

CURRICULUM VITAE

Name : SOLOMON MNCEDISI MTSHALI
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Residential address : 1406, Ohlange t/ship, Inanda, 4309
Date and country of birth : 28 September 1982, R.S.A.
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Email address : galelacivils@gmail.com, solly@afrostructures.co.za
Languages : English, IsiZulu
Academic & technical qualifications : B-Tech Eng. (Civil): 2010

SPORT PARTICIPATION

• ELITE ATHLETE – ROAD RUNNING

Institution : ASA
Provincial code : KZN - Athletics
Running Club : Orcas Academy - KZN

• RACE PARTICIPATION

10km Road race best time -2022 : Durban International marathon -34:38
1000m track best time – 2022 : KZN league – 36:06
15km Road race best time - 2021 : Izitebele PMB – 57:27
21km Road race best time – 2022 : Checkout challenge kingspark – 1:18:21
25km Road race best time – 2022 : PDAC – 1:31:29
42km Road race best time – 2022 : Hippo Marathon 2:45:37
52km Road race best time – 2022 : Prince Mangosuthu Ultra 3:40:33
90km Road race best time – 2022 : Comrade marathon 7:01:27

• MENTORSHIP AND COACHING

Management : Prodigal Khumalo Foundation
Coach : Prodigal Khumalo
Running shoes : Stability shoes – new balance
Sponsorship : None

• MEDICAL CONDITION

Medical Aid : None
Disability : None
Allergies : None

REFERENCES

Prodigal Khumalo : Prodigal Khumalo Foundation

Contact number : 060 496 6781

Mduduzi Khumalo : Phantane Athletic club

Contact number : 061 436 3967

Phumelele Bhaqwa : Orcas Academy

Contact number : 081 350 9946