

NOVEMBER

MONTHLY REPORT 2025

**KHULASANDE SPORTS
DEVELOPMENT**



GRASSRIDGE

INTRODUCTION

Throughout the month, the training programme prioritised the systematic development of performance across three key disciplines: distance running, sprinting, and long jump. Athletes participated in structured, discipline-specific sessions designed to refine technique, enhance timing, and improve overall physical conditioning. Attendance remained consistently strong, with athletes demonstrating commendable commitment during both morning and afternoon training sessions.

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

Across the month, the programme concentrated on preparing athletes for ongoing Track and Field competitions, with a strong emphasis on speed, endurance, and technical readiness. Week 1 focused on event preparation for the Westborne Oval meet, with coaches prioritising track-specific training to improve race readiness. In Week 2, the focus deepened into speed, drills, strength, and timing work, supported by a structured routine that included a daily 5 km jog and consistent stretching and drills before sessions.

Week 3 continued building speed, strength, endurance, and technical form to keep athletes competition-ready during the waiting period between events. By Week 4, the emphasis shifted toward long-distance athletes, with training designed to support general fitness, prevent overuse injuries, and introduce varied conditioning, including a specific off-field endurance session on Tuesday.



ATTENDANCE REGISTER

Grassridge 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
Amyolise	Kona	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sinebongo	Noketshe	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Aviwe	Bangela	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ayabulela	Danster	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sinebongo	Ntshangase	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Khazimla	Tom	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lisakhanya	Spogter	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Akhanani	Kula	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mbalentle	Case	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Othaluve	Mbetha	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Siviwe	Jack	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Zintle	Mninzi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mbalentle	Makana	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lusapho	Lamani	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ayabonga	Sleep	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Luniko	Ngamlana	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Amahle	Tose	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Achuma	Koba	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Likhona	Graduate	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sbohle	Ayeqhama	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Simamkele	Sakatha	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bonginkosi	Ntose	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Simthandile	Goliath	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Azoyise	Mdodana	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lithalethu	Johannes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Abukwe	Nonoyi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sinathi	Tiem	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Anganathi	Mtyopho	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Aqhama	Tose	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Enzokuhle	Sonjica	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Innocentia	Majika	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ndalwente	Vaaltyn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Alimele	Scritch	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Uyingqaba	Mooi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bambolwethu	Mooi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Kungawo	Jacobs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Zintle	Koloza	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Entle	Koloza	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Amahle	Peterson	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mikhulu	Kona	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Likhona	Nogaya	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bakholise	Majika	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sinaye	Koloza	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Leticia	Stuurman	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lusanele	Ceke	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bakholise	Majika	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



OBSERVATIONS & CHALLENGES

This section highlights the key observations and challenges experienced at the Grassridge 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 commitment, improved participation, and consistent progress across all training areas. Standout performances included multiple podium finishes from athletes such as Nthabiseng Makhetha, Nonoyi Abukwe, Ceke Lusanele, and Mikhulu Kona, highlighting both growing competitiveness and improved discipline.
- A valuable site visit provided mentorship and strengthened support for the Grassridge team, contributing to notable achievements at the EPA Primary School Championships. Athletes delivered strong results, including podium finishes by Ndalwentle Nontshiyana, Lusanele Ceke, and Mikhulu Kona, reflecting ongoing improvement and effective coaching.
- Two athletes—Ndalwentle Nontshiyana and Mikhulu Kona—earned selection to the provincial team, further demonstrating excellence, dedication, and the programme's growing impact. Consistent attendance and training commitment remained evident throughout the month, with Valencia athletes maintaining strong discipline and focus even during team member absences.
- Overall, the month showcased impressive growth, competitive success, and sustained athlete commitment across the programme.

CHALLENGES

- ✱ Throughout the month, several challenges affected athlete performance and overall programme consistency. Fatigue and inconsistent attendance limited some athletes' ability to perform at their full potential, reducing focus and training quality. School examinations further disrupted attendance and performance, as many athletes were unable to train regularly or at optimal intensity, although a few continued to demonstrate strong commitment despite these pressures.
- Internal communication challenges also emerged, particularly within the Grassridge programme, where limited coordination between coaches affected training organisation and planning. This highlighted the need for improved alignment, prompting plans for a meeting with parents and coaches to strengthen communication, clarify roles, and enhance overall programme delivery.
- Overall, the month underscored the importance of consistent attendance, clear communication, and structured coordination to maintain programme effectiveness.



EPA TRACK & FIELD CHAMPIONSHIP WESTBOURNE OVAL -8 NOVEMBER 2025

Outstanding performances

- **Ndalwentle Nontsiyana** (U7 Girls) achieved exceptional results, winning both the 60m (10.5s) and 80m (14.1s) events, securing 1st place in each.
- **Lusanele Ceke** (U13 Boys) produced impressive middle-distance performances, placing 5th in the 800m (2:33.70) and securing 2nd place in the 1500m (05.21.20).
- **Mikhulu Kona** (U13 Boys) and **Khanyisa Makinana** (U13 Boys) followed closely with strong times in both the 800m and 1500m, placing within the top four in the longer event.

Girls – Sprint Events

In the U9 girls category, athletes performed well in the sprints:

- **Anganathi Mtyopho**: 60m (10s, 6th) and 80m (14s, 8th)
- **Ntabiseng Makhetha**: 60m (10.3s, 8th) and 80m (13.7s, 7th)
- **Ivakele Cakwebe**, **Entle Koloza**, and **Zintle Koloza** also completed both events with consistent effort.

Middle-Distance Girls

- **Zimasa Jack** (U13 Girls) placed 5th in the 800m (3:11.50) and recorded 06:29.40 in the 1500m.
- **Mbalentle Case** (U13 Girls) ran the 1500m in 06:37.20 (10th) and later completed the 100m in 15.3s (8th).

Boys – Sprint Events

In the U7 and U9 boys:

- **Abukwe Nonoyi** (U7) placed 4th in the 60m (10.8s).
- **Sinathi Tiem** (U9): 60m (10.3s, 4th) and 80m (14.4s)
- **Lithalethu Johannes** (U9): 60m (10.4s, 18th) and 80m (14.2s)
- **Azoyise Mdodana** (U9): 80m (10.5s, 20th)
- **Bambolwethu Mooi** (U9): 60m (11.2s, 23rd) and 80m (15.5s)
- **Enzokuhle Sonjica** (U9): 80m (12.8s, 6th)

Boys – Middle Distance

- U11 athlete **Iminathi Mange** completed the 1200m with a time of 4:39.10 (11th).

U13 boys showed depth in the 800m/1500m combination:

- **Lusanele Ceke**, **Mikhulu Kona**, **Khanyisa Makinana**, **Aviwe Bangela**, and **Sinaye Koloza** all completed both events with competitive times.



EPA TRACK & FIELD CHAMPIONSHIP WESTBOURNE OVAL -15 NOVEMBER 2025

Outstanding Performances

- **Ndalwentle Nontshiyana** (U7 Girls) dominated both sprint events, winning the 60m (10.04s) and 80m (13.42s), securing 1st place in both and earning maximum points.
- **Lusanele Ceke** (U13 Boys) delivered an impressive performance in middle distance, finishing 2nd in the 1500m (05:05.60) and placing 6th in the 800m (2:39.79).
- **Mikhulu Kona** (U13 Boys) followed closely with a 3rd place finish in the 1500m (05:11.20) and 7th in the 800m (2:44.78).

Sprints – Girls

- **Mbalentle Case** (U13 Girls) represented well in the 200m, finishing 5th with a time of 30.84s.

Sprints – Boys

- **Abukwe Nonoyi** (U7 Boys) completed the 60m event, securing 6th place with a time of 10.42s.

Middle Distance – Boys (U13)

The U13 boys' group showed depth and consistency in the 1500m and 800m events:

- **Lusanele Ceke** – 2nd (1500m), 6th (800m)
- **Mikhulu Kona** – 3rd (1500m), 7th (800m)
- **Khanyisa Makinana** – 8th (1500m, 05:40.70) and 10th (800m, 2:58.43)



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.

Driving Licence:

Zikhona Mbuqe the Programmes Delivery Officer obtained her learners license on the 22nd of November 2025 with support provided by Khulasande Sports Development.

Provincial Team Coach Selection:

Mr Thobela Thoba- Mdyesha the Managing Director of Khulasande Sports Development has been appointed by Eastern Province Athletics (EPA) as Team Manager & Senior 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 Grassridge Wonder Kids Programme recorded an achievement through the selection of two athletes to represent Eastern Province 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:

- Ndalwentle Nontshiyana
- Mikhulu Kona

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.



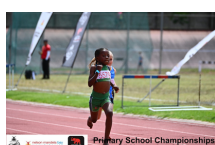
Throughout the month, the programme required additional equipment, proper running shoes for some athletes, and nutritional support to sustain energy and performance levels. Essential equipment needs included stopwatches, cones, starting blocks, and tools to support speed and strength training, alongside ongoing motivation and mentorship to help athletes reach their potential.

Environmental challenges, such as limited access to water, highlighted the need for consistent hydration support during training. Maintaining improved attendance and athlete commitment remained a priority, supported by parental involvement, transport assistance, and active engagement from community stakeholders to foster motivation.

The month also emphasized the importance of enhanced communication among coaches, including a coordinated platform for sharing updates and session plans, as well as support for organising parent-and-coach meetings and continued monitoring of athlete attendance and progress.

Overall, the month underscored the need for strengthened equipment provision, logistical support, and effective communication systems to ensure consistent programme delivery and athlete development.

GALLERY





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