



**CURRICULUM VITAE: Siyabonga Sakwe**

PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Siyabonga Sakwe  
**COUNTRY:** R.S.A  
**CLUB:** Nedbank Running Club  
**D.O.B:** 17 September 1981  
**NATIONALITY:** South African  
**CONTACT / EMAIL:** 071 579 5936 / siyabonga.sakwe@gmail.com



PERSONAL BEST PERFORMANCES

Distance	Time
10km	31mins.
15km	49mins.
21km	69mins.
30km	1h:43mins
42km	2h:25mins
50km	3h:08mins
56km	3h:30mins
80km	5h:19mins

Personal Performances 2020

Slave Route Challenge (wp) 21km, 1:14:02, 9<sup>th</sup>  
 Cape Peninsula (wp) 42km, 2:34:37, 9<sup>th</sup>  
 Stbb Red Hill (wp) 42km, 2:33:10, 3<sup>rd</sup>

Personal Performances 2019

ABAX Investments Milkwood 10km, 33:18, 1<sup>st</sup>  
 Glenryck Tygerberg 30km, 1:45:37, 2<sup>nd</sup>  
 Langebaan Country Estate Weskus Marathon, 3<sup>rd</sup>  
 West Coast 10km, 33:32, 2<sup>nd</sup>  
 The Icon's Journey 100km Ultra-Marathon, 8:09:55, 3<sup>rd</sup>  
 Karoo 80km Ultra Marathon, 2<sup>nd</sup>  
 Cape Town Festival of Running 50 Km (RSA) 50km 3:08:47, 1<sup>st</sup>  
 Comrades Marathon - Up Run (RSA) 87km 6:43:03  
 Two Oceans Marathon (RSA) 56km 3:30:53, 28<sup>th</sup>



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