CURRICULUM VITAE: **Lindikhaya Mthangayi**



**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Lindikhaya Mthangayi

**DATE OF BIRTH:** 4 June 1979

**CLUB:** Nedbank Running Club WPA

**NATIONALITY:** South African

**EMAIL / CONTACT:** 083 743 1996

**PERSONAL BEST TIMES**

**Distance Time Venue Year**

1500 Metres 3:47.42 Bellville (RSA) 2002

5000 Metres 13:41.96 Durban (RSA) 2002

10,000 Metres 29:20.30 Stellenbosch (RSA) 2005

10 Kilometres 28:24 Stellenbosch (RSA) 2009

15 Kilometres 45:43 Cape Town (RSA) 2004

Half Marathon 1:01:32 Port Elizabeth (RSA) 2009

Marathon 2:20:46 Durban (RSA) 2009

Two Oceans 56km 3:21:30 Cape Town (RSA) 2019

Comrades 6:33:11 Pietermaritzburg (RSA) 2018

**Best Performances 2019**

Peninsula Marathon, Simon's Town (RSA) 2:27:01, 1st

Two Oceans 56km 3:21:30, 13th

**Best Performances 2018**

Cape Town Marathon 2:21:17

Two Oceans 56km 3:28:06