

OCTOBER

MONTHLY REPORT

2025



**KHULASANDE SPORTS
DEVELOPMENT**

GRASSRIDGE

INTRODUCTION

- The month of October 2025 focused on strengthening athlete performance across distance running, sprinting, and field events. The training sessions were structured to improve endurance, speed, and technical ability, while ensuring that athletes developed consistency and discipline.
- The month culminated in the EPA Primary School Track and Field League 2, held on 25 October 2025 at Westbourne Oval, Port Elizabeth, where athletes showcased their progress and determination. Despite occasional challenges such as weather disruptions and school exam schedules, the overall participation and performance levels remained positive.



FOCUS

Week 1

- We focused on specific training for:
- Distance Runners – 20 present
- Sprinters – 4 present
- Long Jumpers – 2 present
- Each group trained according to their specialization, targeting endurance, speed, and technique improvements.

Week 2

The training sessions aimed to enhance athletes' stamina, running technique, and race performance through structured running drills and interval-based workouts. The programme included endurance runs, speed work, and controlled rest days to promote gradual improvement and injury prevention.

Week 3

The primary goal of the week was to enhance athletes' overall fitness levels, focusing specifically on:

- Building endurance through daily jogging sessions.
- Developing sprinting ability and speed consistency through short-distance repetitions.
- Measuring performance through time trials to track progress.
- Reinforcing discipline and consistency in training attendance.

Week 4

The main focus for the week was trail and field preparation, ensuring that athletes were physically and mentally ready for the upcoming event. Training emphasized endurance running, speed sessions, and track techniques to enhance performance levels across all participating athletes.



ATTENDANCE REGISTER

Grassridge Attendance Register						Week 2				Week 3				Week 4			
Name	Surname	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	We	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	✓	✓	✓	✓	☐	☐	☐	☐	✓	✓	✓	✓	✓	✓	✓	✓
Ndalwentle	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	✓	✓	✓	✓	☐	☐	✓	☐	✓	✓	✓	✓	✓	✓	✓	✓



PROGRAMME

Daily Routine:

- Morning sessions included 5–6 km jogs, stretching, and drills, while afternoon sessions focused on speed work, endurance training, and event-specific skills.

Day	A.M. Session	P.M. Session
Monday	35-minute jog	100m × 10 repetitions
Tuesday	6 km morning run	200m × 10 (rest 100m jog) / 300m × 15 repetitions
Wednesday	5 km easy run	10-minute fast time trial (target 2.8 km)
Thursday	5 km easy jog	200m × 5 (rest 100m jog) / 400m × 5 (rest 200m jog) <i>(session partly cancelled due to weather)</i>
Friday	8 km jog	Rest
Saturday	Time Trial / Race Day	
Sunday	Long run – 15 km easy pace	

- Additionally, the second weekly cycle included sessions such as:
- Sunday: 1-hour easy run
- Monday: 40-minute medium-paced run
- Tuesday: 1-minute fast run × 10 with 1-minute jog recovery
- Wednesday: 5 km run or 10 laps
- Thursday: 400m × 6 with 200m jog recovery
- Friday: Rest day
- Saturday: Race or time trial



POSITIVE OUTCOMES

This section highlights the key achievements and positive developments observed at the Grassridge site during the month of October. The observations reflect the progress made by athletes, the growth in training consistency, and the overall improvement in performance and engagement throughout daily sessions. These outcomes demonstrate the continued strengthening of the programme and the positive impact on athlete development.

Week 1

- Distance runners are showing improvement in pace, especially in the 800m event.
- Sprinters are demonstrating faster reaction times and improved performance in the 100m.
- Long jumpers are focusing well on take-off consistency and approach rhythm.
- Best recorded long jump: 4.39 m. Consistent training structure focusing on both endurance and speed.

Week 2

- The programme allowed for proper rest and recovery before race day.
- Athletes who attended sessions showed improved pacing and determination.

Week 3

- The primary goal of the week was to enhance athletes' overall fitness levels, focusing specifically on:
- Building endurance through daily jogging sessions.
- Developing sprinting ability and speed consistency through short-distance repetitions.
- Measuring performance through time trials to track progress.

Week 4

- Reinforcing discipline and consistency in training attendance. The athletes showed excellent performance and improvement throughout the month, both in training and competitions.
- There is a notable level of dedication and teamwork among the athletes and coaches.
- Primary school athletes also performed well, with special mention to Mikhulu Kona, who was selected for higher-level participation — a reflection of commitment and consistent effort.



NEGATIVE OUTCOMES

This section outlines the key challenges experienced at the Grassridge site during the month of October. While training progress remained steady, several factors affected the overall consistency and delivery of the programme. These challenges highlight areas that may benefit from additional attention or support to strengthen athlete performance and session outcomes:

Week 1

- Distance runners need continued work on endurance and stamina to sustain speed over longer distances.
- Sprinters should maintain focus on explosive starts and acceleration phase consistency.

Week 2

- Long jumpers are facing challenges with training equipment, which may affect their technique development. Low attendance remains a concern, as several athletes are still not participating regularly.
- Many athletes continue to face difficulties due to a lack of proper training shoes, which affects both attendance and performance levels.

Week 3

- Training on Thursday was disrupted due to bad weather conditions.
- Some athletes have left the programme, including Mdayi Aqhamile (personal reasons), Bambiso, and Tebogo Jack who had recently joined.
- A few athletes still lack proper training shoes, which affects performance and consistency.
- There is also a need for tracksuits for athletes, coaches, and the project manager to ensure a professional and uniform appearance at events.

Week 4

- A number of athletes have stopped attending training sessions without providing valid reasons.
- Some athletes mentioned that exam schedules are affecting their availability for training.
- There are still athletes without proper training shoes, which affects performance and consistency during sessions.



NEEDS / RECOMMENDATIONS

- Provision of Training Shoes and Gear: Many athletes need proper footwear and basic gear for safe and effective performance.
- Uniforms and Tracksuits: Supplying official tracksuits for athletes, coaches, and the project manager will help maintain a professional and unified appearance during events.
- Attendance Motivation: Increased focus on motivating and retaining athletes who face academic or personal challenges.
- Flexible Scheduling: Adjust training times during exam periods to accommodate student-athletes.



RESULTS: EPA TRACK & FIELD CHAMPIONSHIP WESTBOURNE OVAL -25 OCTOBER 2025

- **Strong Performers:**

- **Mikhulu Kona** (U13 Boys): Achieved 2nd place in the 800m (2:29.60) and 4th place in the 1500m (5:26.30).
- **Lusanele Ceke** (U13 Boys): Finished 4th in the 800m (2:34.40) and 3rd in the 1500m (5:17.30).
- **Alimele Scritch** (U7 Boys): Secured 3rd place in the 60m sprint (10.06s).
- **Abukwe Nonoyi** (U7 Boys): Placed 2nd in the 60m (11.18s) and 5th in the 80m (14.6s).

- **Other Notable Performances:**

- **Anganathi Mtyopo** (U9 Girls): 4th in 60m (10.1s) and 8th in 80m (13.5s).
- **Lisakhanya Spogter** (U11 Girls): 7th in the 1200m (5:06.50).
- **Iminathi Mange** (U11 Boys): 11th in both the 100m (15.6s) and 1200m (4:35.70).
- **Bakholise Majika** (U11 Boys): 9th in the 1200m (4:32.20).
- **Khanyisa Makinana** (U13 Boys): 7th in the 1500m (6:03.60).
- **Sinaye Koloza** (U13 Boys): 8th in the 1500m (6:43.90).



GALLERY





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