



PERSONAL INFORMATION

Name: Xolisa
 Surname: Ndlumbini
 Date of Birth: 18/06/1982
 Country: South Africa (Port Elizabeth)
 Club: Vukani Multi Sports Club

PERSONAL BEST PERFORMANCE (PBs)

Date	Place	Event	Position	Time
2020	Port Elizabeth (RSA)	Despatch Superspar 10km	1st	0:31:39
2019	Port Elizabeth (RSA)	Die Burger Rafi's Friendly city Marathon	1st	2:29:02
2019	Port Elizabeth (RSA)	Northern Areas 15km	5th	0:50:17
2019	Cape Town (RSA)	Two Oceans Marathon 56km	45th	3:41:30
2020	Port Elizabeth (RSA)	Amobia Bay Ultra 50km	4th	3:07:05
2019	Port Elizabeth (RSA)	Track and Field meeting 5000m	2nd	0:15:33
2018	Durban (RSA)	Comrades Marathon		7:49
2019	Port Elizabeth (RSA)	ASA National Champs 21.1km	88th	1:10:20

BEST PERFORMANCE 2018\2019

Date	Place	Distance	Event	Time	Position
06/01/2018	Jefferys Bay (RSA)	15km	Woodlands Dairy Race	0:54:19	9
27/01/2018	Port Elizabeth (RSA)	15km	Cassies Race	0:52:43	9
03/02/2018	Port Elizabeth (RSA)	50km	Bay Ultra Amobia	03:21:46	8
10/03/2018	Port Elizabeth (RSA)	15km	Sportsmans Warehouse Race	0:53:21	10
31/03/2018	Cape Town (RSA)	56km	Old Mutual Two Oceans	03:43:10	76(silver)
21/04/2018	Somerset East(RSA)	50km	Bruintjieshooge 50km	3:12:01	1
26/05/2018	Port Elizabeth(RSA)	21.1km	Panamor Gel EP championships	01:11:34	10
10/06/2018	Durban(RSA)	90km	Comrades Marathon	07:49	Bill Rowan
23/06/2018	Port Elizabeth(RSA)	21.1km	Galaxy Bingo Heartbreak Hill	01:17:57	13
28/07/2018	Port Elizabeth(RSA)	21.1km	ASA Champs(as a provincial athlete)	01:12:09	111
01/09/2018	Port Elizabeth(RSA)	10km	Despatch Superspar EP Champs	0:32:21	5
15/09/2018	Port Elizabeth(RSA)	10km	Friendly City Race	0:33:27	2
23/09/2018	Cape Town(RSA)	42.2km	Sanlam Cape Town Marathon ASA Champs(as a provincial athlete)	02:32:03	66
13/10/2018	Port Elizabeth(RSA)	10km	Buco Race	0:31:48	1
10/11/2018	Port Elizabeth(RSA)	15km	Northern Areas Legacy Project Race	0:51:38	9
01/12/2018	Port Elizabeth(RSA)	42.2km	Aspen PE City EP Championships	02:35:47	2
08/12/2018	Port Elizabeth(RSA)	10km	Baywest Mall Race	0:33:48	3
05/01/2019	Jefferys Bay(RSA)	15km	First Choice Race	0:53:06	9
12/01/2019	Port Elizabeth(RSA)	15km	N2 City Bluewater Bay	0:51:32	4
19/01/2019	Port Elizabeth(RSA)	10km	Galaxy Bingo Two Views	0:35:10	4
09/02/2019	Port Elizabeth(RSA)	50km	Bay Ultra Amobia	03:25:53	10
16/02/2019	Port Elizabeth(RSA)	10km	Metlife Mall Valentines	0:32:56	2
02/03/2019	Port Elizabeth(RSA)	15km	Sportsmans Warehouse	0:50:11	6
15/03/2019	Port Elizabeth(RSA)	10km	Legacy Project Human Race	0:33:44	5
13/04/2019	Port Elizabeth(RSA)	10km	St Albans Race	0:32:52	8
20/04/2019	Cape Town(RSA)	56km	Old Mutual Two Oceans	03:41:30	45(silver)
11/05/2019	Port Elizabeth(RSA)	10km	Sunridge Village Family Run	0:32:46	3
22/06/2019	Port Elizabeth(RSA)	21.1km	Galaxy Bingo Heartbreak Hill EP Champs	01:11:57	8
27/07/2019	Port Elizabeth(RSA)	21.1km	ASA National Champs(as a provincial athlete)	01:10:20	88
17/08/2019	Uitenhage(RSA)	10km	Volkswagen Race	0:32:52	11
07/09/2019	Port Elizabeth(RSA)	42.2km	Die Burger Rafis Friendly City	02:29:02	1
14/09/2019	Port Elizabeth(RSA)	15km	Northern Areas Legacy Project Race	0:50:17	5