



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

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
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

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



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Office: (012) 541 0577 Fax: (012) 5413752 www.nedbankrunningclub.co.za

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