



KHULASANDE SPORTS DEVELOPMENT

THE DAY OF TRAVELLING TO MPUMALANGA



1. TRAINING OVERVIEW

- During September, training focused on strength endurance, sprint training, speed and agility, and relay practice. Coaches collaborated before sessions to plan duties, which ensured consistency and structure.
- Attendance remained strong, ranging between 37–43 athletes per session. Sessions balanced lower body, upper body, and core conditioning with sprint drills, tempo runs, and endurance running. Cooling down, stretching, and hydration were emphasized to improve recovery and discipline.

KEY OUTCOMES:

- Athletes who showed strong commitment in training performed well in competitions.
- Some athletes lacked proper running shoes, which affected safety and fairness.
- More holistic preparation is needed to strengthen mental, social, and physical readiness.



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2. EVENTS & COMPETITIONS

World Rhino Day: Charge for Change Trail Run & Family Weekend was successfully hosted on 19–20 September 2025 in Addo Elephant National Park with SANParks, OLLI, and Hayterdale Trails.

- Participation: Over 200 athletes, families, schools, and community members attended, taking part in distances from 2km to 15km.
- Outcomes: Events ran safely with strong community engagement, cultural performances, and conservation awareness.
- Challenges: Race timing delays, unclear volunteer roles, food distribution issues, and limited sponsor visibility.
- Way Forward: Strengthen volunteer management, invest in proper race infrastructure, improve logistics, and enhance branding for sponsors and organizers.

3. PARTNERSHIPS & STAKEHOLDER ENGAGEMENT

- Forge Collaboration: Engagement with Forge divisions resulted in agreement to pilot two smaller sports festivals in Komga and Makhanda during November 2025, with expansion planned for 2026.
- ECD Programme: Pumpkin Patch in Makhanda was identified as the pilot site (60 children, 5 practitioners). Adjustments made to balance practitioner training with nutrition support for all children.

4. KEY RECOMMENDATIONS

- Provide running shoes and basic equipment to ensure athlete readiness.
- Strengthen discipline and holistic preparation in training.
- Improve communication and accountability with transport providers.
- Formalize volunteer roles and invest in uniforms/training for event efficiency.
- Enhance sponsor visibility through branding materials and event infrastructure.

5. CONCLUSION

- September was a month of high participation, strong training, and meaningful partnerships. The Charge for Change Trail Run showcased Khulasande's ability to combine sport, culture, and conservation, while partnerships with Forge and EDF positioned the organisation for sustainable growth.
- Addressing logistical gaps and equipment needs will ensure continued success and stronger outcomes in the months ahead.



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