



CURRICULUM VITAE: NDOFHIWA MANDIWANA

PERSONAL INFORMATION

SURNAME: Mandiwana
FIRST NAMES: Ndophiwa
COUNTRY: R.S.A
DATE OF BIRTH: 10/06/1981
ID: 810610 1146 089
CLUB: Nedbank Running Club, Tshwane - Gauteng North
MARITAL STATUS: Single
OCCUPATION: Pro athlete
HOBBIES: Watching sports

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
10 Km	38:15	Brooklyn 10km, Pretoria, South-Africa	2008
21.1 Km	82:41	Om die Dam 21km, North West, South-Africa	2007
42.2Km	2:51:42	Nedbank Marathon, Cape Town, South-Africa	2009
50 Km	3:43:30	City-to-City ultra marathon, Gauteng, South-Africa	2008

PERSONAL PERFORMANCES 2007

Om die Dam 21km, 4th, time: 82:41
 PMMC Nite race 10km, 1st, time: 38:02
 Denel 21km, 1st, time: 83:21
 Nigel Marley 42km, 1st, time: 3 04:35
 Foskor 21km, 9th, time: 87:08
 Jolly Jumbo 21km, 1st, time: 88:39

PERSONAL PERFORMANCES 2008

Dischem 21km, 4th, time: 85:12
 Brooklyn 10km GN, 2nd, time: 38:15
 SA Marathon championships, 9th, time: 2:54:06
 City-to-City 50km ultra, 6th, time: 3:43:30

PERSONAL PERFORMANCES 2009

Nedbank SA Champs (KZN) 42km, time: 2:55:42
 Nedbank Cape Town City Marathon, time: 2:51:14



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Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

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