



## CURRICULUM VITAE: **Sanelisiwe Mbanjwa**

### **PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Sanelisiwe Mbanjwa  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 4 May 1990  
**CLUB:** Nedbank Running Club  
**CONTACT:** 060 929 7384  
**TWITTER:** @SThelionking



### **Personal Bests**

| <b>Event</b>  | <b>Result</b> | <b>Date</b> |
|---------------|---------------|-------------|
| 10km          | 34:16         | 2016        |
| Half Marathon | 1:26:20       | 2017        |
| Marathon      | 2:52:24       | 2020        |

### **Best Performances 2020**

Capital City Marathon 2:52:24, 1st

### **Best Performances 2019**

50km African Champs 3:34:05, 1st  
Chatsworth Freedom Marathon 10km 42:58  
Harry Gwala 42.2km 3:16:18

### **Best Performances 2018**

Josiah Gumede 42.2km 3:22:23  
Matthews Meyiwa 21.1km 1:29:29  
Arthur Creswell 21.1km 1:31:02

### **Best Performances 2017**

Merevent 10km 39:27  
Durban City Surf Run 10km 39:25  
Ethekwini Township to Township 42.2km 3:08:21  
Swift Half Marathon 21.1km 1:26:20



**NEDBANK RUNNING CLUB** | ADMINISTRATIVE OFFICE

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