

Prodigal Khumalo, born in Zimbabwe in 1982, living and running in SA since 2003, based in Durban.

Prodigal is a long distance specialist, on road and trail, and as he says: “I run on the road to see how far I can push my body, and I run on the trails to enjoy life.”



(photo courtesy Trail Magazine)

Prodigal is a two times gold medallist at Comrades (2014, 2017), and has won the Ultra-trail Cape Town (UTCT) 100km twice (2016, 2017). He won the Sani Stagger Marathon in 2019.

In January 2021, he ran 100kms in 7hrs27mins, from Hilton to Durban, as a fund-raiser for Orcas Training Academy, a running academy he founded to coach and support young runners in the Durban area. He is about to complete the work on a building to house runners when they join his running camps, having raised R 100k with this fund-raising effort.

He is currently a Brand Ambassador for Mr Price Sport.

Prodigal runs for Hollywood Bets Athletics Club (since December 2020)

Prodigal's next race is UTD 32km (Ultra-trail Drakensberg) end April, and there are plans for a May record challenge, details not yet available. He is still planning the rest of his race calendar for 2021, but he may take part in the Cape Town Marathon (road) in September, and then return to the UTCT 100km in late November.



Social Media:

Instagram <https://www.instagram.com/prodigalkhumalo/>

Twitter https://twitter.com/Prodi_Khumalo

Facebook <https://www.facebook.com/Prodigal-Khumalo-170949293469614>

2540 followers

2123 followers

2294 followers

See further stats on next page. For further information contact Maryann Shaw on 083 4194235 or maryann@maryannshawcommunications.co.za

ACHIEVEMENT INTERNATIONAL

- 15th Mumbai Marathon (India) 2014
- 6th Victoria Falls Marathon (Zimbabwe) 2004

ACHIEVEMENTS LOCAL ROAD RACES

- Winner Zululand 56km 2018
- Winner City 2 City (Pretoria – Johannesburg) 2010
- Winner Township 2 Township (Durban) 2011
- Winner Chatsworth 52km (Durban) 2012
- Position 9th Comrades Gold Medalist (Durban) 2014
- Position 8th Comrades Marathon 2017
- 5th S.A. Championship Marathon (Durban) 2009
- 2nd Zululand and 56km Ultra Marathon (Nongoma) 2014
- 2nd Om die Dam 21km (Pretoria) 2011)
- Position 6th Soweto Marathon
- Position 11th Comrades 2010 time 5hrs 50mins
- Position 11th Comrades 2015
- Position 14th Comrades 2012 time 5hrs 45mins
- Position 12th Two Oceans 2008 times 3Hrs 18mins
- Position 13th Two Oceans 2009 times 3Hrs 19mins
- Position 15th Two Oceans 2012 times 3hrs 16mins (P.B.)
- Position 2nd PDAC 25km 2009 time 1Hrs 18min
- Position 1st Forest 10km 2009 time 30mins
- Position 1st Stella 15km 2008 time 45mins
- Position 1st Kearsney 21km 2011, 2012, 2013 & 2014
- Winner Wanders 2009 Joe Stutzen 21km (Johannesburg) 1hr 07mins
- Winner Forest 10km 30min 2008,
- Foskor Richards Bay 21km 1hr 6min 2011
- Winner Maritzburg Postnet Marathon 2016
- Winner Stella Royal 25km 2017
- Winner Stella Royal 25km 2017
- Winner Verulam Gaterite Marathon 42km 2017
- Winner Sani Stagger Marathon 2015 & 2019

PERSONAL BESTS

- 5000 metres – 13:45 Shabanie Mine 2002
- 10000 metres – 30:05 N.U.S.T. 2003
- 8km – 23:45 Durban Savages Time Trial (2011)
- 10km – 29:36 Cape Town Marathon 2017
- 15km – 45:50 Stella 15km Race
- 21km – 1:04 Mayors Race (Edumber) 2009
- 42km – 2hrs 16mins S.A. Champs (Durban) 2008
- 50km – 2hrs 50mins Kimberly Ultra 2008
- 89.9km – 5hrs 39min (Durban) 2014
- Comrades Marathon

ACHIEVEMENTS TRAIL RUNNING

- Winner UTCT 100km (Record Holder 2017)
- Winner UTCT 100km 2016
- Winner King of Phezulu 21km (2013)
- 2nd Ingeli 42km World Champs Qualified
- 2nd Dryland Traverse 4 Days Stage Race (2014)
- 1st Ballito Thuli (2014)
- 1st Thuli 6km (2015)
- Winner Mount Aux Sources 50km (2015)
- 3rd Mandela Day Marathon 15km Trail 2015
- 3rd Mandela Day Marathon 8km Trail 2016 – 8km Train Run
- Drankensburg Northern Trail 50km 3rd 2015
- Two Oceans Marathon 24km Trail 3rd 2019