

CURRICULUM VITAE: XOLISA TYALI



PERSONAL INFORMATION

SURNAME: Tyali
FIRST NAMES: Xolisa
COUNTRY: South-African
DATE OF BIRTH: 1988/12/02
CLUB: Nedbank Running Club
OCCUPATION: Athlete

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Area</u>	<u>Date</u>
3000m	8:44.43	Germiston	01 APR 2005
5000m	14:14.96	Durban	08 FEB 2008
10000m	28:29.20	Port Elizabeth	13 APR 2012
Half Marathon	1:01:58	Port Elizabeth	04 JUL 2009
Marathon	2:16:03	Johannesburg	07 SEP 2014

PERSONAL PERFORMANCES 2013

1 Wanderers (cga) 21km 01:07:19
 6 Cga Rac Men (cga) 10km 31:32
 6 Township (cga) 21km 01:09:16
 3 Bestmed Tuks (agn) 21km 01:07:58
 1 Wanderers (cga) 21km 1:07:19
 3 Cga Gun Run (wp) 21km 1:04:37
 3 Sportsman Warehouse (cga) 10km 31:16
 4 Soweto Eastern Limb Mines (lima) 21km 1:03:55

PERSONAL PERFORMANCES 2015

4 Pirates (cga) 21km 1:10:02
 1 Gift Of The Givers Township (cga) 21km 1:07:01
 1 Nelson Mandela Bay Freedom (ep) 10km 29:21
 9 Fnb Cape Town 12 Onerun (wp) 12km 35:39
 Port Elizabeth (RSA) Half Marathon 1:02:29

PERSONAL PERFORMANCES 2014

2 Kudus (cga) 15km 49:49
 1 Johnson Crane (cga) 21km 1:04:46
 2 Deloitte Pretoria (agn) 21km 1:07:02
 10 Old Mutual Two Oceans (wp) 21km 1:05:58
 1 Safari (bol) 21km 1:05:10
 2 Mtn (cga) 21km 1:04:47
 3 H Ntsohi Memorial (cga) 10km 29:51
 4 Petrosa (swd) 21km 1:04:40
 3 Outsurance Kfm 94.5 Gun Run (wp) 21km 1:04:36

PERSONAL PERFORMANCES 2016

7 Sasol Sasolburg (fs) 10km, 29:49
 Hérouville (FRA) 5000m, 14:47.63
 Leiden (NED) 10,000m, 28:27.10
 Cape Town (RSA) 21km, 1:04:59
 Brighton (GBR) Marathon, 2:17:27



CURRICULUM VITAE: HENDRICK RAMAALA

PERSONAL INFORMATION

SURNAME: Ramaala
FIRST NAMES: Hendrick
COUNTRY: R.S.A
DATE OF BIRTH: 1972/02/02
CLUB: Nedbank Running Club



PERSONAL BEST PERFORMANCES

Performance	Place	Date
3000 Metres 7:52.02	Bellville	27 FEB 1999
5000 Metres 13:24.43	Lisboa	20 JUN 1998
10,000 Metres 27:29.94	Port Elizabeth	22 FEB 1999
10 Kilometres 28:02	Swansea	26 SEP 1999
20 Kilometres 57:58	Alphen aan den Rijn	12 MAR 2000
Half Marathon 1:00:07	Košice	04 OCT 1997
30 Kilometres 1:28:45	London	26 APR 2009
Marathon 2:06:55	London	23 APR 2006
10 Miles Road 46:11	Newry	20 SEP 1998
56km 3:11:33	South Africa (Two Oceans)	19 April 2014

Recent Performances

56km 3:11:33	Two Oceans (RSA)	19 April 2014
42km 2:17:12	Cape Town marathon (RSA)	19 Sept 2015



CURRICULUM VITAE: Mthandazo Qhina



PERSONAL INFORMATION

SURNAME: Mthandazo
FIRST NAMES: Qhina
COUNTRY: R.S.A
DATE OF BIRTH: 25-Oct-1977
ID: 770925 5964 081
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	30:01	Bellville (RSA)	23.03.2013
15 km Road	45:27	Eersterivier (RSA)	20.06.2015
Half Marathon	1:06:39	Atlantis (RSA)	24.08.2013
30 km Road	1:38:56	Cape Town (RSA)	09.01.2011
Marathon	2:17:45	Cape Town (RSA)	20.09.2015
Marathon	2:17:11	Simon's Town (RSA)	19.02.2012

Two Oceans 56km Results

2009, 03:40:10, 78th
 2010, 03:17:34, 21st
 2012, 03:11:00, 6th
 2013, 03:10:02, 2nd
 2014, 03:16:11, 9th
 2015, 03:14:26, 4th
 2016, 03:22:12, 14th



CURRICULUM VITAE: Sintayehu Legese Yinesu



PERSONAL INFORMATION

SURNAME: Yinesu
FIRST NAMES: Sintayehu
COUNTRY: Ethiopia
CLUB: Nedbank Running Club
D.O.B: 1990

Personal Bests

Event	Result	Venue	Date
Half Marathron	1:02:59	Granollers (ESP)	01.02.2015
Marathon	2:11:07	Paris (FRA)	12.04.2015

Personal Performances 2015

OR Thambo Marathon (RSA) 2:11:20 (2nd)

Personal Performances 2015

Soweto Marathon (RSA) 2:23:20 (Winner)
 Granollers (ESP) 21km 1:02:59
 Paris Marathon (FRA) 2:11:07

Personal Performances 2014

Soweto Marathon (RSA) 2:17:55 (Winner)



CURRICULUM VITAE: Munyaradzi Jari



PERSONAL INFORMATION

SURNAME: Jari
FIRST NAMES: Munyaradzi
COUNTRY: Zimbabwe
CLUB: Nedbank Running Club
D.O.B: 18.01.1985

Best recent performances

Mossel Bay Marathon	2:16:54	27 SEP 2014
Mandela Day Marathon	2:31:38	28 August 2016 5th



CURRICULUM VITAE: **Ketema Bekele NEGASA**

PERSONAL INFORMATION

SURNAME: Negasa
FIRST NAMES: Ketema
COUNTRY: Ethiopia
CLUB: Nedbank Running Club
D.O.B: 07.10.1986

Personal Bests

Event	Result	Venue	Date
42km	2:11:17	See Genezareth (ISR)	10.01.2014

Personal Performances 2016

Pyongyang Marathon (PRK) 2:14:31

Personal Performances 2014

Tiberias Marathon (ISR) 2:11:17

Gauteng Marathon (RSA) 2:15:05 (Winner)

Personal Performances 2013

North Korea Marathon 2:12 (Winner)

Siberian Marathon 2:13:23 (Winner)

Pyongyang, PRK Mangyongdae Marathon 2:13:04 (Winner)

Personal Performances 2012

Siberian Marathon 2:14:59



CURRICULUM VITAE: Asefa Mengstu Negewo

PERSONAL INFORMATION

SURNAME: Negewo
FIRST NAMES: Asefa
COUNTRY: Ethiopia
CLUB: Nedbank Running Club
D.O.B: 18.01.1985

Best recent performances

20 Kilometres	58:37	Valencia, ESP	19 OCT 2014
Half Marathon	1:01:36	Valencia, ESP	19 OCT 2014
Half Marathon	1:01:36	Port Elizabeth	30 JUL 2016



CURRICULUM VITAE: Ntombesintu Mfunzi



PERSONAL INFORMATION

SURNAME: Ntombesintu
FIRST NAMES: Mfunzi
COUNTRY: R.S.A
DATE OF BIRTH: 1981/12/27
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
1500m	4:42.5h	Port Elizabeth (RSA)	26.02.2005
3000m	9:52.63	Potchefstroom (RSA)	19.02.2011
5000m	16:37.30	Port Elizabeth (RSA)	19.02.2010
10 km Road	34:35	Stellenbosch (RSA)	29.08.2009
15 km Road	55:45	Port Elizabeth (RSA)	04.10.2008
20 km Road	1:16:29	East London (RSA)	02.07.2006
Half Marathon	1:16:30	Port Elizabeth (RSA)	02.07.2011
30 km Road	2:00:50	Uitenhage (RSA)	05.03.2016
Marathon	2:49:38	Mossel Bay (RSA)	03.09.2011

2016

5000m 17:20.73 Stellenbosch (RSA)
 10 km Road 35:28 Port Elizabeth (RSA)
 15 km Road 58:14 Jeffreys Bay (RSA)
 Half Marathon 1:20:00 Cape Town (RSA)
 30 km Road 2:00:50 Uitenhage (RSA)



CURRICULUM VITAE: **Chelitu Bogale Asefa**



PERSONAL INFORMATION

SURNAME: Asefa
FIRST NAMES: Chelitu
DATE OF BIRTH: 24/05/1991
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

Bests Performances

Date	Event	Result	Position
2016	Mandela Day Marathon	2:59:40	2
2015	Two Oceans Marathon 56km	4:01:40	8
2015	Mandela Day Marathon	2:59:58	3
2015	Soweto Marathon	3:04:00	8
2014	Two Oceans Marathon 56km	3:56:59	7
2014	Mandela Day Marathon	2:57:00	2
2014	Spar 10 km Port Elizabeth	34:18	7



CURRICULUM VITAE: Eunice Muchiri



PERSONAL INFORMATION

SURNAME: Eunice
FIRST NAMES: Muchiri
DATE OF BIRTH: 1993
CLUB: Nedbank Running Club
NATIONALITY: Kenya

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:12:54	Bali (INA)	16.06.2013
Marathon	2:46:57	Bloemfontein (RSA)	16.04.2016
Marathon	2:41:48	Johannesburg (RSA)	08.09.2013

PERSONAL PERFORMANCES 2016

Marathon 2:46:57 Bloemfontein (RSA) 16.04.2016 (3rd)



CURRICULUM VITAE: **Gezashign Hunduma Gemed**



PERSONAL INFORMATION

SURNAME: Gemed
FIRST NAMES: Gezashign
DATE OF BIRTH: 1990
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

Bests Performances

Event	Result	Date
1500 Metres	4:18.90	Barakaldo 14 JUL 2007
5000 Metres	15:56.93	Bilbao (Landako de Durango) 23 JUN 2007
Half Marathon	1:12:41	Den Haag 08 MAR 2015
Marathon	3:02:13	Shanghai 02 NOV 2014

