

DECEMBER

MONTHLY REPORT 2025

**KHULASANDE SPORTS
DEVELOPMENT**



CHABA



INTRODUCTION

During the reporting period, athlete attendance was lower than usual. This was largely due to the festive season, during which many athletes were on holiday and therefore unavailable for regular training and programme activities. In addition, some athletes were Amanqalathi practicing their traditional rites, which further contributed to the reduced participation levels observed.

The Chaba Wonder Kids Programme site had 7 athletes that qualified to represent the Border Athletics in the Athletics South Africa Sub-Youth National Championships.

The month's highlight concluded with participation at the Athletics South Africa Sub-Youth National Championships, providing valuable national exposure for selected athletes and reaffirming the site's competitive development goals



OBSERVATIONS & CHALLENGES

This section highlights the key observations and challenges experienced at the Donqaba and Soto site during the month of December. The observations reflect both the progress made and the dynamics of daily sessions, while the challenges point to areas that may require attention or support to strengthen programme delivery and athlete development.

OBSERVATIONS



- Athletes gained valuable competitive experience at the national championships and remained focused on development
- The athletes that qualified to take part in the 2025 Athletics South Africa Sub-Youth National Championships through their respective Border Athletics had the opportunity to travel by car and gain exposure of the various cultures South Africa has to offer.

CHALLENGES



- December family and holiday commitments impacted training attendance for several athletes
- Competition outcomes did not fully reflect expected performance levels; however, exposure was valuable for growth.
- The athletes did experience difficulties when competing because due to the different altitude levels and high demand of the cardiovascular system.



2025 ATHLETICS SOUTH AFRICA (ASA) SUB-YOUTH NATIONAL CHAMPIONSHIPS

Athletics South Africa (ASA) Sub-Youth National Championships							
Event	Site	Name	Surname	Gender	Age	Position	Time
80m	Chaba	Lusanele	Ndamane	M	u9	40 out of 42	12.38
60m	Chaba	Lusanele	Ndamane	M	u9	42 out of 44	9.7
80m	Chaba	Ndikhokhele	Mbuyazwe	M	u11	44 out of 46	11.6
800m	Chaba	Obonayo	Nonzinyana	M	u13	32 out of 35	2.32.21
1200m	Chaba	Amahle	James	M	U11	18 outof 24	4.13.88
100m	Chaba	Indiphile	Nzena	F	u13	37 out of 38	14.53
200m	Chaba	Indiphile	Nzena	F	u13	31 out of 31	30.19
600m	Chaba	Ahlumile	Ngemntu	M	u9	47 out of 48	2.16.65
80m	Chaba	Ahlumile	Ngemntu	M	u9	42 out of 42	13.12
60m	Chaba	Ahlumile	Ngemntu	M	u9	42 out of 42	9.77
200mH	Chaba	Iyapha	Manyana	F	u13	14 out of 14	41.79
200m	Chaba	Mbalentle	Adam	F	u13	30 out of 31	28.5

Coach Mandisa Nqayi highlighted that Mbalentle Adam performed exceptionally well in the 100m and placed 4th in the first heat. However, the official results were not recorded due to a technical oversight, and despite being informed that this would be corrected, no updated results were received.

Athlete	Event	Site	Previous Personal Best	ASA National Time	Improvement
Amahle James	1200m	Chaba	4:15.00 (18 Nov)	4:13.88	-1.12 seconds

Amahle James demonstrated meaningful competitive progress at the Athletics South Africa Sub-Youth National Championships, improving his 1200m time from 4:15.00 to 4:13.88, reflecting a 1.12-second advancement. This improvement shows growing race confidence, enhanced pacing control, and the positive impact of consistent training exposure.



DECEMBER HIGHLIGHTS

December marked a significant milestone for the Chaba Site as selected Wonder Kids Programme beneficiaries successfully qualified through Border Athletics to participate in the 2025 Athletics South Africa Sub-Youth National Championships. This national platform remains one of Athletics South Africa's key youth development and talent identification systems, offering emerging athletes exposure to structured, high-level competition environments.

The 2025 Athletics South Africa Sub-Youth National Championships took place at McArthur Stadium, Potchefstroom, North West, from 5–6 December 2025, hosting athletes from all nine provinces in a full track and field programme. For the Chaba beneficiaries, participation served as a vital step in advancing competitive maturity, experiencing national protocol, and adapting to elevated performance expectations.

The experience gained in Potchefstroom reinforced the site's growing competitive profile and demonstrated the steady progress of athletes transitioning from provincial stages to national exposure. 2025 Athletics South Africa Sub-Youth National Championships did not only test technical ability but strengthened resilience, confidence, and understanding of national athletics standards.

It is also important to acknowledge that Coach Mandisa Nqayi from the Chaba Wonder Kids Programme Site received official appointment as Team Coach by Border Athletics for the 2025 ASA Sub-Youth National Championships. Although this appointment was later withdrawn due to financial constraints within the Border Province, the recognition itself remains significant. Her selection reflects the calibre of coaching within the Wonder Kids Programme.

Overall, December offered a meaningful developmental leap for Chaba athletes, showcasing readiness to grow within national structures while reinforcing the programme's mission—to develop disciplined, talented young athletes capable of thriving beyond local competition levels.



AREAS FOR IMPROVEMENT

- Strengthen athlete motivation during holiday and family commitment periods to prevent attendance decline and maintain training consistency.
- Reinforce conditioning monitoring to ensure athletes transition smoothly into January without fitness regression or increased injury risk.
- Re-establish stable training rhythm and session structure in January to regain full performance momentum after festive disruptions.

GALLERY





Email

*operations@khulasande.org.za
thobela@khulasande.org.za*



Phone

*+27 67 495 3162
+27 73 333 2728*



Address

*20 Wychwood Ave, Mill
Park, Gqeberha, 6001*