



20
26

March

MONTHLY REPORT

Chaba

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION

This report describes the athlete development and training activities that took place at the Chaba Soto and Donqaba sites during the month under the guidance of Coaches Mandisa and Thando.

Track and field, cross country, road running, and race walking were among the many disciplines covered this month.

In addition to preparing athletes for important competitions during the time, training sessions were designed to gradually improve endurance, speed, strength, and overall athletic performance.

KEY FOCUS AREAS

Throughout the month, emphasis was placed on:

- Building endurance through cross country and distance training
- Supporting recovery and flexibility after competitions
- Maintaining fitness and sharpness during competition periods
- Developing speed, strength, and race execution
- Preparing athletes for provincial and school-level championships

TRAINING PROGRAMME

This programme is structured primarily for middle-distance to long-distance running performance, with a strong emphasis on building a well-rounded runner.

Week	Day	Session Details
Week 1	Day 1	20-minute medium-paced run + exercises
	Day 2	5 min fast + 400m jog; 4 min fast + 400m jog; 3 min fast + 400m jog; 2 min fast + 400m jog (2 sets)
	Day 3	5 km run
	Day 4	20-minute run + exercises
	Day 5	Training cancelled (rain)
Week 2	Day 1	30-minute run + general exercises
	Day 2	Hill repeats: 300m uphill + 300m jog × 10
	Day 3	30-minute run + stretching
	Day 4	400m × 10 with 400m active recovery
	Day 5	Strength training session
Week 3	Day 1	600m × 2 (6 min rest) + 200m × 4 (3 min rest)
	Day 2	1000m, 800m, 600m, 400m (3 min rest)
	Day 3	200m × 6 (6 min rest)
	Day 4	Warm-up + strides
Week 4	Day 1	Long hill training session
	Day 2	600m × 5 (easy pace)
	Day 3	Strength training session
	Day 4	Long run (endurance focus)



MARCH HIGHLIGHTS

EC SECONDARIES CHAMPIONSHIPS (GQEBERHA - 13 MARCH 2026)

Mbalentle Adam's outstanding performance at the EC Secondaries Championships, which took place in Gqeberha on March 13, 2026, was a true testament to determination and perseverance. She was up against fierce competition and the pressure of a major stage while competing in the **Girls U14 800m event**, but she was unmoved.

Mbalentle persevered through every obstacle the race presented, running with bravery and determination in spite of all the odds. She won first place with a strong finishing effort and unwavering determination, crossing the finish line in an amazing time of **2:40.00**.

BORDER ATHLETICS TEAM MANAGER APPOINTMENTS

We proudly celebrate the outstanding achievement of **Coach Mandisa Nqayi** and **Coach Thando Loliwe**, who were appointed by **Border Athletics** as **Team Managers** for the **2026 Athletics South Africa Age Group Championships (U16, U18, U20, U23), including Relays and Multi-Events, held in Germiston, Ekurhuleni from 26–28 March 2026**.

This prestigious appointment is a testament to their dedication, leadership, and continued commitment to developing athletics at the highest level. Being entrusted with such responsibility reflects the respect and confidence they have earned within the athletics community.

We extend our heartfelt congratulations to both coaches on this remarkable accomplishment and commend them for flying the flag high. Their success continues to inspire athletes and the broader sporting community alike.

POSITIVE OUTCOMES

March brought several encouraging outcomes:

- **Mbalentle Adam** delivered an outstanding performance at the Eastern Cape School Championships, winning the 800m and achieving a personal best
- Two athletes qualified for the Eastern Cape Track and Field Championships
- Valuable exposure gained through participation in high-level competitions
- **Coach Thando Loliwe and Coach Mandisa Nqayi** was selected to represent Border as a Team Manager at the ASA Track and Field Championships held in Germiston. This is a significant achievement and reflects recognition at a higher level.

NEGATIVE OUTCOMES

Despite the progress, the month presented several challenges:

- Concerns regarding race officiating at the Border Provincial Championships, including incorrect times and lap discrepancies; official results are still pending
- **Obonayo Nonzinyana** was unable to participate in the Eastern Cape team due to school-related issues, and was also not sent as expected in another instance
- One athlete, **Iyapha Manyana**, has been absent from training for an extended period and remains unresponsive, raising concerns about continued participation
- Poor condition of the training field, affecting the quality of speed sessions
- Weather disruptions leading to occasional cancellation of training
- Limited participation in certain instances impacting team consistency
- Competition management issues affecting athlete performance records
- Some athletes did not attend gym sessions in the coach's absence who went to the **2026 Athletics South Africa Age Group Championships**
- Only one attendance register was completed (Day 1) for week 4
- From Day 2 to Day 5 of week 4, no registers were signed as the coach was attending the 2026 Athletics South Africa Age Group Championships in Germiston and only returned on 29 March in the evening.

AREAS FOR SUPPORT

- To maintain safe and effective training conditions, the following support is required:
- Field maintenance to ensure safe training surfaces
- Field marking equipment
- Replacement running shoes for athletes in need
- Payment of the affiliation fee to Border Athletics
- Transport support for the Track & Field Championships (28 February 2026)
- Additional training equipment
- Addressing these needs will significantly improve training quality and athlete safety.

CONCLUSION

Even while athletes have performed well and advanced steadily over the course of the month, the lack of funds is still a major worry.

Although there is a good chance of making it to the next round of competition, participation may be hindered by transportation issues.





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