

CURRICULUM VITAE: Zintle Xiniwe

PERSONAL DETAILS

FIRST NAME / SURNAME: Zintle Xiniwe
DATE OF BIRTH: 23-10-1986
CLUB: Nedbank Running Club WPA
NATIONALITY: South African

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10km	35:27	Cape Town	2022
21km	1:17:33	Gqeberha SA Champs	2021
42.2km	2:42:35	Cape Town	2021
50km	3:27	Gqeberha	2023
Two Oceans 56km Comrades Marathon			

Best Performances 2025

Weskus Marathon 21km 1:29:12

Best Performances 2024

Slave Route 21km 1:24:21
 Weskus Marathon 42km 02:50:25

Best Performances 2023

Gun Run 21km 1:19:37
 Nedbank Runified 50km 03:27

Best Performances 2022

ABSA RYC CPT 10km 35:27

Best Performances 2021

Cape Town Marathon 42km 02:42:35
 RCS Youth Day Race 10km 37:56
 ABSA RYC CPT 10km 36:37



Nedbank Running Club - Administrative Head Office
 Tel: (012) 541 0577
 Fax: (012) 541 3752
www.nedbankrunningclub.co.za

