


# MakhosiMhlongo's Athletics Profile

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## Personal details

<b>Name</b>	:Makhosi Ladyfair
<b>Surname</b>	:Mhlongo
<b>Date of birth</b>	: 03 January 1982
<b>Gender</b>	: Female
<b>ID number</b>	: 820103 0635 086
<b>Coach</b>	: John Hamlet
<b>Contact details</b>	: 0614687796
<b>Email address</b>	: khosigal7@gmail.com
<b>National representative</b>	: Southern region half marathon – 2015
<b>Event Speciality</b>	: 42,2 km and ultra marathon
<b>Country</b>	: 

## Personal bests

<b>Distance:</b>	<b>Time</b>	<b>Venue</b>	<b>Year</b>
21,1km	1:15:44	Port Elizabeth	2018
42,2km (Sanlam)	2:44	Cape Town	2018
5000m	17: 11	Durban	2016
10 km Road	34:40	Umtata	2013
Half Marathon	1: 18	Pretoria	2014
Marathon	2: 46	Cape Town	2015

## **Best Performances**

<b>Distance</b>	<b>Time</b>	<b>Year</b>
5000m Track	17:39 (2 <sup>nd</sup> )	2021
21,1km Zabalaza	1:21 (1 <sup>st</sup> place)	2020
42,2km Harry Gwala	2:49 (3 <sup>rd</sup> place)	2020
25km PDAC	1:31 (1 <sup>st</sup> place)	2019
21,1km TWC Mchunu	1:18 (5 <sup>th</sup> place)	2019
42,2 km Harry Gwala	2:55 (3 <sup>rd</sup> place)	2019
Grand Prix Spar ladies 10km	12 <sup>th</sup> place	2019
10km Spar ladies Pretoria	37:00 (9 <sup>th</sup> place)	2019

<b>Distance</b>	<b>Time</b>	<b>Year</b>
21,1km SA championships	1:17(12 <sup>th</sup> place&6 <sup>th</sup> SA athlete)	2019
10km SA championships	36:00 (8 <sup>th</sup> place)	2019
10km SA cross country championships	36:40(8 <sup>th</sup> place)	2019
42,2km Mandela marathon	3:08 (8 <sup>th</sup> place)	2019
42,2km Sanlam marathon	2:55 (13 <sup>th</sup> place, 6th SA athlete)	2019

OMTOM 56,6km	4:34	2018
10km P.E Ladies spar	38:04	2018
Durban City 10km	37:14(2 <sup>nd</sup> place)	2018
10kmNewcastle	36:40(1 <sup>st</sup> place)	2018

Distance	Time	Year
KZN 21km Championships (Save Orion)	1:20 (3 <sup>rd</sup> place)	2016
KZN 10km Championships	35:47 (2 <sup>nd</sup> place)	2016
10km uThungulu race	35:46 (2 <sup>nd</sup> place)	2016
42,2 km Mandela Marathon	3:16 (1 <sup>st</sup> SA&KZN)	2016
PMB Spar ladies 10km	37:58 (4 <sup>th</sup> place)	2016
42,2km SA Marathon Championships	2:57 (4 <sup>th</sup> place )	2016
Durban City Marathon	2:59(11 <sup>th</sup> place)	2016
Total Sport Ladies	37:07 (10 <sup>th</sup> place )	2016
S.A 21km Championships	1hr:19(14 <sup>th</sup> place)	2016

### Cross Country

S.A Championships	13 <sup>th</sup> Position 10km	2016
KZN Championships	1 <sup>st</sup> Position 10km	2016

Distance	Time	Year
42.2km SA Marathon Championships	2:47 (3 <sup>rd</sup> place & 1 <sup>st</sup> )	2015
42,2km Mandela Marathon	3hr:07 (5 <sup>th</sup> place,1 <sup>st</sup> SA&KZN )	2015
Southern region 21,1km LeSotho	1:44 ( 2 <sup>nd</sup> position)	2015
10km Pietermaritzburg spar ladies	36:16 (2 <sup>nd</sup> place )	2015

### Cross Country

S.A Championships	: 2 <sup>nd</sup> Position 10km	2015
KZN Championships	: 1 <sup>st</sup> Position 10km	2015

<b>Distance:</b>	<b>Time</b>	<b>Year</b>
SA 21km Championships	1:18 (1 <sup>st</sup> place)	2014
42,2km Mandela Marathon	3:14(12 <sup>th</sup> place )	2014
Pietermaritzburg spar ladies 10km	37 :20 (3 <sup>rd</sup> place )	2014

**Cross Country**

SA Championships 4km	2 <sup>nd</sup> Position 13:50	2014
KZN Championships 4km	1 <sup>st</sup> Position 14:00	2014

<b>Distance</b>	<b>Time</b>	<b>Year</b>
Mandela Marathon	3: 08 (5 <sup>th</sup> place)	2013
Heroes 10km	34:30 (3 <sup>rd</sup> place)	2013

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