



COMRADES MARATHON 2018 MALE – PROFILES



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



CURRICULUM VITAE: EDWARD MOTHIBI



PERSONAL DETAILS

FIRST NAME / SURNAME:

Edward Mothibi

DATE OF BIRTH:

10 November 1984

CLUB:

Nedbank Running Club AGN

NATIONALITY:

South African

EMAIL / CONTACT:

Edward.mothibi@implats.co.za/0145690179/0837815475

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10000m	29:00	P.E- RSA	2010
21km	1:04	P.E -RSA	2010
Marathon	2:24	Soweto RSA	2018

Best Performances 2018

Comrades Marathon: 5:36 4th place

FNB 10km Joburg: 30:50 9th place

Soweto Marathon: 2:24 6th place

Akasia marathon: 2:29 1st place

Best Performances 2017

Two oceans marathon :3:22 17th place

Mandela Marathon: 2:31 9th place

Soweto Marathon: 2:25 9th place

Best Performances 2016

S.A 21km champs :1:05

Jacaranda half marathon :1:06 2nd place

25km mountain race (Rustenburg)1:31

Two oceans Marathon 3:41

Soweto marathon: 2:25 7th place



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CURRICULUM VITAE: Juan van Deventer



PERSONAL DETAILS

FIRST NAME / SURNAME:

Juan van Deventer

DATE OF BIRTH:

26 March 1983

CLUB:

Nedbank Running Club AGN

NATIONALITY:

South African

EMAIL / CONTACT / TWITTER:

vandeventer.juan@gmail.com / 083 251 1730 / @juanvandeventer

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>
800 Metres	1:47.44
1000 Metres	2:19.38
1500 Metres	3:34.30
One Mile	3:51.31
3000 Metres	7:41.06
5000 Metres	13:22.64
10,000 Metres	28:55.37
10 Kilometres	29:02
15 Kilometres	45:21
Half Marathon	1:06:08
Marathon	2:26:26

<u>Venue</u>	<u>Year</u>
Potchefstroom (RSA)	31 JAN 2003
Roodeport (RSA)	28 MAR 2003
New York, NY (USA)	30 MAY 2009
Oslo (NOR)	06 JUN 2008
Stockholm (SWE)	22 JUL 2008
Stockholm (SWE)	06 AUG 2010
Stellenbosch (RSA)	03 APR 2009
Durban (RSA)	08 FEB 2009
Germiston (RSA)	07 APR 2013
Cape Town (RSA)	30 MAR 2013
Johanneburg (RSA)	27 JAN 2019



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CURRICULUM VITAE: Elov Olsson



PERSONAL DETAILS

FIRST NAME / SURNAME: Elov Olsson
DATE OF BIRTH: 26 July 1989
CLUB: Nedbank International
NATIONALITY: Sweden
EMAIL / CONTACT / TWITTER: elov.olsson@gmail.com

Personal Performances 2018

5000 Metres 15:40.9h Gävle (SWE)
 Comrades Marathon Down Run 06:01:38, 22nd
 Ultra-Trail Cape Town 100km 10:41:49, 2nd

Personal Performances 2017

Ultravasan 90km 1st, 6:07:37
 Western States 100 Miler 13th, 18:44:56
 The Broken Arrow Skyrace 3rd, 44:29
 Black Canyon Ultras 100Km 2nd, 7:58:09
 IAU 100K World Championships 100Km 11th, 6:44:24
 Wing for Life 7th Globally - 75km

Personal Performances 2016

Ultravasan 90km 8th 6:31:06
 Endurance Trail des Templiers 100K 14th, 12:47:14

Personal Performances 2014

Ultravasan 90km 8th, 6:46:16
 Täby Extreme Challenge 100 Miler 2nd, 13:38:12

Personal Performances 2013

Täby Extreme Challenge 50 Miler 1st, 6:46:11



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CURRICULUM VITAE: Fritjof Fagerlund



PERSONAL DETAILS

FIRST NAME / SURNAME: Fritjof Fagerlund
DATE OF BIRTH: 27 June 1974
CLUB: Nedbank International
NATIONALITY: Sweden
EMAIL / CONTACT / TWITTER: ffagerlund@gmail.com

Personal Performances 2018

Comrades Down Run, 05:53:39, 15th
 Rotterdam Marathon (NED), 2:33:35
 Málaga Marathon (ESP) 14th, 2:28:01

Personal Performances 2017

Transgrancanaria 125km 14:57:29, 15th
 Comrades Marathon - Up Run 89km 5:49:54, 10th
 Marathon Wien (AUT) 2:28:09

Personal Performances 2016

IAU 100km World Championships Los Alcazares 6:45:28, 14th
 IAU Trail WC Trans Peneda-Geres, Braga 85km 9:26:07, 19th
 UltraVasan 90km 6:16:05 2nd
 Comrades Marathon - Down Run 89km 5:45:21, 14th

Personal Performances 2015

16th Festival des Templiers - Le Grande Course 73km 7:38:39
 6th RUN Winschoten 100 km 6:42:51
 1st UltraVasan 45km 2:45:30

Personal Performances 2014

10th IAU 100km World Championship - open race 100km 6:55:30
 2nd WMA 100km Championship 100km 6:55:30
 5th Trail Verbier St Bernard - X-Alpine 111km 15:23:40
 1st Uddevalla Ultra 100km 7:06:43



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CURRICULUM VITAE: **Geoff Burns**



PERSONAL DETAILS

FIRST NAME / SURNAME:

Geoff Burns

DATE OF BIRTH:

05 March 1990

CLUB:

Nedbank International

NATIONALITY:

US

EMAIL / CONTACT / TWITTER:

geoffrey.t.burns@gmail.com / @geoffreyburns

PERSONAL BEST TIMES

Distance	Time	Venue	Year
3000 Metres	8:43.71	Ann Arbor, MI (USA)	09 MAY 2009
5000 Metres	15:09.66	East Lansing, MI (USA)	06 APR 2013
Half Marathon	1:07:41	Columbus, OH (USA)	19 OCT 2014
Marathon	2:24:58	New Orleans, LA (USA)	28 FEB 2016

Best Performances 2018

2018 Comrades Marathon 05:49:04, 12th
 2017 Chicago Lakefront Fall 50Mile 5:14:55, 1st
 2016 IAU 100km World Championships Los Alcazares 6:38:34, 5th
 2016 UltraVasan 90km 7:31:49, 28th
 2016 Mad City 100Km Road Race 6:30:37, 1st
 2015 IAU 50km World Championships 3:06:38, 10th
 2015 Two Hearted Trail Run 50km 3:53:08, 2nd
 2015 Mad City 50K Road Race 3:00:57, 1st



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CURRICULUM VITAE: Hatiwande Nyamande



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Hatiwande Nyamande
COUNTRY: Zimbabwe
DATE OF BIRTH: 1979
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Date	Position	Result	Distance	Event
2017	2nd	5:38:19	89 km	Comrades
2008	2nd	2:55:54	50 km	City to City
2007	3rd	3:11:14	56 km	Old Mutual Two Oceans
2005	1st	2:26:36	Marathon	Glenmore Beach RSA
2004	8th	2:52:15	50 km	Loskop

COMRADES PERFORMANCES

2017	Up	5:38:48	2nd
2015	Up	5:48:19	3rd
2013	Up	6:48:11	78th



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CURRICULUM VITAE: **Mabothile Lebopo**

PERSONAL DETAILS

FIRST NAME / SURNAME: Mabothile Lebopo
DATE OF BIRTH: 25 December 1975
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: goodmanthaba@gmail.com / 078 832 9870

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10,000 Metres	28:57.07	Port Elizabeth (RSA)	16 FEB 2001
10 Kilometres	29:11	Holcim (RSA)	03 OCT 2004
Half Marathon	1:03:39	Cape Town (RSA)	15 APR 2006
Marathon	2:13:42	Durban (RSA)	08 FEB 2009

Best Marathon Performances

2018	2:29:12	Howick (RSA)	26 AUG 2018
2012	2:17:14	Soweto (RSA)	04 NOV 2012
2011	2:20:27	Soweto (RSA)	06 NOV 2011
2010	2:22:22	Soweto (RSA)	07 NOV 2010
2009	2:13:42	Durban (RSA)	08 FEB 2009
2008	2:13:52	Durban (RSA)	10 FEB 2008
2007	2:14:31	Port Elizabeth (RSA)	10 FEB 2007
2006	2:19:00	Johannesburg (RSA)	07 MAY 2006
2005	2:24:39	Soweto (RSA)	06 NOV 2005
2004	2:18:05	Soweto (RSA)	07 NOV 2004
2003	2:16:12	Pyongyang (PRK)	13 APR 2003
2002	2:19:50	Soweto (RSA)	03 NOV 2002
2001	2:25:04	Port Elizabeth (RSA)	02 DEC 2001



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CURRICULUM VITAE: Marko Mambo



PERSONAL DETAILS

FIRST NAME / SURNAME: Marko Mambo
DATE OF BIRTH: 1 March 1971
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT :

PERSONAL BEST PERFORMANCES

2018

Om die Dam 50km 2:59:12 1st
 Comrades Down run 05:37:49, 5th

2017

Om die Dam 50km 3:01:26 6th
 Comrades Up run 05:52:29, 11th

Comraades Marathon

2018 Comrades Marathon - Up Run 89km 5:37:49 5th
 2017 Comrades Marathon - Up Run 89km 5:52:29 11th
 2016 Comrades Marathon - Down Run 89km 5:45:05 13th
 2012 Comrades Marathon - Down Run 89km 5:33:40 4th

Two Oceans 56km

2012 Two Oceans Marathon 56km 3:17:01 16th
 2010 Two Oceans Marathon 56km 3:19:27
 2009 Two Oceans Marathon 56km 3:10:53 2nd
 2008 Two Oceans Marathon 56km 3:11:35 1st
 2005 Two Oceans Marathon 56km 3:05:40 1st
 2004 Two Oceans Marathon 56km 3:07:42 1st



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CURRICULUM VITAE: Mike Fokoroni



PERSONAL DETAILS

FIRST NAME / SURNAME: Mike Fokoroni
DATE OF BIRTH: 10 January 1977
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT / TWITTER: sbunzima@outlook.com / +263 71 625 5776

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	29:41	Mamelodi (RSA)	05.04.2009
20 km Road	1:01:58	East London (RSA)	02.07.2006
Half Marathon	1:03:04	Port Elizabeth (RSA)	04.07.2009
Marathon	2:13:17	Beijing (CHN)	24.08.2008

Marathon

2016 Soweto Marathon, 2:24:39, 6th
 2017 PetroSA Marathon, 2:23:32, 8th
 2017 Soweto Marathon, 2:32:01
 2018 PetroSA Marathon, 2:29:20, 11th

Comrades Marathon

2012 Down, 05:58:37, 30th
 2013 Up, 05:50:11, 8th
 2014 Down, 05:45:46, 13th
 2015 Up, 06:37:16, 60th
 2016 Down, 05:35:09, 4th
 2017 Up, 05:59:23, 18th

Two Oceans Marathon

2010, 03:11:38, 6th
 2011, 03:11:25, 7th
 2013, 03:13:29, 10th
 2015, 03:16:56, 6th
 2016, 03:13:33, 1st
 2017, 03:18:35, 11th
 2018, 03:16:38, 10th



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CURRICULUM VITAE: Moeketsi MOSUHLI



PERSONAL DETAILS

FIRST NAME / SURNAME: Moeketsi Mosuhli
DATE OF BIRTH: 05 August 1981
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: 078 832 9870

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
1500 Metres	3:47.36	Melbourne (AUS)	24 MAR 2006
3000 Metres	8:26.65	Réduit (MRI)	18 APR 2004
10 Kilometres	28:57	Durban (RSA)	08 FEB 2009
20 Kilometres	1:03:00	George (RSA)	14 OCT 2006
Half Marathon	1:03:41	Phalaborwa (RSA)	25 JUL 2009
Marathon	2:14:03	Durban (RSA)	10 FEB 2008

Two Oceans 56km Performances

2010	03:07:29	2nd
2011	03:09:42	4th
2012	03:13:05	11th
2013	03:10:22	3rd
2015	03:13:45	3rd
2016	03:35:26	34th
2017	03:17:30	11th
2018	03:14:53	8th



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CURRICULUM VITAE: Steven Way



PERSONAL DETAILS

FIRST NAME / SURNAME: Steven Way
DATE OF BIRTH: 06 July 1974
CLUB: Nedbank International
NATIONALITY: Great Britain
EMAIL / CONTACT / TWITTER: steveandsarahway@sky.com / @marigold_bac

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 Kilometres	30:55	Yeovil (GBR)	05 APR 2010
10 Miles Road	51:48	Portsmouth (GBR)	26 OCT 2014
Half Marathon	1:06:40	Bath (GBR)	03 MAR 2013
Marathon	2:15:16	Glasgow (GBR)	27 JUL 2014
100 Kilometres	6:57:23	Doha (QAT)	21 NOV 2014

Best Performances 2018

Comrades Marathon down Run 89km 5:35:27, 3rd
 North Dorset Village Marathon, 2:30:48
 Virgin London Marathon, 2:36:35
 Barry Marathon 40mile, 4:13:24
 BHF Bournemouth Bay Half Marathon, 1:10:31
 Bournemouth 10mile, 55:30

Other Performances

2017 Comrades Marathon up Run 89km 5:59:40, 9th
 2017 London Marathon, 2:26:52
 2016 UltraVasan 90km, 6:21:40, 4th
 2016 Barry 40 Mile Track Race, 3:54:52, 1st
 2015 Salisbury Trail Races 50km, 3:18:37, 1st



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COMRADES MARATHON 2018 FEMALE – PROFILES



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CURRICULUM VITAE: GERDA STEYN



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Gerda Steyn
COUNTRY: R.S.A
DATE OF BIRTH: 1990/03/03
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: gerda.run@gmail.com / 072 656 3030 / @gerdarun

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
5 kilometers	16:30	Durban	14 Oct 2018
10 kilometers	33:36	Durban	14 Oct 2018
Marathon	2:31:04	New York	9 Nov 2018
Two Oceans 56km	3:39:32	Cape Town	31 Mar 2018
Comrades Marathon	6:15:34	Durban	10 Jun 2018

PERSONAL PERFORMANCES 2018

Two Oceans 56km	3:39:32	1st Place
Comrades Marathon	6:15:34	2nd Place
New York Marathon	2:31:04	13th Place
SC Dubai 10km	34:30	1st Place
Middlesbrough 10km	33:58	1st Place
Spar Ladies race -Jhb		2nd Place
FNB 10km - Jhb		3rd Place

PERSONAL PERFORMANCES 2017

Comrades Marathon	6:45:45	4th Place
Valencia Marathon	2:37:22	13th Place
Great North Run 21km	1:17:26	
Middlesbrough 10km	36:14	1st Place



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CURRICULUM VITAE: Carla Molinaro



PERSONAL DETAILS

FIRST NAME / SURNAME: Carla Molinaro
DATE OF BIRTH: 27 July 1984
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL/CONTACT/INSTAGRAM: carlamolinaro@hotmail.co.uk / 065 969 8725 / @carlamolinaro

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	37:08	Paisley (UK)	2014
Half Marathon	1:20:39	Glasgow (UK)	2013
Marathon	2:51:46	London (UK)	2015
Comrades	6:51:31	Durban (RSA)	2018
100km	8:23:45	Sveti Martin (Croatia)	2018

Best Performances 2018

Comrades, 90.18km, 6:50:31, 9th
 100km World Championships, 8:23:45, 30th
 Tom Jenkins 10km, 38:55, 1st

Best Performances 2017

South of England Fell Running Championships, 3km, 12km, 21km, 1st
 Comrades, 86.73, 7:55:05, 27th
 Wimbledon Common Trail Series, 5 miles 30:29 & 8 miles 53:10 1st

Best Performances 2016

Comrades, 89.13km, 7:23:06, 23rd
 London Marathon, 42km, 2:57:52, 56th
 Snowdon Trail Marathon, 42km, 3:16:28, 5th

Best Performances 2015

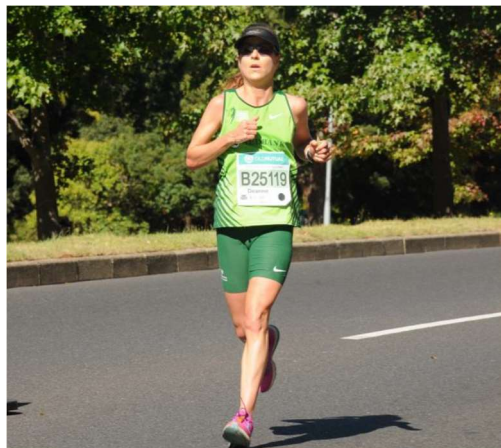
North Downs Way Trail Marathon, 42km, 3:49:56, 1st
 Chester Marathon, 42km, 2:51:49, 2nd
 Southern Athletics League, 800m, 2:20, 1st



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CURRICULUM VITAE: DEANNE HORN



PERSONAL DETAILS

FIRST NAME / SURNAME: Deanne Horn
DATE OF BIRTH: 26 Junie 1988
CLUB: Nedbank Running Club AGN
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: horndeanne@gmail.com / 082 683 4034 / @HornDeanne_

PERSONAL BEST TIMES

Distance Time Venue Year

10 km Road 38:55 Pretoria (RSA) 2018
 Half Marathon 1:25:42 Knysna (RSA) 2018
 Marathon 3:01:43 Klerksdorp (NW) 2018
 100km ultra 8:18:00 Sveti Martin (Croatia) 2018

Best Performances 2018

Comrades Marathon 7:06, 15th
 Two Oceans Ultra 4:06, 16th
 100km World Championships Croatia 8:18
 21.1Km Knysna 1:25, New course record, 1st
 Oxpecker Trail run 32km , 2 day stage race, course record 2:39, 1st
 Klerksdorp marathon 3:01, 1st

Other Achievements

100km World Championships – Croatia – 2018



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CURRICULUM VITAE: COBIE SMITH



PERSONAL DETAILS

FIRST NAME & SURNAME: Cobie Smith
DATE OF BIRTH: 11 January 1985
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL: cobiesmith@yahoo.com
CONTACT: 0834767480

PERSONAL BEST TIMES

DISTANCE	TIME	VENUE	YEAR
21.1km	1:22	Irene	2017
50km	3:31	Loskop	2018
90km	7:21	Comrades	2018
42km	2:52	Cape Town	2018
32km	2:14	Tough One Randburg	2018

BEST PERFORMANCES 2018

Pharmaton Edenvale Marathon 2:59, 1st
 Deloitte Marathon 3:05 3rd
 Cape Town Marathon 2:52
 Om die Dam 50km 3:50 2nd
 Comrades 7:21

BEST PERFORMANCES 2017

Wally Marathon 3:04, 1st
 Birchwood Half Marathon 1:30 1st
 Tough One 32km 2:21 3rd
 Jacky Gibson Marathon 3:17 1st
 Colgate 32km 2:19 2nd
 Comrades 8:04



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CURRICULUM VITAE: Fikile Mbuthuma



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Fikile Mbuthuma
DATE OF BIRTH: 23 December 1980
CLUB: Nedbank Running Club KZN
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: fikile.mbuthuma@gmail.com / 072 355 6775 / @8df05a6531bb459

Personal Bests

Event	Result	Venue	Date
Marathon	2:58:02	East London (RSA)	2015
50km	3:55:35	Dolphin Coast Striders Ultra	2011

Comrades Marathon Results

2018 Down, 06:54:36, 12th
 2017 Up, 07:14:34, 14th
 2016 Down, 06:52:32, 8th
 2015 Up, 07:18:41, 15th
 2014 Down, 07:08:26, 12th
 2013 Up, 07:38:53, 16th
 2012 Down, 07:48:14, 27th
 2011 Up, 07:57:24, 34th
 2010 Down, 07:44:00, 29th
 2008 Up, 08:11:34, 27th
 2007 Down, 08:17:37, 50th
 2006 Up, 09:10:15, 171th



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CURRICULUM VITAE: Tanith Maxwell



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Tanith Maxwell
DATE OF BIRTH: 2 June 1976
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: t.foxmax@gmail.com / 081 747 8553 / @tanithmaxwell

Personal Bests

Event	Result	Venue	Date
10 Kilometres	34:01:00	Durban (RSA)	26-Jul-09
12 Kilometres	44:46:00	Cape Town (RSA)	21-May-17
15 Kilometres	53:22:00	Cape Town (RSA)	10-Mar-12
20 Kilometres	1:13:25	East London (RSA)	02-Jul-06
Half Marathon	1:13:22	Port Elizabeth (RSA)	24-Jul-10
Marathon	2:32:33	Berlin (GER)	26-Sep-10

Comrades Marathon Results

2018 Down, 06:20:35, 4th

Two Oceans Marathon Results

2002	Half	1:22:27	8th
2003	Half	1:19:39	4th
2004	Half	1:18:06	3rd
2005	Half	1:21:01	6th
2010	Half	1:16:19	4th
2015	Ultra	3:45:19	3rd
2016	Ultra	3:45:55	2nd
2017	Ultra	3:55:37	3rd
2018	Ultra	3:49:49	4th



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CURRICULUM VITAE: **Camille Herron**



PERSONAL DETAILS

FIRST NAME / SURNAME:

Camille Herron

DATE OF BIRTH:

25 december 1981

CLUB:

Nedbank International

NATIONALITY:

USA

EMAIL / CONTACT / TWITTER:

runcamille@yahoo.com / @runcamille

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:16:36	Indianapolis (USA)	07.05.2011
Marathon	2:37:14	Houston (USA)	14.01.2012
100 Kilometres	7:08:35	Winschoten	12.09.2015

Career Highlights

2018 American Records for 100 Miles (13:25:00) and 200K (17:07:27)

2018 World Best for 24 hours of 162.919 miles (262.193km).

2018 Bandera 100km/US 100km Trail Championship, 1st

2017 Comrades marathon Winner – 6:27:35

50 Miles- 7:30 (April 2016, Debut on the trails)

2015, 1st IAU 50K World Championship, Doha, Qatar-- 1st, 3:20:58

2015, Fall 50/US 50 Mile Road Championship, Sturgeon Bay, WI-- 1st, 5:38:41 (New World Road Best,

September 2015, IAAF/IAU 100K World Championship, Winschoten, Netherlands- 1st individual/1st Team, 7:08:35

August 2015, Leading Ladies Marathon, Spearfish, SD- 1st, 2:42:48, Course Record and 12th State win

June 2015, Maryville Marathon, Maryville, MO- 1st, Broke the Course Record

April 2015, OKC Memorial Marathon, OKC, OK-- 1st, First 3-time winner

April 2015, Mad City 100K/US Championship, Madison, WI- 1st, 7:26:24 (debut)

March 2015, Knoxville Marathon, Knoxville, TN-- 1st, 2:51:28

March 2015, Montgomery Marathon, Montgomery, AL- 1st, 2:48:42

July 2014, Missoula Marathon, Missoula, MT-- 1st, 2:58

April 2014, OKC Memorial Marathon, OKC, OK-- 1st, 2:51:20



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