

## Athletes Profile

**Name:** Stephen Mokoka

**Club:** Boxer

### Personal Best Performances

Discipline	Performance	Place	Date
200 Metres	24.23	Pretoria (RSA)	05-Mar-16
800 Metres	01:48.9	Sasolburg (RSA)	25-Mar-14
1000 Metres	02:23.2	Potchefstroom (RSA)	23-Feb-13
1500 Metres	03:38.5	Durban (RSA)	21-Mar-10
One Mile	04:01.8	Stellenbosch (RSA)	15-Apr-13
3000 Metres	07:55.9	Potchefstroom (RSA)	19-Feb-11
5000 Metres	13:11.4	Stellenbosch (RSA)	18-Apr-15
10,000 Metres	27:40.7	Port Elizabeth (RSA)	13-Apr-12
3000 Metres Steeplechase	08:56.5	Durban (RSA)	17-Apr-04
10 Kilometres	27:38:00	Manchester (GBR)	10-May-15
12 Kilometres	33:50:00	Cape Town (RSA)	19-May-19
12 Kilometres	33:34 *	Cape Town (RSA)	15-May-16
15 Kilometres	47:30:00	Pretoria (RSA)	23-Mar-13
10 Miles Road	46:26:00	Portsmouth (GBR)	25-Oct-09
Half Marathon	59:36:00	Gdynia (POL)	17-Oct-20
Marathon	2:07:40	Shanghai (CHN)	08-Nov-15

### Best Performances 2021

Date	Competition	Result
13-Mar-21	KZNA Full Day League, Kings Park Athletics Stadium, Durban	13:46.3
28-Mar-21	Invitational Middle Distance Track Series, Coetzenburg Stadium, Stellenbosch	13:48.0
<b>Date</b>	<b>Competition</b>	<b>Result</b>
31-Oct-21	Durban 10K CITYRUN, Durban - South African 10km Ch.	28:15:00
<b>Date</b>	<b>Competition</b>	<b>Result</b>
21-Nov-21	Cape Town 12K CITYRUN, Cape Town	34:46:00
<b>Date</b>	<b>Competition</b>	<b>Result</b>
01-May-21	Nelson Mandela Bay Half Marathon, Port Elizabeth	1:01:24
<b>Date</b>	<b>Competition</b>	<b>Result</b>
17-Oct-21	Sanlam Cape Town Marathon, Cape Town - South African Marathon Ch.	2:10:01

