



USC | [Course Title] | [Date]

BONGELANI MKHWANAZI
ATHLETE PROFILE

NAME

SURNAME : MKHWANAZI
D.O.B : 23/12/1996
GENDER : MALE
RACE : AFRICAN
NATIONALITY : SOUTH AFRICAN

ACHIEVEMENTS:

2021 Best of the best Marathon 21KM: TIME 01:12:35
: POS: 3

2021 Cape TOWN Marathon 46KM: time 02:26:34
: POS: 56

2021 Prince Mangosuthu Ultra Marathon 52 KM: TIME: 03:09:01
: POS: 13

2021 NEDBANK BARRIER RECORD 50KM: TIME 2:52:49
: POS: 23 (OVERALL)
: 15 (S.A)

2020 BEST OF THE BEST 21KM : TIME: 1:11:47
: POS: 10

2019 QAPHEQOLO (SAVE RHINO)10KM : TIME :30:18
: POS :7

2019 SAPS STRIDERS10KM TIME :
: POS: 3

2019 PEACE IN AFRICA 10KM : TIME:31:55
: POS: 2

2019 AMAKHOMANISI RIOT : TIME: 51:45
:POS: 3

2019 SA CHAMPS 10KM : TIME: 34:18

2019 SA CHAMPS 21KM : TIME: 1:11:47

2018 SAPS SRIDERS 10KM . :TIME : 31:33:

2018 BIG HILL BALITO 10KM : TIME : 34:36
: POS: 1

2017 SA TRACK ANDFIELD 3000M : TIME: 08:45
: POS:5

My name is Bongelani Mkhwanazi, I am 24 years of age and I was born and bred in Emandeni, Kwa Zulu Natal, South Africa. I have five siblings and we are all raised by a single mother and she finds it hard to support my career as she is the only breadwinner I am Currently studying and I am in Grade 12, I started running in 2015, after seeing a race on TV and was inspired by the athletes that were competing.

My biggest career highlight so far was when I was selected to be part of the 2021 Nedbank Breaking the Barrier Race where my overall position was 23rd and for team South Africa 15th after months of training and hard work without any sports supplements or coach. My short term goal is to get a sponsor that will help me with all the necessary supplements and other financial requirements such as food rent.

My biggest aspirations in life is to become one of Africa's prolific athletes and compete with the best athletes in the world and also put food on the table for me and my siblings if I could get the right support structure and assistance to aid my training.