

**CURRICULUM VITAE: Nicholas Mpontshane**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Nicholas Mpontshane  
**DATE OF BIRTH:** 02 October 1974  
**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
Comrades	7h53	Kwa-Zulu Natal (RSA)	2016
Two Oceans	3h50	Cape Town (RSA)	2016

**Best Performances 2025**

Cross Country- Western Province

**Best Performances 2024**

10km- 37:00 Gugulethu  
 10km- 36:37 Labour Wise  
 21km- 81:00 Slave Route  
 42km- 3h09 Cape Town Marathon

**Best Performances 2023**

42km- 3h15 Winelands

**Best Performances 2022**

**Best Performances 2021**



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