



COMRADES MARATHON 2019 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
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>
21km	1:04	P.E -RSA	2010
Marathon	2:24	Soweto RSA	2018
Comrades	5:36	Durban RSA	2018
Two Oceans 56km	3:22	Cape Town	2017

Best Performances 2019

Deloitte Pretoria Marathon 02:29:50, 4th
 Intercare Classic 21km 01:09:31, 2nd

Best Performances 2018

Comrades Marathon: 5:36, 4th
 FNB 10km Joburg: 30:50, 9th
 Soweto Marathon: 2:24, 6th
 Akasia marathon: 2:29, 1st

Best Performances 2017

Two oceans marathon: 3:22, 17th
 Mandela Marathon: 2:31, 9th
 Soweto Marathon: 2:25, 9th

Best Performances 2016

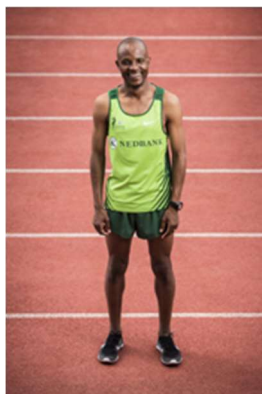
S.A 21km champs :1:05,
 Jacaranda half marathon: 1:06, 2nd
 25km mountain race (Rustenburg) 1:31
 Two oceans Marathon 3:41
 Soweto marathon: 2:25 7th place



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CURRICULUM VITAE: Ludwick MAMABOLO



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Ludwick Mamabolo
COUNTRY: R.S.A
DATE OF BIRTH: 14 April 1977
CLUB: Nedbank Running Club AGN
EMAIL / CONTACT / TWITTER: modibemamabolo@gmail.com / 072 232 0144 / @ludwickmamabolo

PERSONAL BEST PERFORMANCES

Half Marathon 1:07:37
 Marathon 2:20:48
 50 km Road 2:49:55

Comrades Marathon Results

2010 Down, 05:35:29, 2nd
 2011 Up, 05:50:18, 7th
 2012 Down, 05:31:03, 1st
 2013 Up, 05:45:49, 4th
 2014 Down, 05:33:14, 2nd
 2016 Down, 05:24:05, 2nd
 2017 Up, 05:42:40, 4th

Two Oceans 56km Results

2004, 03:19:44, 21st
 2008, 03:18:02, 11th
 2009, 03:14:43, 7th
 2010, 03:20:52, 18th
 2011, 03:16:33, 18th
 2012, 03:22:48, 25th
 2016, 03:17:52, 6th
 2017, 03:21:42, 15th
 2018, 03:35:27, 45th

Bests Performance 2019

Mall of The North (Iima) 42km, 2:41:49

Bests Performance 2018

3rd Mall of The North (Iima) 42km 2:34:58
 5th Marula Festival (Iima) 21km 1:11:58



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CURRICULUM VITAE: Joseph Manyedi



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Joseph Manyedi
COUNTRY: R.S.A
DATE OF BIRTH: 24 November 1982
CLUB: Nedbank Running Club AGN
EMAIL / CONTACT / TWITTER: 079 848 3788

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
50 km	2:55:37	RSA	2019

Comrades Marathon Results

2018	Down	06:43:04
2017	Up	06:59:49
2016	Down	06:44:56
2015	Up	07:14:40

Bests Performance 2019

Om die Dam 50km 2:55:37, 1st
 Tuks Bestmed (agn) 21km 1:09:23, 2nd
 Johnson Crane Hire Marathon (cga) 2:23:47, 1st



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CURRICULUM VITAE: John April



PERSONAL INFORMATION

FIRST NAMES / SURNAME: John April
COUNTRY: R.S.A
DATE OF BIRTH: 2 March 1989
CLUB: Nedbank Running Club SWD
CONTACT / EMAIL / TWITTER: 0738779329

PERSONAL BEST PERFORMANCES

DISCIPLINE	PERFORMANCE	PLACE	DATE
56km	3:38:40	Two Oceans (RSA)	2018

PERSONAL PERFORMANCES 2019

Outeniqua (swd) 21km 1:09:57, 1st
 Cango (swd) 21km 1:08:37, 4th
 Beaufort West Kanniedood (swd) 21km 1:07:28, 1st
 27 For Freedom (wp) 27km 1:35:29, 3rd
 Bay To Bay (wp) 30km 1:46:54, 11th

PERSONAL PERFORMANCES 2018

Meiringspoort Live Life (swd) 21km 1:09:11, 3rd
 Sanlam Cape Town (wp) 42km 2:28:41
 Run With The Stars (swd) 10km 32:07, 2nd
 Schoemanshoek (swd) 21km 1:12:45, 2nd
 Old Mutual Two Oceans (wp) 56km 3:38:40

PERSONAL PERFORMANCES 2017

Sanlam Cape Town Marathon (wp) 42km 2:30:16
 George Herald Run With Stars (swd) 10km 32:19, 2nd
 Outeniqua (swd) 21km 1:14:40, 3rd
 Old Mutual Two Oceans Ultra (wp) 56km 3:49:17
 Two Lagoons (swd) 30km 1:59:11, 3rd
 Cango (swd) 42km 2:29:13, 1st



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CURRICULUM VITAE: Lindikhaya Mthangayi



PERSONAL DETAILS

FIRST NAME / SURNAME: Lindikhaya Mthangayi
DATE OF BIRTH: 4 June 1979
CLUB: Nedbank Running Club WPA
NATIONALITY: South African
EMAIL / CONTACT: 083 743 1996

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
1500 Metres	3:47.42	Bellville (RSA)	2002
5000 Metres	13:41.96	Durban (RSA)	2002
10,000 Metres	29:20.30	Stellenbosch (RSA)	2005
10 Kilometres	28:24	Stellenbosch (RSA)	2009
15 Kilometres	45:43	Cape Town (RSA)	2004
Half Marathon	1:01:32	Port Elizabeth (RSA)	2009
Marathon	2:20:46	Durban (RSA)	2009
Two Oceans 56km	3:21:30	Cape Town (RSA)	2019
Comrades	6:33:11	Pietermaritzburg (RSA)	2018

Best Performances 2019

Peninsula Marathon, Simon's Town (RSA) 2:27:01, 1st
 Two Oceans 56km 3:21:30, 13th

Best Performances 2018

Cape Town Marathon 2:21:17
 Two Oceans 56km 3:28:06



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CURRICULUM VITAE: **Professa Mthethwa**



PERSONAL DETAILS

FIRST NAME / SURNAME: Professa Mthethwa
DATE OF BIRTH: 1994
CLUB: Nedbank Running Club AGN
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: 072 836 9499

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
50 km	3:07:15	Hartbeespoort (RSA)	2019
Two Oceans 56km	3:38:05	Cape Town (RSA)	2017
Comrades	5:56:59	Pietermaritzburg	2018

Best Performances 2019

Om Die Dam 50km (RSA) 3:07:15, 13th
 Gert Sibande District Municipality (mpu) 21km 1:12:06
 Uniwisp 5 In 1 (mpu) 21km 1:10:03, 3rd

Best Performances 2018

Comrades Marathon - Down Run (RSA) 5:56:59, 17th
 Om Die Dam 50km (RSA) 3:14:32, 11th
 Ehlanzeni (mpu) 21km 1:10:24, 5th
 Izimbiwa (mpu) 42km 2:33:23, 2nd

Best Performances 2017

Comrades Marathon - Up Run (RSA) 6:04:15, 23rd
 Two Oceans Marathon (RSA) 56km 3:38:05

Best Performances 2016

Comrades Marathon - Down Run (RSA) 89km 7:02:57
 Om Die Dam 50km (RSA) 3:21:02 16

Best Performances 2015

Comrades Marathon - Up Run (RSA) 6:54:29



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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)	2006
3000 Metres	8:26.65	Réduit (MRI)	2004
10km	28:57	Durban (RSA)	2009
2 km	1:03:00	George (RSA)	2006
Half Marathon	1:03:41	Phalaborwa (RSA)	2009
Marathon	2:14:03	Durban (RSA)	2008
Two Oceans 56km	3:07:29	Cape Town (RSA)	2010

Two Oceans 56km Performances

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



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Name Melly Kennedy Kiptoo

Gender Male

Date of Birth 31 December 1981

Nationality Kenya

Results: Winner Ethkweni Marathon Durban 2016,2015
 Pertro SA Marathon, 5th and 4th
 All in Africa 56km 1st – 3H08
 Vaal Marathon 2018 – 1st
 Mandela Marathon 2016 3rd and 2017 4th



Comments: Melly has been coming to South Africa since 2012 to race and apply his trade. He has learned how to run in South Africa and has adapted to the conditions very well. Notching up wins at some incredibly tough events such as Ethkweni Township to Township Marathon twice.

Qualified last year for 2 Oceans with a 2H18 at Kilimanjaro Marathon where he was 7th position and finished two oceans in 4th which is one better than 2017 where he was 5th. Melly was the fastest qualifier on the start line of the 2018 event. Having 2 top 10 finishes in the 56km race Melly has been able to adjust his programme to have an all-out effort at the top podium position in 2019. An extremely disciplined athlete who is hungry for success at the Ultra Distance.

Melly lives in Kapsabet but does the majority of his training in Ngong.

Contact: Craig Fry Management
Craigfry276@gmail.com
 +27 74 737 2729
 IAAF Authorised Athlete Representative



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Name Justin Chesire Kemboi

Gender Male

Nationality Kenya

Results:

- 2018 Two Oceans Winner
- 2018 4th Mandela Marathon
- 2018 5th Soweto Marathon
- 2019 3rd Two Oceans Winner

Comments: Before the 2018 Two Oceans Marathon Justin had not competed outside of Kenya as well has not competed to assess his own ability as an athlete. For the past 5 years he has been responsible for being the main pace man for some of the biggest names in Ladies Marathon running on the World stage. Coming into the 56km event in 2018 he was an unknown quantity as well as had very little or no experience at running at the front end of the field of the men's race. Training methods in 2018 were very simple, 2 long runs of 50km and 48km 6 weeks out and then pretty much the standard Kenya Marathon programme. Speed work sessions of around 17km once or at times twice a week.

Justin returned to Mandela marathon which he found tough going and finished in 4th albeit a very strong finish as he left his charge very late in the race.

Justin is in the mould of a Stephen Muzinghi where he does not over think the race he simply gets out there and does the job. Since winning the 2018 edition of 2 Oceans he has had time to discuss training methods with the coach and has adjusted some sessions in order to assist him to go faster in 2019.

Contact: Craig Fry Management
Craigfry276@gmail.com
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 IAAF Authorised Athlete Representative



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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 / @elovolsson

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
5000 Metres	15:40.9	Gävle (SWE)	2018
Marathon	2:33:30	Stockholm (SWE)	2016
Comrades	6:01:38	Pietermaritzburg	2018

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
 IAU 100km WC, Sveti Martin (CRO), 6:46:03, 5th

Personal Performances 2017

Ultravasan 90km 1st, 6:07:37
 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 BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Marathon	2:27:35	Wien (AUT)	2019
100 Kilometres	6:55:31	Doha (QAT)	2014
Comrades	5:45:21	Pietermaritzburg	2016

Personal Performances 2019

Vienna City Marathon, Wien 2:27:35

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



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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

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
3000 Metres	8:43.71	Ann Arbor, MI (USA)	2009
5000 Metres	15:09.66	East Lansing, MI (USA)	2013
Half Marathon	1:07:41	Columbus, OH (USA)	2014
Marathon	2:24:58	New Orleans, LA (USA)	2016
Comrades	5:49:04	Pietermaritzburg	2018

Best Performances 2018

Croatia 100km - total (WC,WMA,open) (CRO) 6:42:30 5th

IAU 100km WC, Sveti Martin (CRO) 6:42:30 5th

Comrades Marathon - Down Run (RSA) 5:49:02 12th

Best Performances 2017

Chicago Lakefront Fall 50Mile 5:14:55, 1st

Best Performances 2016

IAU 100km World Championships Los Alcazares 6:38:34, 5th

UltraVasan 90km 7:31:49, 28th

Mad City 100Km Road Race 6:30:37, 1st

Best Performances 2015

IAU 50km World Championships 3:06:38, 10th

Two Hearted Trail Run 50km 3:53:08, 2nd

Mad City 50K Road Race 3:00:57, 1st



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CURRICULUM VITAE: Hatiwande Nyamande



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Hatiwande Nyamande
DATE OF BIRTH: 16 September 1978
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT / TWITTER: +263 77 924 6406

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Marathon	2:26:36	Glenmore Beach	2007
50km	2:52:15	Middelburg	2004
Two Oceans	3:11:14	Cape Town	2007
Comrades	5:38:19	Durban	2017

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: Marko Mambo



PERSONAL DETAILS

FIRST NAME / SURNAME: Marko Mambo
DATE OF BIRTH: 1 March 1971
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT: +263 77 244 7385

Best Performances 2019

Om die Dam 50km 3:13:35 18th

Best Performances 2018

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

Best Performances 2017

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

Comrades 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: mfokoroni@gmail.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)	2009
20 km Road	1:01:58	East London (RSA)	2006
Half Marathon	1:03:04	Port Elizabeth (RSA)	2009
Marathon	2:13:17	Beijing (CHN)	2008
Comrades	5:35:09	Pietermaritzburg	2016

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
 2018 Down, 05:59:13, 19th

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: 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)	2010
10 Miles Road	51:48	Portsmouth (GBR)	2014
Half Marathon	1:06:40	Bath (GBR)	2013
Marathon	2:15:16	Glasgow (GBR)	2014
100 Kilometres	6:57:23	Doha (QAT)	2014
Comrades	5:35:27	Pietermaritzburg	2018

Best Performances 2019

Greater Manchester Marathon, Manchester, 2:30:08

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

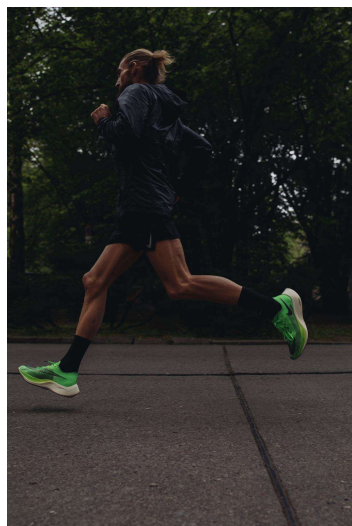
2017 Comrades Marathon up Run 89km 5:59:40, 9th
 2017 London Marathon, 2:26:52
 2016 UltraVasan 90km, 6:21:40, 4th
 2016 Barry 40 Mile Track Race, 3:54:52, 1st
 2015 Salisbury Trail Races 50km, 3:18:37, 1st



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CURRICULUM VITAE: Lee Grantham



PERSONAL DETAILS

FIRST NAME / SURNAME:

Lee Grantham

DATE OF BIRTH:

11 February 1983

CLUB:

Nedbank International

NATIONALITY:

GBR

EMAIL / CONTACT / TWITTER:

leejamesgrantham@gmail.com / @lee_grantham

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time/Distance</u>	<u>Year</u>
100km	6:42:42	2017
6h	66.595km	2011
12h	87.200km	2010
24h	128.122km	2010

Best Performances 2018

03.11.2018 Doñana Trail Marathon Sevilla-El Rocío (ESP) 71km 4:55:24, 1st

Best Performances 2017

Subida al Pico Veleta 50 km (ESP) 3:45:54, 1st

The Meridian Ultra Road Race 100km (GBR) 6:42:42, 1st

Doi Inthanon Ultramarathon 50km (THA) 3:55:18, 1st

Best Performances 2016

Ultima Frontera 55 km (ESP) 4:12:41, 1st

Best Performances 2015

Ultima Frontera 55 km (ESP) 4:22:42, 1st

Best Performances 2018

Ultima Frontera 83 km (ESP) 7:04:14, 1st



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CURRICULUM VITAE: Sage Canaday



PERSONAL DETAILS

FIRST NAME / SURNAME: Sage Canaday
DATE OF BIRTH: 14 November 1985
NATIONALITY: USA
TEAM: Nedbank International
EMAIL / CONTACT / TWITTER: sage@vo2maxproductions.com / @SageCanaday

Personal Best Performances:

Event	Result	Venue	Date
10 Kilometres	31:11	Detroit, MI (USA)	2009
15 Kilometres	47:23	Portland, OR (USA)	2018
20 Kilometres	1:03:11	New Haven, CT (USA)	2008
Half Marathon	1:04:32	New Orleans, LA (USA)	2011
Marathon	2:18:24	Houston, TX (USA)	2012
Comrades	6:03:41	Durban	2015

PERSONAL PERFORMANCES 2019

NN Marathon Rotterdam, Rotterdam 2:23:11
 Moab's Red Hot 55km (USA) 3:52:41, 2nd

Other Achievements

2-time US Olympic Trials Qualifier (2008, 2012)
 Ranked 2nd in the World for SkyRunning Ultra Series events (2013 and 2014)



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CURRICULUM VITAE: Anthony Clark



PERSONAL DETAILS

FIRST NAME / SURNAME: Anthony Clark
DATE OF BIRTH: Male
NATIONALITY: GBR
TEAM: Nedbank International
EMAIL / CONTACT / TWITTER: anthony@xmiles.co.uk

PERSONAL PERFORMANCES 2018

IAU 100km WC, Sveti Martin (CRO) 6:43:22 8th
 100km Redwick (GBR) 7:00:37 2nd

PERSONAL PERFORMANCES 2017

The Meridian Ultra Road Race 100km (GBR) 7:04:28 2nd

PERSONAL PERFORMANCES 2016

Self-Transcendence 100km Perth (GBR) 7:17:43 4th

PERSONAL PERFORMANCES 2015

Ox Ultra (GBR) 35mi 4:39:18 1st



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CURRICULUM VITAE: **Henri Ansio**



PERSONAL DETAILS

FIRST NAME / SURNAME: Henri Ansio
DATE OF BIRTH: 27 May 1985
NATIONALITY: Finland
TEAM: Nedbank International
EMAIL / CONTACT / TWITTER: henri.ansio@outlook.com

Personal Best Performances:

Event	Result	Venue	Date
10,000 Metres	31:37.94	Oulu (FIN)	2016
Half Marathon	1:10:39	Jyväskylä (FIN)	2016
Marathon	2:28:41	Lahti (FIN)	2016

PERSONAL PERFORMANCES 2019

Kaarina Track Ultra 6h - 50km split (FIN) 50km 3:11:33

PERSONAL PERFORMANCES 2018

Festival des Templiers - La Grande Course (FRA) 78km 6:58:06 3rd
 IAU 100km WC, Sveti Martin (CRO) 7:03:27 19th
 NUTS Pallas 55km Trail Ultra (FIN) 55km 4:19:41 1st

PERSONAL PERFORMANCES 2017

Festival des Templiers - La Grande Course (FRA) 76km 6:59:31 5th
 UltraVasan 90km (SWE) 6:11:00 3rd
 NUTS Karhunkierros 53k Trail Ultra (FIN) 4:59:08 1st

PERSONAL PERFORMANCES 2016

Jyväskylä Half Marathon Ch. 1:10:39, 9th
 Lahti Marathon Ch. 2:28:41, 4th
 IAU 100km World Championships Los Alcazares (ESP) 100km 6:46:16 16th
 NUTS Karhunkierros 53km Trail Ultra (FIN) 4:43:57 1st



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CURRICULUM VITAE: Calum Neff



PERSONAL DETAILS

FIRST NAME / SURNAME: Calum Neff
DATE OF BIRTH: 15 August 1984
NATIONALITY: Canada
TEAM: Nedbank International
EMAIL / CONTACT / TWITTER: calneff@gmail.com /

Personal Best Performances:

Event	Result	Venue	Date
Half Marathon	1:07:22	Houston, TX (USA)	2019
Marathon	2:22:59	Houston, TX (USA)	2015
Comrades	6:08:05	Pietermaritzburg	2018

PERSONAL PERFORMANCES 2019

Fred Duckett Twilight 5000m Meet, Houston, TX 14:39.75
 Aramco Houston Half Marathon, Houston, TX 1:07:22
 Brazos Bend 50 Km (USA) 2:59:01 1st

PERSONAL PERFORMANCES 2018

Houston, Texas	Brazos Bend	50km	3:13:57	1st
New Orleans, Louisiana	Crescent City Classic	10km	0:31:36	10th
The Woodlands, Texas	The Woodlands Marathon	26.2mi	2:30:15	1st
Moab, Utah	Moab Red Hot	33km	2:17:21	5th

PERSONAL PERFORMANCES 2017

Austin/Corpus, Texas	Capital to Coast 223mi 12 Person Relay 223mi		23:46:11	1st
Fuxian Lake, China	Fuxian World 50k Road Championship Trials	50km	3:18:15	2nd
Incline Village, Nevada	Tahoe Rim Trail Endurance Run	55km	5:10:53	2nd
Houston, Texas	Law Week 8km	8km	0:26:18	1st
Fort Worth, Texas	Cowtown 50k	50km	3:09:35	1st



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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

Two Oceans Marathon Best Performances

2019	56km 3:16:03 5th
2016	56km 3:16:28 4th
2014	56km 3:16:34 11th
2012	56km 3:17:51 17th
2011	56km 3:14:00 12th
2010	56km 3:06:18 1st
2004	56km 3:19:55 22nd

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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COMRADES MARATHON 2019 FEMALE – PROFILES



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CURRICULUM VITAE: GERDA STEYN



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Gerda Steyn
COUNTRY: South Africa
DATE OF BIRTH: 1990/03/03
CLUB: Nedbank Running Club CGA
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>
10km	33:36	Durban	2018
Half marathon	1:12:35	Ras Al Khaimah (UAE)	2019
Marathon	2:31:04	New York	2018
Two Oceans 56km	3:31:28	Cape Town	2019
Comrades	6:15:34	Durban	2018

PERSONAL PERFORMANCES 2019

Dubai 10km 34:05, 1st
 RAK Half Marathon, Ras Al Khaimah (UAE) 1:12:35, 9th
 Two Oceans 56km 3:31:28, 1st

PERSONAL PERFORMANCES 2018

Two Oceans 56km 3:39:32, 1st
 Comrades Marathon 6:15:34, 2nd
 New York Marathon 2:31:04, 13th
 FNB 10km Durban, 33:36, 5th

PERSONAL PERFORMANCES 2017

Comrades Marathon 6:45:45, 4th
 Valencia Marathon 2:37:22, 13th
 Great North Run 21km 1:17:26



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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 2019

Garbie (cga) 32km 2:15:12
 Johnson Crane Hire Marathon 2:56:05, 2nd

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



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CURRICULUM VITAE: DEANNE HORN



PERSONAL DETAILS

FIRST NAME / SURNAME: Deanné Horn
DATE OF BIRTH: 26 Junie 1988
CLUB: Nedbank Running Club CGA
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 2019

Johnson Crane Hire Marathon 2:58:00, 3rd
 Tuks Bestmed (agn) 21km 1:28:36
 Sasol Sasolburg (fs) 42km 3:01:26

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 2019

Om Die Dam 50km (RSA) 50km 3:48:38 10th
 Jeppe Half Marathon 1:25:58, 1st
 Loskop Marathon 3:28:40, 2nd

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 DETAILS

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
Two Oceans 56km	4:16:51	Cape Town (RSA)	2018
Comrades	6:52:32	Durban (RSA)	2016

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 DETAILS

FIRST NAMES / SURNAME: Tanith Maxwell
DATE OF BIRTH: 2 June 1976
CLUB: Nedbank Running Club CGA
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)	2009
10 Miles Road	58:58:00	Portsmouth (GBR)	2009
20 Kilometres	1:13:25	East London (RSA)	2006
Half Marathon	1:13:22	Port Elizabeth (RSA)	2010
25 Kilometres	1:32:21	Berlin (GER)	2013
30 Kilometres	1:56:32	Cape Town (RSA)	2015
Marathon	2:32:33	Berlin (GER)	2010
Two Oceans 21km	1:16:19	Cape Town (RSA)	2010

Comrades Marathon Results

2018 Down, 06:20:35, 4th

Two Oceans Marathon Results

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



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CURRICULUM VITAE: Ntombesintu Mfunzi



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Ntombesintu Mfunzi
COUNTRY: R.S.A
DATE OF BIRTH: 1981/12/27
CLUB: Nedbank Running Club EPA
EMAIL / CONTACT / TWITTER: ntombesintumfunzi@yahoo.co.za / 079 671 9059 / @ntombesm

Personal Bests

Event	Result	Venue	Date
10 Kilometres	34:35:00	Stellenbosch (RSA)	29-Aug-09
12 Kilometres	43:29:00	Cape Town (RSA)	21-May-17
15 Kilometres	55:45:00	Port Elizabeth (RSA)	04-Oct-08
20 Kilometres	1:16:29	East London (RSA)	02-Jul-06
Half Marathon	1:16:30	Port Elizabeth (RSA)	02-Jul-11
30 Kilometres	2:00:50	Uitenhage (RSA)	05-Mar-16
Marathon	2:47:56	Cape Town (RSA)	23-Sep-18

BEST PERFORMANCES 2019

Bay Ultra 50 km (RSA) 3:51:47, 2nd
 Freedom Run 10km, 36:06, 5th
 First Choice 15km, Jeffreys Bay 58:52, 2nd
 Cassie's 15km, Port Elizabeth 57:22, 1st
 Sportsmans Warehouse 15km, Port Elizabeth 57:48, 1st
 HAJ Hannover Marathon, Hannover (GER) 2:48:53, 13th

Two Oceans

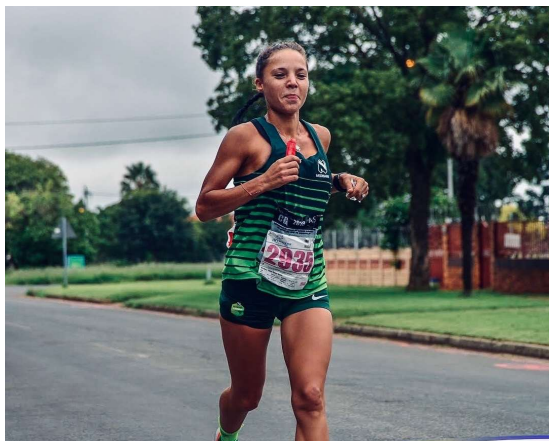
2018 Two Oceans Marathon 56km 3:59:27 10th
 2017 Two Oceans Marathon 56km 4:01:21 5th
 2015 Two Oceans Marathon 56km 4:21:05 16th
 2014 Two Oceans Marathon 56km 4:00:53 8th
 2012 Two Oceans Marathon 56km 3:52:38 8th



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CURRICULUM VITAE: MELISSA JANSEN VAN VUUREN



PERSONAL DETAILS

FIRST NAME / SURNAME: Melissa Jansen van Vuuren
DATE OF BIRTH: 18 July 1995
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL/CONTACT/INSTAGRAM: melissa@elsumo.co / 084 242 2895 / @melissa_jvvuuren

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	42:00	PTA	2018
15 km Road	1:02	JHB	2019
Half Marathon	1:29	Kempton Park	2018
Marathon	3:04	Mpumalanga	2019
Ultra 48k	3:30	Pretoria	2019

Best Performances 2019

Garbie Striders 15k (1:02) 1st Lady
 Tuks Marathon (3:11) 3rd Lady
 PwC Kosmos Marathon (3:04) 3rd Lady
 Om Die Dam Ultra (3:58) 14th Lady
 Gert Sibande District Marathon (3:06) 2nd Lady
 Joint Eeze Ultra Marathon (3:30) 2nd Lady
 Wings for life South Africa 40.34km 3rd Lady

Best Performances 2018

Rainbow Barnard 21km (93:04) 3rd Lady
 Alberton Half (92:46) 3rd Lady
 Vitality Wanderers Half (94:44) 5th Lady
 Garsfontein Ice Breaker 21km – (1:43:00) 3rd Lady



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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)	2011
Marathon	2:37:14	Houston (USA)	2012
100 Kilometres	7:08:35	Winschoten	2015
Comrades	6:27:35	Durban	2017

Career Highlights

2019 Tarawera 100 Mile Endurance Run (NZL) 17:20:53, 1st

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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CURRICULUM VITAE: Sarah Bard



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Sarah Bard
COUNTRY: USA
DATE OF BIRTH: 1984
CLUB: Nedbank International
EMAIL / CONTACT / TWITTER: sarahjessicabard@gmail.com / @sarahjbard

Personal Bests

Event	Result	Venue	Date
10 km Road	37:55	Cape Elizabeth (USA)	2010
Half Marathon	1:19:17	New Bedford (USA)	2013
Marathon	2:43:16	Hartford (USA)	2013
100 Kilometres	7:29:01	Winschoten	2015
Comrades	6:42:31	Pietermaritzburg	2016

PERSONAL PERFORMANCES 2018

Comrades Marathon - Down Run 6:49:05 6th

PERSONAL PERFORMANCES 2017

Comrades Marathon - Up Run 6:49:30 4th

PERSONAL PERFORMANCES 2016

UltraVasan 90km 7:07:34 2nd

Comrades Marathon - Down Run 6:42:31 4th

Chuckanut 50km 4:25:27 3rd

PERSONAL PERFORMANCES 2015

JFK 50 Mile 6:31:11 1

RUN Winschoten 100 km - IAU 100 km WC 7:29:01 4th

Caumsett Park 50km Lloyd Neck - Championchips 3:23:29 1st



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CURRICULUM VITAE: **Dominika Stelmach**



PERSONAL INFORMATION

SURNAME: Stelmach
FIRST NAMES: Dominika
COUNTRY: Poland
DATE OF BIRTH: 1982
CLUB: Nedbank International

Personal Bests

DISCIPLINE	PERFORMANCE	PLACE	DATE
10 Kilometres	35:10	Poznan (POL)	2016
Half Marathon	1:15:17	Warszawa (POL)	2017
Marathon	2:37:09	Seoul (KOR)	2018
Two Oceans 56km	3:41:57	Cape Town (RSA)	2018
100km	8:01:30	Poland	2016

Highlights:

4TH -Two Oceans 56km, RSA, 2019
 1ST -Wygrany Marathon, 2:39 2019
 1ST -50KM CHINA, FUXIAN, 3:26 2018
 1ST -ECO TRAIL DE PARIS 2018
 2ND -TWO OCEANS MARATHON, 56KM, RSA 2018
 2ND -REDBULL SKY RACE 30KM, NEW ZELAND 2018
 2ND -EIFFEL TOWER RUN 2017
 3RD -EINDHOVEN MARATHON 2016
 5TH -ROMA MARATHON 2016
 6TH -EUROPEAN TOWERRUNNING CHAMPIONSHIPS 2016

Wings for Life World Run

2015 – WINNER IN POLAND, 42KM
 2016 – WINNER IN AUSTRALIA, 55KM
 2017 – WINNER IN CHILE, 68KM (GLOBAL RECORD HOLDER)
 2018 – WINNER IN RIO DE JANEIRO, 53KM



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CURRICULUM VITAE: Christine Wellington



PERSONAL DETAILS

FIRST NAME / SURNAME: Christine Wellington
DATE OF BIRTH: 18 February 1977
CLUB: Nedbank International
NATIONALITY: GBR
EMAIL / CONTACT / TWITTER: chrisiewellington@yahoo.co.uk / @chrisiesmiles

PERSONAL PERFORMANCES 2019

London Marathon 2:49.01

PERSONAL PERFORMANCES 2017

Mendip Marauder 30mi (GBR) 4:20:47, 1st
 London Marathon 2:48.23

Some of her Career Highlights as a professional triathlete

08-Oct-11	1st	Ironman World Championship, Hawaii[i]
21-Aug-11	1st	Timberman Ironman 70.3, Lake Winnepesaukee, New Hampshire[ii]
10-Jul-11	1st	Challenge Roth, Roth, Germany (Ironman distance)[iii]
12-Jun-11	1st	Ironman 70.3 Kansas[iv]
10-Apr-11	1st	Ironman South Africa, Port Elizabeth[v]
21-Nov-10	1st	Ironman Arizona, Tempe[vi]
22-Aug-10	1st	Timberman Ironman 70.3, Lake Winnepesaukee, New Hampshire[vii]
18-Jul-10	1st	Challenge Roth, Roth, Germany (Ironman distance)[viii]
06-Jun-10	1st	Ironman 70.3 Kansas[ix]
10-Oct-09	1st	Ironman World Championship, Hawaii[x]
23-Aug-09	1st	Timberman Ironman 70.3, Lake Winnepesaukee, New Hampshire[xi]
12-Jul-09	1st	Challenge Roth, Roth, Germany (Ironman distance)[xiii]
14-Jun-09	1st	Ironman 70.3 Kansas[xiv]
05-Apr-09	1st	Ironman Australia Triathlon, Port Macquarie[xvi]



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CURRICULUM VITAE: Caitriona Jennings



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Caitriona Jennings
DATE OF BIRTH: 17 June 1980
CLUB: Nedbank International
NATIONALITY: Ireland
EMAIL / CONTACT / TWITTER: caitrionajennings@gmail.com / @cjennings1x

PERSONAL BEST

Event	Result	Venue	Date
10 Kilometres	35:28	Dublin (IRL)	2011
10 Miles Road	58:00	Dublin (IRL)	2011
Half Marathon	1:15:29	Newry City (GBR)	2012
Marathon	2:36:17	Rotterdam (NED)	2012
50km	3:24:30	Donadea 50k Race (IRL)	2018

PERSONAL PERFORMANCES 2019

Rotterdam Marathon (NED) 2:38:42

PERSONAL PERFORMANCES 2018

Dublin Women's Mini Marathon 36:52
 Dublin Marathon 2:41:17, 6th
 Donadea 50km Race (IRL) 3:24:30, 1st

PERSONAL PERFORMANCES 2017

Dublin Frank Duffy 10M 59:15, 3rd
 Dublin Marathon 2:42:36, 5th



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CURRICULUM VITAE: **Catrin Jones**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Catrin Jones
DATE OF BIRTH: 1 May 1979
CLUB: Nedbank International
NATIONALITY: Canada
EMAIL / CONTACT / TWITTER: catrinjonesrmt@gmail.com

PERSONAL BEST

Event	Result	Venue	Date
8 Kilometres	28:26	Saanichton (CAN)	2013
10 Kilometres	35:21	Victoria (CAN)	2013
10 Kilometres	34:50 *	Vancouver (CAN)	2013
Half Marathon	1:17:35	Vancouver (CAN)	2013
Marathon	2:42:52	Ottawa (CAN)	2015
50km	3:28:20	IAU World Champs (QAT)	2015

PERSONAL PERFORMANCES 2019

BMO Vancouver Marathon, Vancouver 2:52:51, 6th

PERSONAL PERFORMANCES 2018

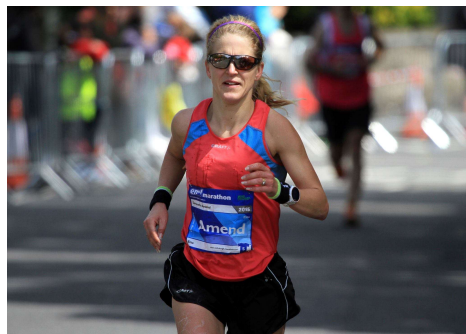
Victoria Times-Colonist Garden City 10km (CAN) 36:21, 7th
 Vancouver BMO Marathon (CAN) 2:50:45, 3rd
 Calgary Marathon (CAN) 2:52:38, 2nd
 Victoria Marathon (CAN) 2:49:41
 Shanghai International Marathon (CHI) 2:50:29
 IAU 100km WC, Sveti Martin (CRO) 8:24:34
 Squamish 50km (CAN) 5:53:58, 1st



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CURRICULUM VITAE: **Samantha Amend**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Samantha Amend
DATE OF BIRTH: 25 May 1979
CLUB: Nedbank International
NATIONALITY: Canada
EMAIL / CONTACT / TWITTER: samantha.amend@yahoo.co.uk / @AmendSammi79

PERSONAL BEST

Event	Result	Venue	Date
5 Kilometres	17:37	Ipswich (GBR)	2015
10 Kilometres	35:31	Barcelona (ESP)	2013
10 Miles Road	59:11	Twickenham (GBR)	2016
Half Marathon	1:17:10	Bath (GBR)	2012
Marathon	2:42:11	Frankfurt (GER)	2011
50km	3:28:07	Gloucester 50km (GBR)	2019
100km	7:53:57	100 km Redwick (GBR)	2018

PERSONAL PERFORMANCES 2019

Zurich Maratón de Sevilla, Sevilla 2:52:37
 Barry 40 Mile Track Race (GBR) 4:56:17, 1st
 Gloucester 50km (GBR) 3:28:07, 1st

PERSONAL PERFORMANCES 2018

Twickenham Cabbage Patch 10Mile (GBR) 1:00:58, 1st
 Sevilla Marathon (ESP) 2:50:36
 Valencia Marathon (ESP) 2:50:08
 IAU 100km WC, Sveti Martin (CRO) 8:01:11, 15th
 Salisbury 50km Trail Races (GBR) 3:51:48, 1st
 100 km Redwick (GBR) 7:53:57, 1st
 Gloucester 50km (GBR) 3:30:56, 1st



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