe Dlamini	USDF	46:37
6. Thabile Ngwenyama	Correctional	47:21
7. Melody Tsabedze	USDF	47:35
8. Beatrice Hlophe	Correctional	49:55
9. Fezile Ngwangama	RSP	50:36
10. Simangele Mhlambi	USDF	53:50

47 Participants

5 KM Men

1. Wandile Dlamini	Correctional	17:50
2. Sifiso Sibandze	Correctional	17:51
3. Sibusiso Msibi	Correctional	17:53
4. Lindani Dlamini	Slojos	18:25
5. Celumusa Dlamini	Individual	18:33

31 Participants



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5 KM Women

1. Winile Mnisi	RSP	22:59
2. Phumzile Maphalala	USDF	26:14
3. Lomakhosi Dlamini	Correctional	39:18
4. Xolisa Nkambule	Individual	34:13
5. Iminathi Ngcamphalala	Golden Foot	36:07

19 Participants

SUCSESSES

- ❖ The support of our sponsors (Embassy of the Republic of China on Taiwan, Macmillan Swaziland, Swaziland Beverages, Puma Energy, and Perfume Hut) is one big achievement. The presence of our sponsors during the event made it a colorful affair. The event raked in over E30, 000 in sponsorship!
- ❖ The presence of the Deputy Prime Minister, Minister of Sports, Culture and Youth Affairs, SNSRC CEO and Ministry of Health Parliament Committee Chairman MP Njabulo Mabuza.
- ❖ We exceeded our target of 200 participants as 263 people participated in the race.

CHALLENGES

- ❖ Late arrival of Scouts engaged to be marshals during the event delayed the start of the event. The event was supposed to begin at 6 am and got delayed by at least 30 minutes. Furthermore, most of them were not at the points by the time the race began. This resulted in a confusion amongst the 5 KM runners because there was no one at the intersection to show directions.
- ❖ Many people registered in the morning before the race began. We were not prepared for that because we only had one person registering the participant which also delayed the start of the event.
- ❖ T-shirts were limited. Only 90 t-shirts were available, hence some of the participants did not receive them. Sponsors also voiced out their dissatisfaction about not receiving the t-shirts.
- ❖ Water/Sugar drinks were also limited.



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- ❖ Another disappointment was the absence of Emergency Medical Service (EMS) known as Paramedics.
- ❖ Dignitaries were unhappy with the lack of security from the Royal Swaziland Police (RSP)

RECOMMENDATIONS

- ❖ There should be more time given for late registration in the morning and there should be at least four (4) people doing the work so that registration is finished as soon as possible for the race to begin on time.
- ❖ Proposals for the event should be sent to companies as early as possible to make sure that companies have enough time to deliberate on it. Moreover, it increases chances of securing more sponsors for the event. In addition, the organization must secure title sponsor for the race.
- ❖ Registration fees should be packaged to accommodate companies and clubs that wish to register many people, (i.e., offer discounts when certain number of people register).
- ❖ The organization must ensure that it has enough staff on the ground during the event to ensure smooth running of things
- ❖ More popular advertising platforms (i.e., Newspapers, Social Media, and Posters/Flyers) should be used to advertise the next race.
- ❖ A bigger vehicle to transport scouts/marshals should be used avoid inconveniences that may arise from their late arrival
- ❖ Must make sure that water/sugar drinks and ice is plenty
- ❖ Water points should be given to companies to occupy
- ❖ Invitation letters should be sent to guests as early as possible so that the RSP can accordingly deploy security on the day.

CONCLUSION

All in all the event 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). The turnout for the Inaugural Epilepsy Race was more than what we expected given that there was another event happening in the Shiselweni region on the same day. The success of 1st Edition of the Epilepsy Race is encouraging. The next event will be bigger and better!



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DEFICIT SURPLUS STATEMENT

INCOME

DONOR	TOTAL
Taiwan	E15,000.00
Macmillan	E11,000.00
Puma Energy	E3,000.00
Swaziland Beverages	E4,800.00
Perfume Hut	E600.00
	E34,400.00
Collections	E14,230.00
	E48,630.00

EXPENDITURE

Prizes

Gold Medals	30	E525.00	
Bronze Medals	170	E2,975.00	
Cash Prizes	2	E4,000.00	
Cash Prizes	2	E1,400.00	
Perfume Hamper Males	3	E240.00	
Perfume Hamper Females	3	E360.00	E9,500.00

Rentals

PA System	1	E1,500.00	
Chairs and Desk (30 Chairs & 5 Tables)	1 Set	E295.00	E1,795.00

Direct Labour

Marshals	40	E1,333.30	
Officials	11	E1,600.00	E2,933.30

Consumables

Refuse Bags	1	E27.95	
Toilet Paper	1	E33.99	
White Wash	1	E62.95	
Envelopes	30	E30.00	
Gift Bags	6	E29.90	
Photo Shoot	4	E40.00	
Permanent Marker	5	E74.95	
Basins	4	E236.00	
Bic Click	10	E60.00	
Race Bibs & Pins		E3,600.00	
Water and Drinks		E4,800.00	E8,995.74

Advertising

Voice Edition		E5,387.50	
Siswati & English Adverts		E5,717.00	
Launch(Rudi's Kitchen)		E1,512.00	
			E12,616.50

Other Expenses

Communication		E550.00	
Transportation		E1,420.00	
Food Provisions		E934.54	
			E2,904.54

Total Expenses				E38,745.08
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Surplus

E9,884.92