



KHULASANDE SPORTS DEVELOPMENT

INTRODUCTION

July has been a powerful month of progress, passion, and performance for our athletes. With the cross-country season in full swing, our team has shown exceptional growth, resilience, and spirit—both in training and during competition. This summary highlights key achievements, standout athletes, and the training strategies that are shaping our runners into formidable competitors.

COMPETITION HIGHLIGHTS

Our athletes delivered impressive performances in recent cross-country events, participating across 2km, 4km, and 6km categories. Their dedication and preparation were clearly reflected in both their results and personal growth.

Top Results – 4km Event:

- Aphelele September – 2nd Place | 12:22
- Amyolise Kona – 2nd Place | 17:30
- Zintle Mninzi – 4th Place | 21:57
- Ayabonga Sleep – 6th Place | 15:41
- Others placed within the top 15, demonstrating depth across the group.

Top Results – 6km Event:

- Simthandile Goliath – 3rd Place | 19:53
- Anelisiwe Jacobs – 5th Place | 29:55
- Philanathi Jacobs – 15th Place | 24:55

2km Sprint Highlight:

- Aphelele September clinched 1st place with a time of 06:21—an outstanding display of speed and control.



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WEEKLY PERFORMANCE & GROWTH

Week by week, athletes have displayed noticeable improvement in their endurance, pacing, and mental resilience. Training attendance has remained consistent, with athletes supporting each other and pushing their limits.

Special mentions for personal bests and standout commitment go to:

- Lusanele Ceke
- Uyingqaba Mooi
- Amyolise Kona

Their achievements reflect the team's ongoing focus on discipline and hard work.

WEEKLY PERFORMANCE & GROWTH

Throughout July, we adapted training to suit both sprinters and distance runners:

Distance Runners:

- Interval sessions improved cardiovascular endurance.
- Focused on running form and efficient mechanics.
- Core, glute, and leg strength routines enhanced stamina and injury prevention.

Sprinters:

- Power-based drills developed acceleration and fast-twitch strength.
- Sprint technique and reaction time were prioritized.
- Speed conditioning helped sharpen short-distance performance.

CONCLUSION

July was a month of transformation. Our athletes showed that with consistency, teamwork, and belief, they can compete and thrive. The training foundation laid this month will serve us well as we prepare for upcoming competitions. The commitment from our young runners continues to inspire, and we are confident that even greater achievements lie ahead.



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CHANGE A LIFE

Launch of the Change a Life, Champion a Dream Program

The **"Change a Life, Champion a Dream"** program was launched to give young athletes from disadvantaged backgrounds the chance to pursue their sporting dreams. Its goal is to remove barriers caused by a lack of resources, providing them with proper equipment, regular transport, coaching support, and better training conditions.

Key actions for the launch included:

- Creating the program's identity: selecting the name and designing inspiring visuals.
- Presenting the athletes: sharing video portraits where they talk about their dreams and motivations.
- Awareness campaign: highlighting the concrete benefits for the athletes (equipment, transport, coaching, personal growth).
- Community mobilization: engaging partners, donors, and volunteers to support the athletes both financially and morally.
- First communication materials: social media posts, posters, and digital content to promote the project and reach a wider audience.

More than just supporting sports performance, the program aims to give these young athletes the opportunity to build a brighter future, fostering self-confidence, discipline, and hope.





KHULASANDE SPORTS DEVELOPMENT

1. KHULASANDE CHARGE FOR CHANGE TRAIL RUN

- **Purpose & Vision:**
- The Charge for Change Trail Run is a conservation-focused family trail event designed to raise awareness about environmental stewardship, promote youth sports, and foster community upliftment through outdoor activity. The event also serves as a platform for partner organisations to showcase their work and deepen public engagement with eco-conscious causes.

2. KEY DEVELOPMENTS

- **Planning Meetings:**
- L.O.C. meetings were held with participation from Khulasande Sports Development, OLLI, SANParks, and other stakeholders.
- Minutes were compiled and shared with all members. a WhatsApp group was created for coordination (link circulated in the minutes).
- **Trail Route Finalized:**
- The route has been shared with stakeholders. It offers both a scenic, challenging trail and a shorter, family-friendly loop.
- The focus is on showcasing natural landscapes while ensuring accessibility and safety.
- **Ticketing Model Discussed:**
- Multi-tier ticketing proposed: general community entrants, competitive athletes, donors/sponsors.
- Pricing still being finalized with inclusion options for youth and under-resourced participants.
- **OLLI Contribution:**
- OLLI confirmed that they can issue Section 18A donation certificates to qualifying sponsors/donors, which supports fundraising efforts.
- **Sponsorship & Partnerships:**
- Letters for sponsor engagement have been drafted.
- Potential sponsors include local businesses, SANParks Honorary Rangers, Game Reserves.
- **Community Inclusion:**
- There is a strong push for involvement from local youth groups, community vendors, artists, and schools.
- Discussions on family activities, kids' area, and vendor stalls are ongoing.
- **Logistics Planning Underway:**
- Items discussed: water stations, medics, branded t-shirts, security, signage, and waste management.
- Proposals include bringing in eco-friendly vendors and reusables for water points.



KHULASANDE SPORTS DEVELOPMENT

3. KHULASANDE CHARGE FOR CHANGE TRAIL RUN

CHARGE FOR CHANGE

20
SEPTEMBER
HAYTERDALE TRAIL
ZUURBERG MOUNTAINS

KHULASANDE TRAIL RUN

IN COLLABORATION
WITH OLLI AND SANPARKS

15KM / 8KM / 4KM / 2KM

Logos at the bottom: Khulasande, Olli, SANPARKS, South African National Parks, Instagram (@KHULASANDESD, @ONELANDLOVEIT), Facebook (KHULASANDE SPORT DEVELOPMENT, ONE LAND LOVE IT).



KHULASANDE SPORTS DEVELOPMENT

GRASSRIDGE CROSS COUNTRY RESULTS

- **League 1 (Victoria Park - 05 July 2025)**
- Mikhulu Kona (M, 14) – 16:20 (11th)
- Luniko Ngamlana (M, 14) – 16:29 (12th)
- Siviwe Jack (F, 15) – 17:30 (6th)
- Zintle Mninzi (F, 16) – 21:57 (4th)

SIVIWE JACK





KHULASANDE SPORTS DEVELOPMENT

GRASSRIDGE CROSS COUNTRY RESULTS

- ◆ **League 2 (Boubina Road, Senctor - 12 July 2025)**
- Uyingqaba Mooi (M, 7) – 05:02 (6th)
- Bambolwethu Mooi (M, 9) – 10:29 (13th)

GRASSRIDGE CROSS COUNTRY RESULTS

- ◆ **League 3 (Uitenhage - 19 July 2025)**
- Lusanele Ceke (M, 13) – 16:29 (3rd)
- Uyingqaba Mooi (M, 7) – 04:44 (4th)
- Amyolise Kona (F, 13) – 19:16 (5th)
- Ayabonga Sleep (M, 13) – 16:14 (6th)
- Siviwe Jack (F, 15) – 19:47 (6th)
- Emihle Hotata (M, 17) – 07:17 (6th)
- Zintle Mninzi (F, 16) – 23:06 (7th)
- Bambolwethu Mooi (M, 9) – 10:10 (8th)
- Ntombikayise Cebisa (F, 13) – 14:48 (8th)
- Mikhulu Kona (M, 13) – 17:29 (8th)
- Anelisiwe Jacobs (F, 18) – 31:34 (8th)
- Someleze Kimberley (F, 13) – 15:47 (10th)
- Olwam Peter (F, 16) – 21:13 (10th)
- Philanathi Jacobs (M, 15) – 26:23 (15th)

ANELISIWE JACOBS



SIMTHANDILE GOLIATH





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GRASSRIDGE CROSS COUNTRY RESULTS

Kirkwood Event - (24 July 2025)

- Mikhulu Kona (M, 14) – 17:28 (4km)
- Lusanele Ceke (M, 13) – 18:45 (4km)
- Ayabonga Sleep (M, 13) – 16:53 (4km)
- Siviwe Jack (F, 15) – 22:58 (4km)
- Zintle Mninzi (F, 16) – 37:05 (4km)
- Simanye Kimberley (F) – 14:05 (4km)
- Emihle Hotata (M, 17) – 26:35 (6km)
- Anelisiwe Jacobs (F, 18) – 31:17 (6km)
- Aqhamile Mdayi – 35:12 (6km)
- Oyena Ngidana (M, 19) – 32:16 (8km)