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CURRICULUM VITAE: **Sithembiso Mqhele**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Sithembiso Mqhele

**DATE OF BIRTH:** 18 February 1991

**CLUB:** Nedbank Running Club

**NATIONALITY:** South African

**PERSONAL BEST TIMES**

**Distance Time Venue Year**

5000m 15:19.17 Stellenbosch (RSA) 2021

10km 31:13 Cape Town (RSA) 2022

12km 39:35 Cape Town (RSA) 2021

Marathon 2:18:33 Cape Town (RSA) 2021

50km 2:51:25 Eastern Province (RSA) 2024

Comrades 5:57:44 Durban (RSA) 2024

**Best Performances 2024**

Runified 50km, 2:51:25, 4th

Comrades Marathon - Up Run (RSA) 86km, 5:57:44

1 City Marathon, 2:21:20, 4th

**Best Performances 2023**

Durban International Marathon, Durban, RSA, 2:25:34

Bay to Bay 30km, 1:36:34, 2nd

Two Oceans 56km, 3:14, 9th

**Best Performances 2022**

ABSA Run Your City 10km, Cape Town, RSA, 31:13

OUTsurance Gun Run, Cape Town, RSA, 1:09:18

Cape Peninsula Marathon, Cape Town, RSA, 2:22:00, 1st

Two Oceans 56km, 3:14, 7th

**Best Performances 2021**

WPA Track & Field Championship 5000m, Cape Town, RSA, 15:25.11, 9th

Invitational Middle Distance Track Series 5000m, Stellenbosch, RSA, 15:19.17, 2nd

Cape Town 12K CITYRUN, Cape Town, RSA, 39:35

Sanlam Cape Town Marathon, RSA, 2:18:33