



CURRICULUM VITAE: MTHANDAZO QHINA



PERSONAL DETAILS

FIRST NAME / SURNAME: Mthandazo Qhina
DATE OF BIRTH: 25 September 1977
CLUB: Nedbank Running Club CT (WP)
NATIONALITY: South African
CONTACT / TWITTER: 0722978068 / @Qhinarunner
FACEBOOK: MTHANDAZO QHINA(TAYLOR)

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	29:53	Cape Town (RSA)	2017
15 km Road	45:27	Eerstrivier (RSA)	2015
Half Marathon	1:05	Mosselbay (RSA)	2017
Marathon	2:17:11	Cape Town (RSA)	2012
Marathon	2:17:43	Cape Town(RSA)	2015

Best Performances 2018

Nantes 10km 30:44
 Hohenort 15km 48:11
 SA Half Marathon Champs (PE) 1:07:00
 Cape Town Marathon (SA Champs) 2:20:32

Best Performances 2017

Mosselbay Bay 21.1km 1:05
 Dublin Marathon 2:25

Best Performances 2016

Cape Town Marathon 2:20

Best Performances 2015

Two Oceans 56km Ultra Marathon 4th

Other Achievements

4 Two Oceans Gold medal.
 Western Province Male Road Runner of the Year (2018)(2015)(2014)(2013)(2012)



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