



Khulasande
wonder kids

20
26

September MONTHLY REPORT



Chaba

**KHULASANDE SPORTS
DEVELOPMENT**



INTRODUCTION

September started on a high note for the Donqaba and Soto Hub with the ASA National Cross Country Championships, which marked the final event of the Cross Country season. One beneficiary proudly secured a National Bronze Medal, bringing the season to a strong close.

Following the conclusion of the Cross Country season, beneficiaries participated in a Track and Field event during the reporting period, marking the transition into the final phase of the programme.

KEY FOCUS AREAS

The focus during the month was on concluding the Cross Country season and supporting beneficiaries' participation in Track and Field activities.

Training focused on:

- Maintaining fitness following the Cross Country season.
- Speed and endurance development.
- Running technique and event-specific skills.
- Starting block techniques for sprint events.
- Field event technique and preparation.
- Recovery and a gradual return to structured training.

TRAINING PROGRAMME

Activity / Focus Area	Description
Speed Training	Developed sprint performance, acceleration and overall running speed.
Starting Block Practice	Improved starting technique, reaction and positioning for sprint events.
Track Event Technical Drills	Focused on improving technique and execution for various track events.
Field Event Training	Developed technical skills and event-specific abilities for field events.
Recovery Sessions	Supported athlete recovery following the Cross Country season and prepared athletes for the next training phase.
General Conditioning & Fitness	Maintained overall fitness, strength and physical conditioning.
Competition Preparation	Prepared athletes for Track and Field League 1 and other upcoming competitions.
Athlete Adaptation	Gradually introduced athletes to the demands of Track and Field while continuing to develop their physical and technical abilities.

POSITIVE OUTCOMES

- Athletes demonstrated good participation, commitment and progress throughout the reporting period. Several athletes showed improvement in their performances, with some achieving personal best results during competition.
- A notable achievement was Mbalentle Adam, who secured 1st place in the Long Jump at Track and Field League 1.
- Another significant achievement was recorded by Lulibo Dike, who achieved a qualifying time of 3 minutes 58 seconds in the Boys U/11 1200m at the ASA National Crosscountry Championships.
- Singalaka also became more active in the programme and demonstrated encouraging improvement and participation during training.
- Overall, the athletes showed positive development as they transitioned from Cross Country into Track and Field, with improvements evident in their participation, confidence, technical skills and competition performance.

NEGATIVE OUTCOMES

- The programme experienced several challenges during the reporting period.
- Heavy rainfall affected the training schedule and made it difficult to conduct sessions consistently.
- Weather conditions disrupted some planned activities and affected the overall training programme.
- A further challenge was the limited availability of athletics equipment at Border Athletics.
- The shortage of equipment affected the ability to practise and compete in certain field events effectively.
- The uncertainty surrounding the continuation and sustainability of the Khulasande programme has also affected morale and planning.
- The possibility of the programme closing remains a concern for athletes and the wider community, particularly because continued coaching and development opportunities are important to the athletes.

HIGHLIGHTS OF THE MONTH

ASA National Cross Country Championships- Curro Hazeldean Pretoria (5 September 2026)

Athletes from the Donqaba and Soto Hubs participated in the ASA National Cross Country Championships held at Curro Hazeldean, Pretoria, on 5 September 2026, they also got new running shoes. A key highlight was Lulibo Dike, who achieved an outstanding 3rd-place finish in the 1200m event, returning home with a well-deserved bronze medal.

Track and Field League 1 – East London Jan Smuts (24 September 2026)

Athletes participated in Track and Field League 1, held at Jan Smuts Stadium, East London, on 24 September 2026. A notable achievement was Mbalentle Adam, who secured 1st place in the Long Jump, marking an excellent performance for the programme.

- Coach Thando created a donation poster to support Lulibo Dike in obtaining the spikes needed for his upcoming competitions.



AREAS FOR SUPPORT

The programme requires continued support to ensure that athletes can maintain their development and participate effectively in upcoming competitions. Key needs include:

- Turbo Javelins for training and competition preparation.
- Continued support for the sustainability of the Khulasande programme.
- Ongoing leadership and involvement from Mr Thoba-Mdyesha to ensure that athletes continue receiving coaching, development opportunities and support.
- Continued access to appropriate athletics equipment for both track and field events.



CONCLUSION

September marked a successful transition from Cross Country into Track and Field preparation, with athletes training consistently to develop their speed, technique, fitness and event-specific skills.

Strong performances at Border Athletics Track and Field League 1 demonstrated this progress. Mbalentle Adam secured first place in Long Jump, while Lulibo Dike recorded an outstanding 03:58.00 in the Boys U/11 1200m—a qualifying time for the ASA National Sub-Youth Championships in December.

Despite challenging weather and uncertainty about the programme's future, the athletes remained committed. However, the exhaustion of allocated funding has brought the programme to a close at a critical stage of their development. Without additional funding, regular coaching, athlete monitoring and competition support will cease, putting their continued progress and national championship preparation at risk.

We appeal to our funding partners to help sustain the opportunities their investment has created. Continued organisational and material support would enable these young athletes to build on their achievements and pursue the next stage of their development.

They have worked hard to earn these opportunities. Let us help ensure they can take them.



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