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CURRICULUM VITAE: **Mziwenkosi Mjaja**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Mziwenkosi Mjaja

**DATE OF BIRTH:** 12 June 1989

**CLUB:** Nedbank Running Club

**NATIONALITY:** South African

**EMAIL:** 47987863@mylife.unisa.ac.za

**CONTACT:** 073 784 2243

**Personal best Performances**

**Event Performance Venue Date**

5000m 14:45.29 Durban (RSA) 2021

10,000m 30:04.20 Durban (RSA) 2021

10km 30:35 Durban (RSA) 2022

Marathon 2:30:06 \* KwaMashu (RSA) 2015

**Performances 2022**

ABSA RYC Durban 10k, Durban, 30:35

Best of Best Marathon, 2:40:50

**Performances 2021**

KZNA Full Day League 5000m, Durban, 14:45, 3rd

KZNA 10000m League, Durban, 30:04, 6th

**Performances 2020**

Go beyond for a child 15km, 55:00.

Kearsney half marathon 21.1, 1:12:00

DG Panel & Paint challenge 16km, 55:00

Zabalaza marathon 10km, 31:35