



KHULASANDE SPORTS DEVELOPMENT

1- INTRODUCTION

In April 2025, despite weather and logistical challenges, Grassridge maintained intensive training. The athletes showed strong commitment as they prepared for the ABSA Run Your City 10km and the Motherwell 10km, with sessions adapted for safety and performance.

2. WEEK OF 07/04/2025

- April 8 and 9: No activity due to weather conditions.
- April 10: Discussion on the importance of training:
 - Training refreshes your mind.
 - Training promotes physical health.
 - Consistent training contributes to longevity.
 - Training helps you stay fit





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3. 10KM - ABSA RUN YOUR CITY

14 athletes from Grassridge Addo had the opportunity to compete this weekend.

Aphelele September → 32:34

Anelisiwe Jacobs → 49:53

Aqhamile Mdayi → 51:49

Indiphile Mkosana → 48:24

Emihle Hotata → 38:41

Siviwe Jack → 50:52

Oyena Ngindana → 36:45

Simthandile Goliath : 34:13

Isiphie Thambo : 54:22



Standing from left to right:

Simamkele Sakatha
Olwami Peter
Siviwe Jack
Aqhamile Mdayi
Likhona Toni
Ayabonga Sleep
Indiphile Mkhosana
Anelisiwe Jacobs
Aphelele September
Isiphile Thambo
Sanuese Mboneni

Sitting from left to right:

Mbalentle Makana
Simthandile Goliath
Nakhane Maluleka
Thandeka Mhlanga



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From left to right
Aphelele September
Damiani
Mikhulu kona
Ayabonga Sleep
Luniko ngamlana
Oyena ngindana
Minenhle Nalini
Emihle hotata



From left to the right
1. Anelisiwe Jacobs
2. Likhona Toni
3. Coach Aphelele



From left to the right
1. Coach Sanuse
2. Simthandile Goliath



From left to the right
1. Simamkele Sakatha
2. Isiphile Thambo
3. Lusanele Ceke
4. Simthandile Goliath



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2. WEEK OF 14/04/2025

- Training went well, with no injuries reported.
- During Easter week, female athletes did not attend training due to church activities.
- Training continued with male athletes.
- Preparation for the Motherwell 10km Freedom Run scheduled for the following Saturday.

Challenges:

- Lack of proper training shoes affecting some athletes.
- Difficult training conditions due to cold weather and rain.

3.WEEK OF 21/04/2025

- Training went well, with no injuries reported.
- Only two training days missed due to rain.

Challenges:

- Cold mornings and afternoons due to the start of winter.
- Rain making training grounds wet and unsafe for running.

Despite busy schedules and all the usual challenges, our athletes have kept pushing forward! They've stayed committed to their training, stepping up their efforts to be in top form for the highly anticipated NMBM Motherwell Freedom Run.



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2. MOTHERWELL 10KM FREEDOM RUN

The Motherwell 10km Freedom Run was a thrilling competition that saw impressive performances from both experienced and emerging runners. The runners showcased their strength and determination in a race filled with notable times. Ideal conditions led to some fierce battles for the top spots.

September 32:00
Goliath 32:58
Mboneni 35:25
Ndingana 35:33
Hotata 37:55
Jacobs 48:55
Mkhosana 50:31
Mdayi 51:52
Jack 51:55
Tambo 51:57
Mare 59:12
Mnizi 1:07:29
Makana 1:07:30

