



COMRADES MARATHON 2018 MEN – PROFILES



Nedbank Running Club - Administrative Head Office
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CURRICULUM VITAE: **Ludwick MAMABOLO**



PERSONAL INFORMATION

SURNAME: Mamabolo
FIRST NAMES: Ludwick
COUNTRY: R.S.A
DATE OF BIRTH: 14 April 1977
CLUB: Nedbank Running Club

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

Annual Bests 2017

Event	Result	Venue
50km	2:56:51	Om die Dam (RSA)
42km	2:28:26	PetroSA

Date
18.03.2017
23.09.2017



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 2018

Marathon Cape Peninsula (wp) 02:21:58, 1st
 21km Sasolburg (fs) 01:11:51, 5th
 56km Two Oceans (wp) 2:22:54, 19th

Best Performances 2017

10km Rondebosch (RSA) 30:46
 12km Cape Town (RSA) 36:55
 21km Port Elizabeth (RSA) 1:05:05
 Marathon Mumbai (IND) 2:18:52
 56km Two Oceans Cape Town (RSA) 3:09:38, 1st

Best Performances 2015

<u>Event</u>	<u>Result</u>	<u>Venue</u>	<u>Date</u>
10 km Road	29:15	Kuils River (RSA)	05.09.2015
12 km Road	35:39	Cape Town (RSA)	17.05.2015
15 km Road	47:53	Durbanville (RSA)	21.01.2015
Half Marathon	1:04:17	Port Elizabeth (RSA)	25.07.2015
Marathon	2:11:59	Cape Town (RSA)	20.09.2015



CURRICULUM VITAE: Eric Ngubane

PERSONAL INFORMATION

SURNAME: Ngubane
FIRST NAMES: Eric
COUNTRY: R.S.A
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
Marathon	2:31:04	Hillcrest (RSA)	10.02.2013

Comrades

<u>Year</u>		<u>Time</u>	<u>Position</u>
2017	Up	06:09:27	30
2016	Down	06:00:44	27
2014	Down	06:18:13	54
2013	Up	06:37:12	57
2012	Down	05:50:29	23
2011	Up	06:19:11	42
2010	Down	06:01:58	24
2009	Down	05:58:01	19
2008	Up	06:13:51	26

Trail Running

2012 Three Cranes 100km stage race, 1st
 2013 Three Cranes 100km stage race, 1st
 2014 Three Cranes 100km Stage race, 1st
 2014 Ultra Trail Cape Town 100km, Time: 10:41:15, 1st
 2015 Mount Moodie Ultra Trail 80km, Time: 9:19:43, 2nd
 2015 Two Oceans Trail Run 22km, Time: 1:52:40, 2nd
 2016 Two Oceans Trail Run 22km, Time: 1:53:06, 1st
 2017 Golden Gate Trail Run 3 day Stage race 1st (New Record)



CURRICULUM VITAE: **Khumbulani Zondo**



PERSONAL INFORMATION

SURNAME: Zondo
FIRST NAMES: Khubulani
COUNTRY: R.S. A
DATE OF BIRTH: 7 December 1976
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2017

Om Die Dam 50km 3:11:53, 17th
 Loskop 50km 3:10:15, 16th
 Comrades Marathon - Up Run 89km 6:08:28

2016

Comrades Marathon - Down Run 89km 6:29:41
 Om Die Dam 50km 3:01:58, 3rd

2015

City2City Ultra Marathon 50km 3:09:30, 7th

2014

Comrades Marathon - Down Run 89km 6:44:16

2013

Comrades Marathon - Up Run 87km 6:41:24

2012

Comrades Marathon - Down Run 89km 6:17:10



CURRICULUM VITAE: **Mike Fokoroni**



PERSONAL INFORMATION

SURNAME: Fokoroni
FIRST NAMES: Mike
COUNTRY: Zimbabwe
DATE OF BIRTH: 1977/01/10
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
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
50 km Road	2:48:33	Cape Town (RSA)	23.04.2011

Marathon

2016 Soweto Marathon, 2:24:39, 6th
 2017 PetroSA Marathon, 2:23:32, 8th

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



CURRICULUM VITAE: **Marko Mambo**



PERSONAL INFORMATION

SURNAME: Mambo
FIRST NAMES: Marko
COUNTRY: Zimbabwe
DATE OF BIRTH: 1 March 1971
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2018

Om die Dam 50km 2:59:12 1st

2017

Om die Dam 50km 3:01:26 6th
 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

2011

City2City Ultra Marathon 50km 3:04:06 15th

2010

Loskop Ultra Marathon 50km 2:53:20 2nd

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



CURRICULUM VITAE: **Hatiwande Nyamande**



PERSONAL INFORMATION

SURNAME: Nyamande
FIRST NAMES: Hatiwande
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



CURRICULUM VITAE: Fritjof Fagerlund



PERSONAL DETAILS

SURNAME: Fagerlund
FIRST NAME: Fritjof
DATE OF BIRTH: 27 JUN 1974
GENDER: Male
NATIONALITY: Sweden

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Date</u>
Marathon	2:28:09	2017
50km	3:15:27	2015
100km	6:42:51	2015

Recent Highlights

2017

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

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

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

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



CURRICULUM VITAE: Steve Way



PERSONAL INFORMATION

SURNAME: Way
FIRST NAMES: Steven
COUNTRY: Great Britain
DATE OF BIRTH: 6 July 1974
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
3000m	8:39.02	Bournemouth (GBR)	28.07.2012
5000m	14:41.92	Solihull (GBR)	21.07.2012
10 km Road	30:55	Yeovil (GBR)	05.04.2010
10 Miles Road	51:48	Portsmouth (GBR)	26.10.2014
Half Marathon	1:06:40	Bath (GBR)	03.03.2013
Marathon	2:15:16	Glasgow (GBR)	27.07.2014
100 km Road	6:57:23	Doha (QAT)	21.11.2014

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
 2015 Round the Rock Jersey 77km, 5:46:04, 1st
 2014 IAU 100km World Championship - open race 100km, 6:57:22, 13th
 2014 UltraVasan 90km, 6:12:28, 2nd
 2014 Salisbury 54321 Trails Race 50km, 3:23:01, 1st
 2014 British Athletics National 100km Championship, 6:19:20, 1st
 2014 New Forest 50Km Ultra, 3:20:47, 1st
 2013 Stockholm 100km Ultramarathon, 6:40:14, 1st
 2012 50km Lungo Il Mare, 2:53:41, 1st



CURRICULUM VITAE: Geoff Burns



PERSONAL INFORMATION

SURNAME: Burns
FIRST NAMES: Geoff
COUNTRY: USA
DATE OF BIRTH: 5 March 1990
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
3000m	8:43.71	Ann Arbor (USA)	09.05.2009
5000m	15:09.66	East Lansing (USA)	06.04.2013
5000m ind.	15:08.92	Saginaw (USA)	30.01.2016
Half Marathon	1:07:41	Columbus (USA)	19.10.2014
Marathon	2:24:58	New Orleans (USA)	28.02.2016

Best Performances

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



CURRICULUM VITAE: Elov Olsson



PERSONAL INFORMATION

SURNAME: Olsson
FIRST NAMES: Elov
COUNTRY: Sweden
CLUB: Nedbank Running Club
D.O.B: 26 July 1989

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



CURRICULUM VITAE: Calum Neff



PERSONAL INFORMATION

SURNAME: Neff
FIRST NAMES: Calum
COUNTRY: Canada
CLUB: Nedbank Running Club

Personal Performances 2018

Houston, Texas	Brazos Bend	50km	3:13:57	1st
New Orleans, Louisiana	Crescent City Classic	10km	0:31:36	10th
Bellville, Texas	Back the Blue	5km	0:16:23	1st
The Woodlands, Texas	The Woodlands Marathon	26.2mi	2:30:15	1st
Moab, Utah	Moab Red Hot	33km	2:17:21	5th
Katy, Texas	Katy Half13.	1mi	1:14:43	2nd

Personal Performances 2017

Houston, Texas	Houston Half	13.1mi	1:09:34	2nd
Austin/Corpus, Texas	Capital to Coast 223mi 12 Person Relay	223mi	23:46:11	1st
Fuxian Lake, ChinaFuxian	World 50k Road Championship Trials	50km	3:18:15	2nd
Incline Village, Nevada	Tahoe Rim Trail Endurance Run	55km	5:10:53	2nd
Bayotwn, Texas	Baytown Bud Heatwave	5mi	0:26:02	1st
Badia Prataglia, Italy	World 50k Trail Championships	50km	5:42:23	82nd
Houston, Texas	Law Week 8km	8km	0:26:18	1st
Fort Worth, Texas	Cowtown 50k	50km	3:09:35	1st
Katy, Texas	Katy Half Marathon	13.1mi	1:13:57	2nd
Katy, Texas	Run4Children 4mi	4mi	0:23:01	1st



CURRICULUM VITAE: Asier Cuevas

PERSONAL INFORMATION

SURNAME: Cuevas
FIRST NAMES: Asier.
COUNTRY: Spain
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Distance	Time		
Half Marathón	1:05:14	Azpeitia (ESP)	28.03.2004
Marathón	2:14:23	Sevilla (ESP)	22.02.2009
50 km	2:57:37	Seregno / Italia	10.04.2016
100 km	6:35:49	Winschoten / Holanda	12.09.2015

Highlights

Second in World Championship 100 km in Winschoten (Holanda) Tiempo: 6h 35min 49 s (2015)
 European Championship winner 100 km in Belves (Francia) Tiempo: 6h 53min (2013)
 Second in European Championship 100 km in Winschoten (Holanda) Tiempo: 6h 35min 49 s (2015)
 Winner Spanish marathon championship España in València Tiempo: 2 h 15 min 00 (2008)
 Winner Spanish 100Km championship in Santa Cruz de Bezana Tiempo: 6h 38min (2011)
 Second in the Spanish marathon championship in Sevilla Tiempo: 2 h 14 min (2009)
 Second in the Spanish marathon championship in Sevilla Tiempo: 2 h 18 min (2011)
 Winner Spanih Marathon Championship by teams in Sevilla Wiht Goierri Garaia (2009)
 Winner Spanih Marathon Championship by teams in Sevilla Wiht Goierri Garaia (2011)
 Second Spanih Marathon Championship by teams in Sevilla Wiht Goierri Garaia (2010)
 European winner by nation in Belvés (Francia) con la selección española (2013)

CURRICULUM VITAE: Ibon Esparza

PERSONAL INFORMATION

SURNAME: Esparza
FIRST NAMES: Ibon
COUNTRY: Spain
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Distance	Time		
Half marathon	1:07:44	San Sebastian (ESP)	15.05.2005
Marathon	2:24:01	Chicago (USA)	09.10.2005
100 km	6:47:53	Seregno /Italy	22.03.2015

Highlights

Winner 100 km Seregno (Italy) Time: 6h 47min (2015)
 Winner Spanish Marathon Championship by teams in Sevilla Wiht Goierri Garaia(2009)
 Winner Spanish Marathon Championship by teams in Sevilla Wiht Goierri Garaia(2011)
 Second Spanish Marathon Championship by teams in Sevilla Wiht Goierri Garaia(2010)
 Second in San Sebastian international Marathon 2012
 2 times international with the Spanish team.



CURRICULUM VITAE: **Melly Kennedy**



PERSONAL INFORMATION

SURNAME: Kennedy
FIRST NAMES: Melly
COUNTRY: Zimbabwe
DATE OF BIRTH: 31 December 1980
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
42.2km	2:11	Italy	2011

PERSONAL PERFORMANCES

2012 Gauteng Marathon, 5th
 2013 Petro SA, 3rd
 2014 Township 2 township, 1st
 2014 Greater Edendale 56km, 1st
 2016 Mandela marathon, 3rd
 2016 Township 2 Township, 1st
 2017 Klimanjaro marathon, 2:18
 2018 Two Oceans 56km, 3;11:58, 4th



CURRICULUM VITAE: **Kebede Aberra Dinke**



PERSONAL INFORMATION

SURNAME: Dinke
FIRST NAMES: Kebede Aberra
COUNTRY: Ethiopia
CLUB: Nedbank Running Club
D.O.B: 13 December 1987

Personal Performances 2018

6th Mandela Day Marathon 2:32:22

Personal Performances 2017

1st Run4Cancer 48Km 2:52:49
 3rd Mandela Day Marathon 2:28:44
 2nd Heroes Marathon 2:26:22
 6th Two Oceans 56km 3:14:19

Personal Performances 2016

9th Two Oceans 56km 3:19:51



CURRICULUM VITAE: Tsotang Maine

PERSONAL DETAILS

SURNAME: Maine
FIRST NAME: Tsotang
DATE OF BIRTH: 10 August 1974
NATIONALITY: Lesotho
CLUB: Nedbank Running Club

Personal Best Times

Event	Result	Venue	Date
5000m	14:16.16	Windhoek (NAM)	26.05.2007
10,000m	29:10.35	Port Elizabeth (RSA)	25.04.2003
10 km Road	30:07	Randburg (RSA)	05.06.2005
20 km Road	1:02:22	George (RSA)	14.10.2006
Half Marathon	1:02:52	Maputo (MOZ)	24.09.2006
Marathon	2:14:42	Port Elizabeth (RSA)	10.02.2007
50 km Road	2:48:55	Cape Town (RSA)	23.04.2011

Two Oceans Performances

2013 Two Oceans Marathon 56km, 3:12:15, 7th
 2012 Two Oceans Marathon 56km, 3:11:51, 6th
 2011 Two Oceans Marathon 56km, 3:09:21, 3rd

CURRICULUM VITAE: Moeketsi Mosuhli

PERSONAL DETAILS

SURNAME: Mosuhli
FIRST NAME: Moeketsi
DATE OF BIRTH: 5 August 1981
GENDER: Male
NATIONALITY: Lesotho

Personal Best Times

Event	Result	Venue	Date
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

Half	01:04:10	9th	2006
Ultra	03:07:29	2nd	2010
Ultra	03:09:41	4th	2011
Ultra	03:10:22	3 rd	2013
Ultra	03:13:45	3 rd	2015
Ultra	03:14:53	9 th	2018



CURRICULUM VITAE: **Mpesela Ntlotsoeu**

PERSONAL INFORMATION

SURNAME: Ntlotsoeu
FIRST NAMES: Mpesela
COUNTRY: Lesotho
CLUB: Nedbank Running Club
D.O.B: 17 January 1977

Two Oceans Ultra

2009 03:11:56 3rd
2010 03:13:37 8th

Comrades Marathon

2013 Up 05:43:38 3rd

Personal Performances 2017

Legends Ultra 68km 7th, 4:29





COMRADES MARATHON 2018 WOMEN – PROFILES



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CURRICULUM VITAE: GERDA STEYN



PERSONAL INFORMATION

SURNAME: Steyn
FIRST NAMES: Gerda
COUNTRY: R.S.A
DATE OF BIRTH: 1990/03/03
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
5 Kilometres	18:21	Dubai	2015
10 Kilometres	34:35	Dubai	2018
Half Marathon	1:17:26		2017
Marathon	2:37:22	Valencia (ESP)	2017
Two Oceans 56km	4:15:44	Cape Town	2016
Comrades Marathon	6:45:45	Durban	2017

PERSONAL PERFORMANCES 2018

1st place - Zayed Sport City 10km: 35:36
 1st place - Standard Chartered Dubai 10km: 34:35
 1st place - Two Oceans 56km: 3:39:32

PERSONAL PERFORMANCES 2016

2nd place - Abras Mina Race 2, 10km: 37:37
 3rd place - Standard Chartered Dubai 10km: 37:43
 1st place - Wadi Bih, 72km trail race: 6:16:05
 14th place - Two Oceans 56km: 4:15:44
 14th place - Comrades Marathon 89km: 7h08min
 14th place - Dublin Marathon - 2:51:26

PERSONAL PERFORMANCES 2017

14th place - Dubai Marathon - 2:57:03
 1st place - Wadi Bih 30km Trail Race
 4th place - Comrades 2017 - 6:45:45
 12th place - Valencia Marathon - 2:37:22



CURRICULUM VITAE: Charne Bosman



PERSONAL INFORMATION

SURNAME: Bosman
FIRST NAMES: Charne
COUNTRY: R.S. A
DATE OF BIRTH: 6 November 1975
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	35:07	Port Elizabeth (RSA)	07.05.2011
15 km Road	54:44	Jeffreys Bay (RSA)	05.01.2013
Half Marathon	1:14:59	Pretoria (RSA)	02.02.2013
Marathon	2:41:56	George (RSA)	05.02.2012
Comrades Marathon	6:25:53	Durban (RSA)	29.05.2016

Best Performances 2017

2nd Om die Dam 50km 3:34:42

Best Performances 2016

1st Comrades Marathon 6:25:53
 4th Two Oceans Marathon 56km 3:48:40
 1st Woodlands Dairy 15km 57:28
 1st Johnson Crane Marathon 2:48:52
 3rd George Claassen 10km 37:15

Other Performances

- 2nd Comrades Marathon 89km in 2015 (6:33:24)
- 5th Two Ocean Marathon 56km in 2015 (3:54:32)
- 2nd Om die Dam 50km in 2014 (3:41:12)
- 5th Comrades Marathon 89km in 2013 (6:53:35)
- 2nd Two Ocean Marathon 56km in 2013 (3:40:19)



CURRICULUM VITAE: Fikile Mbuthuma



PERSONAL INFORMATION

SURNAME: Mbuthuma
FIRST NAMES: Fikile
COUNTRY: R.S.A
DATE OF BIRTH: 23 December 1980
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
Marathon	3:00:55	Pietermaritzburg (RSA)	22.02.2015
50km	3:55:35	Dolphin Coast Striders Ultra	04.09.2011

Comrades Marathon Results

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

Best Performances 2017

Event	Result	Venue	Date
Marathon	3:01:44	Durban (RSA)	09.04.2017



CURRICULUM VITAE: Sarah Bard



PERSONAL INFORMATION

SURNAME: Bard
FIRST NAMES: Sarah
COUNTRY: USA
DATE OF BIRTH: 1984
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	38:28	Cape Elizabeth (USA)	06.08.2011
10 km Road	37:55	Cape Elizabeth (USA)	07.08.2010
20 km Road	1:20:25	New Haven (USA)	02.09.2013
Half Marathon	1:19:17	New Bedford (USA)	17.03.2013
Marathon	2:43:16	Hartford (USA)	12.10.2013
100 Kilometres	7:29:01	Winschoten	12.09.2015

PERSONAL PERFORMANCES 2016

UltraVasan 90km 7:07:34 2nd
 Comrades Marathon - Down Run 89km 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 - Championships 3:23:29 1st

PERSONAL PERFORMANCES 2014

JFK 50 Mile 6:37:04 1st
 Farm to Farm 50km Ultra Run 3:55:43 1st



CURRICULUM VITAE: Camille Herron

PERSONAL INFORMATION

SURNAME: Herron
FIRST NAMES: Camille
COUNTRY: USA
DATE OF BIRTH: 25 December 1981
CLUB: Nedbank Running Club

Was voted the 2015 IAU Ultra runner of the Year for winning the 50K and 100K World titles

Personal Bests

Event	Result	Venue	Date
10 km Road	34:40	Northport (USA)	17.09.2011
15 km Road	54:50	Portland (USA)	12.03.2006
10 Miles Road	58:54	Louisville (USA)	11.04.2009
20 km Road	1:12:37	New Haven (USA)	01.09.2008
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

2017 – Comrades marathon Winner – 6:27:35

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

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

October 2015, Fall 50/US 50 Mile Road Championship, Sturgeon Bay, WI-- 1st, 5:38:41 (New World Road Best, surpassed Ann Trason's WR, 5:40:18)

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



CURRICULUM VITAE: Monica Kativhu



PERSONAL INFORMATION

SURNAME: Kativhu
FIRST NAMES: Monica
DATE OF BIRTH: 16/04/1980
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:26:03	Bedfordview (RSA)	11.01.2009
Marathon	3:08:21	Victoria Falls (ZIM)	29.06.2014
Marathon	3:05:08	KwaMashu (RSA)	23.09.2012

Best Performances

2016 Comrades Marathon - Down Run 89km, 7:04:55, 11th
 2011 Arthur Cresswell Memorial Marathon Bergville to Ladysmith 52km, 4:08:00, 3rd
 2010 Loskop Ultra Marathon 50km, 3:48:00, 6th
 2009 Loskop Ultra Marathon 50km, 3:46:25, 4th
 2008 Loskop Ultra Marathon 50km, 3:44:15, 5th



CURRICULUM VITAE: Frida Södermark



PERSONAL INFORMATION

SURNAME: Södermark
FIRST NAMES: Frida
COUNTRY: Sweden
DATE OF BIRTH: 1978
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Date
10000m	38:36	
Hal marathon	1:20:52	2017
Marathon	2:51:32	2011
100km	7:52:05	2015
12h	125,6km	
24h	214,2km	

Comrades

Date	Results	Position
2014 Down	06:57:33	8 th
2016 Down	07:14:15	6 th

Recent Performances

30 Sep 2017	3	8:59:33 100 km	IAU Open
24 Sep 2017	11	3:08:01 Marathon	PZU Warsaw
03 Jun 2017	14	2:53:29 Marathon	Asics Stockholm
02 Apr 2017	18	1:20:52 Half Mara	Berliner
29 Jan 2017	9	2:59:42 Marathon	Marrakech
27 Nov 2016	10	7:51:22 100 km	IAU World Championships
21 Oct 2016	1	3:33:25 Marathon	Erbil
25 Sep 2016	6	2:56:56 Marathon	PZU Warsaw
13 Jul 2016	1	8:03:26 100 km	Swedish Ultra Championships



CURRICULUM VITAE: Valeria Sesto

PERSONAL INFORMATION

SURNAME: Sesto
FIRST NAMES: Valeria
COUNTRY: Sweden
DATE OF BIRTH: 17 Dec 1972
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km	37:31	Christchurch ENG	09 Dec 2012
Half Mara	1:20:40	Reading ENG	22 Mar 2015
Marathon	2:49:27	London ENG	26 Apr 2015

Recent Performances

30 Sep 2017	1	8:43:15 100 km	IAU Open
21 May 2017	3	8:24:50 100 km	Anglo Celtic Plate
12 Feb 2017	8	1:22:54 Half Mara	Wokingham
04 Dec 2015	14	3:49:39 50 km	IAU World Championships
27 Sep 2015	50	2:51:31 Marathon	BMW Berlin
13 Sep 2015	3	1:23:46 Half Mara	New Forest
26 Apr 2015	23	2:49:27 Marathon	Virgin London
22 Mar 2015	24	1:20:40 Half Mara	Vitality Reading
01 Mar 2015	14	1:22:25 Half Mara	Bath

