



## Cape Town Marathon Men 2018 PROFILES



## 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 2018

Mandela Day Marathon (RSA) 2:28:02 (1st)

### Personal Performances 2017

Soweto Marathon (RSA) 2:20:56 (2nd)

### 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: **Ketema Bekele NEGASA**



### **PERSONAL INFORMATION**

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

### **Personal Bests**

<b>Event</b>	<b>Result</b>	<b>Venue</b>	<b>Date</b>
42km	2:11:06	Cape Town Marathon (RSA)	2017

### **Personal Performances 2017**

Cape Town Marathon (RSA) 2:11:06

### **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: LIMO KENNETH KIPLAGAT

### PERSONAL INFORMATION

**SURNAME:** Kiplagat  
**FIRST NAMES:** Kenneth  
**COUNTRY:** Kenya  
**CLUB:** Nedbank Running Club  
**D.O.B:** 1990

#### **Personal Performances 2018**

2:10:24 Madrid (ESP)

#### **Personal Performances 2017**

2:14:05 Taiyuan (CHN) (4th)

2:20:06 Lagos (NGR) (10th)

2:14:44 Nairobi (KEN) (6th)

#### **Personal Performances 2016**

2:13:54 Taiyuan (CHN) (3rd)

2:11:18 Dongguan (CHN) (1st)

## CURRICULUM VITAE: MOSES LEKURAA

### PERSONAL INFORMATION

**SURNAME:** Lekuraa  
**FIRST NAMES:** Moses  
**COUNTRY:** Kenya  
**CLUB:** Nedbank Running Club  
**D.O.B:** 1998

Will make his Marathon debut

#### **Personal Best Performances**

10km - 28:32

21.1km - 62:12



## CURRICULUM VITAE: EZEKIEL TARUS

### PERSONAL INFORMATION

**SURNAME:** Tarus  
**FIRST NAMES:** Ezekiel  
**COUNTRY:** Kenya  
**CLUB:** Nedbank Running Club  
**D.O.B:**

#### **Personal Performances 2018**

Lagos City Marathon (11th)

#### **Personal Performances 2017**

2:13:19 Cape Town Marathon (RSA) (7th)

## CURRICULUM VITAE: MUNYA JARI

### PERSONAL INFORMATION

**SURNAME:** Jari  
**FIRST NAMES:** Munya  
**COUNTRY:** Zimbabwe  
**CLUB:** Nedbank Running Club  
**D.O.B:**

#### **Personal Best Performances**

2:14 OR Tambo Marathon (RSA)

#### **Personal Performances 2017**

Mossel Bay Marathon (1st)  
Zimbabwe National 12km Cross Country Champion

#### **Personal Performances 2016**

Township 2 Township Marathon (1st)

#### **Personal Performances 2015**

Maritzburg Marathon (1st)



## CURRICULUM VITAE: **NEGASH DUKI**

### PERSONAL INFORMATION

**SURNAME:** Duki  
**FIRST NAMES:** Negash  
**COUNTRY:** Kenya  
**CLUB:** Nedbank Running Club  
**D.O.B:**

### Personal Best Performances

Discipline	Performance	Place	Date
10 Kilometres	30:32	Middletown (USA)	2014
15 Kilometres	44:33	Istanbul (TUR)	2008
Half Marathon	1:06:25	Brooklyn, NY (USA)	2014
Half Marathon	1:05:01	Brooklyn, NY (USA)	2015
Marathon	2:11:14	Košice (SVK)	2013

### Personal Performances 2018

2:14 Hong Kong (7th)

## CURRICULUM VITAE: **KIBRU KOTU**

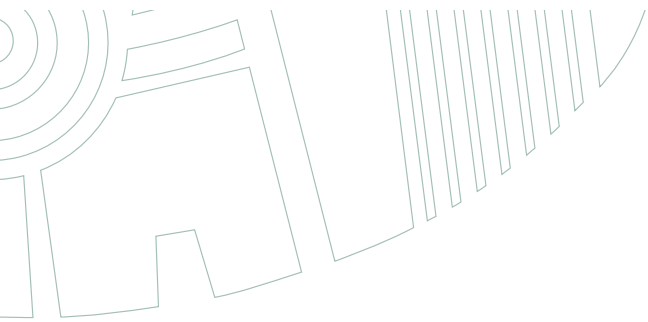
### PERSONAL INFORMATION

**SURNAME:** Kotu  
**FIRST NAMES:** Kibru  
**COUNTRY:** Kenya  
**CLUB:** Nedbank Running Club  
**D.O.B:**

### Personal Performances 2017

2:14:20 Hawassa Marathon (ETH)





## Cape Town Marathon Women 2018 PROFILES





**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
2017	Mandela Day Marathon	3:07:17	4th
2016	Cape Town Marathon	2:42:25	7th
2016	Mandela Day Marathon	2:59:40	2nd
2015	Two Oceans Marathon 56km	4:01:40	8th
2015	Mandela Day Marathon	2:59:58	3rd
2015	Soweto Marathon	3:04:00	8th
2014	Two Oceans Marathon 56km	3:56:59	7th
2014	Mandela Day Marathon	2:57:00	2nd
2014	Spar 10 km Port Elizabeth	34:18	7th





## CURRICULUM VITAE: TIGIST BIKILA DEME

### PERSONAL INFORMATION

**SURNAME:** Deme  
**FIRST NAMES:** Tigist  
**COUNTRY:** Ethiopia  
**CLUB:** Nedbank Running Club  
**D.O.B:** 1992

#### Personal Bests

Event	Result	Venue	Date
10km	33:27	Brive FRA 2014	
21km	1:13:19	Caen FRA 2014	

#### Personal Performances 2016

1:18:33 Half Marathon - Darica TUR (4th)

#### Personal Performances 2015

1:17:11 Half Mara - Niort FRA (3rd)  
 36:00 Halluin FRA - Foulees Halluinoises (3rd)  
 1:33:19 24.3 km - Charleville FRA (3rd)  
 1:15:13 Half Mara - Getafe ESP (3rd)  
 1:14:23 Half Mara - Viana do Castelo POR (3rd)

## CURRICULUM VITAE: NANCY JEBET KOECH

### PERSONAL INFORMATION

**SURNAME:** Koech  
**FIRST NAMES:** Nancy  
**COUNTRY:** Kenya  
**CLUB:** Nedbank Running Club  
**D.O.B:** 1986

#### Personal Bests

Event	Result	Venue	Date
5 Kilometres	16:28	Rennes (FRA)	2012
10 Kilometres	33:42	Ottendorf (GER)	2012
10 Miles Road	56:13	Schortens (GER)	2010
Half Marathon	1:12:42	Bratislava (SVK)	2011
Marathon	2:29:30	Daegu (KOR)	2017

#### Best Most Recent Results

10 Dec 2017	1st	2:31:55	Málaga ESP
02 Apr 2017	4th	2:29:30	Daegu KOR
27 Nov 2016	2nd	2:32:57	La Rochelle FRA
25 Sep 2016	1st	2:40:01	Mombasa KEN



## CURRICULUM VITAE: DORCAS JEPCHIRCHIR KIPTARUS

### PERSONAL INFORMATION

**SURNAME:** Kiptarus  
**FIRST NAMES:** Dorcas  
**COUNTRY:** Kenya  
**CLUB:** Nedbank Running Club  
**D.O.B:** 1984

### Personal Bests

Event	Result	Venue	Date
5000 Metres	16:09.0h	Nairobi (KEN)	2011
10,000 Metres	34:41.0h	Nairobi (KEN)	2012
10 Kilometres	37:38	Porto Alegre (BRA)	2011
15 Kilometres	54:45	Barueri (BRA)	2013
10 Miles Road	58:41	Vitoria (BRA)	2012
Half Marathon	1:13:31	Foz do Iguacu (BRA)	2011
Marathon	2:40:09	Nairobi (KEN)	2017

### Best Most Recent Results

2017 Nairobi Standard Chartered Marathon (KEN) 4th 2:40:09  
 2016 Taipei Marathon (TPE) 4th 2:41:22  
 2016 Panjin (CHN) 2:35:12

## CURRICULUM VITAE: URGE SEBOKA

### PERSONAL INFORMATION

**SURNAME:** Seboka  
**FIRST NAMES:** Urge  
**COUNTRY:** Ethiopia  
**CLUB:** Nedbank Running Club  
**D.O.B:** 1984

### Personal Bests

Event	Result	Venue	Date
10 Kilometres	32:36	Annecy (FRA)	2015
Half Marathon	1:12:44	Annecy (FRA)	2016
25 Kilometres	1:30:53	Berlin (GER)	2016
30 Kilometres	1:45:34	Lugano (SUI)	2015
Marathon	2:35:29	Hannover (GER)	2016

### Best Most Recent Results

2018 Marathon (POL) 2:35:12

