



CURRICULUM VITAE: LUNGISA MDEDELWA

PERSONAL INFORMATION

SURNAME: Lungisa
FIRST NAMES: Mdedelwa
COUNTRY: R.S.A.
DATE OF BIRTH: 15 September 1984
ID: 840915 6219 086
OCCUPATION: Teacher, Student – BED honors
CLUB: Nedbank Development Club - Transkei

Track And Field

PERSONAL PERFORMANCES 2009

Yellow Pages Durban 5000m, time: 13:54
 SA Champs Stellenbosch 10000m, time: 29:06
 Provincial Champs Mtata 10000m, time: 29:15
 Student games Belgrade 10000m, time: 28:21

Road Running

PERSONAL PERFORMANCES 2007

Nedbank Series (KZN) 21km, time: 1:08:39
 Nedbank SA Champs 10km, time: 30:45

PERSONAL PERFORMANCES 2009

Nedbank Tswane 21km, 12th, time: 66:54
 Nedbank Johannesburg 10km, time: 29:53
 KZN Champs 10km, 4th, time: 28:57
 Prov Champs KZN, 1st, time: 28:58
 Student Games 21km, 2nd, time: 67:00
 World Student games, 3rd, time: 28:21
 Nedbank Soweto 10km, 2nd, time: 29:55



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