

CURRICULUM VITAE: Keano Qwili

PERSONAL DETAILS

FIRST NAME / SURNAME: Keano Qwili
DATE OF BIRTH: 23 August 2005
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	31:05	Cape Town (RSA)	2025
21km	1:14:05	Heidelberg (RSA)	2024
42km	2h34	Johannesburg (RSA)	2022

Best Performances 2025

5000m- 14:28
 10km- 31:05

Best Performances 2024

21km- 1:14:05

Best Performances 2023

Cross Country Western Cape Champion

Best Performances 2022

Best Performances 2021



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