

20
26

June

MONTHLY REPORT



Grassridge

**KHULASANDE SPORTS
DEVELOPMENT**



INTRODUCTION

As the month went on, the winter season arrived, bringing with it colder weather that had an impact on training.

Despite these obstacles, athletes remained in their efforts to sustain progress, raise their level of fitness, and enhance their overall performance.

Athletes had to balance schoolwork with their sporting commitments because the month also happened to be test season.



KEY FOCUS AREAS

The main focus throughout the month was the Threshold Development Programme, aimed at improving endurance, strength, and race performance. Although progress was slightly affected by external challenges, athletes continued engaging in structured training sessions whenever possible.

The programme focused on:

- Continuous runs
- Strength training
- Hill sessions
- Pyramid sessions



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

COMPETITION HIGHLIGHTS

Sibaleka Nani Forest Run – 20 June 2026

The Sibaleka Nani Forest Run took place on 20 June 2026.

In the 5km event, the athletes achieved the following results:

- Achumile Mangcangaza finished in 18:13, achieving 1st Position Overall.
- Elario Vaaltyn achieved 2nd Position Overall.
- Amyolise Kona finished in 24:41, achieving 2nd Position in the Girls Category.

In the 15km event, the athletes produced the following results:

- Aphelele September finished in 50:00, achieving 7th Position Overall.
- Sihle Mtabati finished in 01:09:01, placing 63rd Overall.
- Xhanti Botchway finished in 01:22:03, placing 193rd Overall.
- Kim-Shay Goliath finished in 01:22:08, placing 196th Overall.
- Siviwe Jack finished in 01:29:16, placing 292nd Overall.
- Emihle Vakalisa finished in 01:36:02, placing 414th Overall.
- Zeenith Hawkins finished in 01:36:03, placing 415th Overall.

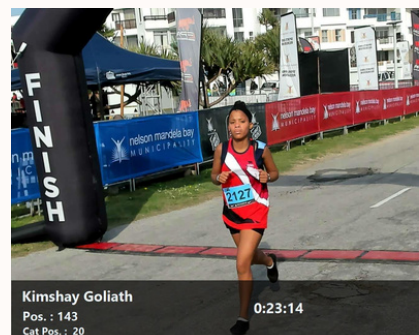
Overall, the athletes displayed positive race performances, endurance, and continued progress in their preparation and development programme.

NMB Half Marathon Incorporating ASA 21km, 5km & 1 Mile Championships – 27 June 2026

Athletes participated in the NMB Half Marathon incorporating the ASA 21km, 5km, and 1 Mile Championships held on 27 June 2026. The event provided athletes with an opportunity to compete at a high level and gain valuable race experience. Results achieved were as follows:

- Kimshay Goliath – Junior Girls 5km: Position 143, finishing time 00:23:03.
- Aphelele September – Male Open 5km: Position 30, finishing time 00:15:14.
- Avenathi Antoni – Male Junior 21km: Position 91, finishing time 1:14:33.

The participation contributed to athlete development by allowing them to test their endurance, compete against strong fields, and continue building confidence through competitive racing.



POSITIVE OUTCOMES

- Athletes continued to participate in training despite cold winter conditions and academic pressures.
- Improved confidence and belief among athletes, especially the gents.
- Athletes demonstrated commitment and responsibility by prioritising both education and athletics.
- Training consistency was maintained where possible despite challenges.
- A staff meeting was held on 22 June to finalize arrangements and preparations for the upcoming Khulasande Wonderkids Camp scheduled for 2–4 July 2026. The camp will provide athletes with an opportunity to build relationships, learn from one another, and gain exposure, especially those from rural areas.



NEGATIVE OUTCOMES

- Cold and unfavourable weather conditions affected training progress, resulting in two missed training days.
- The examination period affected athlete attendance and consistency as athletes needed to prioritise their studies.
- The demands of balancing academics and training created challenges for some athletes.

AREAS FOR SUPPORT

- Training shoes for Emihle Vakalisa.

CONCLUSION

Exams and the winter weather made the month difficult in a number of ways. However, athletes continued to demonstrate dedication and self-control by attending practice whenever possible and focusing on their studies. Since academic achievement is still necessary athletes are urged to keep putting their education first during exam times. Improved attendance and more consistent training are anticipated as athletes return their entire attention to their athletic development after exams are finished.



GALLERY



Entries Sibaleka Nani Forest Run – 20 June 2026

Forest Run Challenge Bulk Entries		Team Manager			Viwe Teko				
		Cell Number			067 039 2639				
		School/Club			Khulasande Grassridge				
Name	Surname	Year of Birth	Month	Day	Lic Nr	Age	Gender Male/fe male	Age Cat	Distance Race
Aphelele	Septem ber	2004	7	31	TEMP	22	Male	23M	15 km
Xhanti	Botchway	2007	9	14	J40419	19	Male	23M	15 km
Emihle	Vakalisa	2005	10	19	TEMP	20	Male	23M	15 km
Zeenith	Hawkins	2010	4	14	TEMP	16	Male	B16	15 km
Sihle	Mtabati	2009	1	26	TEMP	17	Male	B17	15 km
Kim-Shay	Goliath	2009	10	17	TEMP	17	Female	G17	15 km
Siviwe	Jack	2010	4	28	TEMP	16	Female	G16	15 km
Jasmin	Mofit	2011	7	26	TEMP	15	Female	G15	15 km
Amyolise	Kona	2011	9	1	TEMP	14	Female	G15	15 km
Ahlumile	Noda	2010	4	17	TEMP	16	Male	B16	15 km
Elario	Vaaltyn	2012	4	13	TEMP	14	Male	B14	15 km
Achumile	Mangcang aza	2011	8	13	TEMP	14	Male	B15	15 km



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