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Waainek Programme Report



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KHULASANDE SPORTS DEVELOPMENT

31 March 2025

Waainek Site Report

1. Introduction

The Waainek site has remained actively engaged in athlete training and competition preparation, with a particular emphasis on track and field events. The key highlight for this month was the participation of Waainek athletes in the following prestigious competitions:

- **Eastern Province Athletics (EPA) Track and Field Championships** – held on 7 & 8 March 2025 at the NMU Madibaz Stadium in Gqeberha.
- **Eastern Cape High Schools Championships** – conducted at Queens Boys College in Komani from 14 to 16 March 2025.
- **Athletics South Africa National Age-Group Championships** – held at Greenpoint Stadium in Cape Town from 27 to 29 March 2025.

Additionally, a site visit was conducted at Hendrik Kanise Combined School, during which athlete registrations were processed, and key challenges were discussed.

2. Athlete Registration and Data Management

On 12 March 2025, a site visit was conducted at Henrik Kanise Combined School. During this visit, 36 athletes were registered, along with the collection of parent/guardian details and the inclusion of three coaches in the database.

3. Meetings and Discussions

A formal meeting was held with the programme's coaching staff and the Project Administrator to address existing challenges at the site and explore solutions for improvement.

During the discussion, it was noted that Mr. Edwin Botha, the Head Coach, had not been fulfilling his responsibilities over the past two months. Consequently, he was relieved of his duties, and a search for a suitable replacement has been initiated to ensure continuity and the sustained development of athlete training.

4. Athlete Performance

Eastern Province Athletics Championships (7 & 8 March) – Top Performers:

- **Lunathi Sitwayi (Boys U16)** – 🏆 2nd place in 400m; Qualified to represent Eastern Province Athletics at the Athletics South Africa National Sub-Youth Championships.
- **Khanyisa Ngxwashula (Women U20)** – 🏆 2nd place in 400m.

- **Simamkele Nkombisa (Men U25)** – 🥈 2nd place in 800m.
- **Simamkele Nkombisa (Men U25)** – 🥉 3rd place in 1500m.
- **Asonge Soyiyo (Boys U18)** – 🥉 3rd place in 3000m.

A notable achievement from this championship was Lunathi Sitwayi's selection to represent Eastern Province Athletics at the ASA National Championships in Cape Town from 27 to 29 March 2025.

Additional Notable Performances:

- **Asange Vayo (Girls U16)** – 4th place in 100m (14.46).
- **Elam Thembani (Boys U18)** – 4th place in Heat 3 of 100m (12.59).
- **Onwabe Cummings (Boys U16)** – 5th place in 800m and 1500m.
- **Emihle Cunge (Men U20)** – 7th place in 800m.
- **Zenande Dawe & Alizwa Daweti (Girls U16)** – 8th place in 800m (2:46).

Eastern Cape High Schools Athletics Championships (15 March 2025):

- **Lathitha Ntsunguzi (Boys U17, 1500m)** – 15th place out of 28 competitors.

This event was highly competitive, featuring a strong field of athletes. Despite the outcome, Lathitha Ntsunguzi exhibited a commendable work ethic and resilience throughout the race. His participation in this event will serve as a valuable learning experience as he continues to develop his athletic capabilities.

Athletics South Africa National Sub-Youth Championships (27 – 29 March 2025):

- **Lunathi Sitwayi (Boys U16, 400m)** – Competed in Heat 1 of 4 to determine the semi-finalists. Despite facing physically stronger competitors, he performed admirably, concluding the championships in 25th place overall.

Although the competition was challenging, Lunathi's participation at this level provided him with invaluable experience. This exposure will serve as motivation for continued dedication during the winter training months in preparation for the 2025/2026 track and field season.





End of Report

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