**Pharson Morare Magagane**



**DATE OF BIRTH:** 04/04/1986

**GENDER:** Male

**NATIONALITY:** South African

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**ACHIEVEMENTS**

**1. Personal Bests**

| **Event** | **Result** | **Venue** | **Date** |
| --- | --- | --- | --- |
| [800m](http://www.all-athletics.com/all-time-result-list?arg1=10229501) | 1:49.81 | [Donnas (ITA)](http://www.all-athletics.com/node/543261) | 03.07.2011 |
| 100m | 2:24.00 | Johannesburg | 19.02.2016 |
| [1500m](http://www.all-athletics.com/all-time-result-list?arg1=10229502) | 3:37.79 | Stellenbosch  | 14.03.2009 |
| [Mile](http://www.all-athletics.com/all-time-result-list?arg1=10229503) | 4:00.00 | Cape Town  | 10.03.2011 |
| 2000m | 5:14.69 | Pretoria | 28.01.2016 |
| [3000m](http://www.all-athletics.com/all-time-result-list?arg1=10229607) | 7:58.38 | [Rhede (GER)](http://www.all-athletics.com/node/545152) | 08.07.2011 |
| [5000m](http://www.all-athletics.com/all-time-result-list?arg1=10229609) | 14:14.35 | Cape Town  | 16.04.2011 |
| 10 000M  | 31:30.17 | Pretoria | 25.04.2014 |
| 10 km  | 29:57 | Stellenbosch | 11.08.2007 |
| Half Marathon | 1:05:39 | Pretoria | 26.04.2014 |
| Marathon | 2:20.46 | Cape Town | 23.09.2018 |

**2. International Events**

2006 - World Student Cross Country Champs

2008 - World Student Cross Country Champs

2009 - World Student Games (1500m)

2011 - World Student Games (1500m)

|  |
| --- |
| **2011-2015 Performance** |
| **Achievements** | **Period/Dates** | **Tournament or Competition** | **Time** |
| POSITION 1 | 2011/04/29-30 | USSA CHAMPIONSHIPS 2011 (1500M) | 3:44.95 |
| POSITION 5 | 2011/04/29-30 | USSA CHAMPIONSHIPS 2011 (5000M) | 14:14.35 |
| POSITION 2 | 2011/03/10 | YELLOW PAGES INVITATION SERIES III (MILE) | 4:00.00 (PB) |
| POSITION 2 | 2011/04/09-10  | YELLOW PAGES SA SENIOR CHAMPS (1500M, Heat 2) | 3:39.65 (SB) |
| POSITION 3 | 2011/04/09-10 | YELLOW PAGES SA SENIOR CHAMPS (1500M, Final) | 3:40.80 |
| POSITION 3 | 2011/04/16 | YELLOW PAGES INTERPROVINCIAL II | 3:45.02 |
| POSITION 5 |  2011/02/25 | YELLOW PAGES INVITATION SERIES II (1500M) | 3:48.69 |
| POSITION 4  |  2011/07/03 | DONNAS (ITALY) 800M | 1:49.81 (PB) |
| POSITION 2 | 2011/06/01 | ALBERTVILLE (FRANCE) 3000M | 08:08.49 |
| POSITION 9 | 2011/07/08 | RHEDE (GER) 3000M | 7:58.38 (PB) |
| POSITION 2 | 2015/04/27 | USSA ATHLETICS CHAMPIONSHIPS  | 3:42.93 |
| POSITION 2 | 2015/08/09 | UNIV. OF LIMPOPO RUN FOR EDUCATION | 31:03 (SB) |
| POSITION 4 | 2015/08/15 | CGA CROSS COUNTRY CHAMPS 4KM  | 12:18 |

* I’ve won bronze medal (3rd position) three times in a row in the 1500m event (2009, 2010, and 2011) at the South African Senior Track and Field Championships.
* I have the distinction of being the first ever athlete to record a legitimate outdoor time of 4:00:00 for a mile in the history of athletics