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**

**Distance Time Venue Year**

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

Two Oceans 56km 3:10:02 Cape Town (RSA) 2013

**Best Performances 2019**

Medihelp Tekkie Challenge 10km Cape Town 31:41, 3rd

Avbob Eersterivier 15km Eersterivier 47:35, 1st

Nelson Mandela Bay Half Marathon Port Elizabeth 1:07:57

Two Oceans Marathon (RSA) 56km 3:17:29, 6th

Peninsula Marathon Simon's Town 2:30:44, 3rd

Sanlam Cape Town Marathon Cape Town 2:23:57

**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)