**Profile of Sipho Ngxongo**

Male Athlete

Born 1983 May 16

Distance Running Long Distance

Running Club: Orca`s Running Club



***International USA 2011***

2011 Austin Marathon USA 3rd position
2011 Little Rock Marathon USA 2nd position
2011 Buffalo half Marathon USA 2nd position
2011 PMB KZN Cross Country 12km Champion 1st position
2011 10 000m KZN Championship 2nd position
2011 Umhlathuzi 21km Champion 1st position
2011 21km KZN Championship 2nd position
2011 Sparkport 16km 2nd position
2011 Verulam Marathon 42km Champion 1st position

***2012***
2012 Scottsburg Half Marathon 3rd position ,

2012 KZN Champion 3000m St Chase,
2012Verulam 21km Champion 1st position ,

2012Chartswoth Marathon 25km Champion 1st position ,
2012  Umhlatuze 21km Champion, 1st position
2012 Umzinyathi 21km 2nd position,
2012 Umtubatuba 10km 2nd position
2012 Austin Marathon 7th position and 3rd African
2012 Dolphin Cost 10km 1s position
2012 South Cost Marathon 2nd position
2012 Austin Marathon 5th position

I have obtained 3 silver medals in the Soweto Marathon and 4 silver medals in City to City Marathon

***2013***

2013 Kearsney 10km 2nd position

2013 PDAC 25km 3rd position

2013 Sparkport 32km 2nd position

2013 Verulam Marathon 42km 1st position

2013 South cost Marathon 42km 1st position

2013 RBM 32km 1st position

2013 Umhlathuze 21km 1st position

2013 Two Oceans Marathon 56km pace maker till half way mark

2013 Zululand Marathon 56km pace maker till 38km

2013 Comrades Marathon Pace Maker till half way mark
2013 Township to Township 42km 5th position

2013 Mondi 21km 1st t position

2013 Umkhuze 21km 1st position

2014 Sydenham Spark Sport 32km 1st place

2014 KZN 3m steeple chase 2nd place

2014 KZN 10km champs 3rd place

*International USA*

2014 Woodlands Marathon 42km USA 5th

2014 USA Austin 10km 1st position

2014 USA Lake Liner 32km USA 1st place

2014 Pretoria 25km 4thplace

***2015***

2015 Sydenham 32km 1st position

2015 Crescent 21km 3rd position

2015 Stella 25km 4th position

2015 St Lucia 10km 1st position

2015 Park Run 5km 1st position

2015 New balance night race 5km 2nd position

2015 KZN cross country 1st position

***International USA 2015***

2015 USA San Antonio 21km 1st position

2015 USA Woodlands Marathon USA Houston 5th position

2015 USA Akron Marathon 5th position

2015 USA Buffalo Half Marathon 2nd position

2015 USA Holetes 10km 1st position

2015 USA Silent Aid 5km 1st position

2015 USA Masquerade 10km 1st position

2015 USA Battle of Lion Creek 20km 1st position

***2016***

2016 Witness Maritzburg City Marathon 2nd position

2016 Stela 25km 1st position

2016 North Beach Park Run 5km 1st position

2016 Two Oceans Marathon 56km Bronze Medal

2016 Akron 21 8 position overall

***2017***

2017 North Beach Park Run 1st position

2017 Pretoria 5000m ran track 1st position

2017 Mount Edgecombe 21km 3rd Position

2017 Ntenga Challenge 5km 2nd position

2017 Qapheqolo Challenge 5km 1st position

2017 Kwa-Zulu Natal Cross Country Championship 8km 2position

2017 Verulam Marathon 42km 4th position

2017 Comrade Marathon Maxed Elite Pacer 40km

***2018***

2018 Stela Challenge 25km 4th position

2018 Nongoma 28km 5th position

2018 Durban City Marathon 42km, 4th position

2018 Gate-rite Marathon 42km, 3rd position

2018 Checkout Challenge 21km, 3rd position

2018 Durban City Marathon 42km 4th position

2018 Verulam Race 42km 3rd position

2018 Crescent Challenge 21km 3rd position

2018 KZN Cross Country Championships 10km 1st position

2018 Chesterville Race 10km 1st position

2018 Falcon Race 10km 3rd position

2018 EThekwini Hope Challenge 10km 3rd position

2019 PDAC Waterfall 25km 1 position age category

2019 DG Sydhnam 32km 1st position overall

2019 North Beach Park Run 5km 1s Position Overall

2019 KZN Track and Field 10 000m 4th position Overall

2019 Stella Royal 25km 4th position overall

2019 Deloitte Marathon 42.2km 4th position overall

2019 Loskop Marathon 50km 12 position overall

2019 Tronox Marathon 21km 1st position overall new course record

2019 In Sink Time Trial Stella 8km 1st Position Overall

2019 In Sink Time Trial Westvill 8km 1st position Overall

2019 In Sink Time Trial Pinetown 8km 1st position Overall

2019 South Cost Ultra Marathon 48km 1st position overall

2019 Comrade Marathon 89 KM Silver Medal (Phantane ACTeam Prize )

***International USA 2017 And 2018***

2017 USA Buffalo Half Marathon 1st position

2017 USA Houston Half Marathon 21km 3rd position

2017 USA Austin Run for Water 16km 2nd position

2018 USA Houston Half Marathon 21km 1st position

2018 USA Austin Run for Water 16km 3rd position

***Other Greatest Achieved***

2005 Winner Of Tongate 32km, Durban North 32km Winner, Verulam 21km Winner ,Durban City Marathon 21km Winner ,Houston Half Marathon Champion 2018 , South Cost Ultra 48km Marathon Champion 2019, Tronox Marathon 21km Champion 2019 , Chestevil 10km Champion 2018,

2006 Newland 21km Winner, Check out 16km Winner, Wood view 32km Winner, Indian Ocean Marathon 42km 3position, Hillcrest 21km Winner

Represented the Province in National Championships Such as 42.2km, 21.
1km,10km Track &Field 5000m,Cross Country 4km and 12km This are my
PB times 50km: 3:00h, 42.2km 2:26m, 32km 1:47m, 25km 1:18, 21km 67m, 16km
49:02 15Km 47:00m, 10km 31m, 12km cross country 36m
, 5000 track field 14:28

Represented the Province in National Championships Such as 42.2km, 21. Track an Cross Country