

## 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 Ntsobi 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 2016

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

### **Personal Performances 2016**

Mandela Day Marathon 2:31:38 (5<sup>th</sup>)

### **Personal Performances 2015**

Township2Township Marathon 2:22:04 (1<sup>st</sup>)

### **Personal Performances 2014**

Mossel Bay Marathon 2:16:54 (2<sup>nd</sup>)  
 Roger Brackley Marathon 2:22:03 (1<sup>st</sup>)



## 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

### Personal Bests

| Distance  | Time     | Place        | Date        |
|-----------|----------|--------------|-------------|
| 10 km     | 28:41    | Arezzo ITA   | 29 May 2011 |
| Half Mara | 1:01:34  | Valencia ESP | 19 Oct 2014 |
| Marathon  | 2:19:40  | Valencia ESP | 16 Nov 2014 |
| 5 km      | 13:55.92 | Yokohama JPN | 02 Dec 2012 |
| 10 km     | 28:54.98 | Miyoshi JPN  | 29 Sep 2012 |

### Personal Performances 2016

Port Elizabeth Half Marathon 1:01:36 (3<sup>rd</sup>)  
 OR Thambo Marathon 2:11:12 (1<sup>st</sup>)

### Personal Performances 2014

Valencia, ESP Half Marathon 1:01:34



## 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**

| <b>Date</b> | <b>Event</b>              | <b>Result</b> | <b>Position</b> |
|-------------|---------------------------|---------------|-----------------|
| 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 (3<sup>rd</sup>)



## CURRICULUM VITAE: **Gezashign Hunduma Gemed**



### **PERSONAL INFORMATION**

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

### **Bests Performances**

| <b>Event</b>  | <b>Result</b> | <b>Date</b>                             |
|---------------|---------------|-----------------------------------------|
| 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                    |

