

Mike Thomson Change a Life Trust
Trust Reg No IT 1439/2008
Unit 310, 40 on Oak
Melrose Arch, 2076

CHANGING LIVES

Over the past decade, the Mike Thomson Change a Life Trust has raised R40 million for crime prevention and youth development projects which are creating more sustainable futures for young South Africans and their broader communities.

With the funds raised and careful selection of highly effective projects, we have been instrumental in:

- legislating the use of DNA in South Africa's criminal justice system, and
- providing sports training, nutrition, early childhood development, academic support and skills or tertiary education to lift our young Change a Life beneficiaries out of poverty.
- A growing number of our beneficiaries have become sportsmen of note, with some representing South Africa internationally in rowing, cycling, gymnastics and handball.
- Even those who have not excelled know that a different, more sustainable future is now within their reach.

During the past four years, Change a Life has strengthened its focus on sports development. The pace of achievement by its beneficiary projects has accelerated and the projects have celebrated significant milestones, some of which are highlighted below. Many of these are the result of increased funding support.

In 2014, the DNA Project celebrated the passing of the DNA Act it had lobbied through Parliament. In the same year, the Martin Dreyer Change a Life Academy achieved a significant breakthrough as Sbonelo Eric Zondi won his first Dusi Canoe Marathon with Andy Birkitt.

2015 was another big year for Change a Life:

- Nhlanhla Nene won the Non-Stop Dusi with Michael Mbanjwa
- John Ntuli won the inaugural 1070 Munga MTB race
- Nemato Change a Life's Athenkosi Hlekani graduated from UJ with a BBusSci degree
- Nemato's champion gymnast, Onke Mangele was named Best SA Junior Trampoline gymnast, a title he still holds
- 2 Nemato rowers were selected for the SA National Team.

By 2016, the RMB Change a Life MTB team was competing successfully in premier South African events and Martin Dreyer transformed his running league into a team of high-performance athletes trained to compete in the extreme 'Black-Ops Elite' category of the National Warrior Race Series. In addition:

- Change a Life ambassador Sbonelo Khwela won the Non-Stop Dusi
- Isaac Mdletshe achieved the Change a Life Karate-do's first black belt
- Nemato students attained a record 18 BD matric passes.

2017 was a bumper year with Change a Life projects achieving their best results ever across the disciplines of paddling, mountain-biking, running and academic support. Highlights included:

- a historic win for Maza Ndumiso and Mboneni Ncgobo in the Dusi2c MTB stage race – the first black team to win a major MTB stage race
- Sthembiso Masango represented SA at World Marathon Championships in Germany and World X-Country Championships in Australia, and Mboneni Ncgobo received KZN colours for X-Country
- The Merchants CAL Running Team participated in all 8 National series Warrior races across SA
- A record 5 Nemato gymnasts represented SA internationally
- A Nemato handball player competed in the U17 World Champs in Mauritius
- 25 Early Childhood Development teachers were trained for schools in the Eastern Cape.

The upward momentum of achievement continues in 2018 with Martin Dreyer's Change a Life Academy athletes achieving podium positions across their three sporting disciplines. Nemato athletes have achieved the following so far:

- Of the 4 SA trampoline gymnasts selected for Youth Olympics trials in Egypt, 3 were from Nemato, confirming that Nemato is a feeder club for national champions. The Nemato team won gold at the African Championships and Siyabulela Siwa ranked as African Champion in double mini-trampoline
- Nemato rowers won gold medals at the SA Championships in Johannesburg, while top Nemato rower and talented mathematician, Odwa Ntamo, was awarded a full scholarship to study at Grey College, Port Elizabeth
- 2 Nemato handball players won silver medals at the Zone 6 Championships in Zambia, while 2 fencers are ranked nationally in 15th and 26th positions.

While these stand-out performances attract attention, Change a Life and its partners contribute more broadly to the creation of sustainable futures for:

- more than **300** young South Africans who benefit directly from Change a Life programmes, and
- more than **5 000** family and community members, who benefit indirectly.

[End]