

NOVEMBER

MONTHLY REPORT 2025

**KHULASANDE SPORTS
DEVELOPMENT**



CHABA



INTRODUCTION

During the reporting period, athletes participated in the Border Athletics Sub-Youth Championships, delivering commendable performances across multiple track events. This competition served as a critical platform for evaluating athlete development, monitoring individual progress, and identifying emerging talent for future selection pathways.

This report presents a detailed account of the month's activities, including the primary training focus areas, observed athlete progress, and significant achievements within the Khulasande Wonder Kids Programme at the Chaba site.

Throughout the month, the programme prioritised enhancing athletes' competitive readiness, technical skills, and overall race performance. Training emphasised assessing athletes under competition-like conditions, refining race strategies, and strengthening middle-distance capacity—particularly the 1500m—through a combination of endurance work, speed training, hill strength, and improved technical execution in starts and shot-put.

The month also included focused preparation for junior athletes selected for Nationals, supporting both their endurance and speed development. Administrative support was provided for the appeal of Iyapha Manyala, who achieved the qualifying standard in the 75m hurdles.

Additional emphasis was placed on speed development, explosive starts, repeated sprint endurance, relay coordination, teamwork, and evaluating individual progress through a structured time trial. Overall, the programme delivered a balanced and competitive blend of conditioning, technique, and race-readiness training.



ATTENDANCE REGISTER

Chaba Attendance Register		Week 1				Week 2				Week 3				Week 4			
Name	Surname	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu
Linamandla	Ntuku	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒	☐	☐	☐	☒	☐
Uyingcwele	Nonzinyana	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☐	☒	☐	☐	☐
Iyapha	Manyana	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☐
Ame	Gogina	☒	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐	☐	☒	☐
Mbalentle	Adam	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☒	☒	☒	☒	☒	☐
Ndikhokhele	Mbuyazwe	☐	☐	☐	☐	☒	☒	☒	☒	☐	☐	☒	☒	☒	☐	☐	☒
Ndiphathe	Manyana	☐	☐	☐	☐	☒	☒	☒	☒	☐	☐	☒	☐	☒	☐	☐	☐
Siphathise	Simayile	☒	☐	☐	☐	☒	☒	☒	☒	☐	☒	☒	☒	☐	☒	☒	☒
Buchule	Lusina	☐	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☐
Obonayo	Nonzinyana	☐	☐	☐	☐	☒	☒	☒	☒	☒	☒	☒	☐	☐	☒	☐	☐
Amila	Moko	☐	☐	☒	☐	☒	☒	☐	☒	☒	☒	☐	☐	☒	☐	☐	☐
Idiphile	Nzena	☐	☐	☒	☐	☐	☒	☒	☒	☒	☒	☒	☐	☒	☐	☒	☒
Kungawo	Ndesi	☐	☐	☒	☐	☐	☐	☐	☐	☒	☐	☒	☒	☐	☒	☐	☒
Lukholo	Daka	☐	☐	☒	☐	☐	☐	☒	☒	☒	☒	☐	☐	☒	☐	☐	☒
Samuel	Tshovi	☒	☒	☒	☒	☒	☒	☒	☐	☐	☒	☒	☒	☒	☐	☐	☐
Axolile	Mbaqa	☒	☒	☒	☐	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Yolani	Kokwe	☐	☐	☐	☐	☐	☒	☒	☒	☒	☒	☐	☐	☒	☐	☒	☒
Lihle	Dyini	☒	☒	☒	☒	☐	☐	☐	☐	☒	☐	☒	☒	☒	☒	☒	☐
Nozibone	Mkoko	☒	☐	☐	☒	☒	☒	☐	☐	☒	☐	☒	☒	☒	☐	☒	☐
Amahle	James	☐	☐	☐	☐	☒	☒	☒	☒	☐	☐	☐	☒	☒	☐	☒	☐



OBSERVATIONS & CHALLENGES

This section highlights the key observations and challenges experienced at the Donqaba and Soto site during the month of November. 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

* Throughout the month, athletes demonstrated strong and consistent progress in both performance and discipline. Competitive results were encouraging, with multiple podium finishes, frequent top-10 placements, and notable recognition—including athletes being considered for the BORA Team.

Seven junior athletes earned selection to represent Border at Nationals, while Iyapha Manyana successfully met the qualifying standard in the 75m hurdles.

Training programmes effectively supported both speed and endurance growth, with active recovery contributing to greater resilience. Continued focus on teamwork, relay coordination, and explosive starts further strengthened overall performance. Time trials provided valuable data to monitor progress and inform future training direction.

CHALLENGES

* Throughout the month, several challenges affected training consistency and athlete performance. Fatigue was a recurring issue, particularly during high-intensity sessions and longer sprint repetitions, leading to difficulties with recovery pacing and maintaining proper form. Technical challenges were also evident, including errors in sprint starts, limited confidence in hurdles, and ongoing technical shortcomings in shot-put and block starts.

.Additionally, the appeal required for Iyapha Manyala, despite meeting the qualifying standard, highlighted gaps in administrative clarity, while limited session-specific feedback made it difficult to track individual athlete progress in real time.

These challenges emphasize the need for improved recovery management, better technical support, enhanced monitoring systems, and stronger consistency in training attendance.



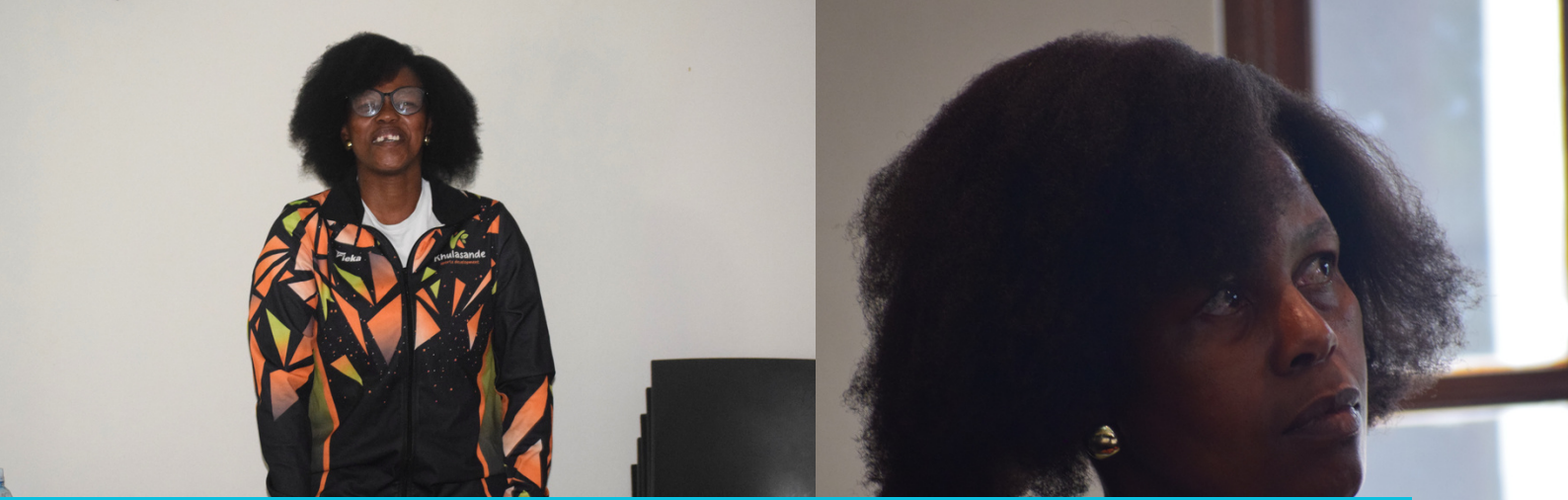
DALE COLLEGE KING WILLIAMS TOWN LEAGUE 1 – 8 NOVEMBER 2025

- The competition featured strong performances from both boys and girls across a range of events.
- Athletes aged 9 to 13 participated in sprints, middle-distance races, and long-jump events, delivering competitive times and distances.
- **Mbalentle Adam** (F, 13) recorded a winning time of 28.66 seconds in the 200m, and also competed in the 800m, placing 4th.
- **Amahle James** (M, 11) secured first place in the 1200m with a time of 04:15.00, and achieved a 3.69m jump in the long jump.
- **Obonayo Nonzinyana** (F, 13) won the 800m with 0:40.70, and placed 2nd in the 1500m with 05:04.51, showing strong middle-distance capability.
- **Iyapha Manyana** (M, 13) participated in the 200m and performed well in the long jump, securing 3rd position.
- **Uyingcwele Nonzinyana** (F, 11) finished 2nd in the 1500m with 04:40.36, and also achieved 15.22 seconds in the 100m, placing 2nd.
- **Ame Gogina** (F, 9) delivered impressive performances for her age, finishing the 600m in 02:32.84 and achieving 10.41 seconds in the 60m, placing 3rd.
- **Ndikhokhele Mbuyazwe** (M, 11) ran 13.47 seconds in the 100m and jumped 3.92m in the long jump, earning 2nd position.
- **Ndiphathe Manyana** (M, 11) recorded 14.1 seconds in the 100m and a 3.79m long jump.
- **Siphathe Simayile** (M, 11) completed the 100m in 16.2 seconds and reached 2.48m in the long jump, placing 10th.



DALE COLLEGE KING WILLIAMS TOWN LEAGUE 2 – 18 NOVEMBER 2025

1. **Uyingcwele Nonzinyana** (Girl, 11 years)
 - Delivered strong performances in both sprint and middle-distance events.
 - 1500m – 2st place with a time of 04.40.36.
 - 100m – 2nd place with a time of 15.23.
2. **Ame Gogina** (Girl, 9 years)
 - Dominated the sprint events in her age group.
 - 600m – 4th place, finishing in 02.32.84.
 - 60m – 13rd place with 10.41.
3. **Mbalentle Adam** (Girl, 13 years)
 - Competed well in middle-distance and sprint events.
 - 800m – 4th place
 - 200m – 1st place, finishing in 28.66.
4. **Iyapha Manyana** (Girl, 13 years)
 - Showed versatility across hurdles, middle-distance, and long jump.
 - 200m Hurdles – 1st place
 - 800m – 3rd place.
5. **Obonayo Nonzinyana** (Boy, 13 years)
 - Strong performance in middle-distance events.
 - 1500m – 2nd place in 5:04.51
 - 800m – 1st place with a time of 01.40.70
6. **Amahle James** (Boy, 11 years)
 - Excellent performance in hurdles and middle-distance.
 - Long jump – finished at 3.69s
 - 1200m – 1st place, recording 4:15.00
7. **Ndiphathe Manyana** (Boy, 11 years)
 - Delivered strong sprint performances.
 - Long jump – 6th place with 3.79.
 - 100m – 4th place with 13.47.
8. **Buchule Lusina** (Boy, 16 years)
 - Competed in the longer middle-distance category.
 - 1500m – 6th place with a time of 6:00.87.



NOVEMBER HIGHLIGHTS

Staff Development:

On the 1st of November 2025, Khulasande Sports Development hosted the “Building Champions with Purpose” Strategic Planning Workshop, bringing together leaders, coaches, and staff from Grassridge, Waainek, and Chaba. The workshop reviewed the 2025 season, aligned goals for 2026, and focused on strengthening operations, programme quality, and shared accountability through five strategic pillars, namely:

Pillar 1: Administration & Compliance – Building Systems that Strengthen Impact

Pillar 2: Athlete Development & Support – From Potential to Performance.

Pillar 3: Coaching Excellence – Empowering Coaches to Develop Champions

Pillar 4: Monitoring, Evaluation & Learning (MEL) – Building a Data-Driven Culture

Pillar 5: Communication & Stakeholder Relations – Building Visibility, Trust, and Long-Term Support.

It reinforced the organisation’s commitment to structured excellence, transparency, and the holistic development of young athletes.

Provincial Team Coach Selection:

Mandisa Nqayi the coach in the Chaba Wonder Kids Programme has been appointed by Border Athletics as Coach for the 2025 Athletics South Africa (ASA) National Sub-Youth Championships in Potchefstroom (5–6 Dec 2025).



NOVEMBER HIGHLIGHTS

Athlete Selections for the 2025 Athletics South Africa National Sub-Youth Championships

During the month of November, the Chaba Wonder Kids Programme recorded a significant achievement through the selection of seven athletes from the Donqaba and Soto hubs at the Chaba site to represent Border Athletics at the 2025 Athletics South Africa (ASA) National Sub-Youth Championships, scheduled to take place in Potchefstroom from 5–6 December 2025.

The athletes selected are as follows:

- Obonayo Nonzinyana
- Ndikhokhele Mbuyazwe
- Amahle James
- Ahlumile Ngemntu
- Mbalentle Adam
- Indiphile Nzena
- Iyapha Manyana

This accomplishment reflects the athletes' sustained dedication, discipline, and commitment to their training programmes. Their selection is a testament to the progress and impact of the development initiatives implemented across our hubs.

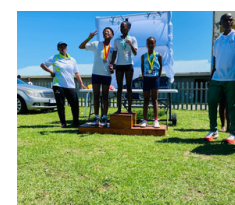
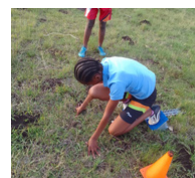
This achievement stands as a key highlight for the month and demonstrates the programme's ongoing efforts to nurture and elevate young sporting talent within our communities.



AREAS FOR IMPROVEMENT

- Throughout the month, the programme consistently required improved athletic equipment and resources to support athlete development. Key needs included proper spikes, quality training shoes, and access to better track training facilities. Nutritional support and structured recovery programmes—such as stretching routines and physiotherapy access—remained essential for sustaining performance. Continued coaching was also needed to refine race starts, pacing, and endurance techniques.
- Specialised support requirements emerged during the month, including assistance with administrative processes such as lyapha's appeal, more accurate performance monitoring through timed repetitions, and stronger individualisation of training plans. Equipment demands also expanded, with a need for additional starting blocks, hurdles for technical training, reliable timing devices for accurate assessments, and extra relay batons to strengthen team-based sessions.
- Overall, the month underscored the importance of improved equipment, enhanced monitoring tools, and strengthened recovery and coaching resources to elevate training quality and athlete performance.

GALLERY





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