

41 the Boulevard, Westend Office Park, Spine Road, Westville, 3610. Tel: 031-2757000

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**Tanith Maxwell Profile**

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**Personal Best**

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| **10 Kilometres** | 33.58 |  | Durban (RSA) | 26 JUL 2009 |  | 1053 |
| **12 Kilometres** | 44:46 |  | Cape Town (RSA) | 21 MAY 2017 |  | 0 |
| **15 Kilometres** | 51:24 |  | Cape Town (RSA) | 26 JUN 2010 |  | 1068 |
| **10 Miles Road** | 58:58 |  | Portsmouth (GBR) | 25 OCT 2009 |  | 958 |
| **20 Kilometres** | 1:13:25 |  | East London (RSA) | 02 JUL 2006 |  | 971 |
| **Half Marathon** | 1:13:22 |  | Port Elizabeth (RSA) | 24 JUL 2010 |  | 1067 |
| **25 Kilometres** | 1:32:21 |  | Berlin (GER) | 05 MAY 2013 |  | 994 |
| **30 Kilometres** | 1:56:32 |  | Cape Town (RSA) | 04 JAN 2015 |  | 942 |
| **Marathon** | 2:32:33 |  | Berlin (GER) | 26 SEP 2010 |  | 1108 |

**Races**

**2020 – Sanlam Cape Town Marathon (4th) 2.55.00**

**2019 – AIU World 50km Championship**

**2018 – 4th Comrades Marathon (Debut)**

**2018 – 4th Two Oceans 56km**

**2018 – Cape Town Marathon 2.49.49**

**2017 – 3rd Two Oceans Marathon 56km**

**2016 – 2nd Two Oceans Marathon 56km**

**2015 – 3rd two Oceans Marathon (Debut) 56km**

**2010 – 8th Real Berlin Marathon (2.32.00)**

**2010 – 13th Virgin London Marathon**

**2005 SA Half Marathon Champion**

7th Fastest South Africa Female marathon of all time

2012 Olympic Games (London) Marathon

2007, 2009,2011,2013,2015 IAAF World Championship (Marathon)