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Zimbabwe's SADC Glory Lies in His Hands – **Coach Lisimati** to Lead the Southern Region Battle.

Harare, Zimbabwe – 2025

As Zimbabwe hosts the Southern Region Senior Athletics Championships this July, one man stands at the heart of the national campaign for regional sporting glory: Phakamile Edward Lisimati. At 43 years old, this trailblazing coach brings over 20 years of elite-level experience and unwavering passion to the task—and the nation is watching.

A master tactician, seasoned mentor, and patriot of athletics excellence, Coach Lisimati leads a powerful team of 80 athletes and 8 coaches, with Zimbabwe proudly serving as the current SADC Chair. Hosting the region's top athletic nations right here in Harare is both a privilege and a challenge, however, Coach Lisimati is equal to this task.



Relay team that won Bronze after 21 years, from left to right Tapiwa Makarawu, Denzel Siamusilela, Dickson Kamungeremu, Coach Lisimati.

World-Class Educator & Coach

- BSc in Biomechanics & Physiology from Semmler University
- BSc in PES Sport Coaching, diplomas in Physical Education, Olympic Sports Management, and Strength & Conditioning (Track & Field)
- Certified CECS Coach (Level 1-3), launching his coaching journey in 2004
- In 2012, he soared to the top of a class of 25 international English-speaking lecturers at the African Athletics Development Center in Nairobi—an academic triumph that stands alongside his athletic accolades.

Global & Regional Coaching Stature

- Has led Zimbabwe's senior athletics delegations at every World Championships from 2013 to 2023, including Moscow, Beijing, London, Oregon, and Budapest
- Appointed Team Leader for Athletics at the Rio 2016 and Tokyo 2020 Olympic Games
- Guided the team at the All-Africa Games (Maputo 2011) and participated on his first international duty in Sao Silvestre, Angola (2005)

In 2014, he famously expressed optimism ahead of the African Senior Championships in Rabat.

A History-Making Bronze in Mauritius 2021

Under Coach Lisimati's leadership, Zimbabwe clinched its first senior African Championship medal in over 20 years—the men's 4 400 m relay bronze at Mauritius 2021. This moment reinvigorated the country's faith in its athletics programs and highlighted his capacity to transform teams.

Mentor to Medalists

Since 2004, he has coached champions like Thandiwa Nyathi, Dumi Bhebhe, Clinton Muunga, Nontokozo Ncube, Prissy Mpofu, and Awakhiwe Ndlovu.

His crowning achievement came at the 2019 Yokohama World Relays—his first national team built under his guidance, featuring stars like Ngoni Makusha and Itai Vambe, who qualified Zimbabwe for the World Relays for the first time.

Leading the Pack: Harare 2025 Charge

- Head Coach, Zimbabwe Athletics
- Chair, Mat South Athletics Board
- Director, L.M Athletics Academy
- Head Coach, Mat South Schools & Harare Schools NASH/COSSASA Championships



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National Athletics Association of Zimbabwe

Office 86, 10TH Street, Gweru **Contact Details:** +263 773 508 621, +263 784 679 659 & +263 772 376 067 **Email:** marketing@naaz.org.zw **Web:** www.naaz.org.zw

This July, Coach Lisimati leads a formidable delegation of 80 athletes and 8 coaches into battle on home soil—a fitting moment, as Zimbabwe directs the SADC region in both sport and governance.

Lisima's Rallying Call to the Nation

"We carry more than medals. We carry the unity of 10 nations. We carry Zimbabwe's honour as SADC Chair. But above all, we carry belief. Believe in ourselves. Believe in our region. Believe in one track, one dream."

Why His Leadership Matters

1. Proven Experience: 20+ years coaching at World Championships & Olympics
2. Strategic Vision: Broke a two-decade medal drought in 2021
3. Educational Depth: Elevates coaching standards across Zimbabwe
4. Regional Unifier: Embodies the SADC spirit through sport
5. Mentorship Legacy: Cultivated champions who represent Zimbabwe globally

As the Southern Region Senior Athletics Championships approach on 26–27 July in Harare, Coach Lisimati leads Zimbabwe's quest not just for victory but for legacy, unity, and continental pride. With his steady hand and fiery belief, the team—and the nation—are poised to shine.



Gaven Sutherland Zimbabwe shooter at the 2016 Rio Olympics, with Kirsty Coventry Swim team

**One track. One region.
One dream.**

Coach Lisimati with Tapiwa Makarawu
at the Last World Champs Budapest
Hungary.



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