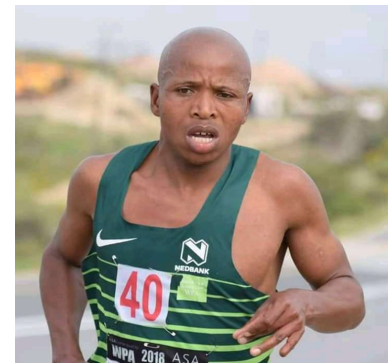




CURRICULUM VITAE: MTHANDAZO QHINA

PERSONAL DETAILS

FIRST NAME / SURNAME: Mthandazo Qhina
DATE OF BIRTH: 25 September 1977
CLUB: Nedbank Running Club CT
NATIONALITY: South African
CONTACT: 0722978068
TWITTER: @Qhinarunner
EMAIL: kdwcengimbo@gmail.com



PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	29:53	Cape Town (RSA)	2017
15 km Road	45:27	Eerstrivier (RSA)	2015
Half Marathon	1:05	Mosselbay (RSA)	2017
Marathon	2:17:11	Cape Town (RSA)	2012
Two Oceans 56km	3:10:02	Cape Town (RSA)	2013

Best Performances 2021

NMBM 10km Series 4, Port Elizabeth RSA, 31:31, 7th
Cape Town 12K CITYRUN, Cape Town RSA, 40:02
ONMB Gelvandale 15km, Port Elizabeth RSA, 49:34
Nelson Mandela Bay Half Marathon, Port Elizabeth RSA, 1:07:05

Best Performances 2020

Cape Peninsula Half Marathon, Cape Town 1:10:49, 9th

Best Performances 2019

Medihelp Tekkie Challenge 10km Cape Town 31:41, 3rd
Avbob Eersterivier 15km Eersterivier 47:35, 1st
Nelson Mandela Bay Half Marathon Port Elizabeth 1:07:57
Two Oceans Marathon (RSA) 56km 3:17:29, 6th
Peninsula Marathon Simon's Town 2:30:44, 3rd
Sanlam Cape Town Marathon Cape Town 2:23:57

Best Performances 2018

Nantes 10km 30:44
Hohenort 15km 48:11
SA Half Marathon Champs (PE) 1:07:00



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Cape Town Marathon (SA Champs) 2:20:32

Best Performances 2017

Mosselbay Bay 21.1km 1:05

Dublin Marathon 2:25



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