



CAPE TOWN MARATHON 2017 ATHLETES - PROFILES



Nedbank Running Club - Administrative Head Office
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CURRICULUM VITAE: Lungile GONGQA



PERSONAL INFORMATION

SURNAME: Gongqa
FIRST NAMES: Lungile
COUNTRY: South-African
DATE OF BIRTH: 22/02/1979
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Area</u>	<u>Date</u>
5000m	14:12.47	Durban (RSA)	21.03.2010
10,000m	30:10.31	Stellenbosch (RSA)	13.03.2009
10 km Road	29:09	Mdantsane (RSA)	01.09.2013
12 km Road	35:39	Cape Town (RSA)	17.05.2015
15 km Road	45:20	Cape Town (RSA)	09.03.2013
Half Marathon	1:03:57	Port Elizabeth (RSA)	30.07.2016
Marathon	2:11:59	Cape Town (RSA)	20.09.2015

Best Performances 2017

<u>Event</u>	<u>Result</u>	<u>Venue</u>
10 km Road	30:46	Rondebosch (RSA)
12 km Road	36:55	Cape Town (RSA)
Half Marathon	1:05:05	Port Elizabeth (RSA)
Marathon	2:18:52	Mumbai (IND)
Two Oceans Marathon	3:09:38 (1 st)	Cape Town (RSA)



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	8:03.4h	Potchefstroom (RSA)	23.01.2009
5000m	13:43.42	Port Elizabeth (RSA)	19.02.2010
10,000m	28:27.10	Leiden (NED)	11.06.2016
5 km Road	14:50	Johannesburg (RSA)	28.08.2016
10 km Road	29:03	Kimberley (RSA)	19.05.2012
12 km Road	35:39	Cape Town (RSA)	17.05.2015
15 km Road	47:04	Johannesburg (RSA)	10.01.2010
Half Marathon	1:01:58	Port Elizabeth (RSA)	04.07.2009
Marathon	2:16:03	Johannesburg (RSA)	07.09.2014

PERSONAL PERFORMANCES 2017

Half Marathon Port Elizabeth (RSA), 1:04:07
 2nd, Gert Sibande - Times Missing (mpu) 21km, 1:05:48

PERSONAL PERFORMANCES 2015

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

PERSONAL PERFORMANCES 2016

7th 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: **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: **Lebenya NKOKA**

PERSONAL INFORMATION

SURNAME: NKOKA
FIRST NAMES: Lebenya
COUNTRY: Lesotho
DATE OF BIRTH: 19 October 1982
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	29:44	Roodeport (RSA)	01.10.2006
20 km Road	1:02:51	George (RSA)	14.10.2006
Half Marathon	1:03:28	Port Elizabeth (RSA)	24.06.2017
Marathon	2:12:20	Bloemfontein (RSA)	16.04.2016

Best performances 2016

Event	Result	Venue	Position
Half Marathon	1:03:28	Port Elizabeth (RSA)	24.06.2017
Marathon	2:19:02	Daegu (KOR)	02.04.2017



CURRICULUM VITAE: IRVETTE VAN ZYL



PERSONAL INFORMATION

SURNAME: van Zyl
FIRST NAMES: Irvette
COUNTRY: R.S.A
DATE OF BIRTH: 1987/07/05
ID: 870705 0144 080
CLUB: Nedbank Running Club - CGA

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km Road	32:20:00	Stellenbosch (RSA)	09.08.2014
Half Marathon	1:11:00	Port Elizabeth (RSA)	30.07.2016
Half Marathon	1:10:56	New York (USA)	20.03.2011
Marathon	2:31:26	London (GBR)	21.04.2013

PERSONAL PERFORMANCES 2017

Event	Result	Venue	Date
5000m	16:20.06	Durban (RSA)	28.02.2017
1500m	4:23.23	Potchefstroom (RSA)	22.04.2017
10 km Road	33:07	Cape Town (RSA)	02.04.2017
Half Marathon	1:12:36	Barcelona (ESP)	12.02.2017

PERSONAL PERFORMANCES 2016

Event	Result	Venue	Date
3000m	09:11.5	Pretoria (RSA)	08.03.2016
5000m	16:02.6	Stellenbosch (RSA)	15.04.2016
10 km Road	33:02:00	Durban (RSA)	17.07.2016
12 km Road	39:40:00	Cape Town (RSA)	15.05.2016
Half Marathon	1:11:00	Port Elizabeth (RSA)	30.07.2016
Marathon	2:32:20	London (GBR)	24.04.2016



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
10 km Road	34:35	Stellenbosch (RSA)	29.08.2009
Half Marathon	1:16:30	Port Elizabeth (RSA)	02.07.2011
Marathon	2:49:38	Mossel Bay (RSA)	03.09.2011

Two Oceans

2017 Two Oceans Marathon 56km 4:01:21 5th
 2015 Two Oceans Marathon 56km 4:21:05 16th
 2014 Two Oceans Marathon 56km 4:00:53 8th
 2012 Two Oceans Marathon 56km 3:52:38 8th

2017 Best Performances

Event	Result	Venue
10 km Road	35:57	Port Elizabeth (RSA)
12 km Road	43:29	Cape Town (RSA)
15 km Road	56:00	Port Elizabeth (RSA)
Half Marathon	1:17:31	Port Elizabeth (RSA)
30 km Road	1:54:43	Uitenhage (RSA)



CURRICULUM VITAE: **Elisabet Kebede Arsedo**



PERSONAL INFORMATION

SURNAME: Arsedo
FIRST NAMES: Elisabet Kebede
DATE OF BIRTH: 29 April 1993
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
Spar Ladies Durban	33:38	Durban	2017

PERSONAL PERFORMANCES 2017

1st, Jm Busha (cga), 21km, 1:21:40
6th, Spar Ladies Port Elizabeth, 10km, 34:04
4th, Spar Ladies Durban, 10km, 33:48



CURRICULUM VITAE: Asefaw Meseret Taye

PERSONAL INFORMATION

SURNAME: Taye
FIRST NAMES: Asefaw Meseret
DATE OF BIRTH: 1985
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
5000m	15:37.69	Barcelona (ESP)	30.06.2016
10,000m	33:22.36	Dubai (UAE)	23.04.2016
5 km Road	16:35	Trier (GER)	31.12.2013
15 km Road	57:21	Le Puy-en-Velay (FRA)	01.05.2013
10 Miles Road	54:47	Philadelphia (USA)	03.05.2015
20 km Road	1:08:05	Paris (FRA)	14.10.2012
Half Marathon	1:13:48	Ivry-sur-Seine (FRA)	21.04.2013

