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September

MONTHLY REPORT



Waainek

**KHULASANDE SPORTS
DEVELOPMENT**



INTRODUCTION

September started on a high note for Waainek with the ASA National Cross Country Championships, which marked the final event of the Cross Country season.

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.

FOCUS

The first part of the month focused on Cross Country Championship preparation, particularly:

- Hill training and endurance development
- Long-distance running
- Aerobic conditioning
- Strength and stamina
- Mental preparation for competition

The programme then transitioned into Track and Field training, with the focus shifting towards:

- Running mechanics and technique
- Speed and speed endurance
- General strength and core power
- Balance and body control
- Endurance and recovery
- Adapting to the new Track and Field programme

TRAINING PROGRAMME

During the Cross Country preparation phase, athletes completed structured endurance sessions, including 12 x 600m hill repetitions and 60-minute long runs. These sessions were designed to develop an aerobic base, improve stamina and prepare athletes for the physical demands of championship racing.

Following the transition to Track and Field, training sessions included dynamic movements, form drills, speed work, strength exercises and recovery sessions. Activities included:

- Slow jogs and dynamic stretching
- Running form and technique drills
- 6 x 40m sprints for acceleration and speed development
- 4 x 80m runs at 80% intensity
- 3 x 150m runs at 90% intensity for speed endurance
- 60-minute general strength sessions
- Squats, lunges and planks
- 60-minute light recovery jogs
- Core, balance and stability exercises

The structured programme allowed athletes to gradually adapt to the different demands of Track and Field while maintaining the fitness developed during the Cross Country phase.



MONTHLY HIGHLIGHTS

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. 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, and they were also bought new running shoes.

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

Athlete	Age Group	Event	Position	Time	Points	Medal
Lathitha Ntsunguzi	Men U20	800m	2nd	2:04.20	7	Gold
Lathitha Ntsunguzi	Men U20	1500m	1st	4:28.80	8	Gold
Lathitha Ntsunguzi	Men U20	3000m	1st	9:56.00	8	Gold

POSITIVE OUTCOMES

- The athletes demonstrated noticeable physical and mental development throughout the month.
- Their endurance, strength, speed, fitness and overall confidence improved as they progressed through the training sessions.
- The Cross Country Championships were an important learning experience, particularly for athletes attending a championship for the first time.
- Although some athletes initially felt nervous when they arrived at an unfamiliar competition venue, they adapted to the environment and gave their best effort once their races began.
- The transition to Track and Field has also been positive.
- Athletes are gradually adapting to the new programme, training structure and expectations. They have shown improved confidence, time management and willingness to participate in different types of training.
- The programme has also contributed to the athletes' personal development.
- Their involvement in sport has helped strengthen self-esteem, discipline, confidence and determination.
- The athletes have been exposed to experiences and opportunities that encourage them to look beyond their current circumstances and recognise their potential.

NEGATIVE OUTCOMES

- The main challenge during the month was inconsistent attendance.
- Not all athletes attended every scheduled training session, which affected the continuity of training and made it more difficult for some athletes to benefit fully from the programme.
- Another challenge was the adjustment to the new Track and Field programme.
- As athletes are still becoming familiar with the new training structure, some have expressed uncertainty about the programme and concerns about its continuation.



IN NEED OF:

The programme requires additional equipment to improve the quality of training and assist coaches in monitoring athlete performance. The main resources needed are:

- Training running shoes to support safe and effective training.
- Smart watches to monitor running time, distance, pace and overall training performance.

These resources would assist coaches in tracking athlete progress and making training sessions more structured and performance-based.



IMPACT OF THE PROGRAMME ON ATHLETES

The programme's impact extended beyond physical fitness and sporting performance. Through consistent training, encouragement and competition, athletes developed greater confidence, discipline, self-esteem and belief in their abilities.

The Cross Country experience offered opportunities to travel, compete in unfamiliar environments and face new challenges. Overcoming initial nervousness helped athletes recognise their ability to adapt, persevere and perform beyond familiar surroundings.

For young people whose circumstances can limit access to opportunities, the programme broadened their sense of what is possible. Sport became a platform for personal growth, exposure and aspirations that reached beyond the athletics field.

The conclusion of funding therefore means more than the loss of training sessions. It brings an end to a supportive environment that nurtured talent, built character and gave young athletes reasons to believe in their future. Continued support would help protect both their sporting progress and the confidence to pursue opportunities they once thought beyond their reach.

- The programme also created meaningful work and income opportunities for local youth coaches, enabling them to develop their coaching and personal skills while supporting themselves and their families.
- Travelling with athletes to competitions within and beyond the province broadened the coaches' horizons and provided valuable experience in athlete support and competition preparation.
- The programme's closure therefore affects both athletes and the young coaches who guided them. It removes a source of income and an opportunity to gain practical experience and build a future in sport. Continued funding would sustain athlete development while preserving livelihoods and growing coaching capacity within these communities.

CONCLUSION

The month was productive and meaningful, with athletes progressing through both the Cross Country Championship preparation phase and the transition into Track and Field. The Cross Country training, particularly the 12 x 600m hill sessions and 60-minute long runs, helped develop the endurance, strength and mental preparation required for competition. The championship experience further challenged the athletes to overcome uncertainty and perform in an unfamiliar environment.

The transition into Track and Field has introduced new training demands, including speed development, running mechanics, strength, core stability, balance and speed endurance. Athletes are gradually adapting to the programme and showing encouraging physical and mental development.

Although inconsistent attendance remains a challenge, the athletes who participate consistently continue to demonstrate commitment and progress. Most importantly, the programme continues to have an impact beyond sport. It is contributing to the development of self-esteem, discipline, confidence, hope and determination among the athletes. Seeing the athletes grow, adapt to new challenges and believe more strongly in their abilities demonstrates the value of providing continued sporting opportunities.

The continued support of the programme, together with the provision of appropriate equipment such as training shoes and smart watches, will assist athletes and coaches in maintaining their development and working towards future sporting and personal goals.



Entries - for Track & Field League 1 – (12 September 2026)

Waainek Athletes								
Surname	Name	Gender	D.O.B	Age	Lic No.	Event 1	Event 2	Event 3
Cunge	Emihle	M	8/9/2006	U23	162	800m	1500m	3000m
Ntsunguzi	Lathitha	M	22-03-2008	U20		800m	1500m	3000m





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