



KHULASANDE SPORTS DEVELOPMENT

OVERVIEW:

The month of August 2025 was marked by consistent training sessions, focused athlete development, and competitive participation across different events. Training emphasized strength, endurance, speed, agility, and discipline, while competitions provided exposure and performance benchmarking. Attendance remained strong throughout the month, with a peak of 41 athletes participating in certain sessions.

1. TRAINING & COORDINATION

- Training schedules were shared in advance with officials and athletes.
- Beneficiaries also participated in other sporting codes, complementing athletics.
- Coach Buhle led inclusive programmes focusing on fitness, strength, and discipline.
- Coaches were distributed across fields to manage multiple activities simultaneously.
- Attendance was consistent, ranging between 22–41 athletes per session, showing strong commitment.

2. TRAINING HIGHLIGHTS

- Sessions focused on strength, endurance, speed, agility, and core conditioning.
- Rest and recovery days were strategically included before competitions.
- Behavioural sessions emphasized discipline, attendance, and competitive focus.

3. COMPETITIONS

- Choose to Challenge 10km (Baywest, 2 Aug): 7 athletes competed, with standout times from Aphelele September (31:47) and Simthandile Goliath (37:02). Race provided exposure and morale boost, though disqualifications highlighted the need for stricter age vetting.
- NMB Legacy Cross Country League 5 (St Albans, 16 Aug): Strong performances with Luphawu Maqoko (1st, G12 – 12:50), Isiphile Gojela (2nd, G15 – 16:41), and Zenande Dawe (3rd, G15 – 16:47). Multiple athletes secured Top 10–20 finishes, reflecting growth and depth.



KHULASANDE SPORTS DEVELOPMENT

Competition Performance Summary – August 2025

NMB Legacy Project Cross Country League 4 – Victoria Park (9 August 2025)

Our athletes delivered competitive performances across multiple age categories, with standout achievements:

- Lumphawu Maqoko (G12) – 1st place (0:12:07, 3km)
- Lumphalele Mgoqi (B10) – 5th place (0:08:44, 2km)
- Isiphile Gojela (G15) – 3rd place (0:17:32, 4km)
- Zenande Dawe (G15) – 5th place (0:18:02, 4km)
- Khanyisa Ngxwashula (JF) – 1st place (0:23:28, 6km)

Additional solid Top 10 finishes came from Emihle Baartman, Amile Gojela, Someleze Kimberley, Alizwa Daweti, Onwabe Cummings, Lunathi Stwayi, and Banele Nojoko, reflecting strong depth across boys and girls age groups.

NMB Legacy Cross Country League 5 – St Albans (16 August 2025)

Performances further improved at St Albans, with athletes once again excelling:

- Lumphawu Maqoko (G12) – 1st place (0:12:50, 3km)
- Isiphile Gojela (G15) – 2nd place (0:16:41, 4km)
- Zenande Dawe (G15) – 3rd place (0:16:47, 4km)
- Onwabe Cummings (B15) – 4th place (0:14:43, 4km)
- Emihle Cunge (B17) – 5th place (0:21:03, 6km)

Other athletes such as Lumphalele Mgoqi, Asange Vayo, Alizwa Daweti, Lunathi Stwayi, Simelela Gojela, and Aqhama Dyan finished within the Top 20, showing consistency across back-to-back events.

KEY TAKEAWAYS:

- Emerging Champions: Lumphawu Maqoko dominated his category with back-to-back 1st places.
- Depth & Growth: Multiple athletes ranked in the Top 5–10 across both competitions, proving squad competitiveness.
- Consistency: Strong correlation between regular training attendance (22–41 athletes per session) and improved race outcomes.
- Areas to Improve: Continued emphasis needed on discipline, pacing, and race-day preparation for athletes finishing outside the Top 10.



KHULASANDE SPORTS DEVELOPMENT

Victoria Park:



Zenande Dawe



Khanyisa Ngxwashula



Amile Gojela



LATHITHA NTSUNGUSI

St Albans Prison:



IBANATHI TSEWU





KHULASANDE SPORTS DEVELOPMENT

4. OBSERVATIONS

- Consistent training directly correlated with improved competition results.
- Athlete discipline needed reinforcement, particularly around race focus and attendance.
- Pre-competition vetting processes must be tightened to prevent disqualification issues.

5. WAY FORWARD

- Use competition results as feedback to refine training and motivate athletes.
- Maintain balance between strength, speed, and endurance development.
- Reinforce athlete accountability and behaviour standards.
- Expand cross-sport collaboration to build well-rounded athletic development.





KHUMASANDE SPORTS DEVELOPMENT

MDYESHA LEGACY GAMES 2025

- The inaugural Mdyesha Legacy Games successfully honored the legacy of Gecelo, Sandile, Telela, and Monwabisi Mdyesha, using their sporting achievements to inspire Makhanda’s youth. The event promoted school sport, community pride, and healthy lifestyles through rugby, netball, soccer, aerobics, and a 5km Fun Run.

HIGHLIGHTS

- Participation: 412 people (335 learners, 54 officials/volunteers, ±100 spectators) from 8 schools.
- Activities: 23 matches, 400 medals, 6 trophies, aerobics, and a community fun run (31 participants).
- Support: Strong community engagement, wide media coverage, and backing from the Department of Education.

CHALLENGES & LESSONS

- Late marketing reduced Fun Run numbers, school engagement was uneven, and logistics (transport, facilities, marshals, sound) created delays. Key learning: engage stakeholders earlier and strengthen facilities planning and promotion.

WAY FORWARD

- Expand school and sport participation.
- Secure long-term partnerships and sponsorships.
- Grow the Fun Run into an EPA-recognized league event by 2027.

ORGANIZATIONAL DEVELOPMENT

- The Games coincided with KSD’s structural growth: new staff welcomed, policies (performance, safety, grievance, confidentiality) introduced, and a Code of Conduct reinforced. Tools like Notion and standardized reporting templates were adopted to improve accountability and coordination.

STRATEGIC DIRECTION

- Align training programmes across sites.
- Host a combined planning workshop before the next funding cycle.
- Strengthen media storytelling with athlete profiles and digital platforms, including collaboration with NMU Communications students.
- The Games marked a strong foundation for sustainable community impact through sport, cultural pride, and youth development.



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