



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

UMGUNGUNDLOVU
DISTRICT

IMPILO ENGCONO

NEWS

Information for better health ...

PROVINCIAL SPORTS & RECREATION 2025

SPECIAL EDITION (2) - 2025

UMGUNGUNDLOVU DISTRICT CROWNED THE OVERALL SOCCER CHAMPIONS IN THE KZN PROVINCE!



The spirit of teamwork, resilience, and wellness shone brightly as the uMgungundlovu District Health Team triumphed over the eThekweni District to claim victory in the much-anticipated KZN Department of Health Provincial Sports & Recreation event held on Friday, 10 October 2025, at Ilembe District. uMgungundlovu beat eThekweni 2— 0 in the finals, becoming the overall Provincial soccer champions.

The district soccer team brought home the trophy after becoming victorious in the KZN Provincial games, where the district was one of the eleven (11) districts that participated.

Halala to bafana baseMgungundlovu!!!

UMGUNGUNDLOVU CONTINUED WITH THEIR SPIRIT OF TRIUMPH AS THEY WON IN OTHER SPORTS CODES AS WELL

Amongst other sports codes, the district team won first place in the following: Athletics—100m females , Athletics—10 km men, Athletics—10 km women , umlabalaba, and chess.



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UMGUNGUNDLOVU DISTRICT CROWNED SOCCER CHAMPIONS!

The KZN Department of Health Provincial Sports & Recreation event occurs every year, where different Districts compete against each other in a number of sports codes.

The games are part of the Department of Health Staff

Wellness Programme, which aims to encourage healthy employees through wellness programmes focusing on employees who take care of their mental health, physical wellbeing, financial, and social wellness.

In a nutshell, the programme

encourages a healthy employee in a healthy work and social environment.

Held in an atmosphere of unity and excitement, this year's tournament took place on 10 October 2025 at Ilembe District.

The grounds were filled with employees from all KZN districts who came to participate and enjoy the atmosphere. Each employee chooses the sport code that they are comfortable participating in, no one is discriminated against due to age and fitness level. uMgungundlovu District was well represented; they competed not just for glory, but to promote health, wellness, and camaraderie among colleagues.



Pic 1: KZN Provincial Department of Health team from the Employee Health and Wellness programme with some of the trophies that were up for grabs.

Pic 2: Aerobics in action

Pic 3: All Teams competed in volleyball

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UMGUNGUNDLOVU DISTRICT CROWNED SOCCER CHAMPIONS!

From the first whistle, the uMgungundlovu team demonstrated exceptional teamwork, strategy, and sportsmanship in all sports codes. The soccer matches were exceptionally played. Each match was a thrilling display of talent and determination, with cheers echoing from supporters who proudly rallied behind their district team.

The final game against eThekweni District was nothing short of electrifying. Both teams gave their all, but uMgungundlovu's strong defence, quick coordination, and unstoppable

energy led them to a well-deserved championship victory.

Beyond the trophies and medals, the event highlighted the importance of active living, teamwork, and mental well-being among healthcare staff. It was a reminder that health professionals, too, must take time to care for their own wellness while fostering unity within the workplace.

The day concluded with celebrations, laughter, and a shared sense of pride. The champions dedicated their win to the entire uMgungundlovu

District, vowing to continue encouraging a healthy, active, and united workforce.

Congratulations, Halala to the uMgungundlovu Soccer Team—our champions on and off the field!



Pic 1: In the field, the soccer players were not playing games

Pic 2: Celebrating their well-deserved victory, uMgungundlovu district soccer team

Pic 3: Team Captain receiving the trophy

UMGUNGUNDLOVU SHOWED EVERYONE WHO IS THE BOSS IN ATHLETICS, WINNING BOTH 10KM RACES FOR MEN AND WOMEN



Left: Mr Sandile Makhaye, winner of the men's 10km run race
Centre: Ms Smangele Mkhulise, winner of the women's 10km run race
Right: Mr Khayelihle Ngubo, second position in the men's 10km run race

The District athletes came guns blazing and showed all districts who were the bosses of running. Men's 10km run, The athletes represented uMgungundlovu District very well when Mr Sandile Makhaye from Greys Hospital won first place in the 10km race.

The district grabbed second place in the men's 10km when Mr Khayelihle Ngubo, also from Greys Hospital, came in second. Female's 10km run, The females were also not playing as Ms Smangele Mkhulise won first place in the 10km women's running category.

It looks like all the best runners for 10km are from Greys Hospital because she also came from there.

First positions in the 5km and 100m categories Still in the athletics categories, Smangele Mngadi from Imbalenhle CHC won first place in women's 5km run.

Mr Thabiso Mayeni from Richmond Hospital came in like the superhero called The Flash, passing everyone as if they were standing still and winning first position in the 100m men's run. In the 100m women's run, Nokwande Buthelezi from iMbalenhle CHC took second place for uMgungundlovu District.

MASTERS OF MIND GAMES

UMGUNGUNDLOVU WERE CROWNED CHAMPIONS

The Provincial games also included games that are not physical, games of the mind. The District won first positions in both Mlabalaba and Chess.

Mlabalaba is the isiZulu name for Morabaraba, a traditional two-player strategy board game in South Africa. Sometimes they call the game Zulu Chess.

The game was historically used to teach strategy and continues to be popular today.

Ms Sindi Ngcobo from Appelsbosch Hospital won the first position for uMlabalaba in the female category. She proved that females can also be good at board games when she also snatched the second position in chess.

Mr Mfundo Ndlovu from Richmond Hospital was the overall winner in the Chess male category.

Both the winners showed strength in planning and execution, as both Mlabalaba and chess are mind games. They require strategy, problem-solving, and pattern recognition. Players must think ahead, anticipate their opponent's moves.

uMgungundlovu are the champions of mind games!!!



Mr Mfundo Ndlovu (in black) receiving his trophy from Mr Khanya Ngema (a District Sports & Recreation member). Mr Ndlovu from Richmond Hospital won the trophy for the first position in the Chess male category.



Ms Sindi Ngcobo from Appelsbosch Hospital won first position in Mlabalaba and second position in Chess female categories

ACKNOWLEDGEMENTS



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WORDS OF GRATITUDE FROM MRS LOTTY HUTCHINSON, THE DISTRICT SPORTS & RECREATION COORDINATOR

I would like to thank everyone who participated in the clean and successful execution of all Sports and Recreation activities this year and the years before. It is not an easy task to organise such events because there is no budget for it.

I appreciate the enthusiasm, commitment and extreme sacrifice that each member of the District Sports & Recreation Committee has been making for the love of the game. Without every one of you, as a district, we wouldn't be where we are.

I also want to thank the district and facility management teams for allowing staff to participate and reap the benefits of the staff health and wellness programme.

Last but not least, I thank the staff members for their commitment to continue shining the district flag. Despite limited time for training, transport challenges and other issues, the commitment you displayed is amazing. Shine uMgungundlovu team shine!!



Mrs Lotty Hutchinson

Sports & Recreation Coordinator
uMgungundlovu Health District

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