



ATHLETE - RUNNER




ABOUT ME



Born: 30 January 1987
ID: 870130 5448 081
Nationality: South African
Occupation: Unemployed (lives of race earnings)
Club: Old Mutual Athletics Club – EL
Sponsors: Under Armour
: Bate Chubb & Diskson Inc.



CONTACT



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MANAGEMENT



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LUTHANDO HEJANA



Professional Summary

My running career having started in 2006 in the Track & Field events. I have grown on to be an exceptional, self-trained marathon runner, based in East London. My passion for running drives me to strive to become a better run, focusing on extensive training and nutritional monitoring, as well as physical and mental wellbeing.



PERSONAL BESTS

- 56km : Two Oceans Ultra Marathon 03 :25 :17
- 42,2km : Buffalo Marathon 02 :18 :27
- : CPT Sanla Virtual Marathon* 02 :16 :45
- 21,1km : Caltex Masters Half Marathon 01 :05 :18
- 15km : Mazars Diesel Depot 00 :48 :03
- 10km : Xerox Lightning Fast 00 :30 :20
- 5000m : BORA Champs T&F 00 :14 :18

HIGHLIGHTS:

- ASA Rankings – Top 10 Road Performances (42,2km) - 2018
- Second person the it's 47 year old history of the Buffalo Marathon: 3 consecutive wins (2018, 2019, 2020)



HEJANA DEVELOPMENT

In 2016, I established a running academy, aimed at developing and nurturing local talent, namely: the Hejana Development running academy, where I have since been offering daily coaching, mentoring, athlete development, as well as personal support to young athletes between the ages of 8 – 19 years from, in and around the Mdantsane township.