**SIPHO GIFT MBANJWA**

**ATHLETE PROFILE**

**  COUNTRY: SOUTH AFRICA South Africa**

* **DATE OF BIRTH   
  01 SEP 1994**
* **ATHLETE'S CODE  
   14736481**

**PERSONAL BEST TIMES**

**Outdoor**

| Discipline | Performance | Wind | Venue | Date | Records | Results Score |
| --- | --- | --- | --- | --- | --- | --- |
| **1500 Metres** | 3:49.76 |  | Kings Park Athletics Stadium, Durban (RSA) | 12 DEC 2020 |  | 930 |
| **1 MILE** | 4:10.01 |  | Tembisa Gauteng (RSA) | 30 OCT 2020 |  |  |
| **3000 Metres** | 8:10.61 |  | Kings Park Athletics Stadium, Durban (RSA) | 15 FEB 2020 |  | 994 |
| **5000 Metres** | 14:02.10  14:05.54 |  | Cape Town (RSA)  Durban (RSA) | 15 MAR 2021 |  | 897 |
| **10 Kilometres** | 29:06 |  | Cape Town (RSA) | 17 SEP 2017 |  | 1041 |
| **12 Kilometres** | 36:54 |  | Cape Town (RSA) | 21 MAY 2017 |  | 0 |
| **12 Kilometres** | 36:14 \* |  | Cape Town (RSA) | 20 MAY 2018 |  | 0 |
| **15 Kilometres** | 46:50 |  | Cape Town (RSA) | 11 MAR 2017 |  | 915 |
| **Half Marathon** | 1:04:21 |  | Port Elizabeth (RSA) | 27 JUL 2019 |  | 1017 |

**25 Kilometres** 1:18:00Pinetown (RSA) 26 JAN 20

**PROGRESSION 1 500 Mitre**

|  |  |  |  |
| --- | --- | --- | --- |
| **2020** | 3:49.76 | Kings Park Athletics Stadium, Durban (RSA) | 12 DEC 2020 |
| **2021** |  |  |  |
| **2019** | 3:54.40 | Kings Park Athletics Stadium, Durban (RSA) | 09 MAR 2019 |
| **2016** | 3:58.12 | Durban (RSA) | 23 MAR 2016 |

**Outdoor**

**3000 Metres**

|  | Performance | Place | Date |
| --- | --- | --- | --- |
| **2020** | 8:10.61 | Kings Park Athletics Stadium, Durban (RSA) | 15 FEB 2020 |
| **2019** | 8:26.42 | Kings Park Athletics Stadium, Durban (RSA) | 09 MAR 2019 |

**Outdoor**

**5000 Metres**

|  | Performance | Place | Date |
| --- | --- | --- | --- |
| **2021** | 14:02. | Cape Town (RSA) | 23 MAR 2021 |
| **2021** | 14:05 | Durban (RSA) | 28 MAR 2021 |
| **2018** | 14:19,01 | Durban (RSA) | 16 MAR 2018 |
| **2018** | 14:56.38 | Pretoria (RSA) | 17 MAR 2018 |
| **2017** | 15:13.12 | Potchefstroom (RSA) | 21 APR 2017 |
| **2016** | 14:55.2h | Durban (RSA) | 23 MAR 2016 |
|  |  |  |  |

**10 Kilometres**

|  | Performance | Place | Date |
| --- | --- | --- | --- |
| **2019** | 30:07 | Cape Town (RSA) | 15 SEP 2019 |
| **2018** | 29:27 | Durban (RSA) | 06 MAY 2018 |
| **2018** | 29:32 | Durban (RSA) | 14 OCT 2018 |
| **2017** | 29:06 | Cape Town (RSA) | 17 SEP 2017 |
| **2016** | 31:05 | Pietermaritzburg (RSA) | 13 NOV 2016 |

**12 Kilometres**

|  | Performance | Place | Date |
| --- | --- | --- | --- |
| **2019** | 37:13 | Cape Town (RSA) | 19 MAY 2019 |
| **2017** | 36:54 | Cape Town (RSA) | 21 MAY 2017 |
|  |  |  |  |

**15 Kilometres**

|  | Performance | Place | Date |
| --- | --- | --- | --- |
| **2017** | 46:50 | Cape Town (RSA) | 11 MAR 2017 |
| **2016** | 47:49 | Durban (RSA) | 11 DEC 2016 |
| **2015** | 47:54 | Durban (RSA) | 13 DEC 2015 |

**Outdoor**

**Half Marathon**

|  | Performance | Place | Date |
| --- | --- | --- | --- |
|  |  |  |  |
| **2019** | 1:04:21 | Port Elizabeth (RSA) | 27 JUL 2019 |
| **2018** | 1:04:22 | Port Elizabeth (RSA) | 28 JUL 2018 |
| **2016** | 1:07:58 | Port Elizabeth (RSA) | 30 JUL 2016 |

**ACHIEVEMENTS**

* **FASTED LEAD MAN IN SOUTH AFRICA OVER 3 000m**
* **2016,2018,2019 & 2020 DELOITTE CHALLENGE CHAMP**
* **3RD PLACE IN 5 000M KZN CHAMPS IN 2016**
* **3RD PLACE DELOITTE 21KM IN 2015**
* **2X 2nd  PLACE 5 000M KZN CHAMPS IN 2017 & 2018**
* **2x EDANDALE CHAMPION IN 2017 AND 2018**
* **WINNER OF 4KM KZN XCOUNTRY CHAMPS IN 2016**
* **1ST PLACE HIBISCUS COAST CHALLENGE 21KM IN 2018**
* **2ND PLACE JG ZUMA 10KM IN 2017**
* **1ST PLACE SAVE ORION 10KM IN 2017**
* **3RD PLACE SAVE ORION IN 2016**
* **2ND PLACE KZN XCOUNTRY CHAMPS 2017**
* **7TH PLACE IN 10KM SOUTH AFRICAN XCOUNTRY CHAMPS**
* **SOUTH AFRICAN BRONZE MEDALIST IN 4KM RELAYS TEAM**
* **BRONZE MEDALIST IN SOUTH AFRICAN TEAM XCOUNTRY**
* **10KM & 21KM CHAMPION IN 2018 KZN CHAMPS**
* **3RD  PLACE KZN XCOUNTRY CHAMPS 2018**
* **3RD PLACE SANLAM CAPE TOWN 10KM MARATHON IN 2018**
* **6TH PLACE 10KM MANDELA DAY MARATHON IN 2018**
* **5TH PLACE IN 21KM MANDELA DAY MARATHON 2019**
* **11TH PLACE SOUTH AFRICAN XCOUNTRY CHAMPS 2019**
* **2 X WINNER PDAC 25KM**
* **WINNER OF MARITZBURG CITY 10KM 2018**
* **4TH MTN RACE IN GAUTENG 2018**
* **6th SPAR TEMBISA 2018**
* **5TH TEMBISA MILE IN 2018**
* **12TH FNB10 JOBURG**
* **SA XCOUNTRY BRONZE MEDALIST IN THE TEAM PRICE 2018**
* **SA 10KM BRONZE MEDALIST IN THE TEAM PRICE 2018**
* **IN 2017 I WAS SELECTED TO A SUB 2HR PROGRAM BASED IN BRITAIN,WENT TO ETHOPIA FOR TRAINING CAMP FOR 1 MONTH,HAD AN OPPORTUNITY TO TRAIN WITH THE LIKES OF MO FARAH,KENENISA BEKELE, DIBABA’S SISTERS, YOMIF KEJELCHA.**