



KHULASANDE SPORTS DEVELOPMENT

INTRODUCTION

The month of August 2025 was marked by consistent training, competitive participation, and notable achievements by our athletes. Highlights include the Choose to Challenge 10km Baywest Run, strong showings in multiple NMB Legacy Project Cross Country League races, and the Sundays River Team Cross Country event. The athletes demonstrated discipline, determination, and improvement, despite challenges such as lack of proper running shoes and medical support.

2. Training Overview

Training sessions, led by Coaches Neziswa and Ayakha, focused on:

- Warm-up & Conditioning: 10-minute jogs with stretching.
- Endurance & Speed: Targeted intervals and race-preparation sets.
- Race Readiness: Specific focus on upcoming cross-country competitions.

Athletes showed strong commitment, with improved fitness and confidence in competitive events.

3. EVENT PARTICIPATION & PERFORMANCES

3.1 Choose to Challenge 10km – Baywest (2 August 2025)

Seven runners represented the group, delivering commendable performances:

- Aphelele September – 0:31:47
- Simthandile Goliath – 0:37:02
- Ayabonga Sleep – 0:46:00
- Luniko Ngamlana – 0:50:36
- Anelisiwe Jacobs – 0:51:01
- Siviwe Jack – 0:53:04
- Zintle Mninzi – 1:02:32
- Asonge Vayo – 1:18:28

Challenge: Some athletes faced disqualification due to age restrictions, underscoring the need for improved registration processes.

3.2 Sunland Cross Country

- Ngindana Oyena completed the 8km in 28:00 minutes, reflecting his endurance and consistency.

3.3 NMB Legacy Project – Cross Country League 4 (Victoria Park, 9 August)

Strong results across age groups:

- Top Performers:
 - Aphelele September – 4km, 0:12:34 (1st, Senior Men)
 - Siviwe Jack – 4km, 0:17:45 (4th, Girls U15)
 - Amyolise Kona – 4km, 0:18:24 (5th, Girls U14)
 - Oyena Ngindana – 8km, 0:29:36 (5th, Junior Men)



KHULASANDE SPORTS DEVELOPMENT

Victoria Park:



Baywest Mall





KHULASANDE SPORTS DEVELOPMENT

3.4 NMB Legacy Project – Cross Country League 5 (St Albans, 16 August)

Highlights include:

- Simthandile Goliath – 6km, 0:20:10 (1st, Boys U17)
- Anelisiwe Jacobs – 6km, 0:28:51 (4th, Junior Women)
- Uyingqaba Mooi – 1km, 0:04:49 (3rd, Boys U8)
- Abukwe Nonoyi – 1km, 0:04:53 (4th, Boys U8)

3.5 Sundays River Team Cross Country – Jeffrey's Bay (16 August)

Exceptional results included:

- Siviwe Jack (U16, 4km) – Position 1
- Olwam Peter (U16) – Position 1
- Zintle Mininzi (U16, 4km) – Position 3
- Ngindana Oyena (U19, 8km) – Strong performance

4. ATTENDANCE

Regular training attendance was encouraging, with consistent participation from athletes across both junior and senior levels.

Notable attendees:

- Sinebongo Nokhetshe, Sinenjongo Ntshangase, Ayabonga Cakuma, Zintle Mninzi, Siviwe Jack, Amyolise Kona, Lusapho Lamani, Aviwe Bangela, Khazimla Tom, Lisakhanya Spogter, Abraham Kula, Mbalentle Case, Othaluve Mbetha, and others.

Concern: Athlete Mdayi Aqhamile has not been attending training, with behavioral concerns raised by her parent despite her talent.

5. CHALLENGES

- Running Shoes Shortage: Many athletes lack proper shoes, limiting consistency and performance.
- No Medical Aid Kit: Safety risk during training and competitions.
- Age Restrictions: Disqualification of athletes at Baywest due to insufficient vetting.
- Attendance Gaps: Some athletes missing sessions, requiring parent and coach intervention.

6. Recommendations

- Age Verification – Strengthen vetting during registrations.
- Equipment Support – Seek donations/partnerships to provide running shoes.
- Medical Preparedness – Secure a first aid kit for training and events.
- Parental Engagement – Use motivational talks to encourage attendance.
- Individual Monitoring – Tailor training to athlete strengths and needs.



KHULASANDE SPORTS DEVELOPMENT

St Albans Prison:



Jeffrey's Bay





KHULASANDE SPORTS DEVELOPMENT

PROVINCIAL TEAM SELECTION!

We are proud to announce that two of our athletes, Aphelele September and Simthandile Goliath, have been selected to represent the Eastern Province Athletics team at the upcoming Athletics South Africa Cross Country Championships, taking place in Middelburg, Mpumalanga.

This achievement is a direct reflection of their commitment, discipline, and the ongoing support provided through our development programmes. Their selection to the nationals is not only a personal milestone but also a testament to the impact of our collective efforts in nurturing young talent.



Simthandile Goliath



Aphelele September

7. CONCLUSION

August 2025 was a successful month, with athletes demonstrating growth, resilience, and competitive excellence. Key highlights included podium finishes at cross-country events and improved endurance in long-distance races. Addressing challenges such as equipment shortages and medical support will be vital for sustaining this progress.

The team is now preparing with focus and determination for the upcoming OR Tambo Cross Country Championship (28–30 August 2025).



KHULASANDE SPORTS DEVELOPMENT

