

**CURRICULUM VITAE: Sihle Mapukata**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Sihle Mapukata  
**DATE OF BIRTH:** 23 August 1976  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
5km	15:25	Wilderness (RSA)	2021
10km	31:30	Cape Town (RSA)	2021
21km	72:56	Paarl (RSA)	2021
42km	2h34	Johannesburg (RSA)	2022
Two Oceans	03h24	Cape Town (RSA)	2022

**Best Performances 2025**

Cross Country- 3<sup>rd</sup> Place- WP Championship Veteran  
 3000m Steeple Chase- 1<sup>st</sup> Place- Western Province Masters  
 5000m- 2<sup>nd</sup> Place- Western Province Masters  
 1500m- 2<sup>nd</sup> Place- Western Province Masters  
 800M- 2<sup>nd</sup> Place- Western Province Masters  
 1000m- 1<sup>st</sup> Place SAMA- SA Masters Championship  
 3000m Steeple Chase- 2<sup>nd</sup> Place SAMA- SA Masters Championship  
 1500m- 3<sup>rd</sup> Place SAMA- SA Masters Championship  
 Red Hill 13km- 2<sup>nd</sup> Place Veteran  
 Winelands 10km- 1<sup>st</sup> Place Veteran

**Best Performances 2024**

**Best Performances 2023**

**Best Performances 2022**

**Best Performances 2021**



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