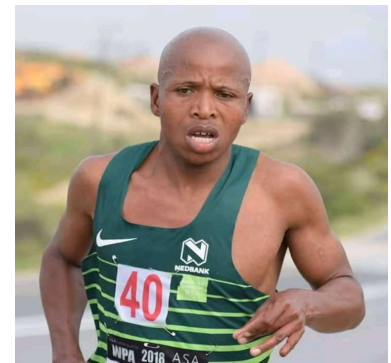




## CURRICULUM VITAE: MTHANDAZO QHINA

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Mthandazo Qhina  
**DATE OF BIRTH:** 25 September 1977  
**CLUB:** Nedbank Running Club CT  
**NATIONALITY:** South African  
**CONTACT:** 0722978068  
**TWITTER:** @Qhinarunner  
**EMAIL:** [kdwcengimbo@gmail.com](mailto:kdwcengimbo@gmail.com)



### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	29:53	Cape Town (RSA)	2017
15 km Road	45:27	Eerstrivier (RSA)	2015
Half Marathon	1:05	Mosselbay (RSA)	2017
Marathon	2:17:11	Cape Town (RSA)	2012
Two Oceans 56km	3:10:02	Cape Town (RSA)	2013

### Best Performances 2020

Cape Peninsula Half Marathon, Cape Town 1:10:49, 9<sup>th</sup>

### Best Performances 2019

Medihelp Tekkie Challenge 10km Cape Town 31:41, 3<sup>rd</sup>  
Avbob Eersterivier 15km Eersterivier 47:35, 1<sup>st</sup>  
Nelson Mandela Bay Half Marathon Port Elizabeth 1:07:57  
Two Oceans Marathon (RSA) 56km 3:17:29, 6<sup>th</sup>  
Peninsula Marathon Simon's Town 2:30:44, 3<sup>rd</sup>  
Sanlam Cape Town Marathon Cape Town 2:23:57

### Best Performances 2018

Nantes 10km 30:44  
Hohenort 15km 48:11  
SA Half Marathon Champs (PE) 1:07:00  
Cape Town Marathon (SA Champs) 2:20:32

### Best Performances 2017

Mosselbay Bay 21.1km 1:05  
Dublin Marathon 2:25



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