

## DAMBUZA CONSTITUTIONAL COURT APPOINTMENT



Image Source: Nelson Mandela University

By Onesimo Madulini

Judge Nambitha Dambuza's appointment to the Constitutional Court marks a moment that reaches beyond judicial succession. It is an instance where leadership exercised within public institutions now finds expression at the highest site of constitutional authority.

President Cyril Ramaphosa appointed Judge Dambuza, currently Chairperson of Council at Nelson Mandela University, as one of two new justices of the apex court, effective from 1 May 2026. Her arrival coincides with a historic shift in the Court's composition: for the first time since its establishment, women will constitute the majority on the bench.

This moment is underpinned by a career defined less by prominence than by trust. Judge Dambuza was appointed to the Eastern Cape Division of the High Court in 2005 and to the Supreme Court of Appeal in 2015, where she later served as Acting President. Her progression reflects a judicial path shaped by steadiness, discretion and institutional confidence.

For Nelson Mandela University, her appointment carries particular resonance. As Chairperson of Council, Judge Dambuza has operated at the intersection of governance, accountability and public responsibility; an experience that speaks directly to the demands of constitutional adjudication. According to the university's official media statement, Vice Chancellor Professor Sibongile Muthwa described the appointment as an occasion of shared pride. "Judge Dambuza's appointment to the apex court is a crowning moment in a distinguished career, and a proud moment for the University, the Eastern Cape and the country," Muthwa said.

The newly appointed Chancellor Dr Naledi Pandor also welcomed the appointment, affirming confidence in Judge Dambuza's contribution to the Court.

Beyond the judiciary, Judge Dambuza's engagement with higher education and legal scholarship has sustained her connection to the institutions that shape public life. Her transition to the Constitutional Court therefore represents not a symbolic elevation but a precise one, placing tested institutional leadership at the centre of constitutional decision-making.

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## LETTER FROM THE EDITOR

Well done, veels geluk and halala! It's officially graduation season.

Congratulations to everyone who crossed the threshold to official adulthood. Nearly 7000 students walked the stage this Autumn graduation, achieving their biggest dreams and stamping a formal qualification next to their name – this wasn't easy, it never is. Graduation ceremonies are a culmination of years of sleepless nights, all nighters, stress and fatigue, and also a celebration of hard work, dedication and consistency. Well done everyone!

This edition of Madibaz News highlights exactly that – from exclusive graduation content, to reports on local events, tips and tricks for wellness to the why's and how's of certain things, university sports reports and well-thought-out opinion pieces on specific topics. The second edition probably has a read time of between 30 minutes or three hours depending on your hands feel after you can't put this down.

Jokes aside, I am extremely proud of the team for putting together such a gem! They worked very hard to push this one out almost as soon as our first edition came out – if 'works well under pressure' was a group of people...

Remember, even if we didn't get a chance to cross the stage this year, don't give up just yet. Sometimes, some things need more time to form correctly – don't stop working towards that, and don't stop investing in, and caring for, yourself. You're doing the best you can!

Don't forget to follow our socials to see when we will be gracing the site with our presence again, and to keep up with all university news.

- Leigh-Nakeetah Jason

## STUDENTS BREAK THE STIGMA ON SCHOOL STRESS



Image Source: Ron Lach Pexels

By Angel Jiyane

Student stress is becoming an increasingly common mental health issue amongst young people in university. However, many students continue to endure stress in silence due to the stigma surrounding mental health, which makes it difficult for them to seek help.

According to the South African Depression and Anxiety Group (SADAG), many students experience stress during the exam period, which emphasizes the need for more awareness and support systems. Despite this, conversations surrounding mental health remain limited, with

many students making stress another thing that forms a part of everyday life.

Students say academic pressure is one of the leading causes of stress. "Too much work, academic stress, assignments, exams, and tests, as well as personal challenges, all increase one's stress" - Bongeka Ngcawana, a third-year student.

Keamohetsoe Matsome, a second-year student, shared that she believes stress is often overlooked. "I think it has become part of our lives. We have normalized it as something that is not that important to take care of," she said. This shows how stigma can prevent students from recognizing when they need help.

Academic and social expectations also play a significant role in the causes of stress. "There is no option B. This is the only plan I have to make it in life," Matsome added, reflecting the pressure many students feel to succeed.

Support systems are available for students. Nelson Mandela University has these too. Their services include Emthonjeni Student Wellness, where they offer various services, support one's psychological wellbeing, and equip you for your academic success.

Additionally, Student Success Coaching assists with academic development, academic planning and reflection, personal development and career development.

Students can also reach out to the Higher Health 24-hour Toll-free Mental Health Helpline 0800 36 36 36 or SMS 43336 and SADAG Mental Health Line 011 234 4837 or SMS 31393. Students are encouraged to seek help and speak openly about their experiences. Breaking the stigma is key to improving student wellbeing.

## MASTERCLASS CHALLENGES PATRIARCHAL FOUNDATIONS OF MODERN STATE SYSTEM



Image Source: Nelson Mandela University

By Cinga Mgandela

The Centre for Women and Gender Studies (CWGS) collaborated with visiting Professor Yolande Bouka through a masterclass on the theme 'Women, Resistance and the Coloniality of the Modern State System', held at the Ocean Sciences Campus Media Room in March.

The attendees explored a critical analysis by Prof Bouka in her arguing that the modern state system is built upon frameworks that prioritize a specific demographic. She illustrated this through the lens of institutional bias, highlighting how global structures are primarily designed in the image of a white, heterosexual male, revealing the injustices faced by those who exist outside of this narrow identity.

Prof Bouka further elaborated on the consistent impact of historical structures, pointing out that modern governance still relies on colonial-era hierarchies. She demonstrated how these frameworks are used to decide who belongs, and who is marginalized, reinforcing that current political systems are still connected to their exclusionary past.

It was further highlighted during the masterclass that there is more to women resistance than what meets the eye. Prof Bouka posited that their struggle is not merely about achieving policy change. Instead, she emphasized that true liberation comes from challenging the actual structure of the state, encouraging attendees to reconsider how political institutions must be completely reimaged to dismantle the patriarchal foundations that currently define modern governance.

The analysis resonated with many in the room, who emphasized the need for radical restructuring, legal reform, and political awareness when addressing the modern state.

The session concluded on a powerful note with a rallying call for attendees to be mindful and active in dismantling the coloniality of the current state. Furthermore, attendees were encouraged to support the engage with alternative political spaces created by women, which exist outside or against the current system, fostering new ways of political expression that transcend traditional, male-centric structures.

## FUEL PRICES SURGE, SOUTH AFRICANS FEEL PRESSURE

By Inganathi Manyati

South Africa's fuel prices have had a tight grip on consumers lately. From 1 April 2026, prices increased again, leaving many people doing a double take. Petrol rose by approximately R3.06 per litre, while diesel climbed by more than R7 per litre, despite government efforts to soften the blow through levy reductions.

Days leading up to the increase, some petrol stations ran dry, while others saw long queues as motorists rushed to fill up before the hike. The result was congestion and frustration on already busy roads.

Much of the pressure comes from beyond South Africa's borders. Global oil prices have surged due to geopolitical tensions, particularly in the Middle East, and that directly affects local fuel costs. Because South Africa imports most of its fuel, a higher international crude oil price, or a weaker rand against the US dollar makes fuel significantly more expensive to bring into the country.

Fuel prices do not exist in isolation. When petrol and diesel costs rise, the effects ripple through the economy. Transport becomes more expensive, delivery costs increase and the price of everyday goods, often allows as businesses pass on these added expenses.

What makes the current situation especially difficult, is the speed of these increases. Just a few years ago, petrol prices slightly above R25 per litre seemed unlikely. Now, it is a reality forcing many households to rethink their budgets and daily commutes. For countless South Africans who rely on fuel to earn a living, the pressure is immediate and unavoidable.

While temporary relief measures offer some support, the broader strain on household finances and the economy, remains significant. The question many are asking now, is: how long can this continue?



Image Source: Inganathi Manyati

## DR NALEDI PANDOR INSTALLED AS FOURTH CHANCELLOR OF MANDELA UNIVERSITY



Image Source: Nelson Mandela University

By Megan Potgieter

A significant milestone for Nelson Mandela University was marked on 8 April 2026 with the installation and investiture of Dr Grace Naledi Mandisa Pandor as the fourth chancellor of the institution. Her appointment, effective 1 April 2026, follows her predecessor Dr Geraldine Fraser-Moloketi's two terms of service.

Hosted at the Indoor Sports Centre, South Campus, Gqeberha, the ceremony brought together members of Council, academics, alumni, government and civil society representatives, community and faith leaders and students, who all delivered messages of congratulations in a most "her"-storical moment for the chancellor-elect. The University Choir also delivered two musical pieces that contributed to the celebratory atmosphere of the event.

Council chairperson and newly-appointed judge of the Constitutional Court, Judge Nambitha Dambaza, described Dr Pandor in her welcoming remarks as a "distinguished activist, academic, former cabinet minister and an internationalist, whose lifelong commitment to education, social justice and public service, aligns deeply with the values and mission of the University".

Dr Pandor expressed her return to the higher education sector warmly, saying it was "a welcome pleasure to once more immerse myself in the sane, cooling embrace of intellectual rigour," having been an academic before her entrance into politics in her several government positions including Minister of Education (2004-2009) and Minister of Higher Education (2018-2019).

In her address, she praised the strong existing African partnerships and research outputs of the University, though urging to go further in its commitment to advancing Africa's Agenda 2063 — focusing on science and innovation nurturing, trade and industrial capacity expansion, and food security building. Africa's relative silence in shaping global discourse, Dr Pandor argued, must galvanise rather than discourage.

Issuing a frank warning about academic freedom erosion on a global scale, in light of the conflicts faced the world over, Dr Pandor concluded her speech with a call on Nelson Mandela University affiliates to "assert out abiding commitment to freedom, justice and the development of new knowledge though untrammelled scientific inquiry."

## 10 CONFIRMED CASES OF HFMD IN EASTERN CAPE.



Image Source: www.istockphoto.com

By Mthetho Njube

At least ten cases of 'Hand, Food and Mouth Disease' (HFMD) have been reported in East London, Eastern Cape, according to the Eastern Cape Department of Health in February 2025. The department confirmed that most of these cases have been detected in primary schools and daycare centres, with the majority of the affected being children between the ages of three and seven.

According to Siyanda Manana, the Director of the Eastern Cape Department of Health, HFMD is caused by a group of viruses, known as enteroviruses, which infect millions of people globally annually. He urged the public to remain calm and take all necessary precautions while the Department of Health continues to closely monitor the situation and contain the outbreak.

The department highlighted the importance of preventative measures, including good hand hygiene and avoiding close contact with infected individuals. The department also advised parents to stay alert for symptoms like high fever, sore throat, fatigue, loss of appetite, and small blisters on the inside of the mouth, sides of tongue, palms of the hands, soles of the feet. Additionally, parents should be on the lookout for signs of dehydration and prolonged high fever in their children, as symptoms may appear less severe in some.

Manana reaffirmed the department's dedication and commitment to safeguarding the health of the entire community and assures that they will respond swiftly to the outbreaks. He urges everyone to take necessary precautions to prevent the further spread of HFMD, as public cooperation is one of the most essential steps in managing a situation like this, effectively.

## SA COMPETITION COMMISSION SEEKS GOOGLE COMPENSATION

By Mthetho Njube

Google is one of the leading tech giants worldwide, dominating multiple sectors like digital advertising and online searching. As concerns over competition and advertising revenue distributions rises, the South African Competition Commission has proposed that Google compensate the South African local news media with R300-R500 million annually for a period of three to five years.

This initiative claims that it will address the imbalance in competition and ensure a fair sharing of revenue between South African news publishers and Google. This recommendation follows after the commission released the Media and Digital Platforms Market Inquiry (MDPMI) provisional report, which examines the impact of digital platforms on traditional media.

According to SABC News, the Commission found that Google enjoy a monopolistic position in South Africa's digital media landscape which places local publishers in an unequal and

disadvantaged position.

The report states that the advertising revenues have been undeniably and significantly affected due to the fact that there has not been an equitable share of values between Google and news publishers in the country, both historically and presently.

The chairperson of the inquiry, James Hodge, stated that consumers increasingly access the news through Google search engines or social media intermediaries powered by AI chatbots, rather than watching traditional broadcasts on television or visiting news websites directly.

This results in digital advertising revenue to flow towards tech platforms rather than traditional media platforms, making it difficult for news outlets to remain financially sustainable. Hodge believes that this unfair trend has major consequences for democracy, as a struggling press would limit consumer access to credible journalism.



Image Source: <https://pixabay.com>

## MULTILINGUALISM IN PRACTICE: DIBA DEBATE



Image Source: Iza Mehlomane

By Onesimo Madulini

Nelson Mandela University, through the Office of the Deputy Vice-Chancellor: Learning and Teaching, concluded the 2026 Diba Multilingual Debate and Public Speaking Competition with a face-to-face final round held on the last weekend in March.

The competition followed two days of online preliminary rounds, with finalists advancing to the on-campus semi-finals and finals. By Saturday, the atmosphere reflected the spirit of multilingualism, coinciding with International Multilingualism Day, observed earlier that week. Students, staff and finalists gathered as different languages could be heard throughout the venue even before the competition formally began.

Before the finalists took to the stage, Professor Pamela Maseko, Executive Dean of the Faculty of Humanities, addressed those in attendance, noting that more than 40 languages are represented amongst staff and students at Nelson

Mandela University, emphasizing that the University's linguistic diversity is not merely symbolic, but experienced daily within its academic spaces. Her address set the tone for the event, after which finalists from various residences competed in English, Afrikaans, isiXhosa, Tswana and isiZulu. The finals consisted of both debate and public speaking categories with participants delivering prepared speeches and structured arguments before a judging panel.

As the competition progressed, attention shifted fully to the performances of the finalists. Competitors demonstrated confidence, clarity and a strong command of language with audience members responding attentively as arguments unfolded over multiple languages.

The event concluded with the announcement of winners in various categories, with prizes awarded for excellence in debate and public speaking. Tournament director Tando Warona Staanoop officially closed the programme, expressing a hope that the competition would be held annually.

## PUBLIC LECTURE INTERROGATES VIOLENCE, POWER AND SELF-DEFENCE



Image Source: Itumeleng Lebese

By Onesimo Madulini

A public lecture hosted by the Centre for Women and Gender Studied (CWGS), the Department of Science and Innovation-National Research Foundation SARCHI Chair in African Feminist Imagination and the Department of History and Political Studied at Nelson Mandela University, offered a powerful feminist interrogation of violence, power and self-defence in the international system.

Speaking at the North Campus Conference Centre in March, Prof Yolande Bouka challenged how the right to self-defence is unevenly recognized in global politics. She noted that while dominant states frequently justify violence through claims of self defence, similar claims by women and communities in the Global South are often delegitimised. "In international relations, some actors are allowed to defend themselves, while others are punished for doing the same," she said referring to countries like Israel and the United States.

Drawing on feminist international relations theory, Prof Bouka explained that power operates through gendered hierarchies. She argued that masculinity and femininity are not neutral categories, but political tools used to

decide who is seen as strong and who is frame as weak. "Femininity is consistently associated with vulnerability," she said, adding that this framing reinforces the idea that women require protection instead of political agency

Prof Bouka also challenged the expectation that women should respond to violence with peace and restraint. Referring to cases where women are criminalized for resisting harm, she remarked that "women are punished twice, first through violence itself and then for refusing to accept it." She urged the audience to rethink women's anger, arguing that rage is not a failure of politics, it can be a political resource.

Introducing the "three D's" of self-defence – distance, deflection and destruction – Prof Bouka emphasized that self-defence includes awareness, avoidance and collective resistance. She added that "when systems fear resistance, they fight back."

The lecture concluded with a PanAfrican reflection linking women's struggles to broader liberation movements including Palestine. Prof Bouka stressed that every political issue has a feminist dimension and that claiming the right to self-defence remains central to global justice.

## WHEN SOLIDARITY REFUSES SILENCE

By Onesimo Madulini

What does solidarity look like on a university campus while bombs continue to fall elsewhere worldwide? Is it silence, carefully managed neutrality, or deliberate resistance? At Nelson Mandela University, students and academics rejected detachment, using Israeli Apartheid Week, marked from 21 to 28 March, to turn campus spaces into sites of political engagement and refusal.

Organized by the Palestine Solidarity Organization at Nelson Mandela University in partnership with the university's Transformation Office, the programme formed part of an international campaign launched in 2004 to confront Palestinian oppression, insisting that Gaza cannot be reduced to a passing headline, nor justice deferred until it is convenient.

Activities included a banner making session and a hybrid international webinar titled "The World After Gaza: Reflecting on the Difficult Road Ahead", co-hosted with the College of Business and Economics Decolonisation Committee at the University of Johannesburg and Birzeit University in Palestine.

In framing the discussion, Associate Professor Enver Motala grounded the webinar in South Africa's political history, arguing that apartheid cannot be reduced to past injustices or legal

arrangements. "Apartheid is not limited to past injustices or legal segregation; it is a system of control that can survive under liberal constitutional orders".

Reflecting on South Africa's experience, Prof Motala described apartheid as a structural project "built on invented ideas of race to divide people, control the working class and sustain capitalism," warning that such systems do not appear simply through constitutional reform. From this perspective, he argued, what is unfolding in Palestine constitutes a serious violation of international law.

Other speakers extended this analysis. Gazan scholar Professor Haidar Eid questioned the moral credibility of international institutions that have failed to secure a ceasefire, while speakers from South Africa and Palestine highlighted how education under occupation continues to be shaped by militarised restrictions and systemic violence.

As the week ended, it was clear that Israeli Apartheid Week at Nelson Mandela University was never intended as a moment of passive awareness. Through banners, debate and sustained academic engagement, organisers and participants made an explicit intervention into campus life, challenging institutional comfort and insisting that solidarity with Palestine be visible, deliberate and ongoing.



Image Source: Nicole Collier-Naidoo

## WHERE LEADERSHIP MEETS EXCELLENCE: A NIGHT CELEBRATING STUDENT LEADERSHIP AND ACADEMIC SUCCESS

By Onesimo Madulini

In an era where leadership is often questioned, and sacrifice frequently misunderstood, the university paused to celebrate a powerful notion: leadership and academic excellence are not mutually exclusive.

At an inaugural congratulatory dinner organised by the Office of the Dean of Students in honour of student leaders at the North Campus Conference Centre on 21 April 2026, the evening unfolded as more than a celebration – it became a reaffirmation of purpose, service and ethical leadership.

The prestigious event brought together recently graduated student leaders – individuals who dared to lead while learning and to serve while striving.

Deputy Vice-Chancellor Mr Luthando Jack delivered the keynote address, congratulating and commending student leaders for completing their studies while carrying the heavy responsibility of service, noting, “It is always encouraging to see student leaders graduating.” His address reflected on what he termed the paradox of leadership: the challenge of leading, learning and excelling simultaneously. Student leaders, he observed, are often warned that leadership comes at the

expense of academic success. Yet, the presence of graduates in the room offered a powerful rebuttal.

In his response, former SRC member Mr Jeffrey Maswanganyi expressed gratitude and humility at being recognised, affirming that “leadership is not a title but a responsibility, carried out daily, often quietly and often without applause”.

The evening was further enriched by Ms Sinovuyo Mdlungu, the programme director, who described herself not merely as a host, but as a storyteller. Living up to this title, she transported the audience through the life and legacy of Charlotte Maxeke, one of South Africa’s most formidable activists-intellectuals. Her immersive, and almost theatrical narration allowed the audience to feel history unfolding, seamlessly connecting past leadership struggles with the present.

More than an event, the dinner became a moment of collective recognition of resilience, sacrifice and quiet excellence. It served as a reminder that leadership is not a diversion from success, but often, it’s very foundation.

For those in attendance, the night reaffirmed a powerful truth: when students are trusted to lead with integrity, they do not merely graduate – they emerge, prepared to change the world.



## NEARLY 7 000 STUDENTS CONFERRED AT MANDELA UNIVERSITY AUTUMN GRADUATION



Image Source: Nelson Mandela University Facebook Page

By Sanga Dubadu

After a journey marked by dedication and sacrifices, 6963 graduates finally walked across the stage during Nelson Mandela University’s Autumn Graduation season, which took place at the George Campus on 31 March 2025, and in Gqeberha between 9 April and 22 April 2026.

The season also marked a momentous change in the institution’s leadership, as Dr Geraldine Fraser-Moleketi finished her tenure, and handed over to the newly installed Chancellor, Dr Naledi Pandor, to preside over the university’s graduation ceremonies in Gqeberha.

The ceremonies that occurred on the George Campus was conducted by the outgoing Chancellor, Dr Fraser-Moleketi, who served an eight year term in office. Two sessions were held where degrees were conferred on 599 students, including five doctoral and eleven masters.

Twenty-one graduation ceremonies were held at the Gqeberha campuses, which were presided over by Naledi Pandor, forming part of the university’s larger Autumn Graduation programme. A total of 6364 students graduated,

including 55 doctoral and 263 masters’, marking the institution’s significant contribution to advanced scholarship and research.

At the time of writing, Nelson Mandela University has also conferred honorary doctorates upon two significant individuals in recognition of their tremendous contribution to society. Retired judge and legal pioneer, Justice Cecil Mpho Somnyalo, was awarded a Doctor of Laws (honoris causa) in acknowledgement of his role in shaping South Africa’s justice system. Poet and public intellectual, Professor Gabeba Baderoon, was awarded an honorary Doctor of Literature in recognition of her work, which continues to enrich literary culture.

In honour of conferring qualification upon thousands of graduates, Dr Naledi Pandor declared the celebrations as a moment of immense pride during the first ceremony hosted in Gqeberha. “Today is a moment of immense pride. It marks the culmination of years of hard work, sacrifice, resilience, and unwavering dedication,” she said, congratulating the graduates and their families, as well as the various staff who supported their journeys to being lifelong learners.

## MANDELA UNIVERSITY LECTURE CONFRONTS APARTHEID'S UNFINISHED LEGACY



Image Source: Nelson Mandela University

By Megan Potgieter

Thirty years after the Truth and Reconciliation Commission (TRC) gave survivors a platform to speak, Nelson Mandela University welcomed one of South Africa's most prominent voices on trauma and healing for a Freedom Month lecture that left little room for comfortable silence.

The lecture, held on 23 April 2026 in partnership with Nelson Mandela University's Centre for Women and Gender Studies, was delivered by holder of the DSI-NRF Research Chair in Violent Histories and Transgenerational Trauma at Stellenbosch University and 2024 Templeton Prize laureate Professor Pumla Gobodo-Madikizela.

Prof Gobodo-Madikizela's central argument, both urgent and unsettling, was that the gender-based violence crisis faced in South Africa cannot be adequately addressed if the unspoken trauma left behind by the apartheid regime is not confronted.

In making her case, Prof Gobodo-Madikizela harked back to a haunting moment in the TRC's history: The scream of a woman, Nomonde Calata, whose husband Fort's life was taken by the police during apartheid. Reading that very moment not as grief alone, Prof Gobodo-Madikizela detailed it as "a staging of a future of violence to come." Furthermore, she posited that this future shows today in the increasing violence against women and children.

Prof Gobodo-Madikizela also including an interrogation of the late FW de Klerk's posthumous video apology for apartheid in her lecture, calling it a "closed text" that offered the appearance of accountability while leaving its structures intact and, in doing so, modelling evasion for the next generation.

Drawing academics, students and members of the community alike, Prof Gobodo-Madikizela closed with a challenge aimed squarely at those making up the younger generation amongst the audience. "This is your time," she asserted, as a call to carry what the TRC started and left unfinished.

## WHEELS OF INEQUALITY: SHUTTLE STICKER STRUGGLE

By Olona Mketi

Since the inception of the 2026 academic year, Nelson Mandela University students have been required to have shuttle stickers placed on their student cards to get access to use the university shuttle services, with lines such as "no sticker, no shuttles" being used on official university notices.

This, however, has impacted the lives of many students – especially those with no funding, as this service has been strictly redesignated for students funded by either the National Student Financial Aid Scheme (NSFAS) or private bursaries.

One of the ways in which the students have been impacted, is being left behind, despite shuttles being empty resulting in missed lectures and even tests. Many students had no funds to use public transport or e-hailing services such as Uber. This issue comes at a time where the right to education is still in active combat, fought for by students across the country, and now Nelson Mandela University students futures are at stake

in their fight for free transportation provision for all students.

During a conversation with two affected students, Nthabaleng Mqalekana and Yonela Landu, it was reported that this dilemma has caused a strain on their academic careers. Important class and study time had been wasted, due to having to standing in long lines for shuttles, while shuttles only accepted those with stickers, regardless of who arrived first, as typically done prior to the introduction of the sticker. "Sometimes I would end up not even attending my classes, though I arrived in the early hours of the morning to catch the shuttle" one of the students stated.

Alternatives should be implemented to accommodate those unable to receive shuttle stickers, such as the introduction of a student-management feedback loop, which would involve students in decision-making to create a more inclusive policy on university transportation provision to, ultimately run shuttles more often to reduce demand and make it easier for students to catch a ride without a sticker.



Image Source: Nelson Mandela University

# ART BRINGS OUT THE BEST IN PEOPLE

By Mpilentsha Mbatha

Nelson Mandela University's Res Life and Student Development Committee organized and produced the Madibaz Rez Festival and called upon famous creatives like Mr Andile Nebulane to mentor young artists from the university. The event and his attendance was proof that those who came before us still care about supporting the youth's passions.

The festival auditions took place at the Lilian Ngoyi Residence Study Centre as it had enough space to accommodate everyone. The residence also had volunteers to help with the proceedings of the festival auditions, along with the Sarah Baartman Residence volunteers. The auditions happened over a Friday and Saturday in April. Friday served as an icebreaker day because the panel requested introductions and singing. The approximate number of 40 artists who came to audition to form a circle and sing a song that they all know, with the intention of connecting strangers. It was emotional watching the young artists connect through their shared love of art.

Some were brave enough to come into the circle and showcase their art, while others witnessed how art enriches our African roots as most artists performed in their mother tongue. It proved that as Africans, we are proud in our skin and rooted in our culture. The first day ended on a good note with group activities performed for each type of art, singers sang songs, poets put together poems – all forms of art were catered to. Saturday brought a new form of art to the room with the arrival of sketch artists, and it became serious as auditions took place.

The panel judged constructively to build the young artists and develop their artistic talents more. After the auditions, the circle formed again and singing erupted. The panel expressed their gratitude for being part of the festival and the committee awarded them with gifts in gratitude for guiding young artists onto the right path.

The auditions revealed art's power to unite strangers and inspire the best in everyone.



# WOMEN IN MALE DOMINATED FIELDS



Image Source: Sourced from Tiktok (Isivile)

By Kulungile Kanise

"Sikhokhele, Sikhokhele" the chants of the poet echoed through the hall signalling a profound shift. The grip of patriarchy seemed to loosen with every chant uttered, leaving atmosphere permeated with grace, power and honour. This event was the first to be graced by Dr Naledi Pandor, the new Chancellor of Nelson Mandela University.

Taking centre stage, stood three women entirely worth of praise, clothed in the undeniable garments of power and status. Astonished by the magnificent sight, a wave of relief swiftly swept across the room. It was a wave of revival, validation and of historical essence. In that single moment, biases and stereotypes of the past, were atoned for, and the heavy chains of inferiority, were finally broken.

As Nelson Mandela University students, we had the distinct honour and courtesy to attest to this phenomenon firsthand: a university totally led by women. As the poet praised their achievements, I was reminded of a vital truth. Society often suggests that women are inherently limited, but these leaders have successfully proven that anything pertaining to a man, a woman can undoubtedly do.

This monument is not merely a feminist's dream come true, but a defining, tangible moment for all young girls who dare to dream. Power and leadership are attainable not only for men, but equally for women. From begging for our voices to be heard by society, to standing as leaders of high ranking and status, history was indeed made. Nelson Mandela University proudly stands at the forefront of this monumental change.

## TURNING THE TASSEL: A NEW WAVE OF HOPE



Image Source: LinkedIn on the Nelson Mandela University Alumni group

By Njabulo Nomvete

The air at Nelson Mandela University was electric on April 22 as the final degrees of the 2026 Autumn Graduation ceremonies were conferred. For weeks, the Gqeberha campus was a sea of vibrant academic gowns and joyous ululations, marking the end of a gruelling, yet triumphant, academic season.

This year's graduating class is a testament to sheer resilience. There are the students who navigated complex registration hurdles and the anxieties surrounding the newly introduced NSFAS loan structures for the "missing middle". Yet, on that day, those financial and administrative tightropes were temporarily forgotten, replaced by the proud tears of families and the confident smiles of newly minted professionals.

However, as the celebrations wrapped up, a sobering reality awaited. The fresh cohort was

stepping into an Eastern Cape economy that desperately need their innovation and energy. With groundbreaking, locally relevant research coming from the university like recent academic strides in combatting regional malnutrition, Nelson Mandela University is proving that it is an active participant in solving provincial crises. The university is equipping these graduates with not just paper degrees, but awarding them with the vital tools to uplift their communities.

"Today is about celebrating the sheer grit of our youth," noted an Nelson Mandela University faculty member amidst the festivities. "Tomorrow is about putting that education to work."

As the final tassels were turned, the underlying message was clear: these graduates are not just looking for employment; they are the intellectual and creative engine destined to drive Gqeberha and the wider province forward.

## BIG BROTHER MZANSI CROWNS A NEW STAR

By Inganathi Manyati

It was a night of excitement and emotion as Liema Pantsi was crowned the winner of Big Brother Mzansi: Bazozwa Season Six. The 24-year-old singer and influencer walked away with R2 million grand prize after weeks of living in the house, capturing the attention of viewers all across South Africa with her strong strategy and authentic personality.

Liema's win marked a full circle moment. She was first introduced to the audiences in the previous season of Big Brother Mzansi and returned with a clear goal to finish what she started. In the finale, she secured 33.84 per cent of the public vote, narrowly beating her closest competitor.

Her victory holds deeper meaning beyond the monetary prize. During her first appearance, she left the show early after accepting a cash offer, leaving many questioning if she would return. This time, she proved her growth and resilience, staying true to herself while navigating

pressures of the game.

Outside the house, Liema has been building a music career, collaborating with established artists and gaining recognition in South Africa's entertainment industry. Her win is not just a reality TV achievement, but a stepping stone towards bigger opportunities.

Following her victory, social media was filled with mixed reactions. While many fans celebrated her success, others questioned whether returning contestants have an advantage. Despite the debate, her story has inspired many viewers. Liema has described her win as a reflection of her personal growth and the lessons she has learned.

Liema plans to use part of her prize money to support her family and invest in her future, making a beginning of an exciting new chapter. She did not only claim the title but also redefined her story, proving that second chances can lead to even greater success.



Image Source: <https://cdn.briefly.co.za>

## MR JAZZI Q SET ELECTRIFYING PERFORMANCE IN GQEBERHA



Image Source: Angel Jiyane

By Lamla Gola

Gqeberha recently hosted one of South Africa's most celebrated Amapiano DJs, bringing vibrant energy and unforgettable music to the city. The event perfectly blended lifestyle and entertainment giving both students and locals a chance to experience the true spirit of Amapiano culture.

There was a strong buzz of excitement around North End as fans gathered in anticipation. Known for his infectious beats and high-energy performances, Mr JazziQ did not disappoint. As the hitmaker behind tracks like Ulazi, V.S.O.P, and Sithi Sithi, he brought both sound and style to the stage. Beyond his DJ skills, his dance moves added an extra layer of excitement that kept the crowd fully engaged.

The timing of the event made it even more special. With students on holiday, it offered a perfect opportunity to unwind, socialize, and take a break from academic pressures. More

than just a night out, it became a space for the youth to connect and celebrate a genre that speaks directly to their generation.

As the music played, the crowd came alive. People danced together, sang along, and embraced the atmosphere with pure joy. Amapiano continues to dominate South Africa's music scene, serving as the heartbeat of the nightlife across the country. Mr JazziQ's performance in Gqeberha highlighted the city's cultural vibrancy and its growing place in the national entertainment scene.

When he stepped behind the decks, it was more than just a performance - it was a shared cultural moment. The night showed how music can bring people together, bridging the gap between student life and the broader community. It was a powerful reminder that lifestyle and entertainment go hand in hand, and that music has the ability to unite people in unforgettable ways.

## THE ULTIMATE SPLASH FEST

By Nthabeleng Mqakelana

Nelson Mandela Bay did it again this year and brought the Splash Festival to Kings Beach!

As many can agree, it brought music lovers from rock music, to amapiano with different sports, artists and youth in vibrant celebration of self-expression. Hosted along the city's beachfront scenery, the festival blended the live performance vibe with the coastal atmosphere which created a memorable experience for all the attendees.

The unique thing about the Splash Festival, is that it accommodates everyone, all age groups, variance in music tastes, the food, and it is nearly impossible to leave without a souvenir while there! There are many stalls that have so much to offer from handbags to adorable bracelets. It is through events like these, that people get a chance to rewind and connect with others.

There were many artists, both local and national like Tyler ICU, Seeds and Stems and Mikyla, amongst others. Even upcoming artists were given the stage and opportunity to showcase their talents, which was really motivating. Most thrilling, is that both the performers and the crowd were enjoying themselves. Seeds and Stems confirmed it by saying "The whole festival is marvelous. I could feel the energy and presence of the crowd. It was really nice and exciting."

To some, it was a warm Easter weekend celebration as they are not from around here, and were unable to go home. The Splash Festival left no one behind, and you could tell by the attendees' delightful faces, that they were having a good time under the safe SAPS Protection Services.

The Sports Department did not disappoint at all. Both male and female teams were on the

ground fighting for the tournament, there were soccer and volleyball matches, amongst others. This also worked as an escape, saving young talents from unsafe situations.

Ultimately, the festival was more than just an event it was a huge celebration of expression, entertainment, creativity and connection that brought residents of the Bay to the Heart of the City.

*MadibazNews Team showed up for the Splash Festival*



Image Source: Ayabonga Malima

## SELF-CARE IS NOT JUST FACE MASKS

By Nura Du Plessis

When people hear the term “self-care”, they often think of face masks, bubble baths, and aesthetically pleasing routines seen on platforms like TikTok or Instagram. While these can be enjoyable, true self-care goes far beyond occasional pampering, especially for busy students balancing lectures, assignments, part-time jobs, and social lives.

At its core, self-care is about building daily habits that support your well-being. One of the most important, yet often overlooked factors, is sleep. Staying up late may feel productive, but consistent rest improves mood, focus and overall health. Simple changes, like reducing screen time before bed and sticking to a sleep schedule, can make a meaningful difference.

Time management is another essential habit. Using planners or digital calendars can help students stay on top of deadlines and reduce last-minute stress. Breaking workloads into smaller, manageable tasks also makes responsibilities feel less overwhelming.

Setting boundaries is equally important. Many students feel pressured to say yes to everything, from social plans to extra responsibilities. However, learning when to say no helps protect your energy and prevents burnout. Choosing yourself is not selfish; it is necessary.

Physical health also plays a key role in overall well-being. Small actions like going for a walk, stretching or staying hydrated can positively impact both your body and mind. Even short breaks between study sessions can help you reset and remain productive.

Ultimately, self-care is not about luxury or perfection, it is about consistency. For students, it is the small, intentional habits that make the biggest difference in maintaining balance and well-being.



Image Source: Meta AI

## COLORS SPEAK: SELF-EXPRESSION THROUGH ART



Image Source: Keabetswe Mohlala

By Nthabeleng Mqakelana

Emthonjeni Student Wellness recently hosted a sip-and-paint art expression session at South Campus, with a similar event taking place at North Campus. The initiative aimed to promote mental well-being by encouraging students to explore stress management through creative expression. It also created awareness about the psychosocial support services available to students.

The event, hosted at the Emthonjeni Headquarters, provided a welcoming space designed to bring students closer together. Upon arrival, participants were given refreshments, paper and painting materials, and were encouraged to use colours freely to reflect their emotions. The session focused less on artistic perfection, and more on self-expression, allowing students to engage with their feelings in a relaxed and creativity.

As the session unfolded, students became immersed in their artwork. The process of painting encouraged them to slow down, be present, and express themselves without pressure. This is particularly important, as students often place themselves under stress when trying to meet expectations, which can lead to harsh self-judgment.

The environment was calm and supportive, facilitated by student peer helpers who guided the session. Their presence helped to create a safe space where individuals could share a common experience, academic stress, while feeling understood and supported. Ms Dlamini, who coordinated the activity, was also present to ensure the session ran smoothly.

Following the event, students shared positive feedback, majority felt emotionally lighter and appreciated and the opportunity to both learn and have fun.

Activities like this, highlight the important role that creative practices play in supporting mental health. Even in informal settings, art can serve as a powerful tool for self-expression, confidence-building and emotional release. Overall, the session demonstrated how simple, creative initiatives can make a meaningful difference in students' well-being and personal growth.

## THRIFT GUIDE FOR STUDENTS IN GQ

By Nura du Plessis

Thriftling has become an increasingly popular option for students, especially at a time when budgets are tight and fashion trends change faster than ever. Not only is it affordable, but it also allows students to express their individuality in creative and unique ways.

Although thriftling is widely loved, it can sometimes feel like searching for a hidden gem, especially in Gqeberha. This guide highlights some of the best spots where you can find stylish pieces without overspending.

One standout is The Hospice Shop, a well-known thrift store popular among students and locals alike. It offers a wide selection of clothing, accessories, and even home items, making it a great place to start your thriftling journey.

Just around the corner, Anna Panna Charity Shop, is another excellent option. Known for its affordable prices and unique fashion finds, it's perfect for browsing at your own pace. Between these stores, you can easily put together a stylish haul for under R100.

Another must-visit is Wagtails Charity Shop, which is known for its variety and constantly changing stock. Whether you're looking for casual wear, vintage pieces or something more formal, you're likely to find great items here for under R200.

For a slightly different experience, Coat King Wholesalers is worth exploring. While not a traditional charity shop, it is a hotspot for affordable, trendy clothing, especially if you're shopping on a tight budget.

Thriftling is more than just shopping, it's an adventure. It requires patience, creativity and a bit of luck, but the reward is finding pieces that

truly reflect your personal style. For students looking to stand out while saving money, these spots are definitely worth exploring.



Image Source: Nura du Plessis

## MORE TO BEACH SOCCER



By Ayabonga Malima

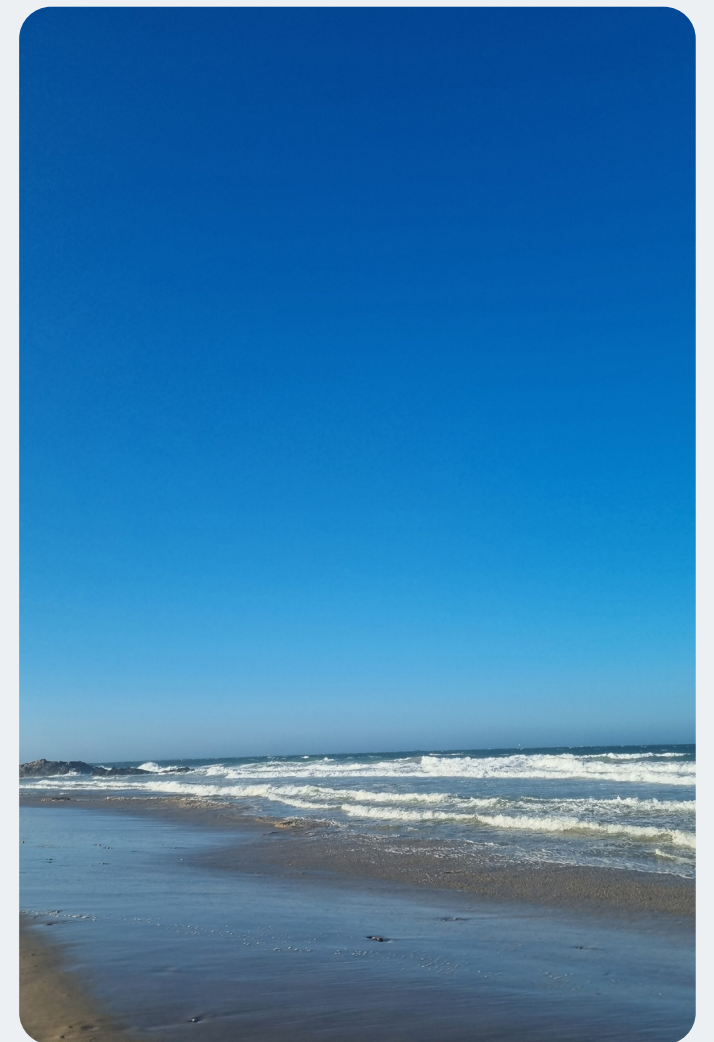
"People can be unified through sports" said the organizer and the operator of the beach soccer tournament. The Splash Festival saw a big turn out, and more for the beach soccer tournament. The tournament unified the bay's boys and girls, taking them away from 'extra mural activities' that wouldn't positively benefit them this Easter weekend.

For the founders and organizers, the beach soccer tournament is more than just a tournament - it is an initiative to grow love for football in youngsters, and most importantly to educate the youth and build a sense of trust,

knowledge, respect, and responsibility.

The 5v5 format of beach soccer has been in operation for five years now. Every year since its inception the tournament has seen growth in both attendance and participation. With prizes up for grabs, the teams partaking in the annual tournament keep on increasing. One of the players participating in the tournament said that participating has been fun and competitive.

With the tournament taking place annually, the tournament as an initiative highlights the need for more youth centred initiatives in the Nelson Mandela Bay. Initiatives such as these can help more of the youth to learn new skills and remove them from being glued to their cell phones.



## TAKE MORE WALKS

By Ayabonga Malima

In a busy world dominated by social media, taking time to look after your body might feel like a lot of work to most. Many young adults tend to be glued to their screens – deprioritising physical activity. This begs a question - what happens to our bodies if we don't exercise on a regular basis, and how a simple act of walking more can effortlessly keep young adults fit and healthy? According to a study by International Health Journal of Health Sciences on the effects of walking, it is found that the act of walking is packed with numerous health benefits for our bodies.

Walking aids the human body to be able to utilize insulin better, that then causes the body to be less likely to develop diabetes. The act walking also help with controlling weight, as it improves digestion and burns fat. Walking also improves the body's oxygen intake, that then trains the lungs and eliminates toxins. For the brain, the act of daily walks improves memory and prevents the development of early on-set dementia. Walking, believe it or not influences bone health. As we grow old our bones also grow old, and with walking regularly, the bone mineral density improves, the bone tissue is conserved, and the rate of bone loss is dramatically reduced.

Today is the perfect time to go out on a 15-minute walk! Make walking part of your daily activities.

## THE SCIENCE OF ZONING OUT

By Ayabonga Malima

Many people commonly use the term 'zoning out' to describe the state in which someone may be disengaged from their surroundings or distracted at a given moment. The definition of 'zoning out' is used to describe the mental state that occurs when a person momentarily disconnects from their thoughts and environments.

The state of zoning out is considered a common form of disassociation, described as a pause in the mind's normal functions, which leads to disconnection from one's immediate thoughts or surroundings. From a neurological perspective, zoning out may be associated with miscommunication within the posteromedial cortex, the area of the brain responsible for alertness.

The miscommunication is often caused by disturbances in neurotransmitters. This state is particularly common in young people and can be caused by a multitude of factors like boredom, anxiety and even academic fatigue.

For example, a university student watching a two-hour-long recording of a lecture they are not interested in, will most likely enter into a

dissociative state for the brain to handle the boredom it is experiencing. Similarly, mental fatigue and overwhelming anxiety can lead to brain fog, a symptom associated with lack of mental clarity, inability to concentrate, recollection, processing of new information and the forming thoughts, which in turn can lead to a zoned-out state.

The negative impacts of 'zoning out' vary. They can range from minor issues, like not hearing your name called by a friend in a group setting, to more serious impacts, like damaging professional and personal relationships, or even being involved in a car accident due to lack of concentration.

Many strategies exist to prevent excessive states of 'zoning out', like stress management, getting enough rest and finding things to keep your mind active. Mental exercises like puzzle solving, reading or strategic games may help train the brain to stay present in the moment.

Maintaining a balanced diet and engaging in regular physical activity and mindfulness practices like meditation or yoga, has also been shown to improve cognitive function and mental clarity.



Image Source: istockphoto.com

## WHY IS THE SKY BLUE?



Image Source: [www.pexels.com](http://www.pexels.com)

By Ayabonga Malima

The question, “Why is the sky blue?” is one that intrigues kids, teenagers and even adults. However, the answer to this question is not as simple as many people think. The adults most popular nonfactual explanation from opinion leaders for the sky being blue, is that it acts as ‘reflector’ of the ocean.

These individuals claim the sky reflects the colour of the ocean, which, surprisingly, is not true at all. It was only through the diligent work of the scientist Lord Rayleigh, that a factual answer to this question emerged.

Lord Rayleigh, born in England on November 12, 1842, made various scientific discoveries and contributions during his lifetime, most notable being his 1904 Nobel Prize in Physics, for the discovery of the noble gas Argon, which lead to great advancements in the study of

atmospheric gasses.

Around 1870, he developed a theory to understand why the sky possesses a blue colour, known as Rayleigh scattering. According to his theory, the blue colour of the sky is caused by the scattering of light by gas molecules in the atmosphere.

To understand light scattering in the atmosphere, using the rainbow analogy can be helpful since light is involved. When sunlight travels through the atmosphere, which consists mainly of nitrogen, oxygen and argon, the colours of the rainbow are scattered to varying degrees, with the blue portion of the spectrum being scattered to a higher degree. This scattering occurs as the shorter wavelengths of blue light are more easily dispersed by the smaller molecules of the abovementioned atmospheric gasses. As a result, our eyes view the sky as blue.

## NEGATIVE SOCIAL MEDIA ALGORITHMS



Image Source: [www.pexels.com](http://www.pexels.com)

By Okuhle Njengele

Social media platforms are integral to daily life, connecting people with friends, news, and entertainment. Behind the scenes, algorithms personalize content based on user's interests.

However, these algorithms create echo chambers by continuously recommending similar content. We are repeatedly exposed to the same viewpoints because the algorithm provides content that corresponds with our previous interactions.

Algorithms that continuously display identical content, produce digital bubbles that strengthen our pre-existing opinions, while preventing us from seeing opposing viewpoints, which may worsen prejudices and confuse society.

These algorithms sustain a circle of comparable material delivery, formal digital bubbles that limit our understanding of the outside world and reinforce our pre-existing opinions.

By selecting posts that are emotionally charged or dramatic, the algorithms favour content that elicits strong reactions. The system's predilection for such content tends to attract more user involvement, which increases the propagation of fake news and misinformation.

False information travels swiftly on social media networks, leaving users confused, and prone to making poor decisions. In crisis situations, false information spreads quickly, escalating public anxiety hindering response activities.

Traditionally, people have learned things by closely observing people in their community and their social interactions. Algorithms on social media produce distortions that change the normal course of organic social learning. The algorithm-driven content curation system presents consumers with the most engaging information, leading to a distorted perception of social standards.

The misrepresentation of facts causes people to embrace attitudes or behaviours less common or less socially acceptable offline. Users are influenced to adopt similar opinions when extremist viewpoints are presented on social media sites, because it gives the impression that these viewpoints are more common than they are.

The content personalization aspects of social media algorithms not only boost user engagement, but can skew social learning processes, produces echo chambers, and spread false information.

Recognizing these problems is the first step to lessening their negative effects. Users must select a range of information sources, evaluate content critically, and understand how algorithms affect their social media interactions in order to actively manage their online experience.

## THE RISE OF DIGITAL NOTETAKING

By Okuhle Njengele

For years, taking notes meant flipping open a notebook or exam pad, and putting pen to paper.

There is something undeniably natural about handwriting – it slows down our thoughts, helps with memory, and offers a deeper connection to what we are writing. However, in today's fast-paced, technology-driven world, digital notetaking is quickly becoming the go-to method for many. Tablets, laptops and smart styluses have changed the game, offering convenience, organization and accessibility like never before.

One of the main reasons people are ditching traditional notebooks, is the unmatched convenience of digital notetaking with a tablet or laptop, users can store thousands of notes in one place, search for information effortlessly and sync everything across devices. No more rummaging through stacks of paper to find one note. Digital tools like OneNote, EverNote and Notion allow for easy editing, voice-to-text features and even AI powered summaries.

Another important factor driving the rise of digital notetaking, is the environmental impact it could have, by lessening paper consumptions, which could aid in the deforestation crisis. While manufacturing electronic devices does create an ecological footprint, the land and water usage for paper production remains a major concern. Therefore, cutting down on notebooks, sticky notes, and endless stacks of paper may contribute to long-term sustainability.

The rise of digital notetaking has not led to the disappearance of traditional methods. Handwriting remains the preferred method by many, as they believe it enhances their ability to focus and retain information. Hybrid solutions have gained popularity due to the fact that tablets basically mimic the handwriting

experience. The remarkable two device functions as a bridge between paper-based and digital systems to provide users with the advantages of both platforms.

Looking ahead, notetaking will only become more advanced. AI is already being integrated into applications, making it easier to organize and summarize information instantly.

But whether you prefer a classic notebook or sleek tablet, the key is finding what works for you. After all, the goal is the same – capturing and keeping track of important information in the most effective way possible.



Image Source: [www.pexels.com](https://www.pexels.com)

## THE SCREEN AND THE BRAIN



By Ayabonga Malima

Be it an outfit inspiration on Pinterest, the perfect picture to post on Instagram, or that one perfect caption on LinkedIn, one thing is for sure - you are accumulating more screen time. On a daily, we spend hours on end scrolling, clicking our cell phones going through our favourite platforms. Young adults mostly spend most of their time staring at screens.

The excessive increase in screen-time influences their relationships with things around, most importantly an effect on their developing brains. The brain serves as the motherboard for the body so how it is affected by screen time needs to be looked closely.

In a recent study done by the International

Journal of Mental Health and Addiction on effects of excessive screen time on the development of the brain found that the brain is negatively affected. Young adults due to excessive screen-time tend to suffer from decreased life satisfaction, heightened anxiety. Excessive screen time also leads to cognitive problems, such as a decreased attention span, which in turn leads into academic deterioration. Asthenopia, known as eye strain, is also an effect of excessive screen time.

In another study on screen time and its effect on health, 67.6% of participants agreed to the fact that their lives would be better with a reduction in screen time. It would be absurd to tell you to stop using your phone, however reducing your screen time is proved to help improve wellness, and reduce anxiety.

# IRONMAN 2026: A SEA OF RED



Image Source: ironman website

**By Nesiwe Qashani**

Ironman the Africa's most renowned triathlon took its stage again in Gqeberha, Eastern Cape, South Africa in Nelson Mandela Bay. For 21 years Ironman has been the most competitive race in the world

This was an event that brought together professional (and some, novice) athletes from various parts around the world. The event was characterized by the Ironman distance – 226 kilometres. This included two laps of 3.8km swimming, three laps of 180km cycling and four laps of 42.2km running.

The triathlon had very difficult courses, but equally captivating views of the ocean and Summerstrand Village areas, making the race both unique and exciting. The Ironman South Africa race is very competitive, with the grand

prize being a sum of \$175 000 (R2 950 325) for the first three runners. The winners for the 2025 Ironman South Africa race were Magnus Ditlev (male) from Denmark and Anne Reischmann (female) from Germany.

The Ironman South Africa triathlon was held on the 19th of April 2026 in Gqeberha. The winners of the Ironman South Africa 2026 race are: The 21st Isuzu Ironman African Champion is Matthew Marquardt an American triathlete who achieved a course record two seconds faster than any other athlete taking only 7:42:57 minutes to finish the race in Nelson Mandela Bay Sunday. Daisy Davies (GB) – Won the race with the time of 8:46:30, Joe Skipper (GB) – Second place winner and Tristan Olij (DEN) – Third place winner. For further information regarding triathlon athletes, please visit their site at [www.ironman.com](http://www.ironman.com) to register.