



20
26

July

MONTHLY REPORT



Waainek

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION



The athletes performed a part in the Cross Country Race Integration programme throughout the month, which aimed to prepare them for upcoming events through organized and advanced training sessions. Enhancing strength, endurance, aerobic capacity, speed endurance, and general racing readiness were the main goals of the programme.

The athletes also participated in a training camp that introduced them to a new training setting and gave them the chance to try out different training methods while growing both mentally as well as physically. The athletes who went remained dedicated and finished the scheduled training programme, even if attendance was somewhat lower during the school break.

FOCUS

The month's training focused on:

- VO₂ Max training
- Easy runs for active recovery and endurance
- Strength training
- Extended Tempo (Pyramid) sessions
- Long endurance runs
- Race integration sessions to prepare athletes for competition



TRAINING PROGRAMME

Week	Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Loading Week 1	Jun 22, ...	VO ₂ 5 × 3 min(2 min rest)	Easy Run30 min	Long Run70 min	Strength	Ext Tempo (Pyramid)2 × (600m, 700m, 800m, 700m, 600m) @ 70%(1:2 / 5 min)	Long Run60 min
Loading Week 2	Jun 29, ...	VO ₂ 6 × 3 min(2 min rest)	Easy Run30 min	Long Run75 min	Strength	Ext Tempo (Ladder)2 × (100m, 200m, 300m, 400m) @ 70%(1:2 / 5 min)	Long Run60 / 90 / 120 min
Loading Week 3	Jul 6, 2...	VO ₂ 6 × 3 min(2 min rest)	Easy Run30 min	Long Run80 min	Strength	200m Repeats2 × (15 × 200m) @ 70%(1:2 / 5 min)	EPA XC League 3
Recovery Week 4	Jul 13, ...	VO ₂ 4 × 3 min(2 min rest)	Strength	60 min Easy Run	Strength	300m Repeats5 × 300m @ 60%(1:2)	EPA XC League 4
Loading Week 5	Jul 20, ...	Race Pace Intro3 × 5 min(5-10 min recovery)	Strength	VO ₂ 6 × 3 min(2 min rest)	Yoga / Stretching Session	No Training	EPA XC League 4

MONTHLY HIGHLIGHTS

Khulasande Wonderkids Camp

Coach Busi and her athletes attended the Khulasande Wonderkids Camp held in Gqeberha (Port Elizabeth) from 2–4 July 2026 at Pine Lodge. During the camp, the athletes participated in structured training sessions at Linkside High School, where they gained valuable training experience while interacting with athletes from other Khulasande sites.

The athletes also benefited from motivational and inspiring talks delivered by Coach Susan and Mr Mayekiso, which encouraged them to remain committed to their sporting and personal development. As part of the camp experience, they enjoyed a visit to Summerstrand, which provided an opportunity for relaxation and team bonding.

Although many athletes experienced muscle soreness due to the gym training, as most were not accustomed to using gym equipment, they expressed that they thoroughly enjoyed the camp. They appreciated the learning experience, the opportunity to make new friends, and wished the camp could have been extended.



CROSS COUNTRY LEAGUE 3 RESULTS – STRELIZIA PARK (11 JULY 2026)

Name	Category	Age	Time
Luphawu Maqoko	B13	12	17:31
Emihle Baartman	G14	14	17:39
Lathitha Ntsunguzi	JM	18	28:26
Ibanathi Tsewu	B17	16	26:20
Ayavuya Ngxwashula	B16	16	24:41
Emihle Cunge	23M	19	13:20
Isiphile Gojela	B16	16	28:17

CROSS COUNTRY LEAGUE 4 RESULTS – ST ALBANS (18 JULY 2026)

Athlete	Gender	Age Category	Time
Luphawu Maqoko	Male	Boys U13	17:11
Emihle Baartman	Female	Girls U14	17:20
Ayavuya	Male	Boys U16	25:11
Ibanathi Tsewu	Male	Boys U17	24:59
Isiphile Gojela	Male	Boys U17	27:23
Lathitha Ntsunguzi	Male	Junior Men	28:18
Emihle Cunge	Male	Men U23	13:02

- **Emihle Cunge successfully qualified for the ASA National Cross Country Championships, marking a significant achievement for both the athlete and the club.**

POSITIVE OUTCOMES

- The athletes demonstrated significant physical and mental development throughout the month.
- Their endurance, strength, confidence, and race readiness improved as they consistently participated in challenging training sessions.
- The training camp contributed greatly to their development by exposing them to a structured daily routine, new coaching methods, and unfamiliar training equipment, all of which they adapted to well.
- Time management, discipline, self-esteem, and motivation also improved as athletes embraced new challenges and worked towards achieving better race performances.
- Overall, the athletes showed resilience, commitment, and a positive attitude throughout the month.

NEGATIVE OUTCOMES

- Attendance was not at 100% during some training sessions, mainly due to the school holiday period.
- This affected training consistency for some athletes, although those who attended remained fully committed.
- No other major challenges or negative outcomes were experienced during the month.

AREAS FOR SUPPORT

The following equipment is still required to support the athletes' development:

- Smart watches
- Beanies



NMB LEGACY EPA CROSS COUNTRY
League 4 - St Albans Correctional Services - 18 July 2026 - 09:11:04



NMB LEGACY EPA CROSS COUNTRY
League 4 - St Albans Correctional Services - 18 July 2026 - 11:07:12

CONCLUSION

Athletes made consistent growth throughout the Race Integration phase, making the month extremely successful and productive. Fitness, endurance, confidence, and general race readiness all significantly improved as a result of the organized training programme and training camp. The athletes gave each session their all, showing dedication, self-control, flexibility, and Enthusiasm. They gained useful experience, grown more self-assured, and are still driven to keep getting better as they get ready for future cross-country contests.



NMB LEGACY EPA CROSS COUNTRY
League 4 - St Albans Correctional Services - 18 July 2026 - 11:03:03



NMB LEGACY EPA CROSS COUNTRY
League 4 - St Albans Correctional Services - 18 July 2026 - 11:07:12



Entries - for League 3 Race (Strelizia Park) – 11 July 2026

EPA Cross Country Bulk Entry Form Legacy League 3					Team Manager Viwe Teko							
					Cell Number 067 039 2639							
					School/Club Khulasande Waainek							
Name	Surname	Year of Birth	Month	Day	Lic Nr	Age	Gender Male/female	Age Cat	Distance Race	Race Number	Amount	
Emihle	Baartman	2012	4	9	TEMP	14	Female	G14	4 km		20	
Emihle	Cunge	2006	9	8	167	19	Male	23M	4 km		20	
Isiphile	Gojela	2010	2	25	TEMP	16	Male	B16	6 km		20	
Luphawu	Maqoko	2013	11	11	TEMP	12	Male	B13	4 km		20	
Ayavuya	Ngxwashula	2010	3	23	TEMP	16	Male	B16	6 km		20	
Lathitha	Ntsunguzi	2008	3	22	TEMP	18	Male	JM	8 km		20	
Ibanathi	Tsewu	2009	9	28	TEMP	16	Male	B17	6 km		20	
											Total: R	140

Banking Details: EP Athletics; ABSA Bank; Acc. Nr. 010 428 31383; Reference: CC Entries & Team/Club/School Name

Entries - for League 4 Race (St Albans) – 18 July 2026

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Email

operations@khulasande.org.za
thobela@khulasande.org.za



Phone

+27 67 495 3162
+27 73 333 2728



Address

20 Wychwood Ave, Mill
Park, Gqeberha, 6001