



20
26

May

MONTHLY REPORT



Grassridge

**KHULASANDE SPORTS
DEVELOPMENT**



INTRODUCTION

Through structured endurance, threshold, strength, and speed development sessions, this month's training programme aimed to get athletes ready for next cross-country and league competitions.

Athletes stayed committed and continued to contribute positively to the programme in spite of challenges including bad weather, transportation issues, and a lack of training tools.

In addition, the month brought the start of the league racing season, which offered information into athlete performance levels and important competition exposure.



KEY FOCUS AREAS

- Threshold and endurance development
- Tempo running sessions
- Hill training and strength development
- Track speed work and interval training
- Race preparation and competition exposure
- Building athlete resilience under fatigue and race pressure

TRAINING PROGRAMME

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Week 1	Continuous Tempo 2 × 10 min	Strength Training	Hills 6 × 45 sec	Strength Training	Pyramid Tempo 2 × (600m,700m,800m,700m,600m) @70%	Long Run 60 min
Week 2	Continuous Tempo 1 × 15 min	Strength Training	Hills	Strength Training	Ladder Tempo 2 × (100m,200m,300m,400m) @70%	EPA XC League 1
Week 3	Continuous Tempo 3 × 8 min	Strength Training	Hills	Strength Training	200m Repeats 2 × (15 × 200m) @70%	Long Run 70 min
Week 4	Continuous Tempo 1 × 20 min	Strength Training	Hills	Strength Training	300m Repeats 5 × 300m @60%	EPA XC League 2
Week 5	Continuous Tempo 4 × 6 min	Strength Training	Hills	Strength Training	Pyramid Tempo 2 × (600m,800m,1000m,800m,600m) @70%	Long Run
Week 6	Continuous Tempo 2 × 10 min	Strength Training	Hills	Strength Training	Pyramid Tempo 2 × (100m,200m,300m,400m,300m,400m,200m,100m) @70%	Forest Run Challenge

MONTHLY HIGHLIGHTS

Westbourne Oval – 19 May 2026

On 19 May 2026, a compliance and event management meeting was held at Westbourne Oval to discuss the legal, safety, and operational requirements for organizing road races and public sporting events under EPA regulations.

The meeting emphasized that compliance with EPC and Section 6 requirements is mandatory, with non-compliance potentially leading to event cancellations, penalties, withdrawal of sanctions, and legal action.

Key topics discussed included event planning, safety and medical measures, route and traffic management, emergency procedures, communication with stakeholders, environmental responsibilities, POPIA compliance, vehicle parking arrangements, fire safety measures, liquor control (where applicable), catering requirements, temporary structures such as tents and stages, air pollution and noise control, population certificates, waste management plans, event layout planning, power supply, and ablution facilities.

Organizers were encouraged to maintain proper records, ensure accurate marketing and media practices, and follow standard EPA presentation formats to ensure events are safe, professional, and fully compliant with municipal, SAPS, ASA, and EPA regulations.

Crosscountry League 1 (Varsvlei) – 23 May 2026

The athletes participated in the Varsvlei Cross Country League 1 event across various age categories

Category	Athlete	Result Time
Girls 15	Jasmin Mofit	19:39
Boys 15	Achumile Mangcangaza	15:04
Boys 16	Zeenith Hawkins	26:55
Boys 16	Ahlumile Noda	27:27
Boys 17	Sihle Mtabati	24:33
Junior Men	Avenathi Antoni	30:02
Junior Men	Khanti Botchway	39:57
Men U23	Aphelele September	13:34
Men U23	Emihle Vakalisa	19:06

Amyolise Kona and Siviwe Jack participated in the Sarah Baartman Cross Country Competition held on 23 May 2026 in Kirkwood.

- Amyolise Kona competed in the U15 girls 4km race and recorded a time of 19:20.
- Siviwe Jack competed in the U16 girls 4km race and recorded a time of 19:32.

POSITIVE OUTCOMES

- Athletes showed strong commitment, discipline, and resilience throughout the month.
- Strength and conditioning levels improved significantly, with athletes progressing to heavier gym weights.
- The athletes adapted well to threshold and endurance training sessions.
- Participation and team spirit remained positive during both training and competitions.
- Athletes successfully completed demanding sessions, including 400m repeats and hill training.
- The first league race of the season provided valuable competition experience and exposure, especially for first-time competitors.
- Training attendance and athlete engagement were generally encouraging despite external challenges.



NEGATIVE OUTCOMES

- Poor weather conditions disrupted training schedules and resulted in cancelled sessions.
- Some athletes experienced transport difficulties, affecting attendance consistency.
- Certain athletes struggled with aerobic endurance during league competition, highlighting areas requiring further development.
- Hill training sessions could not always be completed due to weather interruptions.

AREAS FOR SUPPORT

- The programme currently requires additional support in the following areas:
- Training attire and full athlete kits
- Running shoes for athletes in need
- Sports and training equipment
- Improved track and field training conditions
- Transport assistance for athletes attending training and competitions

CONCLUSION

Despite a few challenges, the month was mostly productive and motivating. Athletes continued in showing hard work, optimism, and commitment to their own growth. League competitions and training sessions showed both areas of strength and need for development, offering valuable guidance for the programme's next stage. To achieve better results in future events, athlete commitment, consistency, and ongoing support will be important.



GALLERY





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