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September

MONTHLY REPORT

Grassridge

**KHULASANDE SPORTS
DEVELOPMENT**

INTRODUCTION



The reporting period marked the final phase of the Khulasande Focused Cross Country Programme, with emphasis on preparing qualifying athletes for the ASA National Cross Country Championships in Pretoria and supporting the transition into the Track and Field season.

The national championships represented the culmination of six months of structured training and support, giving athletes the opportunity to demonstrate their progress on a national stage. Their participation underscored the value of sustained investment in young talent and provided a meaningful conclusion to the programme.



KEY FOCUS AREAS

The focus was on final competition preparation, athlete readiness and support, alongside the transition into the Track and Field season.

Aphelele September and Kim-shay Goliath represented the programme at the ASA National Cross Country Championships in Pretoria. On their return, they rejoined the squad to compete in Track and Field League 1.



TRAINING PROGRAMME

The programme focused on final preparations for the national championships and the transition into the Track and Field season. Coaches continued to guide and support the athletes through training, competition preparation and participation.

The programme also provided athletes with opportunities to travel, attend competitions and visit different places outside their usual communities.

Athletes received valuable support through assistance with running shoes, clothing and other competition-related needs, which contributed positively to their participation and confidence.



MONTHLY HIGHLIGHTS



Khulasande
wonder kids

ASA National Crosscountry Championships - Curro Hazeldean (5 September 2026)

- A major highlight of the month was the athletes' participation in the ASA National Cross Country Championships, held at Curro Hazeldean in Pretoria on 5 September 2026. Some of the selected athletes was their first time to compete at a national championship, making it a significant achievement. The experience provided them with valuable exposure, excitement, and an opportunity to compete at a higher level, they were also bought new running shoes.

Track & Field League 1 - Westbourne Oval (12 September 2026)

Athlete	Age Group	Event	Position	Time	Points	Medal
Sihle Mtabati	Men U20	200m	4th	24.1	6	—
Sihle Mtabati	Men U20	400m	2nd	53.4	6	Silver
Kim-Shay Goliath	Women U20	800m	1st	2:38.30	8	Gold
Sihle Mtabati	Men U20	800m	6th	2:15.70	3	—
Aphelele September	Men U23	800m	1st	2:05.90	8	Gold
Kim-Shay Goliath	Women U20	1500m	1st	5:28.40	8	Gold
Aphelele September	Men U23	1500m	1st	4:14.20	8	Gold
Aphelele September	Men U23	3000m	2nd	8:51.00	7	Silver

EPA Primary Schools Track & Field League 1 - Westbourne Oval (5 September 2026)

Athlete	Age Group	Event	Position	Time	Points	Medal
Zinathi Agbamoro	Girls 11	80m	1st	11.4	8	Gold
Zinathi Agbamoro	Girls 11	100m	1st	14.5	8	Gold
Zinathi Agbamoro	Girls 11	Long Jump	1st	4.01m	8	Gold

Zinathi has qualified for the ASA National Sub-Youth Championships to be held in Potchefstroom (5-6 December 2026)

COACH DEVELOPMENT ACHIEVEMENT – VIWE TEK0

Viwe Teko successfully obtained his Athletics South Africa (ASA) Level 2 Coaching Certificate on 29 September 2026, marking an important milestone in his continued development as an athletics coach.

The achievement was particularly noteworthy as Viwe did not simply meet the required standard — he achieved the highest overall mark of 92% in a class of 16 coaches drawn from across the Eastern Cape. This reflects both his strong understanding of the course content and his commitment to developing his technical and practical coaching knowledge.

Viwe has been actively involved in the delivery of the Khulasande Sports Development programme, particularly in the development of middle- and long-distance athletes. His Level 2 qualification therefore represents more than an individual achievement: it strengthens the technical coaching capacity available within the programme and improves the quality of support provided to developing athletes.

The qualification also supports KSD's broader commitment to investing in coaches as a sustainable means of developing athletes. By improving the knowledge, competence and qualifications of coaches working directly with young athletes, the programme creates benefits that extend beyond a single season or group of participants.

Viwe's achievement is a strong example of this approach in practice. His progression to ASA Level 2 provides him with an enhanced foundation from which to plan, periodise, deliver and evaluate training programmes, while continuing to develop athletes within an appropriate long-term development pathway.

Key achievement:

ASA Level 2 Qualified Coach | 92% | Highest-performing candidate among 16 coaches

This is both a significant personal achievement for Viwe and a valuable addition to the coaching capacity and long-term legacy of the Khulasande Sports Development programme.



POSITIVE OUTCOMES

- The athletes showed great commitment and achieved positive results during the final competitions.
- Participation in the ASA National Cross Country Championships was a significant achievement, particularly as it gave the athletes exposure to a national-level competition and allowed them to compete alongside athletes from different areas.
- The athletes also gained valuable life experiences through travelling, attending competitions and being exposed to new environments.
- They were very happy with their involvement in the Khulasande Wonder Kids Programme and appreciated the opportunities, support and guidance provided by the coaches and programme team.
- The provision of running shoes, clothing and other support helped athletes feel more prepared and confident when participating in competitions.
- The coaches also played an important role in guiding the athletes, monitoring their development and encouraging them throughout the programme.
- Viwe Teko successfully obtained his ASA Level 2 Coaching Certificate, strengthening the programme's coaching capacity.

NEGATIVE OUTCOMES

- The programme concluded as its allocated funding was exhausted, leaving promising young athletes without continued programme support at a critical stage of their development.
- Without additional funding, regular coaching, athlete monitoring and competition support will cease, placing further progress—and preparation for the December ASA National Sub-Youth Championships—at risk.

AREAS FOR SUPPORT

- The allocated funding has been fully utilised, bringing the Wonder Kids Programme to a close while promising athletes still need coaching, competition opportunities and essential resources.
- Some athletes have already qualified for the ASA National Sub-Youth Championships in December. Bridging funding would help sustain their preparation and support travel, accommodation and competition needs.
- Continued investment would protect the progress achieved and allow ongoing athlete monitoring and development.

CONCLUSION

The Khulasande Focused Cross Country Programme concluded with athletes showcasing six months of development at the ASA National Cross Country Championships. Their transition into the Track and Field season demonstrates the importance of maintaining support across successive competition opportunities.

Beyond performance, the programme offered young athletes opportunities to travel, experience new environments and build confidence. Coaching, encouragement and access to running shoes and clothing helped them participate and grow.

The programme closes because its funding has ended, while its athletes continue to show promise. With some already qualified for the December national championships, the loss of support comes at a critical moment.

We appeal to our funding partners to help these athletes build on what they have achieved. Their progress is evidence of what your investment has made possible; continued support can help them go further.





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