**Nobukhosi Tshuma**



|  |  |  |  |
| --- | --- | --- | --- |
| **DOB**: 1995/08/08 |  |  |  |
| **Club** : Entsika AC |  |  |  |
| **Coach** : Hendrick Ramaala |  |  |  |
|  |  |  |  |
| **Personal Bests** |  |  |  |
| Marathon : 2:42 - 2019 |  |  |  |
| 21km : 1:18 - 2018 |  |  |  |
| 10km : 35:34- 2019 |  |  |  |
|  |  |  |  |
| **Recent Races** | **Position**  | **Time** | **Year** |
| Petro SA Marathon  | 1 | 02:43 | 2019 |
| Two Oceans 21km  | 7 | 01:18 | 2019 |
| Harry Gwala Marathon  | 3 | 02:47 | 2019 |
| Petro SA 21km  | 1 | 01:19 | 2018 |
| Spar Ladies 10km  | 6 | 36:00 | 2018 |