

Athletes Profile

Name: Gladwin Mzazi

Club: Boxer

Personal Best Performances

800 Metres	01:56.1	Pretoria (RSA)	13-Feb-15
1500 Metres	03:44.7	Johannesburg (RSA)	01-Mar-18
3000 Metres	07:50.9	Metz (FRA)	27-Jun-11
5000 Metres	13:24.5	Stellenbosch (RSA)	20-Mar-12
10,000 Metres	27:56.9h	Stellenbosch (RSA)	25-Apr-15
5 Kilometres	14:13	Johannesburg (RSA)	11-Jun-17
10 Kilometres	28:22:00	Cape Town (RSA)	12-Oct-14
12 Kilometres	34:10:00	Cape Town (RSA)	21-May-17
12 Kilometres	34:09 *	Cape Town (RSA)	15-May-16
15 Kilometres	44:38:00	Pretoria (RSA)	16-Aug-14

Best Performances 2021

Date	Competition	Cnt.	Pl.	Result
27-Feb-21	CGA Open Meet Two, Stadium, Boksburg 500m	RSA	1	14:33.0
27-Mar-21	CGA Ch., Stadium, Boksburg 500m	RSA	2	14:15.1
26-Jun-21	NMBM 10km Series 4, Port Elizabeth	RSA	3	29:45:00
24-Sep-21	Joburg 10K CITYRUN, Johannesburg	RSA	2	30:07:00
02-Oct-21	NMB Gelvandale 15km, Port Elizabeth	RSA	3	44:50:00
01-May-21	Nelson Mandela Bay Half Marathon, Port Elizabeth	RSA	13	1:03:02
17-Oct-21	Sanlam Cape Town Marathon, Cape Town	RSA	45	2:22:35