

# NONTOKOZO MKHIZE

## ATHLETE PROFILE



AGE: **29 YEARS**

PLACE OF BIRTH: **KwaPhumulo/RichardsBay**

SPECIAL EVENTS: **42KM, 56KM**

SHOE BRAND: **NIKE**

### SEASONAL BEST

DISTANCE	YEAR	EVENT	TIME
10 000m	<b>2021</b>	League 4	35:46

### PERSONAL BEST

DISTANCE	YEAR	EVENT	TIME
21KM	<b>2019</b>	SAPS	1HR18:20
42KM	<b>2019</b>	<b>Best of the Best marathon/DBN</b>	2HR45'29
42km	<b>2020</b>	<b>Cape Town</b>	2hr46'42

## ACHIEVEMENTS

2020

42,2km Sanlam Cape Town Virtual marathon  
Position 3  
02hrs:46:42

**2020**

KZN Best of the Best 42,2km Marathon  
Position 01  
02hrs:45:29

**2019**

42,2km Josiah Gumede Marathon  
Position 01  
03hrs:04:55

**2019**

42,2km Herry-Gwala Marathon  
Position 05  
03hrs:00:30

**2018**

42,2km Sowetho marathon  
Position 08  
03hrs19:00

**2018**

42,2km Mandela day marathon  
Position 07  
03hrs:13mnt