

## Athletes Profile

**Name:** Melikhaya FRANS

**Club:** Ikhamva AC

### Personal Best Performances

Discipline	Performance	Place	Date
5000 Metres	14:01.9	Kings Park Athletics Stadium, Durban (RSA)	28-May-21
10 Kilometres	28:16:00	Port Elizabeth (RSA)	10-Apr-21
12 Kilometres	35:12:00	Cape Town (RSA)	21-Nov-21
15 Kilometres	44:29:00	Port Elizabeth (RSA)	02-Oct-21
Half Marathon	1:02:17	Port Elizabeth (RSA)	27-Jul-19
30 Kilometres	1:36:30	Uitenhage (RSA)	05-Mar-16
Marathon	2:11:28	Cape Town (RSA)	17-Oct-21

### Best Performances 2021

Date	Competition	Cnt.	Pl.	Result
28-May-21	Newton Classic Qualifier, Kings Park Athletics Stadium, Durban 5000m	RSA	5	14:01.9
27-Mar-21	NMBM Legacy Series 1 Colchester, Port Elizabeth 10k	RSA	1	29:39:00
10-Apr-21	NMBM Legacy Series 2 Colchester, Port Elizabeth 10k	RSA	1	28:16:00
26-Jun-21	NMBM 10km Series 4, Port Elizabeth	RSA	1	28:49:00
21-Nov-21	Cape Town 12K CITYRUN, Cape Town	RSA	6	35:12:00
02-Oct-21	NMB Gelvandale 15km, Port Elizabeth	RSA	2	44:29:00
01-May-21	Nelson Mandela Bay Half Marathon, Port Elizabeth	RSA	15	1:03:11
17-Oct-21	Sanlam Cape Town Marathon, Cape Town - South African Marathon Ch.	RSA	6	2:11:28