



CURRICULUM VITAE: Lindikhaya Mthangayi

PERSONAL DETAILS

FIRST NAME / SURNAME: Lindikhaya Mthangayi
DATE OF BIRTH: 4 June 1979
CLUB: Nedbank Running Club WPA
NATIONALITY: South African
CONTACT: 083 743 1996

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
1500 Meters	3:47.42	Bellville (RSA)	2002
5000 Meters	13:41.96	Durban (RSA)	2002
10,000 Meters	29:20.30	Stellenbosch (RSA)	2005
10 Kilometers	28:24	Stellenbosch (RSA)	2009
15 Kilometers	45:43	Cape Town (RSA)	2004
Half Marathon	1:01:32	Port Elizabeth	2009
Marathon	2:20:46	Durban (RSA)	2009
Two Oceans 56km	3:21:30	Cape Town (RSA)	2019
Comrades	6:33:11	Pietermaritzburg	2018

Best Performances 2020

Cape Peninsula Marathon, Cape Town 2:18:02, 1st

Best Performances 2019

Peninsula Marathon, Simon's Town (RSA) 2:27:01, 1st
Two Oceans 56km 3:21:30, 13th
OUTsurance Gun Run Half-Marathon & 10K, Cape Town 1:04:56, 4th
NMBM Legacy Project Human Rights 30K, Uitenhage 1:35:01, 2nd
Sanlam Cape Town Marathon, Cape Town 2:18:06, 19th

Best Performances 2018

Cape Town Marathon 2:21:17
Two Oceans 56km 3:28:06



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