



20
26

August

MONTHLY REPORT



Chaba

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION



Coaches Mandisa (Mandy) Nqayi and Thando led the training programme at the Chaba Soto and Donqaba Hubs, with the main focus on preparing athletes for the ASA National Cross Country Championships.

Throughout the month, the training programme focused on developing **strength, endurance, speed endurance, race pace, recovery, and overall competition readiness**. The coaches worked consistently with the athletes to ensure that they were physically and mentally prepared to compete at the highest level.

The athletes demonstrated dedication, commitment, and consistency throughout the month. Their continued effort and positive attitude during training showed their determination to improve their performance and achieve strong results at the ASA National Cross Country Championships.

KEY FOCUS AREAS

The main focus for the month was the preparation of athletes for the upcoming ASA National Cross Country Championships, scheduled to take place in Pretoria on 5 September 2026.

The coaches implemented a structured training programme aimed at ensuring that athletes were physically and mentally prepared to compete at national level.

TRAINING PROGRAMME

Day	Training Session	Focus
Day 1	3 × 5–6 min runs with full recovery; some sessions included 4 × 80m at 70% effort	Speed & endurance
Day 2	Strength training	Strength & conditioning
Day 3	40–60 min easy run; some sessions included 6 × 100m run-throughs	Endurance & running technique
Day 4	Strength training	Strength & conditioning
Day 5	6 × 100m at full effort, hill training, or rest/recovery depending on the training phase	Speed endurance & recovery
Day 6	Long run or 40 min easy run at medium pace	Endurance

POSITIVE OUTCOMES

- The athletes demonstrated good commitment and attended training consistently, allowing them to complete most of the planned sessions.
- They showed determination, motivation, and a positive attitude towards their championship preparation.
- A significant achievement was the successful acceptance of the appeal submitted for Axolile Mbaqa and Yolani Kokwe.
- This resulted in the Chaba – Donqaba and Soto Hub having six junior athletes eligible to participate in the National Cross Country Championships, which was an important boost for the athletes and the programme.
- The athletes were generally in good shape and showed encouraging progress in their strength, endurance, speed, and overall fitness.
- Their continued commitment has provided a good foundation for the upcoming Track and Field season.

NEGATIVE OUTCOMES

- The main challenge during the month was the Cross Country League 4 and Championship results from Border Athletics.
- Several errors were identified in the championship results, which caused disappointment among the athletes and coaching team.
- For example, Mbalentle was incorrectly placed in the Under-10 category, while Obonayo Nonzinyana was not included in the results.
- Border Athletics indicated that the errors would be corrected.
- The incorrect results were particularly disappointing because the athletes had performed well and trained consistently throughout the season.
- Some athletes became emotional after seeing the results, especially those who did not achieve the expected qualifying times.
- This was a difficult outcome for the team and came as a surprise to the coaching staff.
- Another challenge was the absence of Singalaka Klaas, who did not attend training for the entire week and did not provide a reason.
- This affected the athlete's consistency and preparation.
- Some athletes also do not have suitable running shoes, which may affect their comfort, safety, and ability to train effectively.

COMPETITION HIGHLIGHTS

Position	Athlete	Category	Time
4	Singalakha Klaas	B16	21:22.191
7	Yolani Kokwe	B17	21:59.859
8	Axolile Mbaqa	B16	22:00.589
21	Obonayo Nonzinyana	B14	14:47.594
29	Amila Moko	B15	15:42.128
31	Samuel Tshovi	B14	15:44.024



HIGHLIGHTS OF THE MONTH

Site Visit - Soto(13 August 2026)

A site visit was conducted at the Soto Hub on 13 August 2026, where athletes were actively participating in training sessions as part of their preparation for the ASA National Cross Country Championships. The training focused on building fitness, endurance and overall race readiness ahead of the national competition.

Six Khulasande Sports Development (KSD) beneficiaries for the ASA National Cross Country Championships:

- **Lulibo Dike**
- **Axolile Mbaqa**
- **Obonayo Nonzinyana**
- **Ndikhokhele Mbuyazwe**
- **Amahle James**
- **Yolani Kokwe**

Preparations for the National Cross Country Championships are well underway, with **Coach Thando Loliwe** and **Coach Mandisa (Mandy) Ngayi** appointed to accompany and support the beneficiaries throughout the competition. KSD will provide transportation for the beneficiaries and coaches, ensuring that the team can travel safely and comfortably to Pretoria.

The office has also successfully coordinated and covered the necessary travel arrangements, including flights for all beneficiaries and coaches, accommodation, meals, and other travelling expenses. Vehicles have also been arranged for the coaches to travel between their accommodation and the competition venue during the championships.

These arrangements reflect KSD's commitment to supporting its beneficiaries and coaches by ensuring that the team is well prepared and has the necessary support to participate in the ASA National Cross Country Championships. This allows the athletes to remain focused on their competition while representing Khulasande Sports Development with pride.

AREAS FOR SUPPORT

The main outstanding need is proper training and competition running shoes for athletes who do not have suitable footwear.

In particular, Amahle James and Obonayo Nonzinyana require appropriate running shoes for the National Championships.

No additional equipment or resources are currently required beyond the need for suitable running shoes.

CONCLUSION

Overall, the month focused on the athletes' participation in the **Border Athletics (BORA) Provincial Cross Country Championships**, which served as an important step towards qualification for the **ASA National Cross Country Championships**.

Despite challenges with the Provincial Championship Results, the athletes continued to demonstrate commitment and determination.

Following the Provincial Championships, **Six KSD Beneficiaries qualified for the ASA National Cross Country Championships**, and preparations are now underway to support them for the upcoming competition





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