



20
26

August MONTHLY REPORT



Grassridge

**KHULASANDE SPORTS
DEVELOPMENT**



INTRODUCTION

Coach Viwe Teko led the training programme at the Grassridge Hub, with the main focus on preparing athletes for the **ASA National Cross Country Championships**.

Throughout the month, the programme focused on developing **strength, endurance, speed endurance, race pace, recovery, and overall competition readiness**. Training sessions were structured to ensure that athletes were physically and mentally prepared for the demands of the championships.

The athletes showed dedication, commitment, and consistency throughout the month. Their continued effort during training demonstrated their determination to improve their performances and be well prepared for the **ASA National Cross Country Championships**.

KEY FOCUS AREAS

The main focus during the month was on preparing athletes for the **ASA National Championships, with training sessions designed to improve race pace, speed, strength, recovery, and overall fitness**.

At the same time, the team dedicated significant effort to the planning and execution of the 5th Annual Khulasande 10km Charity Run, ensuring that all necessary preparations were in place for the successful delivery of the event.

The month therefore reflected a balance between athlete development and the successful coordination of a major Khulasande community event.

TRAINING PROGRAMME

Training included race-pace sessions, speed work, strength training, easy running, run-throughs, Pilates recovery, and scheduled rest. The championship preparation included 2 × 5 minutes at race pace with full recovery, 4 × 80m at 70%, strength training, a 40-minute easy run followed by 6 × 100m run-throughs, Pilates recovery, and rest before the EPA Championships.



MONTHLY HIGHLIGHTS

Site Visit - Linkside High School (18 August 2026)

On 18 August 2026, a site visit was conducted at Linkside High School, where the athletes gathered for a joint training session. Athletes had the opportunity to train together with participants from other sites, which created a positive and energetic training environment. The athletes were excited and motivated to train together, and the session was completed successfully without any challenges. Overall, the training went well, with good participation and enthusiasm from the athletes.

Khulasande 10km Charity Run (22 August 2026)

The 2026 Khulasande 10KM Charity Run was successfully held on 22 August 2026 at Linkside High School, bringing together 800+ participants across the 10KM Road Race, 5KM Fun Run/Walk and 1KM Toddler Dash. The event promoted healthy living, community participation and youth development while raising awareness and support for the Khulasande Wonder Kids Programme. Despite windy conditions and turnout being below the 1,000-participant target, the event was successfully delivered with the support of volunteers, marshals, officials, sponsors, partners, families and community members.

The following athletes from Grassridge have been selected to represent **Eastern Province Athletics** at the **Athletics South Africa National Cross Country Championships**:

- **Aphelele September**
- **Kim-shay Goliath**
- **Achumile Mngcangaza**

Preparations for the National Cross Country Championships are well underway, with Coach Viwe Teko 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.

CROSSCOUNTRY CHAMPIONSHIPS RESULTS – NMU – (8 AUGUST 2026)

Race	Athlete	Position	Category	Time
Race 10	Aphelele September	5	23M	12:23.256
Race 10	Xhanti Botchwav	36	23M	16:27.436
Race 7	Kimshay Goliath	4	G17	16:38.110
Race 7	Siviwe Jack	18	G16	19:06.539
Race 7	Amyolise Kona	21	G14	19:31.712
Race 9	Sihle Mtabati	12	B17	23:08.798
Race 9	Ahlumile Noda	15	B16	23:21.321
Race 9	Zeenith Hawkins	20	B17	24:49.465
Race 8	Achumile Mangcangaza	6	B15	14:05.772
Race 8	Elario Vaaltyn	15	B14	14:56.747

POSITIVE OUTCOMES

The month produced encouraging results:

- All participating athletes at the EPA Championships achieved personal bests, demonstrating the progress made through their training, dedication, and commitment throughout the season.
- Although most of the other athletes did not achieve the required qualifying standards, Aphelele September, Achumile Mangangaza, and Kim-Shay Goliath successfully qualified, reflecting their strong performances and consistent preparation.
- The remaining athletes also showed considerable improvement in their performances, highlighting positive development and progress throughout the season.
- The KSD 5th Annual 10KM Charity Run was a major success, attracting more than 800 participants. The successful turnout and execution of the event highlighted the programme's growing community impact and provided an excellent opportunity for the athletes to participate in and contribute to a meaningful sporting initiative.

NEGATIVE OUTCOMES

- Three athletes from the Grassridge Hub qualified, but only two will travel to Pretoria. Achumile Mangangaza will unfortunately miss the ASA National Cross Country Championships due to difficulties obtaining a replacement birth certificate, resulting in insufficient documentation for registration.



AREAS FOR SUPPORT

- Running shoes for Emihle Vakalisa & Avenathi Antoni

CONCLUSION

The month was progressive for the Grassridge Hub, with continued efforts towards developing the athletes' fitness, skills, consistency, and competitive readiness. Although the qualifying requirements were not fully met, the progress made throughout the month provided valuable experience and a strong foundation for future improvement.

A major highlight was the successful **KSD 5th Annual 10KM Charity Run**, which was well executed and provided the athletes with an opportunity to participate in a meaningful community event. Going forward, the focus will remain on maintaining consistent training, improving performance, and preparing the athletes for up-coming Cross Country Championships.



EPA Provincial Selection Letter for ASA NATIONAL CROSS COUNTRY CHAMPIONSHIPS



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ASA NATIONAL CROSS COUNTRY CHAMPIONSHIPS - 5 SEPTEMBER 2026

17 August 2026 The Principal / Chairperson / Club Chairperson Grassridge

Dear Sir / Madam

RE: CONGRATULATIONS - EPA CROSS COUNTRY TEAM SELECTED FOR ASA NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Eastern Province Athletics (EPA) is pleased to inform you that the following athlete(s) from Grassridge have been selected to represent Eastern Province at the ASA National Cross-Country Championships, which will take place on 5 September 2026 in Pretoria.

No.	Athlete	Age Category / Event
1	Achumile Mangcangaza	Boys U/15
2	Aphelele September	U/23 Men
3	Kim-Shay Goliath	Girls U/17

EPA would like to extend our sincere congratulations to each of these athletes on this outstanding achievement. Their selection reflects their commitment, hard work and dedication to cross country athletics.

We also congratulate the school/club, coaches and support structures who have contributed to the athletes' development and success. We trust that they will represent Eastern Province with pride and distinction at the National Championships.

We wish the athlete(s) every success for the championships and look forward to seeing them proudly represent Eastern Province.

Kind Regards

MBuitendagh

Melanie Buitendagh
Senior Administrator
Eastern Province Athletics

Entries - for EPA Crosscountry Championships (NMU) – 8 August 2026

EPA Cross Country Bulk Entry Form EPA Championships						Team Manage Viwe Teko Cell Number 067 039 2639 School/Club Khulasande Grassridge					
Name	Surname	Year of Birth	Month	Day	Lic Nr	Age	Gender Male/female	Age Cat	Distance Race	Race Number	Amount
Aphelele	September	2004	7	31	162	22	Male	23M	4 km		40
Emihle	Vakalisa	2005	10	19	TEMP	19	Male	23M	4 km		20
Khanti	Botchway	2007	9	14	40419	20	Male	23M	4 km		40
Zeenith	Hawkins	2010	4	14	TEMP	16	Male	B16	6 km		20
Sihle	Mtabati	2009	1	26	TEMP	17	Male	B17	6 km		20
Kim-Shay	Goliath	2009	10	17	40548	17	Female	G17	4 km		20
Siviwe	Jack	2010	4	28	TEMP	16	Female	G16	4 km		20
Jasmin	Mofit	2011	7	26	TEMP	15	Female	G15	4 km		20
Amyolise	Kona	2011	9	1	TEMP	14	Female	G15	4 km		20
Ahlumile	Noda	2010	4	17	TEMP	16	Male	B16	6 km		20
Elario	Vaaltyn	2012	4	13	TEMP	14	Male	B14	4 km		20
Achumile	Mangcangaza	2011	8	13	TEMP	14	Male	B15	4 km		20
										Total: R	280

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



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